

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 14 Issue 4

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**The Annual General Meeting
of Wellington Masters Athletics
is to be held on
Wednesday 23rd September
at Olympic Harrier Clubrooms
commencing at 7pm**

Discussions will take place at the AGM regarding a merger
between Athletics NZ and NZ Masters.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

EXECUTIVE:

President:	Michael Wray	471 2775
V.President:	John Palmer	479 2130
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

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IN THIS ISSUE . . .

Committee & Club Coordinators	2
President's Message	3
Training – When to Train	4
Session Suggestion – Minute Pyramids	5
Training Tips – Running Away From Injury	6
Nutrition & Food	7
Recipe & Stretch for Success	8
The Athletes Kitchen	9
The Athletes Kitchen cont. & Your Kitchen	10
Benefits of Magnesium	11
Injury Prevention – Gluteus Medius Minimus	12
Athletic Profile – Phil Jensen	13
Results – Johnsonville 8km	14
How to Treat IT Band Syndrome	15
Miscellaneous	16
Coming Events	IBC

WELLINGTON MASTERS ATHLETICS INC.

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Jim Blair (2004); Bruce Perry (2008) and John Palmer (2010).

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COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 6:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

PRESIDENT'S MESSAGE

The World Championships take place in Beijing later this month. Our interest in watching this athletics championship takes on an extra dimension this year. For the first time, there are masters events taking place. Given how long it takes to hold a full master's track and field world championship programme, I wouldn't anticipate this as a step towards a joint championships but it is nice to see our presence being acknowledged at the highest level. It will be interesting to see whether this is a one-off or will be repeated at London 2017 and Doha 2019.

There are two masters' events taking place: W50 400m and M50 800m. To be eligible for selection, the W50s needed a qualifying time of 1:05.00 and the M50s 2:06.00. Most of us not ruled out of eligibility by virtue of our age-group were then filtered out by our inability to meet these performance marks!

One New Zealand athlete has been selected: Otago's Liz Wilson. Hopefully Sky will include the masters events in their coverage and we can appreciate being able to cheer on a runner in the silver NZ Masters singlet. Liz's competition comes from the US, UK, Netherlands, Sweden, Argentina, Japan and Australia.

You may have noticed in the most recent edition of Vetline a notice from NZMA President Andrew Stark. Discussions are taking place about a merger between Athletics NZ and NZ Masters.

The creation of NZ Masters came about in the first place because ANZ were not catering for our competitive needs. Originally we offered our own harrier championship events and then came to share the cross country and road courses with ANZ before ANZ (no doubt motivated by the greater numbers - and resulting revenues - coming from the masters grades) reclaimed them. Now only Track and Field competition remains separate. This separation is an on-going source of confusion for our harrier colleagues who have not joined NZMA and we regularly have to reclassify masters-by-age from Centre track & field champs as seniors.

A merger of membership would offer the benefits of a single registration for all masters and make all registered masters eligible. Understandably such a prospect may create concerns for our membership and Andrew is keen to ensure any concerns are taken into account. I encourage anyone with any feedback to contact Andrew (aws@xtra.co.nz) or myself so these can be fed into the process. The last thing anyone wants is to disenfranchise our existing membership.

Finally, a reminder to those who plan to compete at the Oceania Masters Championships in Rarotonga later this year. Entries Close at 2am on 1 September 2015. Entrants must be financial members for the 2014/15 year (when entries close) and the 2015/16 subscription must have been paid by the 30 September 2015 (when new season entries are verified by OMA).

In addition, OMA are only accepting entries online (see our website for the link). If you are one of our members yet to enter the computer age and need assistance entering, please shout out and we will come to your aid.

Michael Wray
President

TRAINING

When to Train – Morning, Noon or Night?

By Dr Philo Saunders, Australian Institute of Sport

Is there an optimal time to train? Most of us don't have the luxury of revolving our lives around running – we fit it in when we can.

A variety of factors need to be taken into consideration when determining the best time to train during the day. These factors include your work/study schedule, type of session to be undertaken, whether you run once or twice a day, previous training/race stress, temperature and daylight, as well as upcoming competition conditions. Another important factor influencing training time is the body's circadian rhythm. Circadian rhythm is the term used to describe the daily cycle of physiological, biochemical and behavioural processes in a living organism. These processes are synchronised to a solar (24 hour) day. The body clock, through transmissions from the brain, controls temperature regulation, hormone release, hunger, sleep and waking (2). The majority of components of sports performance, for example, flexibility, muscle strength and short term high power output, vary with time of day in a sinusoidal manner being lowest in the early morning and peaking in the early evening close to the daily maximum in body temperature (1). The benefits and disadvantages of training at different times of the day will be discussed, as well as advice as to which types of training are more appropriate at particular times of the day for maximum training gain.

Morning:

Training first thing in the morning is essential if training twice a day and can either be an easy jog or the main run/session on double training days. If you have to go really early to fit in with work/study, it is advised to do the easy run in the morning before breakfast. If you have more time in the morning, the main run or session can be completed, especially if you are busy during the day and may be tired for an evening session. For an interval type session, it is usually beneficial to get out of bed at least 30 minutes before warming up for the session to allow your body to wake up and for the muscles to become activated prior to intense exercise. Remember that body temperature is at its lowest point in the morning. For optimal performance in sessions body temperature needs to be elevated, which can be achieved by getting up long enough before the session and completing a sufficient warm up. Intake of food and drink is also advisable for a session or long run to ensure you have enough energy and hydration for the session. For single run days, morning runs are good as long as you have not trained too hard the evening before. In this case, it is probably better to go at noon or in the evening to give your body more recovery, especially if the run is at a high intensity.

Training in the morning is perfect on the weekends, on training camps and if you don't have excessive work/study commitments. This is because you can do your main run or session in a recovered state after a good night's sleep and consume pre-run food and drink to optimise session performance. In addition, you have the remainder of the day to recover for the next run.

Noon:

Lunchtime runs or sessions are great during the winter in colder climates when training once a day, as recovery from the previous day's training is maximised. It can also be the best part of the day to train temperature wise. Longer runs or sessions in the summer months can be important for acclimation for hot weather competitions, although as mentioned in previous issues, care must be taken to maintain hydration and glycogen levels, avoid sunburn and incorporate recovery strategies after training in hot conditions. There is some evidence that performance variables such as muscular strength experience a lull in the middle of the day, which may be worth considering for important sessions. Lunchtime training can also be great to break up a long work day or avoid getting up really early or training late in the evening when tired from work.

Night:

For those who work/study during the week and have early starts, main sessions are probably best done in the evening. The natural circadian rhythm also sees most body functions important to running performance at their peak early in the evening. This means for those really high quality sessions, the evening may be the best time to train. Longer runs can be done in the evening if you have trained hard the night before to allow maximal recovery time between sessions. Evening sessions usually allow a bit of respite in summer to avoid excessive heat stress while training. Evening sessions can sometimes be compromised if you are really busy during the day but can be better than going very early in the morning to avoid dark, cold training sessions when the body is not ready to train hard.

Conclusion:

This article has summarised some important points when planning your training program and deciding when in the day to train. Although the body functions best in the early evening and worst in the early morning, other factors such as work, previous training, number of sessions required for a specific day, daylight and temperature need to be considered when working out your training schedule. Most runners can train well at all times of the day with sufficient preparation. Working in with your training group, specifically preparing for the time of your major up-coming race or other commitments will usually decide the time of day you train during a training week.

References:

1. **Atkinson G, and Reilly T.** Circadian variation in sports performance. *Sports Med* 21: 292-312, 1996.
2. **Reilly T.** Human circadian rhythms and exercise. *Crit Rev Biomed Eng* 18: 165-180, 1990.

Session Suggestion: Minute Pyramids

The minute pyramid is a versatile session that combines both speed and endurance in one neat little package. Given this, the session can still be tailored to be more specifically speed- or endurance-oriented, depending on the length of repetitions and pace of recoveries.

If the length of the repetitions are initially increasing, it is termed a standard pyramid; however, if the length of the repetitions are at first decreasing, it is termed an inverted pyramid.

If speed is the “special of the day”, you may choose a session such as the following: 1 minute, 2 minutes, 3 minutes, 2 minutes, 1 minute, all off a 1 minute jog recovery.

If you prefer something a little more endurance focused, perhaps try something like this: 4 minutes, 3 minutes, 2 minutes, 3 minutes, 4 minutes, all off a 1 minute jog recovery.

The height of the pyramid, the starting point and if the pyramid is standard or inverted can all be altered to suit the current phase of your training. A great example of the minute pyramid for marathon training is: 2 minutes, 3 minutes, 4 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes, all off a 1 minute jog with the repetitions run at close to half-marathon pace.

The benefit of the standard pyramid is that it initially has you running quite quickly, and you can then concentrate on trying to maintain this pace while you mount the apex of the pyramid and return down the other side. An inverted pyramid will generally cause an increase in the speed of the session midway through and allows you to focus on finishing strongly on a sustained effort.

When to Use

Because of its flexibility, the minute pyramid is a great session to use at any time of the year. It can be tailored to suit a build period or a tapering phase within your training. Also, there is the option of floating the recoveries rather than jogging them, turning the whole session into more of a fartlek. Even further alterations to the session (such as the following: 30 seconds, 1 minute, 2 minutes, 1 minute, 30 seconds, all off 1 minute jog) allow the pyramid to be used as a great taper session two or three days before a race.

What Pace

The pace that you run each repetition depends on the type of pyramid that you are using and the length of each repetition. Basically, you want to run the shorter repetitions slightly quicker than the longer ones. As a rule of thumb, add up the total number of minutes of the repetitions in the session and use the following guidelines:

Total Combined Minutes of Repetitions Suggested Pace to run Repetitions

Less than 10 mins: 5km Pace

Between 10 and 20 mins: 10km Pace

Greater than 20 mins: Half-marathon Pace.

Event Best Suited To

Due to its flexibility, this session could be converted to suit basically any event 1500m and over. Coaches may suggest starting with an inverted pyramid that is no longer than 20 minutes in duration. Once you feel you have this session under control, you may want to progress to a standard pyramid of the same duration and then, if required, increase the length, number of repetitions, and speed of the repetitions or pace of recoveries.

* * * *

Exercise: A Mood Changer

Ask a daily runner why she runs and you're likely to hear, “It makes me feel good.” Those of us who aren't fond of exercise of any type might find this really hard to understand. How can something that makes you sweat and pant actually make you feel good?

Can Exercise Affect Your Mood?

Simple answer – absolutely.

Let's go back to our running example – some might say they run when they feel stressed out. Others might say they run after an argument with a spouse. Why do they say this? Because they feel different after a run. They may feel stronger, calmer or happier; many runners report that they experience a “runner's high” that helps them to push past physical pain and limitations.

It's a known fact that exercise releases certain chemicals in the brain, including endorphins and dopamine, which affect mood. Endorphins are the body's natural pain killers – in fact endorphins are more powerful than morphine. They help an athlete to stay in the game and push past their pain after an injury.

The Benefits of Frequent Exercise

Some scientists claim that endorphins improve immune system function and lower blood pressure. They also have anti-aging effects because they attack *superoxides*, molecules that threaten living tissue and are responsible for illness and aging. They can also reduce anxiety and feelings of depression and raise self-esteem. Frequent exercise has a direct effect on endorphin release – the more you exercise, the more endorphins you produce each time you exercise!

Exercise also raises dopamine levels in the brain. Low dopamine levels cause you to feel mentally foggy and sluggish. Dopamine levels increase in response to a low or moderate amount of exercise. Dopamine can also help you to get a good night's sleep unless you engage in too strenuous a workout, then it has the opposite effect of causing sleeplessness.

So aside from the major health benefits of exercise, including weight control and cardiovascular health, exercise also helps to boost your mood, increase pleasure and minimise pain and add adequate sleep and a healthy diet – you have all the makings of a lifestyle that supports optimal wellness and wellbeing!

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TRAINING TIPS

Running Away from Injury

There are many different causes of running injuries. Usually we wait until we get an injury before we do anything about the causes. But it is often better to be proactive and run away from injury before it starts.

Training

By far the most common cause of injury is from overtraining and training errors. Overtraining can occur because of excessive volume, intensity or frequency. The most frequent time injuries occur is about five to six weeks after increasing your training program. The body can handle the extra workload for a few weeks before it breaks down. Any changes to your regular program can also increase injury risk. Changing the surface you run on or the amount of hill work or even cross-training may lead to injury as your body is stressed in a way it is not used to. All of the physical activities you engage in must be considered with respect to their effect on your training stress levels. The best way to avoid training errors is to make a plan, get advice from a coach and follow a program.

Recovery

It is while recovering that gains in performance are achieved. If there is inadequate recovery then you will not get any fitter and you will increase your injury risk. By scheduling regular easy weeks the body is allowed to adapt and grow stronger. It will also help you to stay fresh and excited about your training.

Footwear

Footwear can be a direct or contributing cause of injury. Most footwear related injuries are because of wearing shoes that have worn out. While the shoes may look fine the support that is needed for injury protection has gone.

A simple shoe test can help identify if your shoes are dead. It is the cushioning in the forefoot that usually goes first. Resistance is cushioning so if there is no resistance in the midsole at the forefoot then there is probably no cushioning. Just grab the heel and toe of your shoes and try to bend them back the opposite way it normally bends when running. If it is easy to do then your shoes are dead. It usually occurs before outsole wear but you should still look out for uneven wear on the outsole. This uneven wear can cause a wedging effect that can put excessive pressure on your feet.

Shoes that are inappropriate for you individual needs can also be a direct cause of injury. The best way to avoid footwear related injuries is to check your shoes regularly and seek expert advice.

Running Form

Poor running form is far more significant to injury risk than performance. It is not always the obvious form faults that have the greatest risk. You do not need to worry about a shuffling gait as this often has a much reduced injury risk in comparison to the beautiful bounding gait that everyone admires in many fast runners. Look out for excessive noise from slapping or pounding. This can be caused by overstriding or from having a poor feel for the ground.

The more you run the better and more efficient your running style will become as it adapts to the increasing stress. Speedwork and faster running will also have a positive effect on your running style. In some people, interventions are required to fix form faults that lead to injury.

If you are becoming injured regularly with no identifiable reason it might be worth having your running style checked out by a running podiatrist or coach.

Strength

Runners often lack strength, balance and coordination. Because their training is limited to putting one foot in front of the other in a consistent pattern they will grow weak outside of that limited range of motion. Besides routine strengthening exercises you can develop more specific strength by running speedwork, cross-country or off road on a weekly basis. This forces you to adapt to a variety of movements. Wearing two different types of shoes on alternating days also gives you an extra level of protection. Running drills can help develop this strength while also having a positive effect on your running form.

Structure

In some cases the structure of your feet and legs are inadequate to allow you to run long distances without injury. There are many different types of structural problems and they are not always significant for every runner. Again a running podiatrist can help identify the significance of any structural issues you have and their contribution to injury.

Nutrition

One of the main reasons why people run is because they can then eat anything they want without gaining weight. But a body under physical stress requires good fuel to drive the engine. While you can cope with more snacks than an inactive person you also need to make sure that you have adequate calories, vitamins and minerals to recover. Good nutrition helps you heal from the destruction that occurs when training and racing. Good nutrition also means eating at the right time as well as eating the right things. If you think your diet may be inadequate or you feel totally drained when training it might be worth a visit to a sports dietitian.

* * * *

Running is the greatest metaphor for life, because you get out of it what you put into it.

- Oprah Winfrey, talk show host & marathon finisher.

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NUTRITION & FOOD

The Popular Vitamin

VITAMIN C is best known for its ability to support the immune system, but so many people do not realise that this essential nutrient is a health heavyweight.

Vitamin C (ascorbic acid) has received a great deal of attention, because the more it is studied, the better our understanding of how diverse it is in supporting our general health.

This potent antioxidant is stored in white blood cells, the eyes, adrenal and pituitary glands, and the brain. It is depleted through physical and mental stress, age, and in some people who smoke or drink alcohol. Smokers need huge amounts – one cigarette destroys 25mg of vitamin C.*

As vitamin C is water-soluble, our body breaks it down quickly. The recommended adult dietary intake (RDI) is 45mg a day through multiple servings of fruit and vegetables, which requires maintaining a healthy diet. So it is a popular supplement for people with less-than-ideal diets.

A standard vitamin C supplement taken before breakfast may be gone by morning tea because we cannot store it, and what is not used is lost through urine. Drinking copious amounts of orange juice does not solve the problem. Orange juice is acidic and therefore hard on teeth and the digestive tract, and any added sugar may affect the immune system.

Foods high in vitamin C include:

Capsicums/peppers
Kiwifruit;
Berries;
Mango;
Papaya;
Citrus;
Cooked tomatoes;
Broccoli/kale; and
Dark green leafy vegetables.

Vitamin C Uses:

- Helps maintain healthy cholesterol levels.
- Immune function – maintaining a healthy immune system.
- Biosynthesis of collagen – connective tissue vital for wound healing.
- Maintains healthy skin, bones, teeth and gums.
- Aids protein and fat metabolism.
- The absorption of iron in plant-based foods.
- Maintains a healthy cardiovascular system.
- Regenerating other antioxidants including vitamin E, by limiting the damaging effects of free radicals.

Who Needs More Vitamin C?

- Smokers (and passive smokers) need 35mg a day more due to increased free radical damage.*
- Extreme exercisers (like marathon runners).
- Adults and children whose diets are low in vitamin C.

**US National Institute of Health (NIH) Office of Dietary Supplements Vitamin C Fact Sheet for Health Professionals (2013).*

* * * *

Getting the Balance Right

To ensure each meal has the ideal balance of food groups, imagine your dinner plate is divided down the middle. One half of the plate should be filled with vegetables or salad, a quarter with lean protein and the other quarter with low-GI carbohydrate foods.

Lean Protein means foods like lean red meat, chicken, turkey and fish. Eggs and low-fat dairy foods are healthy choices for vegetarians.

Low-GI Carbohydrates provide a longer-lasting release of energy. Good choices include brown or wholegrain rice, bread, quinoa and pasta, sweet potato, and legumes, like lentils and chickpeas.

Healthy Fats include monounsaturated fat, found in olive oil and canola oil, avocado, cashews, almonds and pine nuts, as well as polyunsaturated fat, found in sunflower and sesame oil, sunflower seeds and walnuts. Use a tablespoon serve during cooking or to make a healthy dressing for your salad or vegetables; or add a tablespoon of nuts or seeds to the finished dish.

When You Fill 50 Per Cent of the plate with vegetables, make sure you include at least three varieties in the mix. Do this at lunch and dinner and you're more likely to eat all of the vegetables on your plate, as well as eating an extra serve of vegetables without even trying.

* * * *

Eat Smart – Rhubarb

Rhubarb is full of health-giving properties, which increase when the fruit is cooked (good news for crumble lovers!). It is high in the antioxidants anthocyanin and lycopene, which are great for heart health and protecting against cancer. It also boasts good levels of calcium and vitamin K, which help to keep bones healthy. Rhubarb has long been valued for its high fibre content, making it an excellent choice for maintaining healthy digestion. The redder the stalk, the sweeter the rhubarb, but be sure to avoid its poisonous leaves. Slow cook or bake it to benefit from the most cancer-fighting polyphenols or add rhubarb to smoothies for a vitamin hit. ¥



RECIPE

Tuna and Broccoli Pasta Bake

Ingredients:

- 250g pasta shapes, cooked
- 1 tsp Tick approved oil
- 250g frozen broccoli
- 250g frozen peas and corn
- 1 x 200g can tuna in springwater, drained
- 1 red capsicum, diced
- ½ bunch spring onion, sliced
- 1 x 400g can chopped tomatoes in juice
- 1 lemon, juiced
- Fresh parsley, chopped
- Cracked pepper
- 100g reduced fat cheese, grated

Method:

- Preheat oven to 185°C.
- Cook pasta according to packet directions. Drain and drizzle with oil to stop from sticking.
- In a large bowl combine all ingredients except for the cheese.
- Place mixture into a large lasagne dish and top with grated cheese.
- Bake for 30 minutes or until cheese is golden.
- Serve warm.

Serves 5.



Winter Vegetable Frittata

Perfect for a winter Sunday lunch.

Ingredients:

- 2 cups cubed pumpkin
- 2 cups cubed potatoes
- 2 cups cubed kumara
- 2 tsp olive oil or cooking spray
- 1 onion sliced
- 1 red capsicum, chopped
- 4 eggs
- ¼ cup trim milk
- 1 pkt Maggi cheese, onion and herb sauce mix
- ¼ cup chopped fresh parsley or chives
- ½ cup grated edam cheese

Method:

1. Place pumpkin, potato and kumara in a medium saucepan. Add water to just cover vegetables. Bring to boil, simmer for 15 minutes or until tender.
2. Heat oil in a large non-stick frying pan. Add onion and capsicum, cook for 2 minutes. Add drained vegetables.
3. Place eggs, milk, cheese onion and herb sauce mix in a bowl and whisk to combine. Pour over vegetables.
4. Cook over low heat for 15 minutes.
5. Sprinkle with cheese. Place pan under heated grill for 2-3 minutes or until top is set and golden.

Nutritional Table:

Eat well every day - explore the nutritional properties of this recipe.

	Average Quantity Per Serving
Energy	377 Cal
Protein	15g
Fat, Total	14g
- Saturated	5g
Carbohydrate	49g
- Sugars	16g
Dietary Fibre	6g
Sodium	478mg

Prep time: 20 minutes

Cook time: 40 minutes

Serves 4.



Stretch for Success

Have you ever heard the saying, "Use it or lose it"?

Let's apply this saying to your health. If you don't move, you may lose your ability to move over time.

How do you maintain mobility? Stretching is the key.

Stretching not only helps your body stay loose but also helps break up adhesions and tight muscle areas.

When a gate hasn't been opened for a long time, what happens?

The gate begins to rust and becomes difficult to open. Once you begin opening the gate, the rust starts to break up. Like the gate, opening up tight areas through stretching allows oxygen and nutrients to better enter that area of the body.

Performing stretches can also boost your body's ability to perform better and help prevent you from injuring a muscle or joint.

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THE ATHLETE'S KITCHEN

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A Low Carb Diet for Runners?

Have you been hearing stories that fats are better than carbs for fuel for endurance runners and triathletes? Maybe you have wondered if scientific research supports those stories?

To find the latest science, I attended the annual meeting of the American College of Sports Medicine (ACSM). ACSM is an organization with more than 26,000 exercise physiologists, sports nutrition researchers, and sports medicine professionals — all of whom are eager to share both their research and extensive knowledge. At this year's meeting in San Diego (May 2015), I was able to verify that carbohydrates are indeed, the preferred fuel for all athletes. The following information highlights some of the research on carbohydrates that might be of interest to hungry runners.

- Louise Burke PhD RD, Head of Sports Nutrition at the Australian Institute of Sport, verified that carbs are indeed an essential fuel for athletes *who train hard and at high intensity*. That is, if you want to go faster, harder, and longer, you'll do better to periodise your eating around these hard training sessions with carb-based meals (pasta, rice) rather than with meat and a salad doused in dressing — a high protein and fat meal. Carbohydrates (grains, vegetables, fruits, sugars, starches) get stored as glycogen in muscles and are essential fuel for high-intensity exercise. Athletes with depleted muscle glycogen experience needless fatigue, sluggishness, poor workouts, and reduced athletic performance. (These complaints are common among the many runners who mistakenly limit carbs, believing they are fattening. Not the case. *Excess calories of any type* are fattening!)

Clearly, the amount of carbohydrate needed by a runner or triathlete varies according to length and intensity of exercise. Joggers who do low or moderate intensity runs need fewer carbs to replace muscle glycogen stores than do elite marathoners who do killer-workouts.

- A study with Cross-Fit athletes who reduced their carb intake (think Paleo Diet) simultaneously reduced their ability to perform as well during their high-intensity workouts. (Runners, think *track workouts, sprints, hills...*) Those who ate less than 40% of their calories from carbs (≤ 3 g carbs/pound body weight/day or < 6 g carb/kg) were out-performed by the higher carb group. Eat more sweet potatoes and bananas, if not bagels and brown rice!
- Some avid carb-avoiding runners endure a very low (< 20 -50 g/day) carb ketogenic diet. They “fat-adapt,” burn more fat, and hope to perform better. Yet, most studies with athletes in ketosis do not show performance benefits. Plus, is the diet sustainable? Who really wants to live in ketosis? No pasta, no potato, no birthday cake, no fun.

British exercise physiologist Ron Maughan PhD asked, “Why would you even want to burn more fat than carbs during exercise?” He explained that fat, as compared to carbohydrate, requires more oxygen to produce energy. Burning more fat means that you have to work at a higher fraction of your maximum oxygen uptake. “Isn't that the opposite of what you want to happen?”

Some long-distance runners claim a key benefit of being fat-adapted is to reduce the need to consume food during exercise—and thereby reduce the threat of intestinal distress. Hence, fat-adapting seems like a logical plan for numerous marathoners who fear sour stomachs and “fecal urgency.” The problem is, if they want to sprint faster, surge on a hill, or go harder or longer, they will lack the glycogen required for those high intensity bursts. Hence, their better bet would be to train their body to accept food during exercise. By experimenting during training and seeking help from a sports dietitian, a runner can figure out which fluids and foods will settle well. Perhaps a different brand of sports drink or gel, or a swig of maple syrup, could offer the needed fuel without creating distress?

- Concerns about carbs causing inflammation have prompted some runners to avoid wheat and other grains. Yes, if you have celiac disease (an inflammatory condition with telltale signs of constipation, diarrhea, bloating, stomach discomfort, and/or persistent anemia), you certainly should avoid gluten. But only 1% of the population has celiac disease and up to 10% may have other wheat-related issues. Research by Canadian sports nutritionist Dana Lis RD suggests that gluten does NOT cause inflammation in athletes who do *not* have celiac disease or a medical reason to avoid gluten. Those who claim to feel better when eating a Paleo-type or gluten-free diet may have become more nutrition-conscious. They feel better because they are eating better on their whole-foods diet (as opposed to their previous “junk food” diet).
- Carbohydrates from colorful vegetables and fruits are particularly important for runners. They help keep your body healthy. Case in point, Montmorency cherries. The deep red color of these tart cherries comes from a plant compound (anthocyanin) that reduces inflammation and muscle soreness. Athletes who consume concentrated tart cherry juice “shots” (or drink 8 ounces of tart cherry juice twice a day) recover better after hard exercise than their peers without tart cherry juice. For master's athletes, tart cherry juice can help calm the inflammation/pain associated with osteoarthritis.

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The bottom line:

- 1) Enjoy a foundation of quality carbs at each meal to fuel muscles.
- 2) Include a portion of protein-rich foods in each meal to build and repair muscles (for example, scrambled eggs + bagel; turkey in a sandwich; grilled chicken with brown rice and veggies).
- 3) Observe if you perform better.

Each runner is an experiment of one, and we are just beginning to understand genetic differences that impact fuel use, weight, and performance. Your job is to learn what works best for *your* body and not to blindly accept the latest trendy nutrition advice. Be smart, fuel wisely, and have fun!

*Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton), where she helps both fitness exercisers and competitive athletes create winning food plans. Her **Sports Nutrition Guidebook** and **Food Guide for Marathoners**, as well as teaching materials, are available at nancyclarkrd.com. For online and live workshops, visit www.NutritionSportsExerciseCEUs.com.*

Ed: - This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the website listed above.

* * * *

What's in Your Kitchen?

Did you know that your kitchen cupboards are chock-full of good stuff that works as natural remedies for many common ailments?

What we eat has a huge impact on our health, and this has never been more apparent than in today's world. We know that some foods are good and that others don't nourish our bodies as well.

Chinese medicine experts, Yuan Wang and Warren Sheir and writer Mika Ono co-author the book *Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life*. They share research about some items that you probably have lying around your kitchen that might help keep you healthy.

- **Fresh ginger.** Ginger can be used to aid digestion and help when your stomach is upset. It may also help fight off some types of the common cold.
- **Garlic.** Research shows garlic has antibacterial and immunity-enhancing properties, not to mention being a tasty addition to cooking.
- **Mushrooms.** The long history of this vegetable includes a reputation for enhancing immunity and is being investigated for potential anti-cancer and anti-viral properties.
- **Green tea.** Laboratory studies suggest green tea may help slow certain cancers. Tea may also aid in weight loss, lower blood cholesterol, inhibit the absorption of fatty foods and protect your skin from the damaging sun though data hasn't been conclusive on the subject.

- **Walnuts.** Not only do they provide you with valuable Omega-3s, but also walnuts are being studied for their role in reducing the damage caused by unhealthy fats and ability to counteract Alzheimer's disease.
- **Peppermint.** This refreshing herb may address indigestion, gas and bloating. Its cooling properties suggest it relaxes the involuntary muscles in your digestive tract.
- **Cinnamon.** It's not just used in sweet desserts! Some studies have shown that cinnamon can help control blood sugar and may have antibacterial properties.

Foods can be used to proactively protect our bodies and minds. When you combine a healthy diet with chiropractic care that checks your nervous system function, you'll be equipping your body to work as it was designed to. Let us help you start your journey toward living a full, rich life.

Ed: This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website www.chiro.co.nz

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Five Ways to Cut Your Sugar Intake

THERE is nothing wrong with consuming a small amount of sugar in your diet – a teaspoon of honey, for example, in your yoghurt or enjoying a piece or two of fruit as a snack is not going to make you fat any time soon.

The main problem is added sugars hidden in highly refined, processed foods.

Here are five ways to cut back on this sugar intake:

- Get rid of breakfast cereal which contains dried fruit. Just one tablespoon of sultanas contains two teaspoons of sugar.
- Choose natural or plain Greek yoghurt. Fruit yoghurts can contain as much as six teaspoons of sugar in a small 200g serve. Add a little honey, vanilla, cinnamon or berries to sweeten it naturally.
- Go easy on the sauces. Sweet chilli sauce contains two teaspoons of sugar for every tablespoon. Use herbs and spices along with olive oil and marinades to flavour your food.
- Watch your juice and smoothie mixes. Limit your sugar intake to 20g, which is still a lot in an average serve of juice or a smoothie, but choose at most one fruit-based addition. Avoid frozen yoghurt, syrups and powders which bump up the sugar content.
- Consider your coffee order. Milk is a nutrient-dense food but it does contain the milk sugar lactose and a large-sized latte or cappuccino can contain almost 20g of sugars from lactose. Skim milk does not contain significantly more sugar than full cream. This is a myth – they both contain relatively high amounts of the naturally occurring sugar, lactose. – *Fairfax*

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WEBSITE

Don't forget to have a look at our website at:

www.wellingtonmastersathletics.org.nz

Benefits of Magnesium

By Heidi Billington - Naturopath

At some point in our lives many of us experience tight muscles, difficulty relaxing after a stressful day or have trouble sleeping at night. Often these issues come and go but if they are staying around longer than normal you may need to question the reason why! One point to consider is that these are signs our body may be lacking one of our most essential minerals - magnesium. This mega mineral is responsible for over 300 biochemical reactions in the body so it's no wonder we need it. Unfortunately it's also one of the greatest deficiencies found in the modern day lifestyle.

Magnesium is a mineral that supports your health and wellbeing in numerous ways. Below are some reasons why magnesium may be of some benefit to you:

- Waking up in the middle of the night with cramps is a common occurrence for many. The tightening of the muscle fibres may be due to the fact that the muscles need magnesium in order to relax. In contrast we also require calcium for the natural contraction of our muscles so keeping these two minerals in balance is very important.
- Disrupted sleep is often because we are stressed, tense and not able to unwind after a busy day. By raising magnesium levels the muscles may be able to relax and subsequently the body falls better into sleep.
- Low energy levels could be due to the fact that your cells do not have enough magnesium to create energy.
- Do you often crave chocolate? Perhaps your body is really shouting out for the magnesium found in cocoa! A higher dietary magnesium intake has been associated with a reduced risk of developing type 2 diabetes in adults and children*.
- Taking magnesium orally can support healthy bowel movements as it has a laxative effect. Magnesium naturally draws water into the gut. This can help trigger peristalsis (the wave-like motion that helps move matter through your intestines) and soften the stool. When extra fibre and water in your diet are not helping your bowel movements, then perhaps a supplement of magnesium before you go to bed might be the answer you were looking for.
- Over half of our magnesium is stored in our bones and it works together with calcium and vitamin D to keep our bone structure solid. Getting enough magnesium in our diet reduces the chances of the body taking it from our bone stores keeping our bones healthy.

The Recommended Daily Intake (RDI) of elemental magnesium for men is 420mg and 320mg for women but sometimes this is not enough. So how can you raise your magnesium levels? You can start by increasing your intake of high-fibre foods such as legumes, whole grains, vegetables (especially green leafy veggies), seeds and nuts as they are generally highest in magnesium. Because it's hard to raise magnesium levels in our bodies by diet alone, due to poor nutrient levels in our soils, it's

a good idea to be mindful of how magnesium can become depleted in the body and keep those to a minimum. These include bad dietary habits, too much alcohol and caffeine. Pharmaceutical medications, gastrointestinal upsets, chronic stress, excessive sweating and the natural aging process can also deplete magnesium.

Taking a one-a-day supplement of the Healthieries Magnesium 400mg can be an easy and effective way to boost your magnesium levels. Try it and see how it makes you feel.

**Meyer KA, Kushi LH, Jacobs DR, et al. Carbohydrates, dietary fibre, and incident type 2 diabetes in older women. Am J Clin Nutr 2000;71:921-30.*

Heidi Billington - Naturopath

My passion for natural health comes from a desire to help people achieve better health by balancing both the body and mind. A positive mindset and a well-nourished body is a great combination for living a happy, healthy and fulfilled life. Herbs and supplements can also play a huge part in supporting the body through the tough demands of modern day living.

As a Naturopath and Medical Herbalist one of my aims is to help take the confusion out of where to start and what to do with supplements. Lifestyle and dietary changes are important too and I'm always happy to give helpful information when needed through the naturopathic advice line.

For more information visit the website: www.healthieries.co.nz

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The Outdoor Safety Code

Before you go into the outdoors get familiar with New Zealand's Outdoor Safety Code

1. Plan Your Trip

Seek local knowledge and plan the route you will take and the amount of time you can reasonably expect it to take.

2. Tell Someone

Tell someone your plans and leave a date for when to raise the alarm if you haven't returned.

3. Be Aware of the Weather

New Zealand's weather can be highly unpredictable. Check the forecast and expect weather changes.

4. Know Your Limits

Challenge yourself within your physical limits and experience.

5. Take Sufficient Supplies

Make sure you have enough food, water, equipment, clothing and emergency rations for the worst-case scenario. Take an appropriate means of communication.

You should not expect good mobile phone coverage in remote areas. For emergency communications, consider purchasing or hiring a 406MHz distress beacon. For information on where to buy, rent or register your 406MHz beacon, visit www.beacons.org.nz.

Mountain radios can be hired for two-way communications. Visit: www.mountainradio.co.nz

For more information about how you can prepare for your outdoor activity, visit www.adventuresmart.org.nz.

INJURY PREVENTION

Muscle In Focus:

Gluteus Medius & Minimus

Gluteus Medius and Minimus are two muscles situated at either side of your pelvis. They attach your pelvis and sacrum to your femur (long leg bone) Figure 1).



Figure 1



Figure 2

Their action is to abduct (see Figure 2) and to medially rotate the hip. More importantly for a runner, they serve to stabilise the pelvis during the stance phase (when your foot is on the ground) of your running gait. This stabilisation action is extremely important for two main reasons:

1. It keeps your pelvis and associated areas of your body in the best possible position for the large prime movers (muscles that propel you) to contract and drive you forward.
2. It keeps your pelvis in a position where it is least likely to be injured.

The major injury seen to these muscles is tendonitis at their attachment sites on the femur. They may also develop trigger points (small contractures in a muscle) that refer pain (send pain to another part of the body) down the lateral (outside) aspect of your leg, lateral knee, shin and lateral ankle.

However, more important are the many possible consequential injuries that may occur when this muscle becomes fatigued and/or weak. ITB friction syndrome (lateral knee pain common in runners), trochanteric bursitis (lateral hip pain), lower back, groin and many other possible symptoms may occur due to improper activity of your Gluteus Medius/Minimus.

Assessment of this muscle in a home environment is difficult. However, if you have a mirror, then can you perform a basic assessment by following the below instructions. A weak gluteus Medius/Minimus is often seen in hopping or even basic one-legged standing. Try standing on one leg in front of a mirror and look to see if the hip you are standing on is adducting. Then compare to the other side. If you are not sure, try hopping on one leg and observe whether your hip is adducting when you land on that leg. The more you adduct, the more likely it is that you have a weak Gluteus Medius/Minimus and poor pelvic stability.

Treatment is to strengthen the weak Gluteus Medius/Minimus. Interestingly, runners will often be sent home with Gluteus Medius/Minimus exercises for many different pelvic and lower limb injuries. The use of these strengthening exercises can prevent further injuries and help avoid that next trip to your physical therapist. Moreover, good pelvic stability acts as a performance enhancer – so get into them!

Find yourself a step and follow the instructions:

- Put the foot of the weak hip on a step with the other leg hanging off the side.
- Lower the foot that is not planted below the level of the step and then hitch this side up beyond the step level (See Figures 3 and 4).
- Repeat this until you feel fatigue/burn in the side of your hip (Gluteus Medius/Minimus).
- Swap sides, repeating each side three times.



Figure 3



Figure 4

With consistency, people with positive findings of hip/pelvic weakness should be able to reverse these within 3-4 weeks. When you have strengthened this group, do not forget to keep topping them up once per week to keep the strength.

Stretching this muscle is very difficult and somewhat debatable. Try stretching a portion of this muscle by following Figure 5.



Figure 5

One of the better ways to treat this muscle is to self-massage it. You can do this by lying on a tennis ball directly on the muscle. (See Figure 6)



Figure 6

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ATHLETIC PROFILE – PHIL JENSEN

Long Time National Title Holder



Hutt hammer thrower Phil Jensen may have retired from senior competition, but he hasn't closed the door to competing at Master's level. Jensen, 48, was the senior title holder from 1988-2014, and finally got beaten by Matt Bloxham, 29 years his junior, at National's earlier this year. To put that another way, Jensen's reign is akin to winning a title this year, and every year until 2041. "That's a long way away - I don't know of anyone that has more than 20 consecutive national titles in any sport, worldwide. My youngest, Renee, has never seen me lose a national title, and she's now 17."

Jensen would not have retired had Bloxham not thrown a personal best 63.56m and won Nationals. Jensen's best is 72.06, set in 1998. He stayed to provide good competition.

"I didn't want anyone to win the Nationals with a 55m throw," he says. "I've said for a few years I'll retire when I get beaten."

Jensen says retiring from senior level competition hasn't really sunk in – but it will come. Nationals are in Dunedin next summer - he won't be attending, but will maintain a keen interest in Bloxham, hoping he throws further.

He says hammer throw is quite technical – the only throw using both hands – and says people like to see it done well. It is also pretty dangerous – he knows of someone who was killed after being struck with a hammer in training.

While Jensen has a Commonwealth Games silver medal, many national records and titles in hammer and shot put, one thing has eluded him – the top throw by a senior in New Zealand. That record, 73.10m set in 1994, is just over Jensen's best of 72.06m. "That's my only disappointment – I didn't have that senior record," he says.

He has not had a Masters title either – as he has never competed in Masters. His competitors would be grateful, as Jensen holds the masters record for the hammer. His throws at senior level would have given him a World Masters Title had he competed. He just wasn't interested. He may be in future.

His silver at the Manchester Commonwealth Games in 2002 is a highlight, as was his top 10 placing in the World Cup, representing Oceania later that year. "I actually beat the Englishman that beat me at the Commonwealth Games," he recalls.

Every morning Jensen does his gym routine, throws a few hammers to keep him in shape, just in case he decides to go to the World Masters next year in Perth.

Jensen says he didn't think he'd last so long as a senior level titleholder. So is he surprised he remained champion for so long? "Yes, and a little disappointed in a way – but it's happened. I've done my thing."

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Deep Water Running

With summer approaching, stay cool with pool running. You can substitute an aqua jog workout for one short running workout each week. Use a floatation device in the deep end so that the feet don't touch the bottom. Move your legs through the same motion you would use when running. Start with 10 minutes or so, and increase by 3-4 additional minutes each workout until you reach 30 minutes.

Many injured runners have maintained fitness by running in the water. For a long run, run in the pool for about 5-10% longer than you would run on land (by time). Speed intervals can be run by picking up the cadence of your water run stride for about the length of time you would be running on the track, etc.

Exertion level in the pool should be about what you feel on an average run, when doing your maintenance workouts.



WELLINGTON MASTERS ATHLETICS

31st Annual 8km Road Race & 6.4km Race Walk

Olympic Harrier Clubrooms, Johnsonville

Sunday 12th July 2015

The weather for this years' event was cold at the start but after lap 1 the sun came out and warmed things slightly. The bonus was that there was no chilling southerly wind! This year 27 runners and 11 walkers took part. As fastest male walker over the hilly four-lap course Peter Baillie (Scottish) has this honour and Terri Grimmett (Scottish) for the women.

Fastest male runner over the five-lap course was Brian Garmonsway (Trentham), chased home by Angus Wood (HVH). The first two women's places were held by Michelle van Looy (Olympic) and Janet Pitman (Trentham).

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by John Wood, who set a new record for the M75 grade edging out Brian Garmonsway who also set a new record in the M35 grade.

A special thanks to Brian Watson for organising this event (for the 31st year) and for the marshals and timekeepers – your support is much appreciated. Again it was great to see a number from Levin Harriers come down and compete again this year. We hope to see them back again next year.

Run (8km)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Brian Garmonsway	Trentham	M35	27:20	1	1
Angus Wood	HVH	M45	32:01	2	1
Darren Gordon	HVH	M40	32:12	3	1
William Twiss	Scottish	M45	32:27	4	2
Michelle van Looy	Olympic	W40	33:44	5	1
David Hood	Trentham	M55	33:51	6	1
Stephen Mair	Trentham	M50	34:06	7	1
Janet Pitman	Trentham	W40	34:14	8	2
Richard Martin	Olympic	M45	36:58	9	3
John Gallagher	WMA	M60	37:23	10	1
John Wood	HVH	M75	38:13	11	1
Tineke Hooft	Olympic	W50	38:54	12	1
Steve Bligh	Olympic	M55	39:27	13	2
Kerry Beaumont	Trentham	W35	39:31	14	1
Marie Pugh	Olympic	W40	39:44	15	3
Robin Stephen	Levin	M60	42:19	16	2
Guy Dobson	Levin	M60	43:24	17	3
Jean Skilton	Olympic	W55	45:12	18	1
Ian Morton	Scottish	M55	46:35	19	3
Annie van Herck	Olympic	W60	47:11	20	1
Albert van Veen	HVH	M65	47:15	21	1
Barbara Morrison	Scottish	W65	48:14	22	1
John Palmer	WMA	M65	48:57	23	2
Ele Brown	Olympic	W50	49:38	24	2
Ray Wallis	Aurora	M75	50:19	25	2
Peter Hanson	Olympic	M75	56:48	26	3
Barry Coupland	Levin	M70	58:16	27	1

Walk (6.4km)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Peter Baillie	Scottish	M65	38:02	1	1
Terri Grimmett	Scottish	W55	41:22	2	1
Sean Lake	Scottish	M40	41:57	3	1
Bob Gardner	Scottish	M60	43:09	4	1
Jackie Wilson	Trentham	W65	43:54	5	1
Joseph Antcliff	Trentham	M45	48:05	6	1
Geoff Iremonger	Scottish	M65	48:12	7	2
Daphne Jones	Scottish	W70	49:48	8	1
Heather Eades	Levin	W60	50:19	9	1
Pauline Coupland	Levin	W70	51:51	10	2
John Hines	Scottish	M75	52:37	11	1

INJURY PREVENTION

How to Aggressively Treat IT Band Syndrome

By Jason Fitzgerald

It happens too often to many runners — you feel great and set out for an easy run, only to feel the twinge of Iliotibial Band Syndrome (ITBS) on the outside of your knee.

You do what any good runner does in this situation: take a few days off, pop some ibuprofen, and then test your leg on a run a few days later. And no surprise — your IT band still hurts.

More: [5 Ways to Train Through the Pain](#)

The same tired injury prevention advice isn't always going to cure an IT band injury. Instead, proactive and intense injury treatment is needed to get healthy and cure your ITBS for good.

ITBS Injury Treatment in 5 Easy Steps

Elite athletes are known for aggressively treating injuries so they can maintain their fitness and resume training as quickly as possible. You don't have to be elite to learn from their treatment plans.

Below are the action steps you can take to get back on track.

1. Stop Running

Running exacerbates ITBS pain, typically at the knee insertion point, during the acute injury phase. It's simple — if it hurts to run, don't run.

More: [The Next Best Thing to Running](#)

2. Cross Train with Cycling or Pool Running

These forms of exercise have no impact forces and shouldn't aggravate your IT band. They help you maintain fitness, circulate healing blood flow, and ensure you recover as quickly as possible. Start conservatively and make sure that either exercise doesn't bring any pain to your IT band. You can transfer long runs, fast workouts and recovery runs to the pool or bike and you won't lose much fitness at all.

More: [The Best Cross Training for Runners](#)

3. Massage the Injured Area

This may or may not be appropriate for your specific situation, but in most cases it will help. Use a foam roller and a tennis ball to work out tightness and any trigger points in the quad, IT band, glute, hamstring, and hip. Static stretching of these same areas after massage can also help you feel loose, though it's still unknown if it offers any practical benefits.

4. Increase Strength

Most IT band problems stem from a weakness in the glutes and hip area. It's vital to strengthen these areas. A series of strength exercises like the ITB Rehab Routine targets the weak areas so you can get back to running sooner.

It's also wise to do core workouts even though they do not directly impact your IT band. With some time off from running, you'll have time to focus on core strength. Staying on top of the little things is important.

More: [3 Best Core Exercises for Runners](#)

5. Sleep More

Most recovery and soft-tissue healing happen when you're asleep, so make sure to get a lot of it. During any period of increased training or injury, more sleep can help you recover adequately. That's because your body enters REM and slow-wave Delta sleep after you've been asleep for at least 90 minutes. These are the most restorative sleep cycles for both your body and brain.

More: [Consistent Sleep Patterns Means Better Performance](#)

How to Be Proactive

Instead of reacting to an injury, know the warning signs before you get hurt in the first place.

First, **realize when your body is fatigued**. It's important to run when you're tired sometimes so you can improve, but recognize when you're pushing yourself too far: running in old shoes while you're tired, skipping a recovery day, increasing your volume and workout intensity at the same time, and not getting enough sleep. Be smart.

Try to **have foresight instead of hindsight**. Looking back it's usually easy to recognize when you made a poor decision. We're all human, so recognize when to back off and run easier.

Keep up with your **strength exercises**; they're your injury insurance. Skipping them puts you at a higher risk for injuring the IT band (or anything else). Be diligent in strengthening the weak areas that you're predisposed to injuring.

Remember that **running is cumulative**, so the best thing you can do for your long-term progress is stay consistent. Strong injury treatment — instead of pure rest — can get you back on the road faster and ready to train.

About the Author



Jason Fitzgerald

Jason Fitzgerald is a USATF-certified running coach, 2:39 marathoner, and the founder of [Strength Running](#). Have a question about running? Download the free [Strength Running PR Guide](#) to get 35+ answers to the most commonly asked questions about running.

Ed: This article has been reproduced with the kind permission of Jason Fitzgerald. For more information visit the websites listed or email Jason at jason.a.fitzgerald@gmail.com.

MISCELLANEOUS

MEMBERSHIP

Our current membership stands at 91 members. No change since last newsletter.

* * * *

Wellington Race Walks Results 20 June 2015

The weather was remarkably good, calm dry and not too cold. The walkers took advantage of the conditions and there were some good times.

Results:

A Division 10km:

*Peter Baillie	Scottish	56:55
*Sean Lake	Scottish	1:00:54
*Bob Gardner	Scottish	1:03:09
*Terri Grimmett	Scottish	1:03:58
Kevin Watson	Scottish	1:06:12
John Leonard	Scottish	1:07:16
*Philip Grimmett	Scottish	1:07:37
*Barbara Morrison	Scottish	1:08:31
*Daphne Jones	Scottish	1:15:40

5km:

Daniel du Toit	Trentham	30:34
David Cooke	Scottish	33:50

'B' Division 10km & 5km

Ian Morton	Scottish	1:05:57
Joseph Antcliff	Trentham	1:12:42
Richard Willis	Trentham	35:59
Leeane Palmer	Scottish	36:16
Arlene Wong-Tung	Scottish	37:08
*John Hines	Scottish	39:21
Andrea Adams	Olympic	40:08
*Murray Gowans	Scottish	41:52

*Member of Wellington Masters

Many thanks to the 30 plus walkers and officials who helped make the 10km and 5km such a good event.

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2015 Gold Coast Airport Marathon - The Greatest in History

The 2015 Gold Coast Airport Marathon has entered the history books as the most successful of its 37 year history, thanks to the 27,500 participants, the sponsors and supporters, the 1,200 volunteers, the thousands of spectators, the Gold Coast community and the board and staff of Events Management Queensland.

This year's Gold Coast Airport Marathon drew more than 3,000 participants from overseas and close to 8,000 from interstate. The event also featured a record of over 6,000 runners in the 42.195km marathon and more than 1,800 kids in the Junior Dash races.

In addition to the eight races over two days, we welcomed thousands of runners and their families and friends to the Brisbane and Gold Coast Check-In Centre to collect their race numbers, had over 80 exhibitors promote their products and services at the three-day ASICS Sport & Leisure Expo.

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Armstrong Motor Group Race Statistics

<u>Race</u>	<u>Entrants</u>	<u>Finishers</u>
Armstrong Group Marathon	461	416
Marathon Walk	31	27
Shoe Clinic Half Marathon	1,438	1,260
Half Marathon Walk	239	229
Mizuno 10km	1,286	1,105
Mizuno 10km Walk	282	257
Bluebridge 5km	366	324
Bluebridge 5km Walk	66	56
Classic Hits Kids Magic Mile	276	255
Totals	4,445	3,929

* * * *

Fish story

Once upon a time there was a king who wanted to go fishing.

He called the royal weather forecaster and asked about the upcoming weather conditions.

The weatherman assured him that there was no chance of rain in the days ahead.

So the king went fishing with his wife, the queen. On the way he met a farmer on his donkey. Upon seeing the king the farmer said, "Your Majesty, you should return to the palace at once because in just a short time I expect a huge amount of rain to fall in this area".

The king was polite and considerate, he replied: "I hold the palace meteorologist in high regard. He is an extensively educated and experienced professional. And besides, I pay him very high wages. He gave me a very different forecast. I trust him and I will continue on my way."

A short time later a torrential rain fell from the sky. The king and queen were totally soaked. Their entourage chuckled upon seeing them in such a drenched condition.

Furious, the king returned to the palace and fired the weatherman at once!

Then he summoned the farmer and offered him the prestigious and high paying role of Royal Forecaster.

The farmer said, "Your Majesty, I do not know anything about forecasting. I obtain my information from my donkey. If I see my donkey's ears drooping, it means with certainty that it will rain."

So the king hired the donkey.

And thus began the practice of hiring asses to work in the government and occupy its highest and most influential advisory positions.

- COMING EVENTS -

2015:

Sept

13	Pelorous Trust Half Marathon, 10km & 5km	Petone
26	Abel Tasman Coastal Classic 36km (off road) Child Handicap Half Marathon - Individual or 3 Person Team	Abel Tasman National Park Carterton

Oct

5-9	OMA Stadia Championships	Rarotonga
11	Bank of America Chicago Marathon Wairarapa Marathon & Half Marathon	Chicago Masterton
14-18	ITU World Duathlon Championships	Adelaide, South Australia
18	Napier Half Marathon, 10km & 5km Melbourne Marathon, Half Marathon, 10km & 5.7km & 3km	Napier Melbourne
25	Lower Hutt 10km	Venue to be confirmed

Nov

1	Auckland Marathon, Half Marathon, 10.5km & 5km	Auckland
8	Rimutaka Incline Run	Kaitoke, Upper Hutt
15	Sovereign Duathlon Series	Auckland
21	Queenstown International Marathon, Half Marathon, 10km & 3km	Queenstown

Dec

5	The Goat 21km (off road)	Tongariro
12	Ironman 70.3 Taupo	Taupo

2016:

Jan

9	Port of Tauranga Ironman	Tauranga
16	Sovereign Duathlon Series	Christchurch

Feb

13	Buller Gorge Full & Half Marathons	Westport
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Mar

5	Ironman NZ	Taupo
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26 Oct-

6 Nov	WMA Stadia Championships	Perth, Australia
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April

3	Paris Marathon	Paris
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2017:

April

21-30	World Masters Games	Auckland
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2018:

Jan

20-27	OMA Stadia Championships	Dunedin
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Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

CENTRE RECORDS:

If you feel that you have set/broken a Centre record, please send the appropriate paper work, completed and signed-off to Peter Hanson at phanson@extra.co.nz for ratification by the committee. His postal address is Apartment 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and telephone number is 04 237 0958.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2014/2015 YEAR
(1st September 2014 to 31st August 2015) = \$50.00**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

How to Pay:

\$50 (\$100 for couple) - Cheque made out to Wellington Masters Athletics Inc. – (WMA Inc.) and send with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145.**

Direct Credit to: Wellington Masters Athletics Inc., ANZ Bank, The Terrace: **06 0565 0064415 00**
and forward a completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and T shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible


