

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 14 Issue 6

December 2015



*Wishing all
members a very
Merry Christmas
and a Happy and
Prosperous New Year*



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

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| Secretary: | Albert van Veen | 563 8450 |
| Treasurer: | Graham Gould | 973 6741 |

COMMITTEE:

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| John Hammond | 04 292 8030 |
| Michelle van Looy | 021 244 8645 |
| Sharon Wray | 471 2775 |

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WELLINGTON MASTERS ATHLETICS INC.

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LIFE MEMBERS

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

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| WGTV MASTERS: | Jim Blair | Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019 | 528 2992 |
| WGTV TRI CLUB: | The Secretary | PO Box 2201, Wellington 6140 | |

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 REPORT

Another winter season wrapped up with our members performing well at various Athletics Wellington and Athletics New Zealand championships.

We held the Lower Hutt 10km on our new course and you'll see the results and write-up for that event in this issue. Numbers were down a little, which we attribute to the timing of the event on Labour Day weekend. We had little choice this year – clash with Oceania Masters, NZ Marathon Champs, Track Season or Labour Day weekend? Looking ahead to next year we may have a similar conundrum given World Masters in Perth take place in late October/early November and both NZ Road Relays and Wellington Marathon Champs take place in early October. The most likely date will be Sunday 16 October.

For those that attended the event this year, the new course seemed to be a popular improvement and I think we'll be staying at this venue for the foreseeable future. The weather cooperated, perhaps a little too well, with a glorious sunny day. We have the option of going North-South, as this year, or South-North. If anyone has a preference, let us know and we'll take that into account when planning next year's race. One thing we will definitely do for next year is arrange for a drinks station so water can be available every 2.5km.

Our Centre Champs are coming up next year and in an attempt to improve numbers, Athletics Wellington (with whom we jointly hold the event) are looking to change the approach a little. The proposal is to seed the races that require individual heats by using season's best performances rather than a strict application of age bands. Given we tend not to have too many events in which more than one athlete from the same age-band competes; this should not be a big change for us.

We tend to have several athletes in the same age group only in the middle distance events, especially in the M40/M45/M50 grade where heats can cope with larger sizes. And most of those athletes will be similarly seeded anyway. The bigger split might be around the W50 age bands where we have a greater range of abilities.

Broadly speaking, I support the desire to mix things up. We were seeing numbers drop when the senior and masters champs were separate, so we know staying apart doesn't help. And even the combined champs hasn't seen numbers go particularly well. It may be that the Wellington athletics community are not actually that interested in competing at centre champs and would prefer to stick to the regional league, North Island and national championship meets.

The Championships are to be held in Masterton this season, with an overflow day for some events (to be announced what events will overflow) to go to a second day in Wellington two weeks later. It's two weeks later because the timing of Waitangi Day in 2016 has caused the Porritt Classic to move from its usual weekend and centre champs cannot clash with Porritt.

I encourage those of you on the Wellington side of the Rimutakas to make the trip over to Masterton – just as they regularly come to us at Newtown Park. There will be food etc. available throughout the day and it should be a worthwhile trip, even if only to watch.

Happy racing!

*Michael Wray,
President*

TRAINING

IN THE ZONE

No matter your goal – to go faster, further, lose weight or simply not get injured – you can benefit from learning to train in the correct heart rate zone.

The harder and faster you run the better you get, right? Actually, it's not that simple and it all comes down to your heart rate. Many runners inadvertently burn themselves out by pushing too hard and spending too much time training in the anaerobic zone, where the heart rate rises to more than 165 beats per minute (BPM). At this rate, the cardiovascular system has difficulty providing the muscles with oxygen. While it's valuable to reach this zone occasionally to push the body to improve, constantly working out anaerobically will prevent results.

Spending more time running in the aerobic zone is the best way to build fitness and stamina. To do this, you can use a heart rate monitor to ensure your heart rate remains at the right level.

Auckland clinic Get Running uses a five-level pyramid to illustrate the various stages of running, from aerobic to anaerobic and finally alactic at the peak. At the slow and steady base level, the runner's heart rate sits between 130-140BPM and pace averages 6.15-6.30mins/km. At the second level, the heart rate rises to between 140-150BPM and the pace averages between 6.00-6.15min/km. At the third level the heart rate sits between 150-160BPM with an average pace of 5.30-5.45mins/km.

"First we build a large base of running ability at the bottom and work our way up slowly by applying pressure but then pulling back a bit to let the body recover and strengthen. The larger the base the higher you can go," says running expert Gaz Brown. "If the body is conditioned well in level 1 then when you head out to complete your goal run or race, you're going to be running at level 2 and up to level 3. Near the end of a race you might reach anaerobic zone, but only for a small amount of time."

Runners who suffer from injury or feel over-trained are usually spending a lot of time in the anaerobic zone of the pyramid, says Brown. "The people who typically sit in the anaerobic training zone are generally females with high-pressure jobs who push

themselves to the limit and usually suffer from adrenal fatigue," he adds. "The anaerobic level forces the body to burn sugar, not fat, and you end up relying a lot on adrenaline. Adrenaline has the ability to keep you going for a long time. But if you stay in the anaerobic zone for too long, the body will cope by taking on carbs and storing weight."

If you don't want to invest in a heart rate monitor, focus on your intensity level while running. At level 1 you should be able to hold a conversation – experienced runners often have to force themselves to slow down to stay in this zone. Level 2 is only a fraction faster and should still feel like the pace could be easily maintained.

Two of the Best

The latest heart rate monitors come with added extras including GPS and smartwatch functionality, allowing you to keep track of all your training goals. Try the Polar M400 Activity and Fitness Tracker (\$350), or the Fitbit Surge (\$349.95).



In season: BLUEBERRIES

Don't underestimate how great blueberries are for you! Their vivid colour is from anthocyanins, which are powerful antioxidants.

Blueberries are full of fibre, one cup has 25 per cent of your daily vitamin C needs and they're high in polyphenols, the magical compound that balances the body's fat intake. They also protect us from cognitive decline, cardiovascular disorder, and arthritis – their anti-inflammatory properties can cushion our joints. So yes, they're worthy of their superfood status!

SMOOTHIE: For a lavender-hued smoothie, blend ½ cup blueberries; 1 banana; 1 tsp cinnamon; 1-2 cups kefir milk of your choice or water; 1-2 slices avocado; and 1 tbsp chia seeds.

PANCAKES: Mash 2 bananas, stir in 1 large egg until smooth, then a dash of vanilla extract, and ½ tsp each of baking powder, cinnamon and nutmeg. Heat 1 tbsp coconut oil in a medium-hot pan, then pour in 2-3 pancakes. Dot with blueberries and flip when bubbly on top. Serve with yoghurt, fruit and maple syrup.

Help Energize Yourself this Spring

By Heidi Billington- Naturopath

Now that winter has taken its final bow and spring has truly sprung, it's a great opportunity to think about how we might be able to put some spring back into our own step! Whether it comes from poor dietary choices, too many late nights or just trying to do too many things at once - it can all start to take a toll on your energy status. So what can we do?

We've got six tips to help keep you energized this spring:

- **Get some early nights.** Even though the sun sets later during daylight saving, it does not mean you need to go to bed at a later time too! Try having lights out by 10pm at least twice a week.
- **Keep well hydrated.** One of the first signs of dehydration is tiredness. Every cell in the body requires water to function well. Start the day with a lukewarm glass of water with a squeeze of lemon if you wish. Try to have a total of 8 glasses of water per day.
- **Eat Well.** Often we may think we are eating well but unaware of the other factors such as processing and food storage and how this may affect the quality of our foods. Stress and medication can also play havoc on how our bodies use the nutrients we get from our food. Keep an eye on your intake of the usual modern day culprits such as convenience and processed foods, caffeine, alcohol, sugar and trans-fats, and try to cut back on these where possible.
- **Get plenty of fresh air.** There is nothing like fresh air and sunshine to lift the spirits and reenergize the body. Leave the office at lunchtime, get up early or stop the car and sit or walk in the sun for at least 20-30 minutes a day.
- **Remember to breathe.** Sounds simple enough but many people are shallow breathers and don't use the full capacity of the lungs. Take a few moments during the day to breathe deeply and slowly at least ten times. This practice not only calms the body down, helping reduce stress levels, but also fills the lungs with extra oxygen allowing it to circulate and energize the body.
- **Top-up your "energy" vitamins and minerals.** Most of us are aware that what we eat impacts our energy levels. Did you know that we also need more of certain vitamins and minerals when feeling particularly tired? One of the most important ones needed for energy production are the B vitamins. Without these the "powerhouse" within each of our cells does not function well and less energy is released for the body to use. You may benefit from taking a daily Multivitamin supplement to top up on these. Multivitamins work as an excellent form of nutritional insurance to help ensure your body gets what it needs to perform efficiently each day.

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.healtheries.co.nz

* * * *

Athletes Seek Chiropractic Care

Athletes at all levels today are exposed to an extremely competitive and challenging environment. More and more, those participating in a variety of sports are turning to chiropractic to support their musculoskeletal health. Professional athletes have recently been making headlines for visiting their chiropractors to keep them in the game.



When your body is aligned properly, you can perform at a higher level

For Athletes at All Levels

In the American Football's National League, players have been seeking alternative practitioners on their own, leading many teams to secure the services of a chiropractor in-house to benefit their entire team. Sports teams are increasingly giving their players options to the more traditional medical model. Chiropractic takes a proactive approach to your health, rather than reacting only after the injury has occurred. After all, giving players options for better health will lead to more wins!

Investing in your health with chiropractic care can give several advantages:

- Heal an injury;
- Prevent injuries from reoccurring; and
- Enhance your performance.

Pain Management and Wellness Care

When your body is aligned properly, you may find that you perform at a higher level, giving an upper hand to professional players, Olympic athletes or simply those of us who might like to go jogging at the weekend.

We're here for you whether you're in pain or simply want to make sure your body is working at its highest possible function. We'll help you stay active and pain-free, knowing you are doing everything possible to maintain optimal health.

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

TRAINING TIPS

How Long Should You Warm Up Before a Run?

A good warm-up can prime your body for a workout or race, but just how long and what kind of warm-up does your body need?

Research supports that pre-run warm-ups need to be tailored to the type of workout or race to best prepare the cardiovascular and muscular systems for a workout. Still, it's tough to balance what's enough to ready the body without causing fatigue during your workout or race.

What a Warm-Up Does

An effective warm-up should raise your core body temperature. This is especially important if you're heading into a workout in wintertime. A warm-up also increases blood flow to your muscles and primes your heart for an increase in activity. Aim for a warm-up that activates your muscles and prepares them to work.

Keep in mind: Most experts agree that runners shouldn't wait longer than 10 minutes between their warm-up and start time, or they risk losing some of the benefits of the warm-up.

More: [The Best Warm-Up Exercises for Runners](#)

What's the Best Warm-Up?

There's some debate over which activities are best for warming up and how long you should perform them.

"For easy and long runs, there's no need to warm up," says Jason Karp, author of "Running a Marathon for Dummies". "The first few minutes serve as a warm-up."

"When runners do other kinds of workouts (intervals, tempo runs, etc.), the warm-up starts slow and finishes at the same pace as the workout so there is a smooth transition from the warm-up to the actual workout pace."

Race day warm-ups are also a little different, Karp says.

"The shorter the race, the more vigorous the warm-up. For the marathon, there is not much need for most runners to warm up, other than to do a few mobility exercises. For the marathon, runners need to conserve as much glycogen as possible so they only need to warm up enough to feel awake and ready to run," he says.

More: [Seven Running Drills to Warm Up the Right Way](#)

Warm-Up Options

Use these tips as a guideline and find what works best for your body. Also, be sure to add more time if needed, especially if you're working out in cold weather.

Easy runs (optional or part of run):

Walk or jog easily and gradually for 5 to 10 minutes.

Long runs (optional or part of run):

Jog at an easy pace for up to 10 minutes.

Speed workouts:

Jog for up to 20 minutes and follow with dynamic stretching, such as high knees or butt kicks.

Race day:

5km: Jog 15 to 20 minutes and follow with 6 to 8 strides. (Strides are gradual accelerations where you increase your speed to 95 percent of your maximum speed. Each stride should last 20 to 30 seconds.)

10km: Jog 10 to 15 minutes and follow with 6 to 8 strides.

Half marathon: Jog for 10 minutes and follow with 4 to 6 strides.

Marathon: Jog 5 to 10 minutes and follow with up to 4 strides.

More: [The Ideal Pre-Race Warm-Up](#)

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You don't run 26 miles . . . on good looks and a secret recipe.

- Frank Shorter, Olympic gold medalist in the marathon.



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RESULTS

Wellington Masters 5km & 10km Road Run and Walk

Lower Hutt – Sunday 25th October 2015

Our new course using the Lower Hutt River stopbank paths seemed to be better received than the old course along the main road. One thing to consider is whether to run the north loop or the south loop first. This year the course was run north then south and we'd be interested in hearing if there are preferences to reverse the order?

The weather was pretty good, albeit a little breezy. Next year we will make water available at the start, finish and 10km half way areas.

Numbers were low this year with 21 entrants, no doubt due to the holiday weekend. We will endeavour to avoid long weekends in future, although our hand was forced this year due to the timing of the Oceania Masters Champs earlier this month keeping the race director and organisers out of the country until last week.

My thanks to Sharon Wray and Michelle Van Looy for marshalling the turn points, plus additional thanks to the former for organising the prizes and refreshments.

The merits prizes (wine!) this year went to Bill Twiss (first male runner), Tineke Hooft (first female runner), Sean Lake (first male walker) and Terri Grimmett (first female walker). The age-grade prizes went to Jackie Wilson (highest walking age-grade percentage) and David Hood (*highest running age-grade percentage). *Bill Twiss had the highest percentage but having already been recognised, the award reverted to the next in line.

Thanks also to those competitors who continually turn up and support our events.

Run (10km)

| Name | Club | Grade | Time | Age % | Finish | Grade Pl |
|------------------|-------------|--------------|-------------|--------------|---------------|-----------------|
| Bill Twiss | Scottish | M45 | 38:20 | 76.45% | 1 | 1 |
| Warren Burke | Scottish | M45 | 41:26 | 70.73% | 2 | 2 |
| David Hood | Trentham | M55 | 41:56 | 76.13% | 3 | 1 |
| Peter Sparks | Hutt Valley | M60 | 47:16 | 72.04% | 4 | 1 |
| Richard Sweetman | Scottish | M65 | 49:17 | 71.83% | 5 | 1 |
| Tineke Hooft | Olympic | W50 | 49:43 | 72.38% | 6 | 1 |
| Karen Iremonger | none | W40 | 54:26 | 57.37% | 7 | 1 |
| Dougal Congalton | WMC | M55 | 56:03 | 55.47% | 8 | 2 |
| Jean Skilton | Olympic | W60 | 58:38 | 66.33% | 9 | 1 |
| Albert Van Veen | Hutt Valley | M65 | 59:47 | 59.82% | 10 | 2 |
| Ray Wallis | Aurora | M75 | 63:02 | 61.50% | 11 | 1 |
| Isobel Franklin | Hutt Valley | W40 | 63:32 | 50.19% | 12 | 2 |
| Christine Jones | Scottish | W60 | 63:37 | 61.96% | 13 | 2 |
| Loretta Desourdy | Scottish | W60 | 63:37 | 61.13% | 14 | 3 |

Walk (10km)

| Name | Club | Grade | Time | Age % | Finish | Grade Pl |
|-----------------|-------------|--------------|-------------|--------------|---------------|-----------------|
| Sean Lake | Scottish | M40 | 65:32 | 60.80% | 1 | 1 |
| Terri Grimmett | Scottish | W55 | 66:18 | 75.36% | 2 | 1 |
| Jackie Wilson | Trentham | W65 | 67:48 | 86.63% | 3 | 1 |
| Daphne Jones | Scottish | W70 | 79:47 | 80.07% | 4 | 1 |
| Geoff Iremonger | Scottish | M65 | DNF | - | - | - |

Walk (5km)

| Name | Club | Grade | Time | Age % | Finish | Grade Pl |
|-----------------|---------------|--------------|-------------|--------------|---------------|-----------------|
| Maryanne Palmer | Wgtn Tri Club | W60 | 38:54 | 65.05% | 1 | 1 |
| John Palmer | WMA | M65 | 38:55 | 62.83% | 1 | 1 |



RECIPE

Recipe for Athletes with Dietary Restrictions

Chicken with Mushrooms, Red Wine and Roasted Garlic

Lactose-intolerant athletes who can't eat dairy and lactose-sensitive athletes who must severely limit dairy have to look for alternative sources of protein, calcium and vitamin D. Chicken, fish, nuts, beans and eggs are packed with healthy protein. Non-dairy milks, such as almond, soy or coconut milks, and orange juice are often fortified with calcium. Dark leafy greens such as spinach, kale, turnips and collard greens, are also calcium-rich. And mushrooms — especially those exposed to UV light — contain vitamin D, according to the [USDA](#).

This chicken and mushroom recipe delivers plenty of protein and vitamin D as well as electrolytes from the stock and salt. Serve the dish with brown rice and a side of spinach, and you'll also get a healthy dose of carbohydrates and non-dairy calcium.

One of the most versatile vegetables used in nearly every cuisine, garlic is a flavor base for everything from Thai curries to soups, stews and pasta sauces.

Preliminary [studies reviewed](#) by the National Cancer Institute found that garlic consumption may reduce the risk of developing several types of cancer, particularly cancers of the gastrointestinal tract. In addition, clinical experiments have shown that regular consumption of garlic decreased the size of arterial plaque in coronary arteries, prevented unhealthy blood clotting, and improved the circulation of the subject studied.

While the acrid bite of raw garlic can overwhelm a dish (and allegedly slay vampires), cooking garlic mellows its bravado — caramelizing it through roasting transforms the cloves into a buttery sweet puree. Combined with mushrooms, thyme and red wine — also reportedly known for its antioxidants that help protect the lining of blood vessels in your heart — oven-roasted garlic adds layers of richness without added fat and calories to the chicken recipe below.

Serves 4

Ingredients:

- 1 head garlic
- 3 tsp olive oil
- 4 chicken breasts, butterflied and pounded thin
- 1 small shallot, minced
- 250gms Swiss brown button mushrooms
- 250 white button mushrooms
- 4 sprigs fresh thyme, de-stemmed and chopped
- salt and pepper
- 1 cup red wine
- 1/2 cup chicken or vegetable stock.

Preheat oven to 180°C. Cut the very top off of an entire head of garlic, and place the garlic on a small piece of aluminum foil. Drizzle 1 teaspoon olive oil over top of garlic, and sprinkle with salt and pepper. Wrap aluminum foil over top of garlic. Roast for 45 to 50 minutes, or until cloves feel soft. Remove from oven and unwrap foil. Set aside to cool.

In a large nonstick skillet, heat 1 teaspoon olive oil over medium-high heat. Season the chicken breasts on both sides with salt and pepper. Add two to four chicken breasts to pan (depending on how large your pan is; you don't want to overcrowd them). Cook for three to five minutes per side or until chicken is no longer pink on the inside and it is lightly browned on the outside. Remove from pan and place on plate covered with foil.

Heat remaining 1 teaspoon olive oil in the same skillet; add shallot and sauté for two to three minutes. Add mushrooms and cook for five to six minutes, or until browned. Sprinkle with salt and pepper. Add chopped thyme and stir. Remove garlic from foil, turn garlic cut-side down, and squeeze garlic out of its skin into the skillet. Stir to combine. Pour in red wine, using a heat-safe rubber spatula or wooden spoon to scrape up any browned bits off the bottom of the pan. Cook until wine has nearly evaporated.

Add stock to skillet and reduce by half. Nestle chicken back into pan. Heat chicken through for two to three minutes. Serve with couscous, brown rice or crusty bread.



Coffee Drinkers v Tea Drinkers

Your preferred hot beverage may reveal a lot about your lifestyle. A French study shows loyal tea drinkers are less likely to smoke and are more likely to be physically active than coffee buffs and the more tea you sip, the healthier your habits. Women tend to drink more tea than men and men more coffee.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, October 2015



Hot topics in Food and Nutrition: Updates from the Academy of Nutrition & Dietetics

Can vegetarian runners get enough protein?

What about antibiotics in meat?

Do artificial sweeteners cause cancer?

These are just a few of the questions that runners often ask me in their quest to eat wisely and consume a quality sports diet. They feel so confused by the plethora of conflicting messages. To dispel some of this confusion, respected food and nutrition experts addressed some hot topics at the Academy of Nutrition and Dietetics' (AND) 2015 Convention. (AND is the nation's largest group of registered dietitians and nutrition professionals; www.eatright.org). Here are some highlights that might be of interest to you.

Sugar and artificial sweeteners: Aye or Nay?

It's no secret we have an innate preference for sweet foods, starting with all-natural breast milk. Kids, more than adults, enjoy sweetness. However, as we age, taste buds lose their ability to perceive sweetness. Perhaps you have noticed your parents adding extra sugar to their coffee to achieve a desired level of sweetness? These extra sugar-calories can become problematic for unfit folks who might have (pre-) diabetes.

Sugar sends a positive message to our brain and excites our reward system. (That helps explain why ceasing to eat sugar can feel like withdrawal). Artificial sweeteners (such as Equal, Sweet 'n Low, NutraSweet, etc.) do not create a big "reward" for the brain; hence they feel less "addictive."

All living species — apart from cats — are attracted to sweets. (Yes, my dog loves blueberries!) Hungry runners, in particular, tend to enjoy sweet stuff, too. While little is wrong with the occasional dessert, some runners enjoy way too many sugar-laden foods, including those sweetened with high fructose corn syrup (HFCS). The question arises: Is HFCS health-erosive and to be avoided?

To date, research indicates that *at normal intakes* (research is often done with abnormally high intakes); HFCS should not be of concern. It is not inherently fattening, nor inflammatory. Any inflammation associated with HFCS can be traced to obesity. Obesity triggers the inflammation found in heart disease, hypertension, and diabetes.

If you are a lover of soft drinks, sweet tea and other HFCS beverages, you might be left wondering if you should quit drinking the sugary stuff and opt for diet beverages instead? Controversy surrounds the topic of artificial sweeteners: *Do they increase sweet cravings? Contribute to fat gain? Cause cancer?* According to Dr. Jim Hill of the University of Colorado and a principal researcher for the National Weight Control Registry (a study of more than 10,000 people who have lost more than 30 pounds and have kept it off for more than a year), the dieters who drank sugar-free soda reported it helped them manage their weight.

A review of all the research on diet soda and weight concludes:

- 1) Diet soda does not lead to weight gain in humans. Rather, the studies indicate diet soda is associated with either weight loss or weight maintenance (i.e., lack of weight gain).
- 2) Diet soda does not contribute to adverse health effects or inflammation. Even the American Cancer Society places no limitation on sugar substitutes. (Rather, they suggest a high sugar intake can promote obesity and that places people at a higher risk for cancer.)
- 3) To date, no scientific findings recommend against diet soda. (Science changes, as we know.)

Hence, if desired, artificial sweeteners can be one tool in a dieter's weight-management toolbox and part of a healthy eating plan that preaches balance and moderation with *all* foods.

Antibiotics in foods

In the 1940's, farmers started using antibiotics in cattle to promote quicker growth. That helped the farmers make more money, and no one thought anything about it. The farmers bought over-the-counter antibiotics and used them as desired. Today, we are acutely aware this has contributed to excessive use of antibiotics.

Because 50% to 90% of antibiotics pass through the intestinal tract "alive," they get into the environment via manure. Over time, this has contributed to increasing prevalence of bacteria that survive exposure to antibiotics and have become antibiotic-resistant. If antibiotic resistance keeps increasing, we could potentially resurrect the pre-antibiotic era, where bacterial diseases ravage our health. A scary thought...

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Today, the government is starting to strictly regulate the use of antibiotics in farm animals, with full enforcement by 2017. Only veterinarians can prescribe antibiotics, and they must be used only to take care of sick animals, and not used to foster growth. This approach has been used in the Netherlands to successfully reduce antibiotic use, but that has not reduced antibiotic resistance.

According to Dr. Mike Apley DVM and professor of clinical pharmacology at Kansas State University's College of Veterinary Medicine, very little, if any, antibiotics end up in meat itself due to withdrawal periods. Milk is also antibiotic-free. Every truckload of milk is tested for certain antibiotics, and if they are detected, the farmer has to pay for the entire ruined batch. Hence, dairy farmers discard milk from sick cows that had been given antibiotics.

One way to alleviate concern about resistant bacteria is to cook food well, and carefully clean the meat preparation area. You can also consume more plant-based proteins, which over time, can reduce the need for more cattle. And yes, even athletes can get plenty of protein from plant-based meals.

The bottom line

To add years to your life, and life to your years, consider taking Michael Pollan's advice: *Eat real food. Not too much. Mostly plants.* You can balance in some sugary foods, as long as 85-90% of your calories are from nutrient-rich wholesome foods. While artificial sweeteners can save a few calories, the better bet, is to abate cravings for sweets by enjoying satiating, high quality meals earlier in the day that prevent afternoon and evening cravings for sweets. Breakfast bagel with peanut butter and a lunchtime bean burrito, anyone?

*Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create winning food plans. Her best-selling **Sports Nutrition Guidebook**, and food guides for marathoners, cyclists and soccer players, as well as teaching materials, are available at: www.nancyclarkrd.com. For online and live workshops, visit 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.

* * * *

Sunny Days, Warm Nights and Healthy Skin

As the weather changes, so too does our skin. Did you know that most of the sun's damage on our skin happens in summer? The warmer weather can start to strip skin of its natural moisture, leaving it dry and vulnerable.

With more exposure to the sun and ultraviolet rays, we run a higher chance of experiencing sun damage if we don't take

care of our skin, leading to premature ageing, wrinkles, dry skin and other skin-related issues.

Beautify your skin from within by consuming a vitamin- and nutrient-rich diet. Cut down on processed foods and refined sugar, and eat plenty of fruit and vegetables, proteins, milk and dairy (or other alternatives), and cereals.

Drink plenty of water to hydrate your skin and flush out toxins that may mar your complexion. It's recommended that most people drink two to three litres of water a day, or more if exercising.

There is also available a range of natural skincare products that can help to revitalise and cleanse your skin so that you can participate in summer activities with confidence!

* * * *

World Ironman Championships, Kona, Hawaii, Saturday 10th October

On Saturday 10th October some current and past Wellington Masters completed the World Ironman Champs in Kona, Hawaii on a very hot (it reached 47 degrees on the bike course) and windy day. Michelle Allison finished in 6th place in the 60 to 64 age group in a very respectable 12 hours 54 minutes, Richard Sweetman 23rd 64 to 69 in 14 hours 29 minutes and Bernie Portenski 6th 65 to 69 in 16 hours 9 minutes.

ITU World Duathlon Championships, Adelaide, Australia, Sunday 18th October

On Sunday 18th October the ITU World Duathlon Championships were held in Adelaide, Australia and two Wellington Masters participated in that event. In the sprint duathlon 5km run, 20km bike and 2.5km run Bruce McCallum was 5th in the 65 to 69 age group in 1 hour 18 minutes and in the standard distance duathlon, 10km run, 40km bike and 5km run Richard Sweetman was 9th in the 65 to 69 age group in 2 hours 31 minutes.

* * * *

Now that I'm older here's what I've discovered:

It's hard to make a comeback when you haven't been anywhere.

The world only beats a path to your door when you're in the bathroom.

If God wanted me to touch my toes, he'd have put them on my knees.

When I'm finally holding all the right cards, everyone wants to play chess.

It's not hard to meet expenses . . . They're everywhere.

Carbohydrate Loading: The What, Why, Who, How and When for Runners

By Greg Cox, Sports Dietitian

Optimal performance during competition is achieved by targeting the factors that would otherwise cause fatigue or a reduction in work output and/or skill. Nutritional factors that can cause fatigue include depletion of glycogen stores, low blood-glucose levels (hypoglycaemia), dehydration, low blood-sodium levels (hyponatremia) and gastrointestinal upset. Eating strategies in the lead-up to a race should be undertaken to avoid or reduce the impact of these problems.

What – Carbohydrate Loading

Carbohydrate is stored within the muscle as glycogen – a bundle of glucose (sugar) units. Carbohydrate loading, if done appropriately, increases muscle glycogen stores, thereby delaying the point of fatigue – often called “bonking”. If you have been involved in any endurance event, I am sure you have experienced “bonking” at some point in your career.

Carbohydrate loading isn't new, and has been around since the '60s, when Scandinavian researchers discovered the muscle biopsy needle – a nasty piece of work. In the classic carbohydrate-loading study, Bergstrom and colleagues (1967) found that muscle glycogen stores were increased, and subsequent endurance exercise performance was enhanced, following three days of high-carbohydrate eating preceded by three to four days of carbohydrate deprivation. This study resulted in the classic carbohydrate loading strategy – the “depletion method” – a trademark practice of some of the best Australian distance runners in the past.

Mike Sherman, an eminent exercise physiologist in the '80s, found that muscle glycogen stores could be increased to a similar level without the three days of depletion prior to three to four days of high-carbohydrate eating (Sherman et al, 1981). This method – “modified carbohydrate loading” – simply involves three days of high-carbohydrate eating with rest leading into exercise. Great – eat and don't move for three days and you can load your muscle glycogen stores!

Why does it work?

Tim Noakes, a South African doctor who specialises in exercise physiology and nutrition, recently published a study that investigated the benefits of carbohydrate loading on cycling time-trial performance (Rauch et al 2005). Eight well-trained cyclists completed two hours of steady-state riding followed by a one-hour time trial after three days of either high-carbohydrate eating or their usual carbohydrate intake. Researchers found that after the high-carbohydrate eating plan, cyclists performed better during the one-hour cycling time trial. The researchers concluded that: “seven out of the eight subjects who started with significantly higher muscle glycogen following carbohydrate loading used all additional stored glycogen and paced themselves higher throughout the time trial”.

The authors speculate that receptors present in muscle detect muscle glycogen content and provide feedback to the brain, which ultimately dictates pacing during exercise. The higher the initial muscle glycogen content, the faster the performance.

Who is it important for?

Canadian researchers investigated whether males and females carbohydrate load differently (Tarnopolsky et al. 2001). Researchers had well-trained male and female endurance athletes complete three separate five-day trials where they consumed either:

- their habitual diet;
- a diet containing 75% carbohydrate with the same amount of energy as their habitual diet; or
- a diet containing 75% carbohydrate with an additional 34% energy.

Researchers found that female endurance athletes need to increase their total energy intake in order to load muscle glycogen stores along with modifying the percentage of carbohydrate in their diet (see Figure 1). So if, as a female endurance athlete, you simply select additional carbohydrate foods while maintaining your normal energy intake, you are likely to fail to super-compensate muscle glycogen stores in preparation for racing.

How many days are needed to carbohydrate load?

Recently, a group of West Australian researchers investigated the effects of three days of high-carbohydrate eating (10 grams of carbohydrate per kilogram of body weight per day) combined with rest on muscle glycogen stores in eight endurance-trained cyclists and triathletes (Bassau et al, 2002). Figure 2 shows that, despite a significant increase in muscle glycogen stores in the first 24 hours, two additional days of high-carbohydrate eating failed to further increase muscle glycogen stores.

Assuming you're not carbohydrate depleted at the start of your carbohydrate-loading plan, and that you consume adequate carbohydrate and only perform light training, you may only require 24-36 hours of high-carbohydrate eating to maximise your muscle glycogen stores. This strategy may be worthwhile for athletes fearful of gaining weight in the lead-up to endurance an event.

When do you need to carbohydrate load?

Despite a greater reliance on muscle glycogen when pre-exercise concentrations are elevated, carbohydrate loading prior to exercise is generally associated with enhanced performance when exercise duration exceeds 90 minutes. For shorter-duration events, normal resting glycogen stores of a well-trained athlete are likely to be sufficient to fuel the performance of moderate-intensity events lasting 60-90 mins – so you're covered in 10km and half marathon events, particularly if you have a history of endurance training.

In the shorter duration events, e.g. 10km and half marathons, suitable fuel stores in the muscle are achieved by a combination of tapered exercise or rest, plus adequate carbohydrate (7-10g per kg body mass) over the 24-36 hours prior to the event. In many situations, this dietary prescription is already achieved in the everyday training diet, so no extra effort is needed. However, for some athletes (e.g. women or athletes on a weight-reduction diet) increasing carbohydrate intake above their normal intake maybe needed to achieve these fueling-up goals.

For longer-duration events such as the marathon, achieving a high carbohydrate intake (10-12g per kg body mass) for 24-72 hours prior to an event will mean modifying normal daily food and fluid intake for most athletes. It's unlikely that your normal carbohydrate intake will accidentally fall into this range in order to super-compensate muscle glycogen stores.

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Carbohydrate Loading Tips:

- As you start your taper into a race, your total food intake should reflect this taper in training. There is no value in increasing your energy (kilojoule) intake for the entire week leading in to a race, as this may lead to unwanted weight gain. Twenty-four to 72 hours is sufficient for your muscles to increase glycogen stores, given you consume adequate carbohydrate and reduce your physical activity.
- Be sure that the day prior to racing is a light activity day. If you exercise heavily the day prior to racing, you will need to increase total energy (kilojoule) and carbohydrate intake above those listed above in order to super-compensate muscle glycogen stores.
- Get to know the carbohydrate content of foods you normally eat so you can gauge as to whether you are likely to consume sufficient carbohydrate in order to truly carbohydrate load your muscles. Alternatively, seek the expert advice of a Sports Dietitian to assist you in personalising a carbohydrate plan.
- To maintain normal bowel habits, you don't want your fibre intake to increase drastically the day before a race. Refined carbohydrate choices such as honey, jam, added sugar, sports drinks, cordial, soft drink and lollies are compact, low-fibre carbohydrate sources. These foods, when added to your normal intake, will increase your carbohydrate intake without increasing your fibre intake.
- If you're racing early the next day, or you're one that gets too nervous to eat on race day, including a late supper option (~9.00pm) the night before racing takes the pressure away from a more substantial pre-race meal.

SUGGESTED FURTHER READINGS:

- Bergstrom J et al. Diet, muscle glycogen and physical performance. *Acta Physiologica Scandinavica*, 1967; 71: 140-50.
- Bussau VA et al. Carbohydrate loading in human muscle: an improved 1 day protocol. *European Journal of Applied Physiology and Occupational Physiology*, 2002; 87:290-5.
- Rauch HGL et al. A signalling role for muscle glycogen in the regulation of pace during prolonged exercise. *British Journal of Sports Medicine*, 2005, 39:34-8.
- Sherman WM et al. The effects of exercise and diet manipulation on muscle glycogen and its subsequent use during performance. *Int J Sports Med* 1981; 2:114-8.
- Tarnopolsky M.A et al. Gender differences in carbohydrate loading are related to energy intake. *Journal of Applied Physiology*, 2001; 91:225-30.

* * * *

Are You Getting Enough of the Sunshine Vitamin?

Exposure to safe amounts of sunlight is a natural, effective way to boost your vitamin D intake.

Often referred to as the "sunshine vitamin," vitamin D has made headlines in recent years for its possible health benefits. According to some reports, a deficiency of this vitamin is implicated in numerous serious health conditions such as cancer, cardiovascular disease, multiple sclerosis, diabetes, dementia, Alzheimer's and more.

When your vitamin D level is optimised, you may be able to reduce your risk for certain conditions as well as:

- Improve immune function;
- Build strong bones and teeth; and
- Absorb Calcium.

How Do You Get Sufficient Vitamin D?

According to the Vitamin D Council, exposing your bare skin to sunlight and taking vitamin D supplements are the two primary ways to get the vitamin D your body needs.

Although it's difficult to get the optimal amount of Vitamin D from your diet, this vitamin can be found in healthy foods such as salmon, tuna, mackerel, egg yolks, and cheese. Eating these and other healthy foods will also supply your body with other valuable vitamins and minerals necessary for optimal health.

The Chiropractic Connection

Chiropractic care doesn't treat Vitamin D deficiencies, but a person often can better receive Vitamin D by having a healthy nervous system. The nervous system is the master system of your body. This system controls every organ, muscle, and tissue, including your skin — the largest organ of your body!

With a healthy nervous system, your skin is better able to send sensory information to the brain to help the body know how to properly function. When your skin is able to do its job, your body is then able to properly access and use Vitamin D for your overall health.

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

* * * *

Thoracic Rotation

Runners often have stiff upper back, which affects technique, breathing and muscle function. Here is an exercise that will help loosen up the area.

1. Sit on the edge of a fit ball with both feet flat on the floor. Place your hands on your thighs, and keep your shoulders relaxed and facing forward.
2. Rotate your trunk by sliding one hand forward and the other back along your thigh as far as the knee. A good indicator that you are performing it correctly is seeing your sternum (in the centre of the chest) turning side to side.
3. Do 20 repetitions.



WE NEED YOU!

Athletics Officiating - Right Now we need Measurers, Checkers, Result Recorders and more becoming an official means:

- **The best seat in the house to watch and support Runners, Walkers, Jumpers and Throwers**
- **Opportunities to travel and meet new friends, and enjoy the camaraderie of the athletics culture**
- **To experience and share the pleasure of seeing athletes compete, and improve their best performances**
- **To help perform an interesting variety of tasks for our athletes, who also enjoy their sport**
- **Come and join our team of Wellington Centre volunteers**
- **You can become a track, road, cross country, walks, jumps or throws judge and see it all from close up**
- **Come on, Give it a Go! You will be made MOST WELCOME!**
- **You will ENJOY THE CHALLENGE!**

Come and Join the Wellington Centre Athletics Officials

***For more information contact Jim McIlroy on
Telephone 04 577 0722***

The Wellington Centre is short of officials at the present time owing to retirements, officials moving away from the area and others moving on to other interests. To successfully hold a big meeting at Newtown Park the Centre needs 80 officials to run the meeting successfully. Please give serious consideration to becoming an official of the Wellington Centre.

On Your Bike

Cycling is a low-impact cross training option that has many benefits for runners, and can be particularly good for recovery from injury.

As runners, we're used to working our legs in a specific way, muscles tuned to propel our foot forwards and spring off with each step. Cross-training with a bike is a great way to ring in the changes; it can help prevent injury, enable swifter recovery of existing issues and increase general fitness. Cycling also allows us to fit gentle (or not so gentle) exercise into our daily lives, keeping fitness levels ticking over nicely. A trip to the shops on the bike can burn kilojoules, doesn't damage the environment and keeps your body working.

Do your homework



Buying a bike requires preparation and, ideally, some professional advice. The first crucial step is to decide what type of cycling you're going to be doing. Unless you have plenty of money and space, you'll probably only want to buy one bike, so it needs to suit your riding style. If you plan to ride for fitness on the road, where burning kilojoules, aerobic conditioning and fast-paced cross-training are the name of the game, then consider a sleek road machine. Low rolling resistance, higher gear ratios, skinny tyres, a lightweight frame and drop handlebars mean you'll be able to really get a workout, or just enjoy the feeling of whizzing quickly past the traffic. Expect to pay at least \$1000 for an entry-level road bike.

If you fancy some more technically-demanding off-road riding, where power output is variable, the mind is challenged as much as the body, and the capacity for getting muddy is increased, a



dedicated mountain bike is the way to go. Expect to pay about \$500 for a basic front suspension only – known as hardtail – mountain bike, suitable for genuine rough off-road use. For the more committed, spending around the \$1000 mark will get you a lighter, more sporty hardtail. For full suspension, front and back, expect to pay at least \$1500 for a basic model. It's personal choice whether to go for full suspension or just front.

As a beginner, a hardtail will probably suffice. If you plan on hitting the mountain trails often and getting a bit more hardcore, then consider full suspension.

If you're looking for a single bike that can take you to the shops, handle a commute, go for a weekend leisure ride, or even tackle some gentle off-road trails and bridleways, there are plenty of hybrid bikes on the market that vary from near the road bike end of the spectrum, to being almost mountain bikes. Pick one that matches how you think your riding will develop. Hybrids will set you back between \$400-\$1000.



There are also other options on the market now, such as cruisers, commuters, recumbents, fixies and single speeds. These will each have their pros and cons, but the more trendy bikes tend to attract higher prices.

Ask the pros

The best way to make sure your bike suits your requirements and your physique is to seek advice from a specialist retailer. A dedicated bike shop is the place to go, rather than a more general outlet. The knowledge and expertise of the staff in specialist retailers cannot be undervalued, especially in fitting the bike to you. Arrange a test ride – without a doubt the best way to shop for your new machine. They'll also be able to give advice on accessories and clothing. The number of women-specific styles of all types of bicycles has increased hugely over recent years, but don't get too caught up in this. For shorter women, female-specific models can be a godsend, but for taller, longer-limbed women, a men's bike may still be the best and, often, less expensive option.

Below are some of the cycle shops in Wellington that can assist you in the purchase of a bike:

iRIDE:

Address: 242 Thorndon Quay, Wellington 6011

Phone: 04 471 1299

Hours: 7:30am – 6:00pm

Capital Cycles:

Address: 84 Dixon St, Te Aro, Wellington 6011

Phone: 04 385 6752

Hours: 8:00am – 6:00pm

Johnsonville Cycles & Servicing:

Address: 11 Burgess Rd, J'Ville, Wellington 6037

Phone: 04 478 3042

Hours: 9:00am – 5:30pm

AvantiPlus On Yer Bike Wellington:

Address: 181 Vivian St, Te Aro, Wellington 6011

Phone: 04 384 8480

Hours: 8:30am – 5:30pm

INJURY PREVENTION

Preventing and Treating Shin Splints

Any athlete who has experienced the pain of shin splints knows the frustration in dealing with this common overuse injury.

"Shin splints" is a general term for a condition caused by inflammation to the anterior or posterior muscles and tendons in the lower leg or adjacent soft tissue along the shin bone (tibia).

The area of tenderness can range from two to six inches and the pain may become so extreme that it causes you to stop running altogether. It's important to see a doctor, who can rule out a stress fracture of the tibia.

Shin splints occur most commonly in runners or aggressive walkers. The common belief is that they are caused by training on exceptionally hard surfaces, like concrete sidewalks, but the onset is often caused by an increase of intensity and frequency of running workouts, or by a dramatic change in your routine.

It's directly related to the repetitive pounding forces associated with running or poor mechanics.

So, increasing running speed or miles too quickly, or switching from soft surfaces (grass, rubberized tracks) to hard surfaces may put you at greater risk.

How to Prevent Shin Splints

Running Surface

When you make the adjustment from a soft running surface to a hard one, don't overdo it. Give your legs time to make the adjustment. If you run five miles on a soft surface, run fewer miles on a hard surface until your muscles and soft tissue make the adjustment. Your muscles and soft tissue will get sore, so monitor your recovery time carefully and don't overdo it.

Biomechanical Issues

A biomechanical analysis (often using motion capture video) can pinpoint problems with poor running mechanics.

For instance, in the case of anterior shin splints, the tibialis anterior muscle and tendon may be overextended during running, which stresses the muscle and tendon. By decreasing stride length, the athlete is effectively decreasing the functional length of the tibialis anterior muscle, which subsequently reduces the pull of the muscle on the tibia.

Shin splints are often found in runners who have a tendency to pronate the foot (roll it excessively inward onto the arch), or have tight Achilles tendons or calf muscles, or weak ankle muscles. Strengthening and stretching exercises for ankles and calf muscles can help prevent them from occurring.

Shoes

In addition, proper footwear is crucial. Don't use running shoes that are worn out, and choose a pair that meets your needs. Many running stores can help you choose the right shoes by examining your current shoes and evaluating your stride. Find a store in your area that has knowledgeable staff who will spend some time with you.

Running shoe manufacturers offer a variety of styles with different cushioning, stability and motion control features, so work with someone who can help you find the features that are right for you.

Orthotics

If you have faulty foot mechanics, a doctor or trainer may recommend orthotics - custom fit, anatomically molded shoe inserts that realign the foot to a natural, neutral position. This in turn relieves foot and leg stresses and prevents a wide range of problems.

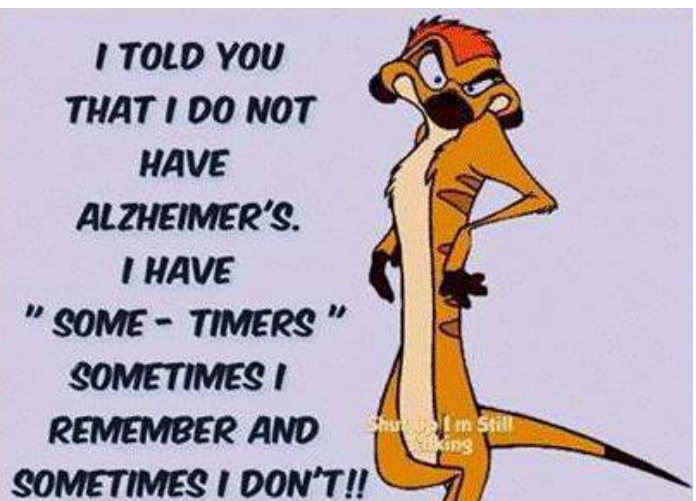
How to Treat Shin Splints

There is no quick cure for the treatment of shin splints. The healing process can take several weeks, or, in some cases, months. In order to allow the inflamed tissue to heal, it's recommended that you stop running.

During the initial recovery period, try low-impact workouts, such as stationary cycling, elliptical machines and pool running. Icing the inflamed area on a regular basis and using anti-inflammatory medications, such as ibuprofen, will reduce swelling. Ultrasound treatments can also help.

It's imperative that you find out what caused the shin splints in the first place and make adjustments to ensure they don't return. Begin running gradually and build up slowly to pre-injury training level.

* * * *



MISCELLANEOUS

MEMBERSHIP

Our current membership stands at 65 members. Welcome to new members Stephen Day (Scottish), Fiona McGlinchey (Olympic), Brad Thompson (Olympic) and Dallas McCallum (WHAC).

* * * *

Official's Courses 2016

Track, Throws and Jumps Officials courses

We are running a series of officials courses aimed at new and existing officials. If you are involved in running athlete events, or are an existing official looking to advance your knowledge, then one or more of these sessions are for you.

These presentations are pitched at an introductory level.

Run Course 30 January

Jumps Course 20 February

Throws Course 27 February

9am till midday – Newtown Park, Media/Function room.

Facilitators – Jim McIlroy and Louise McDoanld.

Please email Rama: (rama@athleticswellington.org.nz) to confirm your attendance at one or more of these courses.

* * * *

A number of you probably have heard that Gabby O'Rourke collapsed at one of the waterfront 5km races recently. She spent some time in hospital and the Committee sent a card to Gabby on behalf of Wellington Masters which we got those present at the 10km in Lower Hutt to sign. Below is the response from Gabby she asked me to pass on – Ed.

"Could you please pass on my thanks to the WMA for the lovely card they sent. It was so nice that you went to all that trouble to get people to sign it and I really appreciate that.

I have my own personal defib, pace maker and ATP (pacer that corrects the irregular heart beat and if that doesn't work the defib gives me a shock to get the heart going again). The cardiac arrest was caused by one of two rare conditions not caused by running - it's either genetic or a disease so masters runners need not fear. I was edging towards 2 birthdays given I was clinically dead for 10mins but that would have made me ineligible for masters events (unlikely I will compete again but you never know) so I'll just stick with one birthday.

Thanks again for your kind thoughts."

* * * *

2015 Manawatu Sports Awards

6th November 2015

Vanessa Story was named Manawatu Masters Sportsperson of the Year. Alan Adamson was awarded the Manawatu Sports Administrator of the Year Award.

Ed. - Vanessa is a member of Wellington Masters.

* * * *

RULES

The IAAF has introduced amended Rules as from 1 November 2015 and these are now available online. The handbooks are currently being printed - both the IAAF version and the NZ Athletics Officials version. All Regional Officials Coordinators should have by now advised of these and most have run seminars about the updated rules. [Link to Rules and summary of rule changes.](#)

ANZOA are printing a New Zealand Version and all current members will get this via their ROC as soon as they are available. If you are not a member, it's easy to join, [click here](#) and at the bottom of the page click one of the options to get an application form.

* * * *

Time to Renew Your Subscription

It is the time of the year where the membership list is perused and those members that haven't paid their subscription are culled from the email or postal list.

So, if you wish to keep receiving the newsletter and be eligible to enter our championship events please use the form on the back of this newsletter to renew your subscription.

* * * *

FOODS FOR MUSCLE SORENESS

EGGS: They can be prepared in many ways, are easy and portable, and deliver a healthy dose of nutrients in each serving. Plus, the quality of protein delivered from an egg is uniquely suited to combating muscle soreness and promoting muscle growth. With each egg, you get six grams of protein coming from all essential amino acids. You also get important vitamins and minerals, especially vitamins A, E and K along with B vitamins.

TRY: Hard boil and peel a batch of eggs as part of your weekly prep and grab daily as snacks or part of a meal.



Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.

ATHLETE OF THE YEAR



It is time to put forward nominations for the Athlete of the Year Award.

Award:

Known as the Wellington Masters Athlete of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

Presentation Date:

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

Form of Award:

A trophy has been donated by Colleena & Jim Blair and this year was awarded to Judy Hammond.

INJURY PREVENTION

Five Ways to Strengthen Weak Ankles

Ankles: they get so little attention, yet they do so much. Strong, flexible ankles allow you to walk, run, jump, and dance. But should this humble joint start grumbling, you'll find that just getting around the house can be agony.

"It's important to recognise that sore ankles happen for many reasons," says Alexandra Page, MD, an orthopedic surgeon and American Academy of Orthopedic Surgeons (AAOS) spokesperson who specializes in foot and ankle surgery.

Ankle sprains are common — about 25,000 every day. If you think you've suffered one, see a doctor and avoid activity until you've healed.

What if you don't have a sprain but your ankle really hurts? Follow this advice from orthopaedic surgeon and sports medicine specialist David Geier, MD:

"Have an injury checked out if it's limiting you from doing what you want to do." If you feel pain in one of the bones, for example, you could have a stress fracture, says Geier. Continuing to train could make the injury worse.

Tendonitis and arthritis are two common sources of ankle pain that you may be able to manage through diligent stretching and strengthening. To address these concerns — and to help prevent ankle trouble in the first place — these five simple, effective exercises will keep your ankles happy.

1. Peroneal Stretching/Strengthening

The peroneal tendons run along the outside of the ankle, and they're crucial for strength and support, says Page. For athletes — particularly runners, dancers, and those who play ball sports, she recommends spending a minute to warm up these tendons.

The move is simple: Gently roll onto the outside of your feet and walk around for 60 seconds. This helps with flexibility and strength, Page says. "This also improves proprioception — awareness of where your ankle is and what it's doing — which can help prevent ankle sprains."

2. Ankle Circles

This move will strengthen the muscles in and around your ankle, improving the joint's stability. Sit on a chair and extend your right leg, knee straight. Move your right foot clockwise 10 to 20 times, rest your leg for 5 seconds, and raise it again and move your foot counterclockwise the same number of reps. Alternate legs, doing 3 to 4 sets per side.

You can add some variety to this move, says Paula Xavier, a trainer with NYC's Naturally Intense studio and three-time Best of Manhattan Awards winner for personal training. Try moving your foot up and down (as if pressing a gas pedal), or from side to side (like windshield wipers). These moves will help improve your range of motion. Again 10 to 20 reps for 3 to 4 sets.

3. Dorsiflexion Stretch

It's a big word, but dorsiflexion simply means bringing your toes closer to your shin. This stretch will help protect the muscles and tendons in your ankle.

Sit on the floor with your right leg straight, the left crossed in front of you. The sole of your left foot should rest against the inside of your right leg. Place a towel or band around the ball of the right foot and gently pull your toes back toward you.

You'll feel the stretch in your thigh, calf, and Achilles tendon, says Xavier. Hold for 15 seconds. Repeat the stretch 4 times, then switch legs.

"This shouldn't feel painful," Xavier warns. "It should be a mild to moderate stretch."

4. Write the Alphabet

Tracing out the alphabet with your big toe is a challenging strength exercise for your ankle, says Xavier. Seated in a chair, hold your right leg straight out in front. Using your big toe as the "pen," write the alphabet in all capital letters first, then repeat the process with lower case letters; switch feet and repeat.

5. Achilles Stretches

Page warns that age-related changes in the Achilles tendon can raise the risk of rupturing this big tendon at the back of your ankle. By doing regular Achilles stretches, you can improve its flexibility.

From a standing position, step back with one leg, keeping that back leg straight (grounding the heel), and pushing the hips forward while bending the knee of the front leg at about a 45 degree angle. Hold for 15 to 30 seconds and switch legs; repeat 2 to 4 sets on each leg.

* * * *

I recently picked a new doctor and after two visits and exhaustive lab tests, he said I was doing 'fairly well' for my age. (I had just reached 65).

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 85?"

He asked, "Do you smoke, drink beer, wine or hard liquor?" "I replied "I don't drink much these days and I don't smoke and I'm not doing drugs, either!"

Then he asked, "Do you eat rib-eye steaks, fatty roasts and barbecued ribs?"

I said, "Not much my former doctor said that all red meat is very unhealthy!"

"Do you spend a lot of time in the sun, like playing golf, boating, sailing, surfing, hiking, or cycling?"

"No, I don't," I said.

He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said.

He looked at me and said, "Then, why the hell do you want to live to be 85?"

- COMING EVENTS -

2016:

Jan

| | | |
|----|---------------------------|--------------|
| 9 | Port of Tauranga Ironman | Tauranga |
| 16 | Sovereign Duathlon Series | Christchurch |

Feb

| | | |
|----|------------------------------------------------------------|------------------|
| 13 | Buller Gorge Full & Half Marathons | Westport |
| 21 | Cigna Round the Bays, $\frac{1}{2}$ Marathon, 10km & 6.5km | Frank Kitts Park |
| 28 | Scorching Triathlon/Duathlon (various distances) | Scorching Bay |

Mar

| | | |
|----|--------------------------------------------------------------------------|-------------------------------------|
| 5 | Ironman NZ Karapoti Classic Mountain to Surf Full & Half Marathons | Taupo Upper Hutt New Plymouth |
| 13 | Scorching Triathlon/Duathlon (various distances) | Scorching Bay |
| 16 | Barcelona Marathon | Barcelona, Spain |

26 Oct-

| | | |
|-------|--------------------------|------------------|
| 6 Nov | WMA Stadia Championships | Perth, Australia |
|-------|--------------------------|------------------|

April

| | | |
|----|------------------------------------------------------------------------|------------------------|
| 3 | Paris Marathon Scorching Triathlon/Duathlon - Teams Challenge | Paris Scorching Bay |
| 16 | Loop the Lake 26km Trail Run | St. Arnaud |
| 17 | Gold Coast Bulletin Fun Run, $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km | Gold Coast |
| 30 | Rotorua Full & Half Marathon | Rotorua |

May

| | | |
|----|---------------------------------|----------|
| 7 | Hanmer Half Marathon | Hanmer |
| 14 | St Clair Vineyard Half Marathon | Blenheim |

June

| | | |
|----|-----------------------------------------------------------|-----------------|
| 26 | Gazley Volkswagen Wellington Marathon, 21.1km, 10km & 5km | Westpac Stadium |
|----|-----------------------------------------------------------|-----------------|

July

| | | |
|-----|-----------------------------------------------------------------------------|------------------------|
| 2-3 | Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Challenge | Gold Coast, Queensland |
|-----|-----------------------------------------------------------------------------|------------------------|

2017:

April

| | | |
|-------|---------------------|----------|
| 21-30 | World Masters Games | Auckland |
|-------|---------------------|----------|

2018:

Jan

| | | |
|-------|--------------------------|---------|
| 20-27 | OMA Stadia Championships | Dunedin |
|-------|--------------------------|---------|

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 2015/2016 YEAR
(1st September 2015 to 31st August 2016) = \$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