

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 15 Issue 2

April 2016

## UPCOMING EVENTS:

### **CLASSIC CLUB RELAY**

**Sunday 22<sup>nd</sup> May, Trentham Memorial Park**  
*(entry forms out to Club Coordinators soon)*

### **JOHNSONVILLE 8KM ROAD RACE**

**Sunday 17<sup>th</sup> July, Olympic Harrier Clubrooms**

### **LOWER HUTT 10KM**

**Sunday 16<sup>th</sup> October, Stopbanks Lower Hutt**



## WELLINGTON MASTERS ATHLETICS INC.

### COMMITTEE MEMBERS 2015-16

#### EXECUTIVE:

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

#### COMMITTEE:

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

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# WELLINGTON MASTERS ATHLETICS INC.

## COMMITTEE MEMBERS 2015-16

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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

# FROM THE PRESIDENT

I recently attended the NZMA AGM in Dunedin that took place the afternoon before the NZMA Track & Field Championships. A flight delay that turned into a flight cancellation meant my arrival was delayed and I missed the majority of the meeting. Keen to learn the result of the planned vote on the proposed shared membership with Athletics New Zealand, I was surprised to discover that the matter had been delayed on a constitutional technicality. The plan is for the decision to be determined at a Special General Meeting in August.

It is a shame to have the matter remain unresolved but it does allow us more time to explore the detail of the proposal and for members to seek answers to questions or provide any further feedback. To that end, Andrew Stark, NZMA President, has offered to visit the Centres to participate in a discussion forum and answer any questions on the proposal.

I did email our members about a month ago to see if enough people want or are interested in such a session taking place. At this point, less than 10 responses have been received. Some have said they already understand the proposal and have no interest in attending. Most have said they don't need the forum but would likely attend if it did take place. Only one person has expressed a specific desire for the session. Therefore, it does not appear the forum is economically viable.

It is interesting to see Athletics Wellington following the lead of the IAAF and proposing gender parity for the treatment of races in the harrier season. In case you missed the notice, IAAF have decided that men racing 12km and the women racing 8km in the World Cross Country Champs is a hangover from the days of Victorian sensibilities where women were not deemed capable of running as fast as the men. Now both genders will race 10km. While the national associations are allowed to set the distances for their own championships independently, they are encouraged to follow. Athletics NZ is in the process of doing the same and Athletics Wellington are too.

The other area in which gender parity is being explored is the age at which master's status is conferred. They are going to classify the starting point at 40 for both men and women.

Previously, Athletics Wellington have continued to use the original classifications of 35 for women and 40 for men. The shift to 35 for men globally is an interesting one that stimulates debate. World Masters only agreed to reduce the men's age after 2003, which I understand was also motivated by reducing barriers for W35s to compete at championships (most W35s being partnered to M35s, the idea was to allow both partners in a couple the ability to compete). When the change filtered through the ANZ classifications, Athletics Wellington discovered strong resistance to men changing and stayed at 40. This seems to align with athlete behaviour across Oceania – take a look at M35 results and records and they will generally be not up to the standard of the M40s competing. The majority of men don't "accept" their master's status until turning 40.

Athletics Wellington only have the authority to make this change for their own championship races. Other events, such as Vosseler and Dorne, have their age parameters set by the organising Club. It is likely that the change is not going to be uniformly adopted across the region. Personally, I do not think this is an issue. At ANZ level we already have the National Road Relays using a different age for master's men (40 years) to their other races (35 years).

The Wellington races have each introduced what we consider established age grades at different times. Last year, for example, was the first time a 60s grade was provided in the Bays Relay. Dorne added the grade in 2013 and Vosseler in 2012; the Varsity Relay still has no such grade. The 50s have only been recognised in the Bays Relay since 2009, Shaw Baton since 2013 and Varsities since 2014. Vosseler allowed W50s to race their own grade in 2011, two years after extending that same right to men. Dorne gave W50 their own race in 2012. There is a similar story of staggered adoption in the championship races, which differs even between the races. The W50 grade joined the road champs in 2012 and this year will be the first for W60s; M50 only became a grade in the Cross Country Champs in 2010 and the W50 in 2011. And the endurance distances – marathon and half marathon – still only offer one grade for all masters.

Whatever the pros and cons of the change, tradition and consistency are not valid objections. Consistency is the exception and not the rule!

*Michael Wray, President*

# TRAINING

## ***What are the Consequences of Missing a Workout?***

What are the consequences of missing a workout? Although this isn't a common question the implications of the answer affect anyone following a training plan. A training plan is only as good as the adherence to this plan. As a result I am often asked "What do I do if I miss a session?" but before I answer the more common question I will explain what I refer to as the 'Why factor'. The 'Why factor' will help provide you with the information as to why that is the case.

Let's look at a hypothetical training programme that goes for a 4 months building up to an event with 6-10 workouts per week. So that is a total of between 96 and 160 workouts as part of that build up. If you miss one workout over that 16 week period, that is somewhere between about 0.5% and 1% missed or a consistency rate of about 99-99.5%, which is pretty damn good and I don't think I've had any client that consistent (although a couple spring to mind that might have got close). Let's look at the other end of the spectrum of someone who constantly misses a session or two per week. That represents missing 10-33% or a success rate of between 67% and 90%. Now only missing 1 session a week when there are 10 sessions to do, represents a success rate of 90% which is pretty good in anyone's books, but when there are only 6 workouts in that week then that drops to 83% which is starting to get pretty thin on the ground and consistently missing sessions is far from optimal, especially if that is every week without fail.

The key to successful training is consistently doing that training. This is the time of year where there are other distractions that take you away from your training, which takes you away from your goal.

As a coach I am not worried if one of my athletes misses one session once in every blue moon, but if they are missing a session week in and week out then let's be honest they are also setting themselves up for failure. Especially if that is a key session or consistently the same session. A key session for a cyclist is the Long Bike Ride and as a coach if I set that every Sunday morning for them and they are consistently missing it for whatever reason they are missing a key opportunity to condition their body and develop their aerobic energy system.

Maybe they are trying to set a PB for a 10km run and their Wednesday Interval session gets missed constantly. This session is what will give them speed and the ability to buffer lactic acid, missing this session will potentially mean they miss their goal time. If you are missing the same session every week (regardless of the reason why you miss it) it will severely limit your ability to develop the component of fitness that that particular session was developing. It is in your best interests to get this session done, but how? Do you double up somewhere else in the week or do you try and catch up by doing it on your rest day?

Let's look at what happens in these situations. Firstly let's look at why we have a rest day. By the way, I like to schedule training that will improve you without being physically demanding on your rest day, hence why I schedule Flexibility Training for you. I'll discuss the benefits of Flexibility Training further down this piece. But the key is that a Rest Day (or a day that only involves Flexibility Training) allows your body to recuperate and repair itself. When the body does this as a response to training it makes itself a little bit stronger, a little bit more powerful and a little bit more efficient than it was previously. Without recovery between sessions like this your body never gets this chance to develop. This **IS** the reason why we conduct training (*to make our bodies better*). Without the recovery our bodies don't and can't improve.

So what happens if I just double up my training on another day and do both my scheduled training and the training I missed from earlier in the week? It's seems fair enough that if I do more training than scheduled then I will surely get better right? Not so fast. I'll use the example of a client who did all their training from the weekend and squashed it into a single 12 hour period. Don't get me wrong, it was an epic training stimulus, but a training stimulus is only as good as the recovery from that training load. As this person works they had a big training session scheduled on Saturday and then another one on Sunday in a different sport. If the programme was done as planned they would have had the opportunity to recover (nearly fully) from the Saturday session overnight as they slept. They would have been relatively fresh on Sunday for the next big session that was planned. What actually happened was they did the first big session, then jumped in a vehicle and drove to the venue where they were conducting the next session and conducted it. As they hadn't really got much recovery prior to the second big training session, they wouldn't have got much benefit from that training session and consequently loaded themselves up with a great load of training that they now need to recover from before they would start to see any improvements. As a consequence, their training over the following days (whilst they continued to recover) will also be compromised.

I hope from these two examples you can see that there is no benefit to trying to catch up with the training that you missed. What should you do? If you miss a training session, acknowledge that you missed it (it isn't the end of the world) and just move on with the remainder of the training and don't worry about catching up. If you are missing the same session each and every week, talk to your coach about why you struggle to do that particular session at the scheduled time and look into solutions that involve scheduling the week differently so that the key sessions are scheduled and then conducted at a time that ensures that you can get them done.

As an aside, a number of my athletes are training for a major event, but like to include low key local races as part of the training and preparation.

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This I fully support where it doesn't impact the key sessions of training for what they are 'focussing on'. There are some great benefits physiologically to doing this type of racing. It is also a great way to be involved in sport socially and support local clubs and events. But if this low key event doesn't totally line up with preparing you for your key event it might not be the best thing for your long term goals. Furthermore, if this local event (or event series) then leaves you too tired to do the most important training sessions of your build up.....is it setting you up for failure?

Earlier in this piece I said I would discuss the benefits of conducting the flexibility training. There are two key reasons why I schedule the flexibility training into the programmes of my athletes.

1. Enhanced recovery. By taking the time to stretch and focus purely on stretching with no distractions, you can relax into each stretch and slowly lengthen out each muscle being stretched. This has been shown to be therapeutic and to enhance recovery. The perfect activity to conduct on a rest day.
2. Decreased risk of injury. Training by its nature shortens muscles, although some forms of training can lengthen muscles. In general, repetitive activities such as running and cycling etc. shorten the muscles. By conducting flexibility training, stretching helps lengthen the muscles returning them towards their original length.

Further to the two key reasons, a third reason to do the flexibility training, is to increase the range of motion at a joint that can then turn into a performance advantage that allows you to increase your mechanical efficiency i.e. to make you faster. We all want that.

In summary, rest and recovery is a very important part of your training but you are only ever going to be as good as the consistency of the training that you do. So if you miss a training session for whatever reason, don't try and 'catch' that session back up if it is going to compromise your recovery from the other training that is scheduled for you.

If you would like further advice feel free to contact Coach Ray.

*Coach Ray is the Head Coach & Director of Qwik Kiwi – Endurance Sports Consultant.*

*Coach Ray specialises in assisting first timers and recreational athletes to achieve their sporting goals. He can be contacted at [www.qwik.kiwi](http://www.qwik.kiwi), [ray@qwikkiwi.com](mailto:ray@qwikkiwi.com) and 021 348 729. Make sure you sign up to his monthly informative newsletter.*

*Ed: - This article has been reproduced with the kind permission of Ray Boardman (Coach Ray), PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt.*

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Check out his informative blog [www.coachray.nz](http://www.coachray.nz) or the source of this article [CoachRay.nz](http://CoachRay.nz).

\* \* \* \*

## Say so Long to Being Sedentary

Whether we're watching TV, driving to work or on the computer at our workplace, we're doing it. The "it" is sitting, and it's becoming a big problem, according to health experts. We may not consider sitting to be as detrimental to one's health as puffing on a cigarette but the harmful effects of sitting can wreak havoc on the body just as smoking can.

According to Mayo Clinic endocrinologist Dr. James Levine, the majority of people spend a whopping 10-15 hours a day sitting. From sun up to sun down many activities that are part of our daily routine involve this sedentary action.

### Just how bad is sitting?

Dr. Levine explains that a recent analysis suggests: "There are 34 chronic diseases and conditions associated with excess sitting." Those who sit for prolonged periods of time may be at greater risk of obesity, Type-2 diabetes, heart disease or even cancer.

### Time to Turn off the TV

As TV watching is one of the more popular activities we engage in while sitting, it might be time to turn it off. In a study of 8,800 adults, reported in *Circulation: Journal of the American Heart Association*, Australian researchers discovered that each hour spent watching TV daily "is associated with an 18% increased risk of death from cardiovascular disease."

### Keep Your Body Moving

You don't have to succumb to sitting disease. Here are some easy ways to get moving:

- For 10 minutes of every hour get up and move around.
- Stretch your legs.
- Stand up during meetings or conduct walking meetings.
- Walk to see your co-workers instead of emailing them.
- Use a standing desk or a treadmill desk.
- Always choose the stairs.

### Consider Chiropractic Care

Because prolonged sitting can cause or worsen back or neck pain and contribute to poor posture, we encourage you to visit us for care. Chiropractic may be just what you need to improve posture and reduce neck and back pains.

We'd also be happy to discuss additional ways to incorporate more movement into your day. Small changes in your daily routine can pay off in the form of better 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](http://www.chiro.co.nz)*

# HEALTH

## Healthy Sleeping Habits

By Claire Turnbull

- Aim to get around 7-8 hours' sleep each night.
- Try to go to bed and get up at the same time each day - this helps keep your body clock synchronized.
- Get outside every day in natural daylight - this helps your body to regulate melatonin which is one of the hormones which regulates sleep cycles.
- Get regular exercise every day - this can help you sleep better. Try not to do intensive exercise too close to bed time as this can keep you awake.
- Bed is for sleeping - avoid watching TV in bed or doing work in bed.
- Make your bedroom comfortable it's important that your pillow, mattress and bedding are comfortable. You spend a lot of your life sleeping and sleeping well is essential.
- If you wake up constantly during the night and become anxious: get out of bed, keep warm, try to relax with reading, and return to bed after about 20 minutes, it will help you sleep. Also, when in bed, don't look at the clock. It will only stress you out if you know that you have to get up in a few hours.
- Allow yourself time to wind down before bed.
- Balance what you drink - too much fluid and you will need to go to the loo during the night, not enough, you can wake up thirsty.
- Avoid large heavy meals at night and try to leave an hour or so between your meal and sleeping.

### **About Sleep**

Sleep is your body's time to rest and recover (the average adult requires at least 7 hours).

You go through cycles of sleep - each cycle is about 90-100 minutes. This includes deep sleep (Non REM) and lighter sleep (REM). REM = Rapid Eye Movement.

Deep Non REM sleep is when your body is in restorative mode and helps you to feel re-energized and rested upon waking.

Inadequate deep sleep can leave you feeling fatigued and groggy.

REM sleep is a very important lighter phase of sleep where you are most likely to have dreams.

Although you may be able to sleep when you have had lots of coffee or after drinking alcohol, it affects the quality of your sleep. In these instances, you don't get as much deep, recovery sleep - hence why you may wake up not feeling rested.

*Ed:* - This article has been reproduced with the kind permission of Nestle for whom Claire Turnbull writes regular articles. Claire Turnbull is a NZ Registered Nutritionist, [AUT/Millennium](http://AUT/Millennium). For more information about Claire, visit her website: [www.claireturnbull.co.nz](http://www.claireturnbull.co.nz).

\* \* \* \*

A senior citizen drove his brand new Corvette out of the dealership.

Taking off down the road, he floored it to 110 kph, enjoying the wind blowing through what little grey hair he had left. "Amazing," he thought as he flew down the highway pushing the pedal even more. Looking in his rear vision mirror, he saw a police car behind him, lights flashing and siren blaring.

He floored it to 120, then 140. Suddenly he thought, "What am I doing? I'm too old for this," and pulled over to await the policeman's arrival.

Pulling in behind him, the policeman walked up to the Corvette, looked at his watch, and said, "Sir, my shift ends in 30 minutes. Today is Friday.

If you can give me a reason for speeding that I have never heard before, I'll let you go."

The old gentleman paused. Then he said "Years ago my wife ran off with a policeman. I thought you were bringing her back."

"Have a good day, sir," replied the policeman.

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# NUTRITION & TRAINING

## The Importance of Nutrition in Sport

By Melanie Ryding

As a sports person myself, I have come to realise very clearly why nutrition is important. Many people join a slimming club to lose weight. Most of these clubs promote a low fat diet to get good weight loss results. What people don't realise till much later though is the effect this will have on your body.

I took up sport, and became a triathlete. I found that although I was at the recommended weight, I still wanted to lose a few more pounds and optimise my power to weight ratio. I returned to the low fat way of eating that had worked for me before. I became tired, slower, training was a struggle, even stop progressing.

While in calorie deficit (the low fat diet) your body may not have the nutrients required for it to function as you want it to.

### **Food is fuel**

WHEN you eat, and WHAT you eat is the key. Learning a few simple rules, following a few simple instructions and concentrating on seeing food as fuel, you will notice immediate improvements, will be much less fatigued and can lose weight while still training well. I believe that it is a popular misconception that protein is only for body builders. This is not the case. The body needs protein to aid repair.

Far too many athletes think that the popular diet culture belief of a low fat diet being the best way to control weight, when in fact this is completely wrong.

Food is a fuel, and your body is an engine. It will not perform as you expect, unless you put the right mix in.

## The Importance of Sports Coaching

By Melanie Ryding

Coaching is not just about being told what training to do. It's not just about someone planning ahead for you to deliver you to the start line of a race; it is much more than that.

### **The WHOLE person: Fuel intake**

The approach we take to coaching is a holistic one. We will analyse your eating patterns, give you a nutrition plan to best meet your goals, whether that is based on training load, weight loss, weight maintenance or all of the above. We will constantly monitor your intake, and the timing in relation to your training in order to make sure you fuel yourself for your best ever performance on race day.

### **The WHOLE person: Mind set**

*'Believe and you can achieve'*. Being your best is not just about the training, the nutrition, the weight management, and the gym sessions. In fact, only a small part of your success can be attributed to that. More of the journey is about your mind set: how you mentally approach training and racing, and how you allow your beliefs to influence your goals and achievements. Through mind set coaching we can train you to reach your full potential by unlocking the tool box in your mind.

*With all three elements to your training armoury, you will be the awesome, invincible, absolutely the best that you can be!*

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*Melanie Ryding is director of [Ryding2Health](#), a coach and personal trainer as well as nutrition advisor and mental strength coach. Visit her website or her blog [www.blog.ryding2health.com](http://www.blog.ryding2health.com) for lots of free health and fitness tips on a wide range of topics. She is also on [Facebook](#), [twitter](#) and [Instagram](#).*

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*Ed: - These two articles are reproduced with kind permission from Melanie. For more information visit her website etc. listed above.*

\* \* \* \*

### **Question: What is the History of the Marathon?**

**Answer:** The longest races in the ancient Olympics were approximately five thousand metres (3.1 miles).

The idea for the marathon race came from Pierre de Coubertin, founder of the modern Olympic Games (1896). As a young history student, Pierre was impressed with the story of the messenger Phidippides who fought in the battle of Marathon (490 BC), ran the news of the Athenian victory to Athens, and died after delivering the message (according to legend). According to experts, the route of the first Olympic Marathon race was the route used by Phidippides.

The marathon is only one of two events that have been run in every edition of the modern games.



## ***RECIPE***

# ***Bacon, Mushroom and Spinach Fettuccine***

This dish is a "better for you" alternative to creamy carbonara. Carnation Light and Creamy Evaporated Milk has a delicious creamy taste and texture with 95% less fat than cream.

### ***Ingredients:***

- 400g Fettuccine
- 2 tsp Olive oil or cooking spray
- 4 lean Bacon rashers cut into pieces
- 400g sliced mushrooms
- 1 can Carnation Light and Creamy Evaporated Milk
- 1 red Onion, chopped
- 130g Baby leaf spinach.

### ***Method:***

1. Cook the fettuccine following packet directions.
2. Heat oil in a large frying pan. Cook the bacon until crispy.
3. Add the sliced mushrooms and the onions and sauté for 5 minutes.
4. Add the evaporated milk, thickened with 3 tps cornflour or arrowroot and simmer for 3 minutes.
5. Stir through the cooked fettuccine and baby leaf spinach.
6. Serve with shaved parmesan cheese and a green salad if desired.

**Preparation Time: 10 minutes.**

**Cooking Time: 8 minutes - Serves 4.**

\* \* \* \*

## **Let's Talk Turmeric**

**Are you on the move, or just want to move easily? Turmeric is your answer.**

As the weather gets cooler, we move into training for winter sports, and being outside is not quite as welcoming as in the summer months. Curling up on the couch can seem a much better option than getting active! In the cold it's harder on our body and mind to get moving.

Whether you're an active person wanting ultimate muscle and joint recovery from training or competition, or someone who wants to keep your

muscles and joints in their best condition and support, a combination of turmeric and magnesium is worth a test run.

Turmeric has long been known as a yellow cooking spice, but in its stronger form, it is much more. This potent antioxidant helps to protect cells from free radical damage.

Curcumin is the orange pigment in turmeric, and offers numerous health benefits, many of which are associated with joint mobility and comfort. It supports joints and muscles, cardiovascular function, digestive health, and even youthful, radiant skin. Researchers recognise its powerful activity and interaction within the body.

Unfortunately, curcumin in its natural state is poorly absorbed. Meriva offers a patented delivery form of curcumin, where curcumin is attached to phospholipids. This process has been shown to improve the bioavailability of curcumin – the body can readily absorb curcumin phospholipid complex, resulting in more curcumin reaching the cells.

A renowned mineral for healthy joints is magnesium. Without magnesium we could not produce energy, so our muscles would be permanently in a state of contraction, hence magnesium is a natural muscle relaxer and considered the anti-stress mineral. Stress is not a just a mental state – it is also physical, and in either form, it depletes the body's magnesium levels. Adding magnesium in times of stress can effectively support the body's recovery.

A Lighthouse Turmeric Complex with Magnesium uniquely combines marine magnesium and meriva curcumin for muscle relaxation and joint comfort. Natural marine magnesium is sourced from seawater and has a superior absorption. With no magnesium oxide, it is gentle on the stomach and suitable for those who experience irritation in the digestive tract from magnesium supplements.

*Ed: - This article has been reproduced with kind permission from Health 2000.*

*For more information visit their website: [www.health2000.co.nz](http://www.health2000.co.nz)*

\* \* \* \*

**Cheetahs** – The fastest animal ever recorded in history. Sarah the Cheetah, resides at the Cincinnati Zoo, US. National Geographic filmed her running 100 metres. She finished in 5.95 seconds. Her top speed was 98.17 kilometres per hour. Scientists who study cheetahs credit their speed to their strong hind legs, which help them increase the number of strides they take. Cheetahs also run with their claws out, which gives them good traction.



# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, March 2016



## Sports Nutrition Update: What Does the Research Say?

*How much protein is enough? ... What about vitamin supplements? ... Should runners eat carbs before they exercise?* Ask 10 runners and you will get 10 answers. But whom should you believe?

To identify proven sports nutrition strategies, professionals from the Academy of Nutrition and Dietetics (AND), the American College of Sports Medicine (ACSM), and Dietitians of Canada (DC) evaluated the latest research, and then wrote the *AND, ACSM & DC Position Stand on Nutrition & Athletic Performance* (available for free at [www.EatrightPro.org](http://www.EatrightPro.org)). Here are just a few highlights that might help you fuel your body for higher energy and better performance.

- For competitive runners, a key training goal is to stimulate metabolic adaptations that will reduce or delay fatigue. Current research suggests that occasionally training when you are carbohydrate-depleted can trigger biochemical adaptations that will ultimately enhance your performance. Just be sure to enter the competitive event after having eaten adequate carbs on the days beforehand, so your muscles will be optimally fueled.

On most days, if you are training for 1 to 3 hours a day, you want to consume 2.5 to 4.5 (or more) grams of carbohydrate per pound of body weight per day (5-10+ g/kg). If you weigh 150 pounds, that comes to 1,500 to 2,700 calories of grains, fruits and veggies!

- When exercise is so intense that you have difficulty consuming even water or sports drink during the workout, just swishing and then spitting a sports drink might help you feel better and perform stronger. The brain detects the presence of sugar in the mouth, and this might help you run harder.
- While many sports supplements are worthless, ones that have strong research to back their performance-enhancing claims include sports drinks and gels, caffeine, creatine, sodium bicarbonate, beta-alanine and nitrate. For in-depth information, refer to the Australian Institute of Sport's classification system that ranks sports foods and supplement ingredients based on the strength of scientific evidence: [www.ausport.gov.au/ais/nutrition/supplements](http://www.ausport.gov.au/ais/nutrition/supplements)

And please take note: No amount of any supplement will compensate for a poor sports diet. Commercial products work best when *added* to a well-chosen eating plan.

- Vitamin and mineral supplements will not improve your performance unless they reverse a nutritional deficiency. That is, if you have iron-deficiency anemia related to low dietary iron (i.e., eating no red meat) or high iron losses (heavy sweating, menstruation, donating blood), you will need an iron supplement to replenish your depleted iron stores. Reversing iron-deficiency anemia can take as long as 3 to 6 months. Hence, you want to prevent anemia from happening in the first place by eating iron-rich foods (such as dark meat, chicken, fortified cereals). Taking iron supplements "just in case" is not advised and might contribute to medical issues.
- Antioxidant vitamins (such as C, E) have not been shown to enhance athletic performance. There is some evidence that high doses of antioxidant supplements might actually *hinder* training adaptations. The safest and most effective strategy to boost antioxidants is to regularly enjoy colorful fruits and vegetables, whole grains, and nuts. Enjoy oranges, berries, broccoli, spinach, almonds, avocado, etc. Real foods are more effective than pills (and tastier)!
- Advertising, in combination with a runner's desire to perform better, can boost the appeal of sports supplements. Yet, the rapidly growing sport supplement industry is poorly regulated in terms of the claims they make and their manufacturing practices. Products are commonly tainted with unsafe and/or banned substances. Hence, many of the 40% to 90% of athletes who take supplements fall victim to fraud. Are you one of them...?

*Continued on next page . . .*

Continued from previous page . . . . .

- If you plan to use commercial sports foods and supplements, you'd be wise to first meet with a sports dietitian to get a professional assessment of your baseline diet and to determine if you would actually benefit from (as opposed to waste money on) these products. Maybe you are already consuming plenty of protein and have no need to buy that expensive whey protein, after all? The best sports nutrition plans are personalized because each athlete is unique. To find your local sports RD, use the referral network at [www.SCANDpg.org](http://www.SCANDpg.org).
- Some runners do not drink any fluids before they exercise in hopes of avoiding undesired pit stops during the workout. Yet, exercising under-hydrated can hurt performance. The solution is to drink 2.5 to 4.5 ml per pound of body weight (5-10 ml/kg; about 13 to 24 ounces for a 150-lb runner) in the two to four hours before you exercise. This allows more than enough time for you to flush the excess fluid down the toilet. You can then drink as desired right before you start your workout.
- As a part of their daily eating, most runners consume adequate protein, but they may not eat it at the right time. You want to *evenly distribute* your protein intake throughout the day. That means consuming some protein at least every 3 to 5 hours, so that your muscles have the tools they need to grow and repair. That is, instead of eating 16-ounces of salmon at dinner, divide the salmon into four 4-oz portions — or more realistically, enjoy 2 to 3 eggs for breakfast, a sandwich for lunch, Greek yogurt + nuts for an afternoon snack, and then a smaller serving of salmon with dinner.

The target is about 15 to 25 grams protein per meal and snack for most runners. (More precisely, 0.1 to 0.14 grams of protein per pound of body weight per meal (0.25 - 0.3 g/kg). Eating more than 40 grams of protein at one time has not been shown to offer any additional muscle-building or performance benefits. Enough is enough!

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*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 Guide for Marathoners**, as well as teaching materials, are available at [nancyclarkrd.com](http://nancyclarkrd.com). For online and live workshops, visit [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com).*

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## IRON: AN ESSENTIAL MINERAL

Have you felt breathless or exhausted lately, or found it difficult making it up the stairs even though you're fit? If so, you may be lacking in iron.

### What Does Iron Do?

#### *Essential Coenzyme*

Iron is required by the human body for many different biological molecules and mechanisms.

Many enzymes that are involved in energy production need iron, which makes sense since iron deficiency often results in fatigue. This could be due to iron's role in mitochondrial enzymes – enzymes that help convert energy from the food we eat – and thus ATP production and regeneration of ATP, the molecule that stores our energy.

Ribonucleotide reductase is an iron-dependent enzyme that is essential for DNA synthesis, which is important for growth, immune function, reproduction and healing.

#### *Blood Building*

Iron is an essential nutrient for the creation of haemoglobin, which gives blood its red colour. Haemoglobin is essential for the transport of oxygen, and to transport waste materials like carbon dioxide to the lungs for removal from the body.

#### *Utilisation of Oxygen*

When oxygen reaches the muscle after being transported around the circulatory system by haemoglobin, it is then bound to another iron-containing molecule called myoglobin.

The bond between myoglobin and oxygen has a higher affinity than that between haemoglobin and oxygen. This is known as the "Bohr effect". It allows for oxygen to be attracted from the blood and retained in the muscles to be used during respiration.

#### *Who Needs Iron?*

Women generally have a higher requirement for iron, as do vegetarians and vegans. Menorrhagia is an abnormally heavy menstrual flow which may put suffering women at a higher risk of developing an iron deficiency. It is also thought that in some cases menorrhagia is caused by a low iron status and symptoms can be relieved by improving iron status.

Pregnant women should also consider having their iron status tested. It is thought that over the nine months of pregnancy a female will require an additional 1000mg of iron to support the fetal growth.

#### *Which Foods Are High in Iron?*

- Red Meat
- Pork
- Poultry
- Seafood
- Beans
- Dark green leafy veggies
- Dried fruit (raisins and apricots)
- Iron-fortified cereals, breads and pastas.

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For more information visit their website: [www.health2000.co.nz](http://www.health2000.co.nz)

# HEALTH

## The Secret to Keeping Healthy Knees for Life

By Paula Goodyer

**So, what's behind the epidemic of dodgy knees that has seen a 32 per cent rise in the numbers of knee replacements in Australia over the past decade?**

Not just "wear and tear" and "getting older", which are the usual explanations for the osteoarthritis that strikes so many of us. Instead, it's time to recognise that carrying too much surplus fat can harm joints by producing inflammatory chemicals that can damage cartilage on the inside, Melbourne researcher Professor Flavia Cicuttini says.



Take action now to prevent knee damage later.

"We need to get people talking about this. Body fat isn't inert – it's very active tissue that produces inflammatory molecules that have been shown to damage joints. This means that if you're 20 kilos overweight, it's worse than if you're just carrying 20 kilos of concrete – you're carrying 20 kilos of metabolically active tissue that's doing extra damage to the joint," says Cicuttini, who heads Monash University's Musculoskeletal Unit. "We know that obesity is a strong risk factor for osteoarthritis in the hands, but we don't walk on our hands, so the fact that obesity loads the joint can't be the whole explanation."

Writing in the [Medical Journal of Australia](#) last week, she stressed the importance of taking action to prevent the small yearly increments of weight gain that turn into bulky bodies at mid-life.

"It's not as if we go to bed and wake up 15 kilos heavier the next morning. The evidence is that many Australians gain a small amount of weight, about 0.7 kilos, per year. Over 10 years, that adds up. We wait until there's a problem and then try to address it, but it's easier to prevent small amounts of weight creeping on when we're younger than it is to try and lose a lot of weight later in life," Cicuttini says.

It's an especially important message for anyone who's had a knee injury, such as a torn meniscus or cruciate ligament, which can fast-track knee osteoarthritis, she says.

As health problems go, knee osteoarthritis might not have the same scary ring to it as cardiac arrest, but when sore knees make physical activity painful, it has implications for preventing and managing other chronic conditions such as heart disease and type 2 diabetes, which can be improved by regular exercise, she points out.

"The holy grail of osteoarthritis is finding a way to protect cartilage. We don't have a medicine that will do this, so anything we can do to help prevent damage to the cartilage" is helpful, Cicuttini says.

"We would still have osteoarthritis even without obesity, but there would be much less of it."

Besides keeping excess weight off, what can we do now to lower the risk of painful knees later?

Avoid sitting for long periods and be as physically active as possible, says Alex Lawrence, industry development officer for [Exercise and Sports Science Australia](#), the professional body of accredited exercise physiologists.

"The body hasn't evolved to be still. We know that exposing bodies to repetitive strain isn't good and sitting for long periods is the equivalent of a constant repetitive strain," he says. "Regular exercise is protective against osteoarthritis, but some people will be predisposed to the problem, even though they do everything by the book. We're all different and many people have movement impairment that they have developed over time, such as a foot that rolls inwards that can expose the knee to unwanted stresses and set them up for knee osteoarthritis later on."

That's where an assessment by an accredited exercise physiologist could help by checking for any biomechanical problems that might increase the risk of osteoarthritis later, but could be improved by specific exercises, Lawrence says.

Strength training can help protect knee joints in two ways: by improving the strength of lower body muscles that help support these joints and by helping to promote a leaner body, he adds. But if you're a beginner, it's important to get expert advice in the correct technique to avoid any injuries.

As for recreational running, although some studies have found it reduces knee problems, it's important to go about it the right way – starting off slowly if you're a beginner, wearing appropriate shoes and including strength training, Lawrence says.

- Fairfax

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Don't forget to visit our website at:

[www.wellingtonmastersathletics.org.nz](http://www.wellingtonmastersathletics.org.nz)

and another site that may be of interest to members:

<http://athleticsrankings.com>

# How Much Sugar Are You Drinking?

## Did you know?

### Kiwis consume 4-5 times more sugar each day than the World Health Organisation recommends?

You might not add 5 teaspoons of sugar to your tea, but are you really aware of the sugar you guzzle down?

Beverages are one of the largest contributors of sugar in Kiwis diets, making up 17% of our sugar intake! Compare that to 'sugar and sweets' which contributes 10%. Not only can sugary drinks leave you with sweet cravings, fluctuant blood sugars and energy levels, evidence shows it can also increase tooth decay.

In the long term sugary drinks are linked with weight gain, increasing the risk of certain cancers, diabetes and even heart disease. Although you might feel like they quench your thirst, they don't make you feel full and provide energy (Kcals/kJ) that your body finds hard to recognise. What does this mean? Well – when you have drinks loads with sugar, it's easy to have more kcals/kJ than you need each day with the end result being weight gain.

- *Having 1 glass of juice every day in excess of your energy requirements (the amount of Kcals/kJ you need in a day), over a year would lead to 3.5kg weigh gain.*

The World Health Organisation now recommends adults limit their amount of free sugar they have each day to 26g or **6 teaspoons**. On average Kiwis consume 96-120g or **24-30 teaspoons** of sugar a day, with 16-20g from beverages. Free sugar, includes added sugar, and those natural occurring in fruit juice and honey.

### How much sugar are you really drinking?

Beverage	Teaspoons of Sugar
Fruit juice 250ml	6
Chi 400ml	6.9
Vegetable juice 250ml	2.3
Fruit smoothie 250ml	6.2
Mocha - café 300ml	1.5
Carmel latte - sachet 150ml	1.7
Hot chocolate 250ml	3.5
Flavoured milk 250ml	3.8
Energy drink 335ml	7.8
Coke 600ml	13.3
Lemon lime and bitters 340ml	8.2
Ginger beer 375ml	9.5
Coconut water 350ml	3.7
Sports drink 750ml	13.5
Protein shake 400ml	6.9

### Diet drinks, are they better?

Diet drinks contain less sugar and calories, which can be helpful in managing energy intake. They still have an intense sweet taste though and despite them being low in calories, they

can leave you more likely to opt for other sweets to satisfy your taste buds. Furthermore, they have been shown to alter healthy gut microbiota, and may affect weight negatively.

### Sports drinks – do you need them?

If you are doing prolonged intensive exercise then you might need to use a sports drink but they are not to have just because you have done a walk or jog round the block! Speak to a qualified sports nutritionist or dietitian to find out if you need to be using a sports drink.

Action plan!

### Hydrate without all the sugar!

- Water - make this your regular! It's the number one fluid to keep you hydrated and feeling fresh. Splash in a slice of lemon, lime, mint or cucumber for a refreshing hit.
- Low fat milk has bonus vitamins and minerals like calcium.
- Go for whole foods- switch the juice for a piece of fresh fruit. The fibre and intrinsic sugars will mean more sustained energy levels.
- Check the ingredient list and labels of products.
- Dilute **cranberry juice** with soda water or sparking water. Try one-third juice to two-thirds water.
- Iced teas are super simple to make at home without adding sugar.
- For a lighter lemon lime and bitters use soda water with fresh lemon, and lime.
- Keep the sports drinks for days you're doing more than an hour or more of intense exercise – best to check with a sports nutritionist to see if you really need them!
- If you use protein powder, choose one without added carbohydrate (as this can often be a form of sugar) – top up your carbohydrate intake with a piece of fruit if need.

By Nutritionists Claire Turnbull ([AUT Millennium](#)) and Emma Dryland.

For more about Claire, check out [www.claireturnbull.co.nz](http://www.claireturnbull.co.nz).

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For more information visit their website: [www.choosewellness.co.nz](http://www.choosewellness.co.nz).

## ***Book Report on the Entire Bible by a Grade 6 Child***

For those of you who have never done a walk through the Bible, this is the kids' condensed version. A little shaky on dates but good chronology. A sixth grade child was asked to write a book report on the entire Bible.

### ***Here is what he wrote:***

The Children's Bible in a Nutshell

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, "The Lord thy God is one," but I think He must be a lot older than that.

Anyway, God said, "Give me a light!" and someone did. Then God made the world.

He split the Adam and made Eve.

Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet.

Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden ... Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel.

Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston.

Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people.

These plagues included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbour's stuff.

Oh, yeah, I just thought of one more: Humour thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore. There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of The New Testament. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.")

During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum.

His return is foretold in the book of Revolution.

## **Energize Your Workday, Naturally**

It's two in the afternoon, and you've had too many starchy foods for lunch. The result: your energy level has taken a nosedive. Combatting a slump during the workday doesn't have to include copious amounts of caffeine. Try these natural energizers to keep you plugging along until five or beyond.

Conduct meetings or take phone calls on your feet. Stretch, do simple exercises or take a brisk 10-15 minute walk. If possible, consider getting a standing desk or a treadmill desk.

Satisfy hunger and avoid that slump with a high-protein snack such as almonds or a boiled egg. Avoid sugar as you'll likely experience a crash, which may make you sleepier. Drink more water.

While you should limit caffeine, drinking a cup of green tea can provide the perfect pick-me-up and many health benefits.

## **MEMBERSHIP:**

At the time of going to print our membership stands at 85 members. Welcome to new members David Reade (WMA) and Paul Sharp (WHAC).

\* \* \* \*

### ***The Duty of an Official***

Is to control and run events correctly and under the Rules. You should try our best to comply with the rules and ensure all athletes are treated equally and all given the same chance to compete on a level playing field. You must show respect to the athletes and fellow Officials.

Try to correctly apply the rules and if in doubt seek advice from a fellow more senior Official. Better to ask than rule incorrectly. You are all still learning. If you feel you would like to be mentored, contact your ROC or ANZ Officials Development Manager.

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### ***Health and Safety***

Officials are reminded that Rule 180 advises that practice trials must be conducted under the Supervision of Officials and for throws in Competition order. IAAF publication 'The Referee' states that "Referees and competition officials at athletics events have many important functions, but none is more important than their roles in helping to assure the safety of all concerned. The IAAF trusts that everyone involved in this sport will do his part in keeping athletics safe."

No matter what the event we must use common sense and ensure we act in a safe manner and comply with the rules. This must include the use of gates for Hammer in warmup. Implements must be thrown from the correct area and not be thrown from the track or other area.

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### ***Protest and Appeal***

Recently there was a request for information on the difference between a Protest and an Appeal, how to lodge, time constraints etc.

An article has been written and is now on the web.

[Click here.](#)

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## ***What is Active Isolated Stretching?***

By Heather Thompson

*Stretching is an activity that eludes most of us as runners, walkers, and hikers.*

Active Isolated Stretching (AIS) is a technique that helps people maximise the effectiveness of stretching without

causing the sort of discomfort that keeps a lot of us away from it.

You may be asking yourself, "What is Active Isolated Stretching?" AIS is a specific stretching program developed by Aaron Mattes over 30 years ago. Mattes is a registered Kinesiotherapist and Licensed Massage Therapist who has dedicated his practice to helping both professional and amateur athletes become more agile and less injured. His technique uses four basic principles:

1. Isolate the muscle to be stretched.
2. Repeat the stretch eight to 10 times.
3. Hold each stretch for no more than two seconds.
4. Exhale on the stretch; inhale on the release.
5. Seems easy enough, right? Let's look at some of the details that make AIS so effective.
6. How do we isolate a muscle to be stretched? Isolate the muscle to be stretched by actively contracting the opposite muscle. In other words, if you are aiming to stretch the hamstrings, (the muscles on the back of the thigh) you must first actively contract the quadriceps (the muscles on the front of the thigh). Then, the brain sends a signal to the hamstrings to relax. This provides a perfect environment for the hamstrings to stretch.
7. What is the purpose for repeating each stretch? Repeat each stretch eight to 10 times in order to increase the circulation of blood, oxygen, and nutrients to the muscles being stretched. This technique will help you gain the most flexibility per session. Remember, the more nutrition a muscle can obtain and the more toxins a muscle can release, the faster the muscle can recover.
8. Hold for two seconds. How does that help? Each stretch is held for a maximum of two seconds in order to avoid the activation of the stretch reflex. The stretch reflex (also called the myotatic reflex) prevents a muscle or tendon from overstretching too far or too fast. This is our body's natural protection against strains, sprains, and tears. By holding short-term stretches, we increase our range of motion with each repetition and eliminate any fear of pain.
9. Breathing is an essential component to decrease fatigue in the muscles. Muscles need oxygen to function well. If there is not enough oxygen, lactic acid is created. Lactic acid creates that sore feeling in our muscles. If our muscles are sore, they are less powerful, more fatigued, and more prone to injury.
10. After a long hike, walk, or run, what are the problems that pop up and keep you from going out again? For most of us, it's the same patterns: sore muscles, old injuries, and new injuries. These things make it hard to go out and have fun while training.
11. If you could take a pill that would keep your muscles from being as sore, improve your ability to recover, and decrease the likeliness of injury? Do you know what they'd call it? AIS. Whether you're an exercise enthusiast or a competitive athlete, Active Isolated Stretching can help your training and recovery become more efficient and more fun. ¥

# - COMING EVENTS -

## 2016:

### **April**

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**

1	Nelson $\frac{1}{2}$ Marathon, $\frac{1}{4}$ marathon & 5km	Saxton Field, Stoke
7	Hanmer Half Marathon	Hanmer
14	St Clair Vineyard Half Marathon	Blenheim
21	Vosseler Shield	Mt Victoria
22	<b>Classic Cross Country Relay</b>	<b>Trentham Memorial Park</b>

### **June**

4-6	Tour of Taranaki	New Plymouth
11	Dorne Cup	Trentham Memorial Park
26	Gazley Volkswagen Wellington Marathon, 21.1km, 10km & 5km	Westpac Stadium

### **July**

2	North Island Cross Country Championships	Spa Park, Taupo
2-3	Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Challenge	Gold Coast, Queensland
17	<b>Johnsonville 8km Road Race</b>	<b>Olympic Clubrooms, J'Ville</b>
24	Wellington Cross Country Championships	Grenada North

### **Aug**

20	Wellington Road Walking Championships	Trentham
	Wellington Road Running Championships	Wainuiomata
21	Woodbourne Half Marathon	Blenheim

### **Sept**

3	NZ Road Championships	Masterton
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### **Oct**

16	<b>Lower Hutt 10km Race</b>	<b>Lower Hutt</b>
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### 26 Oct-

6 Nov	WMA Stadia Championships	Perth, Australia
30	Auckland Marathon	North Shore, Auckland

### **Dec**

19	Rotorua Half Ironman	Rotorua
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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](mailto: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.

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\$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***



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