

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 15 Issue 5

October 2016



Wellington Masters Secretary Albert van Veen competing in the Wellington Road Champs.
Photo – Sharon Wray

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2016-17

EXECUTIVE:

President:	Michael Wray	471 2775
V.President:	Michelle Van Looy	021 244 8645
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

John Hammond	04 292 8030
Sean Lake	389 5912
Sharon Wray	471 2775
John Palmer	479 2130

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2016-17

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TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
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LIFE MEMBERS

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

CLUB CO-ORDINATORS

AURORA HARRIERS:	Hadley Bond	84 Moana Road, Porirua 5024	233 2241
H V HARRIERS:	Albert van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
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MASTERTON:		PO Box 375, Masterton 5840	021 456 675
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	Annie Van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
SCOTTISH:	John Hines	Flat D1003 Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
TRENTAM UNITED:	Jackie Wilson	1 Bernadette Street, Upper Hutt 5018	526 7439
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAINUIOMATA HARRIERS:	The Secretary	Karen Forsyth, PO Box 43056, Wainuiomata	564 2141
WGTM HARRIERS:	Paul Hewitson	50 Parkvale Road, Karori, Wellington 6012	476 8686
WGTM MARATHON:	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241	
WGTM MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
WGTM 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 TO AGM

We closed the year with 92 members, one more than last year.

From this year, the new shared membership model with Athletics New Zealand means that our numbers will be significantly higher. We are still working through the process by which we will communicate with the masters whose NZMA membership comes through Athletics New Zealand. Our challenge now is to engage with those members and bring them into the family. The new membership structure and our proposed membership fees for the new year are agenda items so I won't render those points redundant by covering them in detail now. The main things to note are there are two routes to NZMA and Wellington Masters membership from this year onward. If you have no interest in joining Athletics New Zealand as a competitive member, meaning there is no desire to compete in Athletics Wellington or Athletics New Zealand Championships, then you can join Wellington Masters and the NZMA as previously. One thing to note is the addition of a new NZMA membership level, whereby someone who does not want to compete in Masters Championship events e.g. Wellington Centre, North Island, NZMA Track & Field Champs etc., can join as a social member. Anyone who joins directly with Wellington Masters, whether competitive or social, will receive a subscription to Vetline with their membership. Competitive members of Athletics New Zealand will need to separately subscribe to Vetline to continue to receive the magazine after the end of 2016.

After five years without increase, the base NZMA fee is being raised. In past years, Wellington has added a local fee component to the NZMA levy when determining fees and this year we are proposing not to do so, so we can absorb some of the increase from our members. This is not a commitment to do so for all future years!

During the membership year we held our regular three events. The Lower Hutt 10km tried out a new course, allowing us to avoid the ever-increasing competition with vehicles on the old course. Our numbers were down, which we think was due to clashing with the holiday weekend. We are sticking with this course again this year. Hopefully members will see it as a chance for a last stretch of the legs before heading to Perth for World Champs a couple of weeks later. The Classic Cross Country Relay had 13 teams this year. This was down on last year, which was disappointing. We are going to move the date out one week for 2017 to the last weekend in May, instead of the penultimate, to avoid a third consecutive year where we clash weekends with the Vosseler Shield. After suffering wintry conditions in recent years, the Johnsonville Race provided perfect conditions for the 39 participants. That's the largest field of participants this century; pleasing after the reduced numbers in the other events.

A new event later this year is a one-off celebration of our fortieth birthday. You should have seen the flier in the last newsletter and on our site for our anniversary dinner. Tickets are being subsidised to allow everyone the opportunity to attend. In addition to a high quality meal, every attendee will receive a \$10 shoe clinic voucher, a \$20 Hoka voucher and a copy of one of Roger Robinson's books. The retail value of those two things alone is almost double the ticket price of \$35. In addition, we have a number of spot prizes to award on the night, including 10 pairs of Drymax Socks, two pairs of Hoka One shoes, a three month membership of Exodus Gym and a bunch of Whitakers chocolate. With any luck, we will secure even more goodies for attendance packs. It won't just be a night of eating and goodies; Roger Robinson will be our keynote speaker. It will be a good night for all and there won't be another event like this until our fiftieth in 2026, so ensure 9 December is in your diary and book your tickets.

Michael Wray,
President

TRAINING

What Happens When You Don't Take A Rest Day?

Rest Days are important. Have you ever worked 7 days per week in a job for an extended period of time without taking a day off? If you have you'll know how draining that is. If you haven't, consider yourself lucky but I'm sure you can imagine how you might feel based on your experience of how you feel at the end of a typical 5 day working week. Why do people try and train 7 days per week without taking a rest?

I don't know the answer to that question. But will speculate that they adhere to the '*more training is better*' philosophy. My personal coaching philosophy is based around '*what is the least amount of training required to achieve the desired result*'. When I start working with a new athlete I ask what is the minimum amount of training that I need to prescribe to ensure that they reach and achieve their goal. The opposite way of thinking about this would be: How much training would it take to break this person?

Each person is an individual and will respond to training differently from the next. When I start coaching someone, I don't know them very well, I don't know how their body responds to training. But more importantly I don't know where their breaking point is. I DON'T know what it takes to break them. Here I am trying to plan training that isn't going to fatigue them too much, isn't going to push them past their limits, but I don't know what these limits are because everyone is different.

What I do have is 16 plus years of professional coaching experience and another 7 or 8 years coaching experience on top of that. I've got a range of tertiary qualifications including a Post Graduate Diploma in Sports Medicine and another one in Rehabilitation to fall back on. This knowledge and experience gives me a place to start from as I get to know the athlete and how they respond to training.

Every now and then, I get someone that doesn't respond to training or their limits aren't as high as what I expected. Over time I get to know the athlete and manage their training and recovery, to ensure that they get the best results out of them in the time available.

So let's go back to the heading question: What Happens When You Don't Take A Rest Day?

A Rest Day is a way of moderating the training load. Each day you do some training, that training makes you tired and fatigued. When you sleep or rest you recover from this tiredness and fatigue. Depending on how much training you've done or how hard the training you did was, that sleep and recovery may or may not have been enough to fully recover from the training load.

You then do some more training and make yourself more tired and fatigued. And then you repeat the process of sleep and rest to either recover or partially-recover, then more training

etc... If you don't have enough recovery then you get yourself more tired, fatigued and if you continue training you will eventually injure yourself or your body will force you into taking a break. Most people will manage to go for about 14 days before this occurs. Some people a bit more, some people a bit less.

To prevent things getting to this point I schedule a rest day into my athletes training every week. I keep it consistent and keep it on the same day each week. Some people prefer to have Monday as their rest day as they typically have a big weekend of training and need a day off to recover. Other people like to have it on a Friday so they can rest up and be fresh ready for a big weekend of training. Then again, other people prefer it to be on another day of the week because that is what fits into their life.

What is non-physical training? Well non-physical training is NOT running, cycling or swimming!!! But it can be something like stretching, spending some time doing some stretching working on any areas of tightness to stretch out the muscles that have been worked during your training and assist with minimising injury risk, increase the range of motion at a joint by allowing greater freedom of movement through the muscles, relaxation etc.... Yoga is a great way of employing stretching or flexibility work into your programme and it is also quite restful with meditation aspects. It has been a while since I've deliberately included Yoga into my own workouts, but I have been doing so on and off for 25 years. There are a range of great YouTube channels out there, so have a bit of a search on YouTube and try some out.

In Summary:

- Rest Day's allow you to recover and regenerate.
- Rest Day's prevent you getting too tired and fatigued that can lead to injury or a forced break from training.
- Include non-physical training on your Rest Day for enhanced results.

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, 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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www.qwik.kiwi.

Check out his informative blog at: www.coachray.nz

40th Anniversary Celebrations

This year Wellington Masters Athletics enters a new age-grade of its own as it celebrates turning 40. To commemorate the occasion, we are holding an end of year dinner at CQ Hotel in Cuba Street on 9 December.

Renowned writer, speaker and masters runner [Roger Robinson](#) will be our keynote speaker.

Tickets to attend are \$35. All are welcome.

Attendees will receive:

- A sumptuous buffet dinner with a wide range of options for all courses.
- A free book by Roger Robinson (retail value \$30+).
- A \$10 Shoe Clinic Voucher.
- The chance to win one of ten Shoe Clinic Drymax sock vouchers (retail value \$30).
- The chance to win a three month membership of Exodus Gym (retail value \$300).
- The chance to win some Whittaker's chocolate.
- There are more goodies being arranged for your attendance packs.

Numbers are limited so book now by emailing Michael Wray (michaelwray@xtra.co.nz) or Graham Gould (gvgould@xtra.co.nz).

Payment can be made in one of two ways:

- Cheque made out to Wellington Masters Athletics Inc. sent to: PO Box 5887, Lambton Quay, Wellington 6145.
- Direct Credit to:
Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. Please quote your name and "dinner" in the reference field.

We are grateful for the donations from:



HEALTH

Nutritious Snack Choices for You

- Chopped fresh fruit with reduced fat yoghurt and a drizzle of honey.
- Chopped cucumber and carrot sticks with tomato salsa.
- Sliced pear or apple with cottage cheese and walnuts.
- A small handful of dried apricots and almonds.
- Mini whole meal pita bread toasted, chopped into wedges with hummus.
- Small bowl of cereal with reduced fat milk.
- Hard-boiled egg with corn thins.
- Reduced fat milk blended with a banana and Milo.
- Mini pita bread toasted and stuffed with lean meat, canned fish, egg or cheese and salad.
- Fruit bread with peanut butter and sliced banana.
- Grainy crackers topped with marmite and cottage cheese or avocado and tomato.
- Fruit smoothie made with banana, berries, reduced fat milk, and yoghurt. For an extra filling snack add a tablespoon of rolled oats.
- Rice crackers with a small can of tuna and dollop of chutney.
- Glass of reduced fat milk with a few dried dates, apricots or figs.
- Bran muffin with banana and berries.

* * * *

Managing a Busy Life

Life can be incredibly busy and if you are short of time, eating well can be a challenge. The key to success in busy times is being prepared, thinking ahead and having a plan.

Here are some great ideas to help you along the way.

Eating Well at Work

- Have healthy snacks in your work drawer - grainy crackers, tuna, soup, plain popcorn, tubs of fruit in natural juice or an apple.
- Keep a can of tuna handy. It can be added to a salad, sandwich or eaten with crackers.
- Make an extra portion of dinner the night before and take it for lunch the next day.

- Keep up your hydration - have a bottle of water at your desk, aim to refill three times during the day.
- If you can't face breakfast too early in the day, have your cereal and reduced fat milk at work. Add some fruit for extra nutrition.

Eating on the Run

- Pack a chilly bag in the car with a healthy lunch.
- Take a chilled or frozen bottle of water with you.
- Always pull over to eat and park up for five minutes - enjoy your food.
- Have healthy snacks in your car: low fat muesli bar, pottles of fruit in natural juice, small portion bags of nuts/dried fruit, mini cans of creamed rice.
- For lunch choose sushi or freshly made sandwiches.

* * * *

Why teachers continue to drink heavily!

(These are genuine answers).

Q. What is a turbine?

A. Something an Arab or Sheik wears on his head. Once an Arab boy reaches puberty, he removes his diaper and wraps it around his head.

Q. What guarantees may a mortgage company insist on?

A. If you are buying a house they will insist that you are well endowed.

Q. What happens to your body as you age?

A. When you get old, so do your bowels and you get intercontinental.

Q. Name a major disease associated with cigarettes?

A. Premature death.

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WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2016

<u>2015</u>		<u>2016</u>
	<u>RECEIPTS</u>	
2,854.15	Balance of Current Account 31 August 2015	3,319.59
10,000.00	Term Deposit 31 August 2015	10,000.00
8,290.05	Savings Account 31 August 2015	8,891.36
21,144.20		22,210.95
4,350.00	Subscriptions Received	4,450.00
23.44	Interest on Current Account	8.96
423.56	Interest on Term Account	198.36
361.31	Interest on Savings Account	284.52
1,765.00	Race Entry Fees	1,375.00
230.00	Wellington Track & Field Champs Entry Fees	-
240.00	Uniforms Sales	210.00
50.00	Donations	50.00
7,443.31		6,576.84
28,587.51		28,787.79
	<u>PAYMENTS</u>	
4,050.00	Subscriptions to NZMA	4,005.00
384.59	Race Expenses	181.54
532.45	Telephone, Postage & Newsletter Expenses	945.80
277.32	Wellington Track & Field Champs Expenses	-
373.75	Uniforms Purchased	-
575.00	Track and Field Levy to Wellington Centre	560.00
-	Athletic Equipment Purchases	284.95
-	Presentation & Awards Expenses	460.15
183.45	Website Expenses	195.95
6,376.56		6,633.39
22,210.95	TOTAL FUNDS AT 31 August 2016	22,154.40
	Represented by:-	
3,319.59	ANZ Bank Current Account	1,738.52
10,000.00	ANZ Bank Term Deposit due 07/09/16	10,000.00
8,891.36	ANZ Bank Savings Account	9,415.88
-	Prepaid Expense	
-	Deposit to QC Hotels for Jubilee Dinner	1,000.00
22,210.95		22,154.40

Statement of Accounting Policies:

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No Provision or Accrual is made for amounts payable or receivable at the 31 August of each year. Except in 2016 the WMA has paid a \$1000.00 deposit to CQ Hotel for the WMA 40th Jubilee Dinner. As the Association is not GST registered the amounts in the Statement include GST.

See page 12 for the Audit Review.



RECIPE

Spring Brown Rice Risotto

This delicious risotto is an incredibly versatile side dish. It can be turned into a main meal with the addition of a protein source: chicken, lamb, salmon or eggs.

You could use any other grain such as buckwheat or quinoa in place of the brown rice – just note that cooking time may vary.

Ingredients:

- 1½ cups of short grain brown rice, soaked for at least 2 hours or overnight
- 1 bunch of fresh asparagus, cut into thirds
- 4 cups of chicken or vegetable broth
- 2 cups of water
- 2 cloves of garlic, crushed
- 2 tablespoons extra virgin olive oil
- 1 brown onion, finely chopped
- 2 zucchini, trimmed and finely chopped
- ½ cup of fresh or frozen peas, thawed
- ½ cup grated parmesan cheese (omit if dairy free)
- 1 tablespoon of butter or coconut oil (use coconut oil if dairy free)
- ½ bunch of flat leaf parsley, finely chopped
- Rocket to serve
- Protein of choice to serve - chicken, lamb or salmon.

Directions:

1. Thoroughly rinse and drain your brown rice and set aside.
2. Place your broth and water into a large pot, add asparagus and simmer until just tender, 2 to 3 minutes. Using a slotted spoon, transfer asparagus to a bowl of ice water until well chilled, then drain and set aside. Cover broth-water mixture and bring back to a simmer.
3. In a large cast iron pan or skillet heat the olive oil over a medium heat. Add your garlic and onion and sauté until translucent. About 5 minutes.
4. Add rice and cook, stirring gently, until toasted and fragrant, 4 to 5 minutes.
5. Add 1 cup of hot broth-water mixture stirring constantly – adjusting heat if needed to maintain a simmer – until liquid is almost absorbed.
6. Repeat process, adding about ½ cup of the broth-water mixture each time, until rice is just beginning to get tender, about 20 minutes. Check after 15 minutes as soaking the rice first means the rice cooks quicker.

7. When rice is just al dente, add zucchini and cook for 5 minutes more. If your broth-water mixture runs out simply ladle in more water until the rice is cooked.

8. Stir peas, parsley and asparagus into rice and cook until hot throughout, 2 or 3 more minutes. Add cheese and butter (if using), salt and pepper and stir to combine.

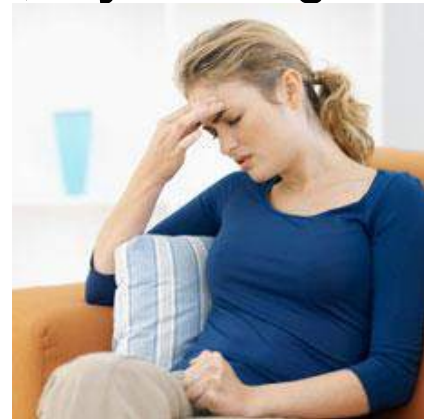
9. If you like a “looser” risotto, add a ladle of broth to each plate before serving.

10. Serve with fresh rocket on top and your choice of protein.

Serves 4.

* * * *

Oh, My Aching Head!



Whether they're moderately uncomfortable or throbbing like a jackhammer, headaches afflict people of all ages. According to the World Health Organization (WHO), close to 50% of adults worldwide have experienced a headache within the last year. Missed work and school days often result when the pounding pain prevents sufferers from attending to their daily tasks.

As the most common type of a headache, tension headaches can result from stress, anxiety or tight muscles in your shoulders or neck. Other common types include migraines, sinus headaches and cluster headaches.

Though prescription or over-the-counter medications can provide pain relief, they don't address the cause of the pain. Those looking for a natural alternative may find relief through precise chiropractic adjustments to reduce nerve interference. You may experience the release of muscle tension, which in turn can provide relief from headache pain.

If you're seeking relief from headaches, give our practice a call.

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

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, August 2016



Wishing for the Perfect Body?

Too many runners spend too much time complaining about their bodies:

I feel too fat.

I'm too thin.

I want a six-pack ab.

I hate my spare tire.

Obviously, you will perform better if your body is the correct size for your sport — not too fat, not too skinny. If you have excess flab to lose, yes, you will run faster if you are lighter. If you are scrawny, yes, you will be more powerful if you can build some muscle. Agreed.

The target audience for this article is the many runners who already have an excellent body yet spend too much time wishing for the *perfect* body. The perfect body is illusive and nearly impossible to attain — at least without tireless effort. However, being satisfied with an *excellent* body is an attainable goal. An excellent body might be a tiny bit less muscular than desired, or have a tiny bit more body fat than you want, but it is good enough.

Do you see what I see?

Rather than listen to your own self-criticisms, pay attention to what others say about your body — such as *You look great!* or *Do you really think you have fat to lose?* Quite possibly, your teammates are telling the truth when they question your desire to lose (sparse) body fat or compliment you on your muscles. Rather than disregarding their comments, file them away on two mental shelves labeled *Compliments* and *Criticisms*. Pay attention to what accumulates over time. You might discover you are the only person who notices your body's "flaws."

You only see what *you* see (not what others see) and your eyes have been tainted since childhood. That is, if you were a husky kid, you may still see yourself as being too fat. On the other hand, if you were a scrawny kid, you may still see yourself as being too skinny, even though your body now has mature muscles.

Fat is not a feeling

If you are feeling *too fat* or *too thin*, please note that *fat* and *thin* are not feelings. (You do not feel *blue-eyed* or *freckled*, do you?). More likely, you are feeling anxious, imperfect, inadequate, and out-of-control. Feeling *too fat* (or *too thin*) can easily distract you from what's really going on: you don't feel *good enough about yourself* — a common issue among athletes, including those new to a team or school. For example, if you are now a freshman on a D-1 university track team (and no longer the star of your high school team), you can easily feel inadequate, anxious, and not good enough. Those feelings are worthy of being addressed with a counselor who can help you rediscover that you and your body are, indeed, fine the way you are.

Making Peace with your body

If you are discontent with your current physique, please try to be a bit more compassionate towards your body and appreciate all the good things it does for you. It lets you be a strong runner, a caring teammate, and a trusted friend. Those are meaningful qualities, and far more valuable than your wish for a perfect body.

Rather than take the outside-in approach to resolving your discontentment — *if I can change my body on the outside by losing fat (or by building muscle), I will be a better, happier person* — take the inside-out approach, and be grateful for your athletic skills, as well as your friends who love you for who you are, not for what you look like. Recognize that no weight will ever be good enough to do the enormous job of making you happy. Happiness comes from feeling loved, accepted, and appreciated — not from a number on the scale.

Continued on next page . . .

Continued from previous page

I encourage you to be curious about where you got the messages that something is wrong with your body. Did the messages come from the media in our weight-obsessed world? Or from a loving parent who put you on a diet at age 12 and said something like "If only you'd lose a few pounds..."? You likely translated that comment to mean "I'm not good enough the way I am" and your self-esteem took a downward spiral...

Weight issues are rarely about weight. They tend to be about feeling inadequate and imperfect. Hence, parents and coaches, be careful about what you say!

What to do

How can you, a discontent runner, feel better about your body? One tactic is to stop comparing yourself to your peers. *To compare is to despair.* Rather, pretend you live on a fantasy island where you and your body are excellent the way you are. Take note: As a human, you will never have a perfect body, so the next best option is to enjoy having an excellent body — or, at least, a body that is *good enough* the way it is.

If you leave your island and start comparing yourself to your peers, take notice: Do you end up being too fat, too slow, too ugly, too dumb? Do you ever let your body (and yourself) be better than others? Doubtful.

To reframe your thinking, stay on your fantasy island and practice referring to yourself as a *Gorgeous Goddess* or *Handsome Hulk*. With time, you can change the way you see yourself and come to believe that you and your body are, indeed, good enough the way you are.

Life is more enjoyable when you can love your body, appreciate all that it does for you, and stop hating it for what it is not. Spending too much time wishing for a perfect body comes with a high price. You'll enjoy better quality of life by being grateful for all you have.

Informative Resources:

For more information on how to find peace with your body, take a look at www.EDCatalogue.com. This online bookstore offers positive messages of hope.

Nancy Clark, MS, RD counsels both casual and competitive athletes in the Boston-area (Newton: 617-795-1875). Her *Sports Nutrition Guidebook* and food guides for runners and marathoners are available at www.nancyclarkrd.com. See www.NutritionSportsExerciseCEUs.com for information about online and live workshops.

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Eat to Beat Inflammation

What we put into our body doesn't just reflect how we look on the outside, but how we feel on the inside. And for many patients who come to us seeking relief care initially, they don't fully understand how poor nutrition can lead to body aches and inflammation.

So, what exactly does it mean to suffer from internal inflammation? When a substance that your body doesn't want is introduced, your immune system begins to attack it, causing inflammation that can manifest itself in a number of ways including swollen and painful joints, decreased range of motion, stress and anxiety and fatigue among others. If we're constantly putting food into our bodies that it doesn't want, inflammation can become a gateway to chronic disease.

But before we get to foods that can help your body stay healthy and away from inflammation, let's take a look at foods that are known to promote it. Typically, these are foods we wouldn't consider "healthy" like:

- Soda;
- Red meat;
- Shortening, lard or margarine;
- Fried foods; and
- Refined carbs (pastries and bread).

Inflammation-Fighting Foods

Instead of heading to your local pharmacy to pick up medicine designed to reduce inflammation, consider swinging by your grocery store instead to incorporate the following into your diet:

- Almonds;
- Salmon and other fatty fish;
- Fruits including cherries, oranges and blueberries;
- Olive oil;
- Leafy veggies like kale and spinach; and
- Tomatoes.

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* * * *



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INJURY PREVENTION

The Best and Worst Exercises for Bad Knees

By Michele Stanten

Exercise may be the best medicine for chronic achy knees.

"Strengthening the muscles around the joint protects you from injury by decreasing stress on the knee," says Willibald Nagler, MD, chairman of rehabilitation medicine at New York Presbyterian Hospital-Cornell Campus in New York City.

But you must use good form and technique.

The First Commandment

Never bend your legs to a point where your knees stick out past your toes. That puts a lot of pressure under the kneecap. This not only applies to the following exercises but also when you're stretching or doing aerobic activities such as step aerobics.

Except where stated, do 10 to 12 repetitions of each of the following, two or three times a week.

Best Exercises to Do

Partial Squats

Stand about 12 inches away from the front of a chair with your feet about hip width apart and your toes forward. Bending at the hips, slowly lower yourself halfway down to the chair. Keep your abs tight, and check that your knees stay behind your toes.

Step-ups

Using an aerobic step bench or a staircase, step up onto the step with your right foot. Tap your left foot on the top of the step, and then lower. As you step up, your knee should be directly over your ankle. Repeat with your left foot.

Side-Lying Leg Lifts

Wearing ankle weights above the knee, lie on your left side, legs straight and together, with your left arm supporting your head. Keeping your right foot flexed and your body straight, slowly lift your right leg to about shoulder height, then slowly lower. Repeat with your left leg.

Inner-Thigh Leg Lifts

Wearing ankle weights above the knee, lie on your left side, slightly back on your butt. Bend your right leg and place it behind your left leg with your right foot flat on the floor and your left

leg straight. Support your head with your left arm. Slowly lift your left leg about 3 to 5 inches, then lower. Repeat with your right leg.

Calf Raises

Using a chair or wall for balance, stand with your feet about hip width apart, toes straight ahead. Slowly lift your heels off the floor, rising up onto your toes. Hold, then slowly lower.

Straight-Leg Raises

Sit with your back against a wall, left leg straight and right leg bent with your foot flat on the floor. Slowly raise your left leg straight up about 12 inches off the floor. Hold, then slowly lower. Repeat with your right leg.

Short-Arc Knee Extensions

In the same starting position as the straight-leg raises, put a ball (about the size of a basketball) under your left knee so that your leg is bent. Slowly straighten your leg. Hold, then slowly lower. Repeat with your right leg.

Hamstring Stretch

Lie on your back with your left leg flat on the floor. Loop a towel or rope around your right foot and pull your leg as far as comfortable toward your chest, while keeping a slight bend at the knee. Keep your back pressed to the floor throughout the stretch. Hold for 10 to 30 seconds and then release. Repeat three or four times with each leg. Do this stretch five or six times a week.

Worst Exercises — Avoid These

A few of the following exercises can be done safely if you have chronic knee problems; they're on this list because they're more likely to be done improperly. The exercises above are safer, while still giving you similar results.

- Full-arc knee extensions
- Lunges
- Deep squats
- Hurdler's stretches.

Related Articles:

- [Knee Strengthening Exercises](#)
- [3 Exercises to Cure Your Knee Pain](#)
- [3 Workouts to Strengthen Your Knees](#)
- [6 Ways to Keep Your Knees Pain Free.](#)

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Even a bad run is better than no run at all.

AUDIT REVIEW

To the members of the Wellington Masters Athletics Incorporated

I have reviewed the attached financial report (set out at page 7). The financial report provides information about the past financial performance of the Wellington Masters Athletics (Inc.) and its financial position as at 31 August 2016. This information is stated in accordance with the accounting policies set out in the financial report.

Committee's Responsibilities

The Committee are responsible for the preparation of a financial report that provides a true and fair view of the financial position of the Wellington Masters Athletics (Inc.) as at 31 August 2016 and the result of its operations for the year ended on that date.

Reviewer's Responsibilities

It is my responsibility to express to you an independent opinion of the financial statements presented by the Committee and report my opinion to you.

Basis of Opinion

A review includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the Committee in preparing the financial report,
- and whether accounting policies are appropriate to the club's circumstances, are consistently applied and adequately disclosed.

I conducted my review in accordance with generally accepted reviewing standards in New Zealand except that my work was limited as explained below. I planned and performed my review so as to obtain all the information and explanations I considered necessary in order to provide me with sufficient evidence to give a reasonable assurance that the financial report is free from material misstatements, whether caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of the presentation in the financial report.

Other than in my capacity as reviewer I am also a member of the club.

Qualified Opinion

In common with other organisations of a similar nature, control over some income prior to it being recorded is limited and there are no practical review procedures to test the effect of this limited control.

In my opinion, except for adjustments that might have been found to be necessary had I been able to obtain sufficient evidence concerning income

- the financial report complies with generally accepted accounting practice, and
- gives a true and fair view of the financial position of the Wellington Masters Athletics (Inc.) as at 31 August 2016 and the results of its operations for the year ended on that date.

My review was completed on 22 September 2016 and my qualified opinion is expressed as at that date.

Richard Sweetman
Chartered Accountant (Retired)
Wellington

MISCELLANEOUS

ANNUAL GENERAL MEETING:

The Annual General Meeting for Wellington Masters Athletics Inc. was held on Wednesday 28th September at the Olympic Harrier Clubrooms.

Sixteen members were in attendance.

On the committee Michelle Van Looy was elected as Vice President and Sean Lake was elected onto the committee as a voice for the walking fraternity. All other officers and committee members were re-elected unopposed for another year.

President Michael Wray outlined the new subscription structure now that Masters is now part of the shared membership with Athletics New Zealand. A new registration form is on the inside back cover of this issue of The Master Copy.

At the completion of the AGM those present stayed for a coffee and a piece of carrot or chocolate cake supplied by Sharon and Michael Wray.

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MEMBERSHIP:

Our final membership ended the 2015-16 year at 92 members.

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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@xtra.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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Some Race Walking Technique Advice

Here is a "link" to a site that might prove helpful where but you will find many answers to your questions and problems. Talk to me about it.

The site can be accessed at:

<http://www.walkingresource.com>

NOTE: Page 1 has just general "Walking" matters but you can see on the menu there are items about Race Walking and a "Shop" which has some interesting items. One of those items is the "Race Walk Like a Champion" book and CD. The twin pack is a little expensive but is REALLY worth-while.

I am available for Coaching BUT it is up to you to contact me to arrange sessions. I am considering running a regular Sunday morning Coaching Clinic as well as other mid-week sessions as is required. Please let me know if the idea of a regular Sunday morning Coaching and/or training session would be of interest.

For more information contact Bart Jones.

bart.jones@xtra.co.nz

(H) 4773 746

(M) 027 608 6111

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40th ANNIVERSARY DINNER

Don't forget to book your tickets for our 40th Anniversary Dinner to be held on Friday 9th December.

Guest speaker is Roger Robinson. Tickets are only \$35.00. See all the details on page 5.

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PAST MASTERS MEMBERS

If any member lives near or knows the whereabouts of any past members of Wellington Masters then please let them know about our upcoming 40th Anniversary Celebration Dinner in December.

Either direct them to the website where they can find all the details for the evening or if they don't have access to the website you can ask them to contact me on 04 4792130 and I can forward them a copy of the advertisement outlining all the details.

We would love to see as many members both past and present come along and take part in what will be a most enjoyable evening.

With more and more runners seeking new challenges and looking at cross-training as a way to lessen the impacting that running has on their bodies, cycling seems to be a popular choice for many. Here are a few tips for those runners who have just taken up cycling or are considering this as an option.

Training Considerations for Novice Cyclists

- Novice cyclists cannot sustain long training sessions. Plan to include breaks or a "drop off" in training midway through the season to enable the cyclist to recover.
- Novices cannot sustain long periods of speed work in their build-up.
- Interval training and heavy gym work should be avoided until riders are physically able to cope.
- Leg speed and technique are the essential keys to good performances. Strength and power can be added once leg speed is gained.
- Novices are unable to tolerate high volumes of training as well as more experienced cyclists with a broader training history.
- Novices take longer to recover from racing and training (as a rule) than older, more experienced cyclists.
- The aim for all cyclists is to have fun and enjoy cycling. To continue in the sport for many years it is important to enjoy cycling. Winning is not everything.
- Everybody matures at different ages – therefore give the body time to mature. Beware of comparing one cyclist to another. Each of us is different, we are all individuals and we all have varying needs.
- Very good awareness of the characteristics of different stages of physical, social, emotional and cognitive development, along with the needs of the athlete at those different stages needs to be considered.

Common Training Errors

1. Riding too many Kilometres at One Speed

Leg speed is lost and tolerance to variations in pace that occur in races, is not developed.

2. Not Developing Power

Usually generated from under gearing on hills or lack of base strength. Include some power work on hills or on the flat – aim for a cadence of about 70 rpm to increase power. Be aware that the rider does not labour on the gear but creates enough stress on the body to increase power. Spin legs on descents to recover.

3. Lack of Sprint Training

Developing a sprint will not only make the rider competitive at the end of races but will develop the ability to "jump away" from the bunch. It enables the body to recover more quickly from short, hard efforts during races.

4. Not Drinking Enough Liquid

Rule of thumb is one bottle (bidon) per hour during exercise, being sipped every 15-20 minutes. Water is preferable for short distances, however a carbohydrate drink or electrolyte replacement drink is recommended for longer distances. Commercial sports drinks are ideal, as long as they are low in simple sugars. Hydration and energy replenishment before and after training and racing is also very important and often under estimated.

5. Not Eating in Races or Training

To ensure optimal performance it is necessary to consume a source of carbohydrate in a ride over two hours. This can be done by taking on liquid foods about every 30 minutes such as a carbohydrate drink or eating bananas, energy bars, etc.

6. Lack of Technical Skill

For mountain bikers and BMXers especially, sufficient training time needs to be allocated for technical skills training, including starting gate procedure. Road training is ideal for fitness maintenance and some specific drills, but technical skills training can only be performed on the wide variety of terrain likely to be encountered during race conditions. Confidence levels need to be maintained through sufficient technical skills training.

7. Lack of Recovery Time

For novices especially, it can be difficult to form an appreciation for the need to factor in sufficient recovery time after strenuous sessions, and indeed in general. Recovery should be considered as important as specific on bike training – a lack of recovery time can manifest itself in numerous ways, more often than not indicated through some form of apathy.

8. Sticking to a Plan

Adhering to training plans can be an issue when specific objectives and goals are being sought. Fostering a disciplined training approach together with athlete buy-in and understanding may avoid any surprises.

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See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

2016**NZMA / Local Masters Centre Registration Form**

Name:

Address:

Post Code:

E-mail:

Telephone:

Masters Centre:

Date of Birth:

Are you an Athletics NZ club registered athlete (circle one only)? No / Yes (Please complete section below)

Athletics NZ Club:

ANZ Reg. No.

Fees for 2016 / 2017 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2016 / 2017 season)*N.B. All fees are paid to ANZ online or via your club registration process***\$0.00**

NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)

\$0.00

Local Master's Centre Fee

\$25.00

(Circle)

Vetline Subscription (4 issues starting as from January 2017)

Please pay this fee to your local Master's Centre

*Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events.***Option 2:****NZMA Members (non-club members)***N.B. All fees are paid to your Local Masters Centre as per previous years***\$60.00**

(Circle)

NZMA Competitive Member (including Vetline subscription)*(Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.)***\$45.00**

(Circle)

NZMA Social Member (including Vetline subscription)*(Eligible to compete at local club masters events only).***\$0.00**

(Circle)

Local Master's Centre Fee (optional)

Total Fee to pay = \$**Payment Options:** Post, e-mail or hand completed registration forms to **Veronica Gould**.

Online Banking: Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00.

*(Please insert your name in the reference box)*Please make cheques payable to **Wellington Masters Athletics**

Postal Address:

Wellington Masters Athletics Inc.
**PO Box 5887 Lambton Quay
Wellington 6145**Telephone: **04 973 6741**E-mail: **gvgould@xtra.co.nz**

Official Use:

Verified by:

2016 / 2017 NZMA Reg. No:

UPCOMING EVENTS

2016:

Nov

4-5	Around the Mountain Relay (150km)	New Plymouth
12	Rimutaka Rail Trail Run, 21km, 14km & 7km	Kaitoke, Upper Hutt
26	40 th Around Taupo Cycle Race (160km)	Taupo
27	Rotorua Half Marathon, 10km & Community Runs	Rotorua

Dec

4	Scorching Triathlon	Scorching Bay
19	Rotorua Half Ironman	Rotorua

2017:

Feb

11	Buller Gorge Full Marathon, Marathon Relay & $\frac{1}{2}$ Marathon	Westport
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April

21-30	World Masters Games	Auckland
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May

6	Nelson Half Marathon, $\frac{1}{4}$ Marathon & 5km Fun Run & Walk	Stoke, Nelson
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June

18	Gazley Volkswagon Wellington Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Westpac Stadium
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July

1-2	Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km	Gold Coast
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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.
