

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 17 Issue 2

May 2018

UPCOMING EVENTS

MASTERS CLASSIC CLUB RELAY

Sunday 27th May
Trentham Memorial Park

JOHNSONVILLE 8km ROAD RACE

Sunday 22nd July
Olympic Harriers Clubrooms,
Bannister Avenue, Johnsonville

LOWER HUTT 10km

Sunday 4th November
Southern end of Riverside Carpark
Adjacent to Daly Street Lower Hutt

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2017-18

EXECUTIVE:

President:	Michael Wray	027 648 8502
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	234 7972
John Palmer	479 2130

IN THIS ISSUE . . .

Committee and Club Coordinators	2
President's Report	3
Common Training Errors to Avoid	4
Training Errors ctd & Miscellaneous Items	5
Calcium Supplements	6
Running With a Cold - Should You Do It?	7
Recipe & Feet Killing Me	8
The Athletes Kitchen	9
The Athletes Kitchen ctd and Obituary	10
Injury Prevention	11
Reasons to Take Omega 3 Fatty Acids	12
Registration Form	IBC
Upcoming Events	BC

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2017-18

PATRON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	473 0877
PRESIDENT:	Michael Wray	7 Navigation Drive, Whitby, Porirua 5024	027 648 8502
IMM. PAST PRES:	Brian Watson	2 Rosewood Park, 78 Queenwood Road, Levin 5510	06 368 7380
VICE PRESIDENT:	Michelle Van Looy	11 Hampton Hill Road, Tawa, Wellington 5028	021 244 8645
SECRETARY:	Albert van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
	Sean Lake	Unit 43, 46 Hiropi Street, Newtown, Wellington 6021	389 5912
	Sharon Wray	7 Navigation Drive, Whitby, Porirua 5024	234 7972
	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Peter Hanson	Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024	237 0958

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
H V MARATHON:	The Secretary	PO Box 30926, Lower Hutt 5040	021 689 183
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
KIWI ATHLETIC CLUB	Peter Jack	79 Monorgan Road, Strathmore Park, Wellington 6022	388 6224
LEVIN HARRIERS:	Brian Watson	2 Rosewood Park, 78 Queenwood Road, Levin 5510	06 368 7380
MASTERTON:		PO Box 375, Masterton 5840	021 456 675
OLYMPIC:	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
	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 Owen	14 Earls Terrace, Mt Victoria, Wellington 6011	027 247 7757
WAINUIOMATA HARRIERS:	The Secretary	Karen Forsyth, PO Box 43056, Wainuiomata	564 2141
WGTN HARRIERS:	Paul Hewitson	50 Parkvale Road, Karori, Wellington 6012	476 8686
WGTN MARATHON:	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241	
WGTN MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
WGTN 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

There is no President's message this issue owing to Michael coming off second best after an argument with an avocado!!



Photo courtesy Sharon Wray

Maybe in the next issue Michael will write about the dos and don'ts of removing a stone from an avocado.

John Palmer,
Editor

TRAINING

Six Common Training Errors to Avoid

By Brad Beer

As a physiotherapist, I have observed that training errors play a major part in overuse running injuries. I regularly treat injured runners who, when their pre-injury training history is chronicled, have had a recent sudden increase in training volume, frequency and/or intensity. Alternatively, their training hasn't changed but they have neglected to schedule rest sessions.

Inadequate rest during your marathon training can lead to the seven most common running injuries – runner's knee, plantar fasciitis, ITB friction syndrome, shin splints, hamstring injuries, achilles tendon injuries and calf injuries.

Here are six common training errors to avoid while training for the Gold Coast Marathon:

1. 'Spiking' the training load

I regularly observe injured runners who, when their pre-injury training history is chronicled, have had a recent sudden increase in running training volume, frequency and/or intensity. I term this sudden increase in training load 'spikes' in training load. Sudden training spikes are to be avoided when possible.

A personal example of how a sudden training spike in recent years negatively affected my running was when I developed a stress reaction (precursor to stress fracture) of my femoral shaft (thigh bone) in 2015. This resulted in a feeling like I had 'torn my quadriceps muscle'. I knew I hadn't incurred a soft tissue strain (as there was no moment of 'tearing'). It was the week leading into a half marathon so I tapered and ran very little that week. Post-race imaging (MRI) confirmed my suspicion that I had developed a bone stress injury of my femur – a femoral shaft stress reaction. I had seen this injury professionally as a physiotherapist on rare occasions over my years of treating injured runners. My injury put me out of the 2015 Gold Coast Marathon.

On later analysis of why I developed this injury I realised that I had inadvertently 'spiked' my training load by running with some running friends on a series of Friday mornings at pace for 1 hour 15 minutes through hilly single trails. This had replaced my normal Friday morning 10km easy recovery run and, at that point in a fairly well established training pattern, it represented a 'spike' in load. Turns out my right femur (main braking leg for downhill corners and turns on the technical trails) didn't appreciate this spike. Nor did I, when I missed my only marathon in 2015 due to the injury! It was frustrating as when it came to the 5 steps I outline in my book 'You CAN Run Pain Free!' I had successfully implemented steps 1-4, but failed on step 5 'The Power of Rest'. Despite the irony of having to withdraw from my year's only marathon due to injury, after my book had hit Amazon Bestseller status, my key learning was that the 5 steps in the book really do work, however a runner needs them 'all working at once'.

2. Failing to schedule a rest day or rest session

The temptation to do more while training for a marathon is often intoxicating for runners. Many runners are in essence 'addicted' to the positive feelings that running produces. Runners can experience withdrawal signs from not running due to not experiencing their routine hit of 'endorphins' and other happy hormones (such as serotonin) that they would usually experience in full and uninterrupted training. Endorphins are substances that the body's central nervous system and pituitary gland produce. The term endorphin literally means 'morphine like substance'. Endorphins' role is to block pain that the body experiences and this includes pain when running. When a runner trains they routinely experience positive happy hormone effects, and their 'pain' can be blocked by endorphins. It can be addictive! Not running for even a single day can, therefore, be a challenge for many runners.

3. Doing too much too soon

This can be a pitfall of the over-zealous beginner runner who just wants to run 'more and more' while training for a marathon. It can likewise be the pitfall of the eager runner returning from an enforced break due to injury. For example, a beginner runner that builds up the duration (and distance) of their training sessions too quickly. Alternately, an experienced runner may increase the overall weekly volume of their training too quickly, from one week to the next in preparation for a major event. This can often happen when a runner has missed training leading into an event due to illness or injury. When the runner returns to training they can feel compelled to 'cram' the training load that they missed. In essence this cramming equates to the runner 'doing too much too soon'.

4. Going too hard on consecutive training sessions

Not every training session needs to be an intense workout. Runners must learn to discipline themselves in varying the pace and intensity across different training sessions. Many times the excitement of training takes hold and common sense and patience are erroneously forgotten. The result is that every single training session ends up being 'hard and intense'. This can be a trap runners fall into when they train in a group or with others. Unfortunately, when training with groups, the temptation is ever present to begin racing with your training partners. Proceed with caution! Hold each other to account on not racing and sticking to the aim of the session.

5. Replacing what should be a rest session with a training session

This often occurs when a runner is feeling 'fit' and highly motivated. I'm personally a sucker for this one. If I have had a good race or run at a Sunday event, rather than rest on the Monday morning I can be tempted to get up and run a moderate length run (often at too fast of a pace) still 'high' on the endorphins of the good race from the day before.

... Continued on next page

Continued from previous page . . .

After competing in a running event or race, even if you do not feel like you need a rest – take one. Taking the rest will allow your body sufficient time to recover. The same principle holds true during training blocks where you get on a 'roll' and feel like you can run fast every single training run with seemingly no consequences. Be very careful when this happens. Discipline yourself to still run slowly on a recovery run, fight the temptation to turn what should be a recovery run into another hard run, and most certainly don't miss rest days.

6. Introducing hill running into a training program

Problems can occur when hills are introduced into a running training program too quickly, or in too great of a volume or frequency. The inclines and declines associated with hills add greater load to the body's tissues. A well-structured training program will factor in training that is completed on hills and will make allowances for appropriate recovery after hill running.

For example, running uphill is often an irritating factor for a runner's achilles tendon. The uphill movement can increase compression of the achilles tendon, which can result in creating irritation of the tendon and surrounding tissues and subsequently produce pain. A well-structured training program will allow sufficient recovery time before the runner tackles hills again in order to decrease the risk of developing an achilles tendon injury. For the runner accustomed to hill running, this may be in two days; while for the unaccustomed hill runner, it may require four to five days to adequately recover.

Conclusion

Simply being aware of these six most commonly made training mistakes will go a long way in helping you to avoid them while training for a marathon. If you do succumb to one of these mistakes, don't beat yourself up. It's been said that 'evaluated experience, is much more valuable than experience alone'. So if you have made a mistake with your training be sure to reflect on the mistake, learn from it, and commit to a different course of action with your training going forwards.

About Brad Beer

He is the founder of Gold Coast based physiotherapy group POGO Physio, author of Amazon.com best selling book 'You CAN Run Pain Free! A Physio's 5 Steps to Enjoying Injury Free and Faster Running' and is a regular participant at the Gold Coast Airport Marathon.

* * * *

SNIPPETS FROM NZMA AGM

President Michael Wray reported that the AGM held at the recent NZMA track and field championships was over relatively quickly and there were no contentious issues raised.

Colours (for age group % of 95 or better) were handed out to Veronica Gould; Jim Blair; Jackie Wilson and Michael Wray.

Subscriptions were retained at \$60 for the year.

The only change to the NZMA board was that Karen Gillum-Green has stood down.

* * * *

NOELEEN PERRY MEMORIAL TROPHY

This award is presented in conjunction with the Wellington Masters 3000m Centre Championship and is awarded to the female Masters athlete with the highest age-grade score.

Past winners:

2015	Jacqueline Wilson
2016	Jacqueline Wilson
2017	Jacqueline Wilson

* * * *

WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie
2007	Colleena Blair
2008	Jim Blair
2009	Grant McLean
2010	Anne Hare
2011	Jim Blair
2012	Jacqueline Wilson
2013	Jacqueline Wilson
2014	Judy Hammond
2015	Judy Hammond
	Gary Rawson
2016	Jacqueline Wilson
	Tony Price
2017	Jacqueline Wilson
	Jim Blair

Note: From 2015 it was decided to present a trophy for both a male and female Wellington Masters Athlete of the Year.

* * * *

TIPS TO AVOID BEING SCAMMED

The next time the phone rings remember these five tips:

1. Take a breath, stop and think about whether the caller sounds suspicious. Don't be hurried into any kind of action.
2. If the caller says they are from your telephone or internet company, ask them what your account number is. Chances are they won't know and will hang up.
3. If you are suspicious, say you can't talk now and will call them back. Then ring the company using the number on your statement or its website to check if the call was genuine.
4. Don't give anyone remote access to your computer unless you have called them.

Remember, no professional company uses fear or bullying tactics. If you start to feel anxious or coerced, hang up.

Calcium Supplements: Think you don't need one?

By Ingrid Pilz, Naturopath



Osteoporosis. It's a big word that many people don't think has much relevance to their lives now. After all, isn't it a disease that only old women get?

Do you need to think about Osteoporosis?

There are actually a lot of misconceptions about osteoporosis – a bone condition that makes bones weak and brittle. It's true that osteoporosis does affect more than half of New Zealand women over 60. But it also affects one third of men this age too – in fact, it's estimated to cost New Zealand more than \$1 million each year. And although it tends to appear in older people, its roots go right back our lifestyles and eating habits in our teens and 20s.

How your Calcium intake now affects your bone health in the future

Although your bones appear to be hard, unchanging body parts, they're actually living tissue that's constantly being built up and broken down. Up until your late 20s or early 30s, your bones grow gradually stronger and denser if they get enough Calcium and other minerals.

At this point, though, they reach what's known as "peak bone density" – the maximum strength and density that they'll ever have. After this, even with enough Calcium, your rate of bone breakdown starts to eclipse your rate of bone buildup. This means you can only either maintain or lose bone mass as you age. And that's why it's important to have a good Calcium intake while you're still in your late teens and 20s.

Low Calcium levels – who's most at risk

How much Calcium your bones get isn't just about the Calcium in the food you eat. It's also about how easily your body can absorb and use the Calcium that you take in. For example, your bones need weight-bearing exercise to really make use of the Calcium. And some kinds of

foods can actually interfere with Calcium absorption, e.g.:

- The caffeine and tannins in tea, coffee, cola or chocolate drinks;
- Refined sugary or salty foods; and
- Alcohol.

So if you can't do without your daily caffeine hit, drink the odd glass of wine, or don't exercise as often as you'd like? It's probably a very good idea to start thinking about your Calcium levels now.

How to make sure you get enough Calcium

If you want to keep your bones healthy now and into the future, you need to look at your daily Calcium intake. Good dietary sources of Calcium include:

- Low fat dairy products like milk, yogurt and cheese;
- Dark green leafy vegetables like broccoli, bok choy and spinach;
- Canned fish like sardines and salmon (if it contains the bones);
- Tofu and almonds; and
- Calcium-fortified foods (e.g. fortified orange juice, soy milk or cereals).

If you don't eat a lot of these foods on a regular basis, you may need to consider supplementing with a quality, high-potency Calcium supplement.

* * * *

Four Steps to Improved Immunity

A properly functioning immune system is necessary for optimal health. But how do you get one? Follow these do's and don'ts to help your body fend off sickness and make room for health.

1. DO take probiotics. Probiotics are the good bacteria that go into the digestive system and aid in the digestion of food. Research has linked the strength of the immune system to the quantity of probiotics inside the stomach.

2. DON'T subject yourself to sugar. Sugar is what many people know as an anti-nutrient. I am talking about the refined simple sugars that contain no nutrients and, upon entering the body, take nutrients away from the body's storage to be metabolized into the system. Once these storehouses are depleted, then we have created a mess for our body and our immune system faces a greater challenge in fighting off colds and flus.

3. DO get nervous system checked. Your nervous system (brain and spine) controls every cell, tissue, organ, and organ system within your body. The key here is to be sure that your spine is in its proper alignment so it can send out clear signals to the rest of your body.

4. DON'T let stress get to you. The more stress you subject yourself to, the weaker your immune system becomes. When our body is under stress we produce more cortisol, which is a stress hormone that increases blood pressure and blood sugar leading to a weakened immune system. The key here is to practice stress-relieving techniques such as meditation, yoga and exercise.

HEALTH

Running with a Cold – Should You Do It?

The best answer is no. The reasoning? Your body is using up a lot of energy to fight whatever bug you caught and it needs to conserve the energy in order to get you back to 100%.

If you go out running, your body has to split your energy resources between exercise and recovery. The worst case scenario is that you feel worse after your run, or that you recover much slower.

It may prove to be a challenge to stay indoors for too long and you may even have the urge to go for a run to make you feel better. If you absolutely can't fight the need to get outside, consider doing the following first.

Complete a 'Neck Check'

One common rule among runners is the 'neck check': if cold symptoms are above your neck, it's probably safe to run. If the symptoms are below your neck, you're better off resting and coming back stronger.

- **Blocked nose, runny nose or sore throat?** You're good to run.
- **Tight chest, high temperature or aching muscles?** Don't run and rest instead.

Running at the start of a cold is a good idea, since it can open up your airways and blast away the bug. You'll also get that rush of endorphins from the fabled 'runner's high'.

But **if you're experiencing a tight chest or you have a fever, avoid running until your symptoms subside**. Your cold could develop into a full-blown chest infection and you might be forced to stop running for even longer.

Once you decide to rest and recover, the best thing to do is **accept it as one of those things and don't stress about missing runs**. You'll feel better sooner if you take it easy and you'll get back to peak performance in no time.

Tips for running with a cold

- **Lower the intensity** – go at a comfortable pace.
- **Stop your interval training** as it puts your body under too much stress.
- **Cut the distance** – now's not the time to run long.
- **Turn off any GPS tracking devices** so you're not tempted to push yourself too hard.
- **Don't run in a competitive group** that will push you beyond your comfort zone.

- **Stay clear of races** – you might need to pull out of any big ones coming up.

Don't forget to dress for the weather. As well as winter running gear like long tights and thermal base layers, be sure to add wearing a beanie hat, arm warmers and gloves.

How to avoid colds in the first place

Contrary to popular belief, running in the cold or in the rain won't actually give you a cold. The only way you can catch a cold is by being exposed to the virus. But, the cold can indirectly cause you to get sick.

- If you're holding the virus in your nose, the cold might cause it to develop.
- If the bug is already in your system, the cold and wet might allow it to develop into an illness when your body would otherwise have fought it off.

Running, of course, can help you avoid colds in the first place because:

- Runners are generally healthier and more likely to fight off illness.
- Regular exercise boosts your immune system (but intense effort could lower your immunity while you recover).
- You can run to work and avoid public transport, which can be a hotbed of germs and viruses.

* * * *

Blue Light Contributing to Bad Sleep?

Binge-watching your favourite show until the wee hours of the morning? Surfing the Net or texting late at night? If you find yourself unable to power down to get critical shut-eye, blue light could be to blame.

Exposure to TV, computers and smartphones, the three primary forms of blue light, can wreak havoc on your sleep as they impede the production of melatonin, a hormone that regulates sleep and wake cycles.

Want better rest? Stop watching TV and using gadgets two hours before your head hits the pillow.

Other slumber-promoting tips include:

- Cut out caffeine after 2 p.m.;
- Stick to a bedtime schedule;
- Set your house to a cool temperature;
- Read; and
- Consider using essential oils like lavender.



RECIPE

Boneless Lamb Leg stuffed with Beetroot and Rice Pilaf

Stuffing a lamb leg with rice pilaf and beetroot is so easy and makes a gorgeous change from regular roast lamb.

Ingredients:

Rice Pilaf

- 1 cup white basmati rice
- 150 gm unsalted butter
- 2 red onions, sliced
- 1 tsp ground allspice
- 1 tsp cumin seeds
- 1 cinnamon stick
- 3 medium beetroot scrubbed and grated.

Lamb

- 1.5 kg leg of lamb – get your butcher to de-bone
- 2 tsp ground allspice
- 4 - 6 cloves of garlic, peeled and crushed
- 2 tbsp pomegranate molasses
- 1 tsp sea salt
- ½ cup Pinot Noir or a good red wine
- ½ cup water.

Method:

- To make the rice stuffing, wash the rice in a sieve until the water runs clear.
- In a medium, heavy-based saucepan, melt the butter and fry the sliced onions for a few minutes. Add the spices and cook over a medium heat for about ten minutes until onions are completely soft, then add the grated beetroot and cook for a few more minutes.
- Add the rice then cover with water to two cm above the level of the rice. Bring to the boil, covered, then stir once.

Replace the lid and reduce heat to low and cook for seven to ten minutes. Remove from the heat and rest the rice for five minutes, with the lid on, while you prepare the lamb.

- Preheat the oven to 150 degrees C.
- For the lamb, combine the ground allspice, crushed garlic, pomegranate molasses and salt and rub over the inside surface of the lamb. Put half of the pilaf inside the leg, tuck the meat around the rice, and tie with string to secure. Place in an oven proof dish, add the

wine and water, seal with foil and cook for one hour thirty minutes.

- Remove the lamb from the oven and remove the foil. Increase the oven temperature to 200 degrees C. Pack the rest of the rice pilaf into the dish around the lamb and roast for fifteen minutes more, or until the lamb is nicely browned.
- Rest for fifteen minutes before carving. Serve lamb on flat breads with minted yoghurt and the rice pilaf on the side.

Prep Time: 20 minutes.

Cooking Time: 2 hours.

Serves: 4 – 6 people.

* * * *

My Feet Are Killing Me!

If you know someone who suffers from back pain, they probably think they have a back problem. But it could be their feet that are causing their back pain! Surprised?

The arches of the feet and the joints in the ankle, knee and hip serve as shock absorbers as we deal with gravity when we walk, run and move. Even the slightest loss of normal joint movement can produce a compensation reaction felt further up the spine.

Chiropractic is unique in that we look at the person with the problem — not just the problem in the person.

Is the loss of proper arch support, the wearing of high heels or the outward flaring of either foot the underlying cause of all low back pain? Of course not.

However, with a thorough physical, orthopedic and chiropractic examination we can find out. Encourage your friend or family member to schedule an appointment and discover natural relief.

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

* * * *

MEMBERSHIP:

Our Wellington Masters membership currently stands at 24 competitive members, 6 social members and 16 that receive Vetline. These figures do not include the members of harrier clubs who become members of Masters once they pay their harrier subscription.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, March 2018



Eating for Endurance

What's the best way to fuel for the Boston Marathon?

Should I eat a high fat diet to train my body to burn more fat and less glucose?

What percent of calories should come from carbohydrate? protein? fat?

When it comes to eating for endurance, today's runners are confronted with two opposing views:

- Eat a traditional carbohydrate-based sports diet, or
- Eat a fat-based diet that severely limits carbohydrate intake.

What should an eager marathoner, Ironman triathlete, or ultra-runner eat to perform better? Here's what you want to know about eating for endurance, based on the Joint Position Statement on *Nutrition for Athletic Performance* from the American College of Sports Medicine, the Academy of Nutrition and Dietetics, and Dietitians of Canada.

1. Eat enough calories.

Most runners need ~21 calories per pound (45 cal/kg) of lean body mass (LBM). That means, if you weigh 150 pounds and have 10% body fat, your LBM is 135 pounds, your estimated energy needs are 2,800 calories a day. That said energy needs vary from person to person, depending on how fidgety you are, how much you sit in front of a computer, how much muscle you have, etc. Hence, your body is actually your best calorie counter — more accurate than any formula or app!

If you eat intuitively — that is, you eat when you feel hunger and stop when you feel content, you are likely eating enough. If you find yourself stopping eating just because you *think you should*, if you are feeling *hungry all the time* and are losing weight, you want to eat larger portions. Underfueling is a needless way to hurt your performance.

If you can't tell when enough food is enough, wait 10 to 20 minutes after eating and then, mindfully ask yourself *"Does my body need more fuel?"* Runners who routinely stop eating just because they have finished their packet of oatmeal (or other pre-portioned allotment) can easily be under-fueled. Even dieting runners want to surround their workouts with fuel. Their plan should be to eat enough during the daytime to fuel up and refuel from workouts, and then eat just a little bit less at the end of the day, to lose weight when they are sleeping.

2. Eat enough carbohydrates.

According to the *Position Statement on Nutrition for Athletic Performance*, the optimal amount of carbohydrate on a day with one hour of training is 5 to 7 grams carb/kg. On high volume days, you need about 6 to 12 g carb/kg body weight. For a 150-pound (68 kg) athlete, this comes to about 350 to 800 grams carb a day — the equivalent of about one to two (1-lb) boxes of uncooked pasta (1,400 to 3,200 calories). That's more than many of today's (carb-phobic) runners consume. You want to make grains the foundation of each meal: choose more oatmeal for breakfast; more sandwiches at lunch; and more rice at dinner to get three times more calories from carbs than from protein. Otherwise, you set the stage for needless fatigue.

3. Eat adequate — but not excess — protein.

Protein needs for runners range from 1.4 g/kg (for mature runners) to 2.0 g protein/kg (for novices building muscle or dieting to lose fat). For a 150-pound (68 kg) runner, protein needs come to about 95 to 135 grams protein per day or 25 to 35 grams protein four times a day. That means 3 eggs at breakfast (with the bowl of oatmeal), a hearty sandwich at lunch, portion of lean meat/fish/chicken at dinner, and cottage cheese (with fruit) for an afternoon or bedtime snack.

For vegetarians, generous servings of beans, hummus, nuts and tofu at every meal can do the job; a light sprinkling of beans on a lunchtime salad will not. By consuming protein every 3 to 5 hours, you will optimize muscle building and deter muscle breakdown.

4. Fill in the calorie-gap with fat.

Include in each meal and snack some health-promoting, anti-inflammatory fat: nuts, salmon, peanut butter, avocado, olive oil, etc. Fat adds flavor, offers satiety, and is a source of fuel for endurance exercise.

Continued on next page . . .

Continued from previous page

Training your muscles to burn more fat for fuel happens when you do steady "fat burning" long runs. By burning more fat you burn less of the limited carbohydrate (muscle glycogen, blood glucose) stores. You will have greater endurance and delay (or avoid) *hitting the wall*.

A (tougher) way to train your body to burn more fat is to severely limit your carbohydrate intake and push your fat intake to 70% of your calories. That could be 1,800 calories (185 g) of fat per day! This very high fat diet produces ketones and forces the body to burn ketones for fuel. Keto-athletes endure a tough, 3 to 4 week adaptation period as their bodies transition to burning fat, not glucose, for fuel. While some keto-runners rave about how great they feel when in ketosis, the sports nutrition literature, to date, reports little or no performance benefits from a ketogenic sports diet. It might nix sugar binges, but it's unlikely to make you a better runner.

4. Drink enough fluids.

A simple way to determine if you are drinking enough fluid is to monitor your urine. You should be voiding dilute, light colored urine every 2 to 4 hours. (Exception: runners who take vitamin supplements tend to have dark colored urine.) You want to learn your sweat rate, so you can strategize how to prevent dehydration. Weigh yourself nude before and after one hour of race-pace running, during which you drink nothing. A one-pound drop pre- to post-exercise equates to 16 ounces of sweat loss. Losing two pounds of sweat in an hour equates to 32 ounces (1 quart). To prevent that loss, you should target drinking 8 ounces of water or sports drink every 15 minutes. Runners who pre-plan their fluid intake tend to hydrate better than those who "wing it."

5. Consume enough calories *during* long runs.

If you will be running for longer than 60 to 90 minutes, you want to target 40 to 80 calories (10 to 20 g) of carbohydrate every 20 minutes (120 to 240 calories per hour), starting after the first hour (which gets fueled by your pre-run food). If you are an Ironman triathlete, marathoner, or ultra-runner who exercises for more than three consecutive hours, you want to target up to 360 calories per hour. The key is to practice event-day fueling during the months that lead up to the event. By training your gut to tolerate the fuel, you'll be able to enjoy the event without fretting about running out of energy or suffering intestinal distress.

The bottom line:

If you are going to run, you might as well get the most out of your workouts. Performance improves with a good fueling plan. Eat wisely, run smoothly, and enjoy your high energy!

Reference:

Thomas, T at el. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada and the American College of Sports Medicine: Nutrition and Athletic Performance. J Academy of Nutrition and Dietetics. 2016; 116 (3):501-28

https://journals.lww.com/acsm-msse/Fulltext/2016/03000/Nutrition_and_Athletic_Performance.25.aspx

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best-selling *Sports Nutrition Guidebook* and food guides for marathoners and new runners offer additional information. They are available at www.NancyClarkRD.com. For her popular online workshop, see www.NutritionSportsExerciseCEUs.com.

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

* * * *

OBITUARY

Historian, writer and athlete **David Colquhoun** of Masterton died on Sunday 18 March 2018, aged 65.

Colquhoun was curator of manuscripts at the Alexander Turnbull Library in Wellington where the Jack Lovelock papers are held. As the senior research librarian he was able to access these papers and incorporate them into a book he wrote "As if Running on Air", the journals of Jack Lovelock. Quote from Roger Robinson, "This is one of the great books of world running literature. Never have the private writings of such a great athlete been presented via such expert scholarship. It's more than an excellent editing job. David Colquhoun's introductions to each section of the journals together provide the most accurate and revealing biography ever done of Lovelock the runner. Colquhoun is always thoughtful and uncontentious, but he quietly rescued the real Lovelock from the sensationalism of some fictitious versions."

Colquhoun also did important work at the Library in creating a national archive of the history of athletics in New Zealand and producing the wonderful 'C'mon Jack' exhibition at the Library.

He was a keen masters runner, regularly competing in the Wellington region, running many 5km's and half marathons. He also ventured into mountain-running and decided to take advantage of Wellington's hilly topography by establishing the Wellington Scottish Athletics Club's 3 Peaks event in 2000. It has become a permanent feature of the Wellington running community's winter season. He was a member of the Scottish winning MM50 national road relay team in 2008 in Mosgiel.

Ed:- David was a member of Wellington Masters for many years.

* * * *

See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

INJURY PREVENTION

Plantar Fasciitis

Plantar fasciitis is the most common cause of heel pain in runners, affecting approximately 10 percent of recreational runners every year. While the foot is in motion during running, the plantar fascia, a thick elastic tissue that stretches from the heel to the base of the toes, works with the Achilles tendon to store and return energy. Because of this powerful attachment, the plantar fascia stabilizes the inner forefoot as forces peak during push-off at the end of a stride. Unlike bone spurs and stress fractures of the heel, plantar fasciitis tends to produce pain during the push-off phase while running, not during initial contact when the foot lands on the ground.



The plantar fascia is a thick elastic tissue that stretches from the heel to the base of the toes.

Symptoms of Plantar Fasciitis

- A sharp stabbing pain or deep ache in the arch of your foot or in the middle of the bottom of your heel.
- Stiffness or pain first thing in the morning (especially when you first get out of bed) that tends to lessen a bit with a few steps, but also tends to worsen as the day progresses and your body fatigues.
- Pain that worsens when climbing the stairs or standing on one's toes.
- At the beginning of a run, pain may go away or lessen, but it can return towards the end of a run — especially on longer runs.

Causes of Plantar Fasciitis

Plantar fasciitis may result from a variety of factors, such as overtraining, doing vigorous repeat hill workouts or speed work, neglecting to stretch tight calf muscles, wearing unsupportive shoes, starting a running program too aggressively or a general lack of foot strength.

It can also be attributed to biomechanical factors such as fallen arches. The excessive lowering of the arch in flat-footed runners increases tension in the plantar fascia and overloads the attachment of the plantar fascia to the heel bone, leading to eventual inflammation. Other biomechanical factors include an inward twisting or rolling of the foot (pronation) and tight tendons at the back of the heel (Achilles tendon).

Plantar Fasciitis Treatment

There are several do-it-yourself remedies when it comes to treating plantar fasciitis. The first is to massage the arch of your foot with a golf ball, rolling it back-and-forth along the foot's bottom, and then rolling a frozen water bottle under the foot for about 10 minutes.

Lightly stretching the fascia and the Achilles tendon three times a day and first thing in the morning also helps. One way to stretch the fascia involves sitting down and placing the affected foot across your knee. Then pull your toes back toward the shin. You should feel a stretch in the arch and some tension when running your thumb along the foot. Hold for a count of 10.

More importantly, wear supportive footwear with enough shock-absorbing cushion and the right arch support for your foot, or invest in insoles that will push on the plantar and keep it from flexing. If you need help determining what is best for you, visit a sport podiatrist or physical therapist or stop by your local running specialty shop and ask for advice.

If pain still persists for more than three weeks, see a sports podiatrist or physical therapist who can prescribe custom-made orthotics, cortisone injections, anti-inflammatories, night splints or a walking cast if very serious. These methods can decrease symptoms in about 95 percent of sufferers within six weeks.

For severe cases — no improvement after 6 to 12 months of treatment — then your doctor may recommend plantar fascia release surgery, which involves cutting part of the plantar fascia ligament in order to release tension and relieve inflammation. However, only 5 percent of people who suffer from plantar fasciitis need this surgery, and 95 percent usually recover by implementing the nonsurgical treatments outlined above.

Preventing Plantar Fasciitis

To prevent plantar fasciitis, run on a variety of surfaces, especially softer surfaces such as dirt paths or trails, rather than concrete or asphalt. Make sure your running shoes are the right fit and support for your gait by going to a specialty running store and getting properly fitted. Lastly, foot-strengthening exercises can go a long way in reducing future injuries.

* * * *

Why teachers continue to drink heavily! (Evidently these are genuine answers).

Q. How are the 20 main parts of the body categorized (e.g. the abdomen)?

A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A, E, I, O, U.

Q. What is the most common form of birth control?

A. Most people prevent contraception by wearing a condominium.

HEALTH

Seven Reasons to take Omega 3 Essential Fatty Acids



By Heidi Billington - Naturopath

There is a new emerging trend in town that says eating sugar is out and healthy fats are in! This is excellent news as not only do fats help keep us full with longer lasting energy, they have a host of other benefits too.

One of these good fats, called Omega 3 EFA (Essential Fatty Acid), is naturally found in oily fish such as salmon, tuna, mackerel and sardines as well as chia seeds and flaxseeds. Omega 3 EFA's cannot be produced by the body so therefore need to be taken in our daily diet. Let's take a look at some of the top reasons to make these fats your friend:

- **Healthy joints:**
They help maintain joint mobility and flexibility, supporting healthy joint function.
- **Flexible cells:**
Omega 3 EFAs are an important component of cell membranes as they keep the membrane supple allowing it to function at its best.
- **Healthy heart and cholesterol levels:**
They help maintain heart and blood vessel health. Eating Omega 3-rich foods has been shown to support cardiovascular health and help maintain healthy cholesterol levels.
- **Supports vision:**
They are found throughout the eye tissues and are needed for healthy vision.
- **Supports brain health and development:**
Omega 3 fats are found in high levels in the brain and research shows they have a significant effect on brain function and development. Investigations suggest that a good Omega 3 EFA intake is needed both in the womb and throughout childhood to ensure

healthy brain development and learning abilities.

- **Supports a healthy pregnancy and assists breastfeeding:**

They are needed before conception, during pregnancy and breastfeeding. Omega 3 EPA and DHA provide the growing baby with important building blocks for building healthy brain and eyes, especially in the **third trimester and in early childhood** when the growth rate is greatest. DHA is found in high concentrations in the brain and is critical for normal brain development in the womb and infancy (unsurprisingly, it is the most abundant Omega 3 EFA in breast milk). DHA has been shown to be important for baby's growth and development, learning and behaviour and sleep-state patterning.

- **Maintains healthy hair, skin and nails:**

They assist in the management of dry skin. They help to prevent moisture loss from the skin and help nutrients enter skin cells. This makes them important for smooth, vibrant skin and optimal wound healing. They also help support healthy hair and nails.

Getting enough Omega 3 in your diet every day can be difficult for some people. This is where a supplementation of fish oil can be an easy and effective way to ensure you get the intake you need of these essential fats! Fish oils are available in 1000mg capsules and 1500mg to suit your needs.

Fish Oil goes through a rigorous testing program whereby the fish oil is quality and purity tested at various stages in the product's life cycle. Certified testing laboratories analyse and control the quality of the product using published test methods.

* * * *

Catholic Dog

Muldoon lived alone in the Irish countryside with only a pet dog for company.

One day the dog died, and Muldoon went to the parish priest and asked, "Father, my dog is dead. Could ya' be saying' a mass for the poor creature?"

Father Patrick replied, "I'm afraid not; we cannot have services for an animal in the church. But there are some Baptists down the lane, and there's no tellin' what they believe. Maybe they'll do something for the creature."

Muldoon said, "I'll go right away Father. Do ya' think \$5,000 is enough to donate to them for the service?"

Father Patrick exclaimed, "Sweet Mary, Mother of Jesus! Why didn't ya tell me the dog was Catholic?"

2018**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 2017 / 2018 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2017/ 2018 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 (3 issues starting from January 2018)

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 form 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 cheque payable to **Wellington Masters Athletics**

Postal Address:

Wellington Masters Athletics Inc.
PO Box 5887, Lambton Quay
Wellington 6140Telephone: **04 973 6741**E-mail: **gvgould@xtra.co.nz**

Official Use:

Verified by:

2017 / 2018 NZMA Reg. No:

UPCOMING EVENTS

2018:

May

5	54 th Rotorua Full Marathon, $\frac{1}{2}$ Marathon, 10.5k & 5.5k Fun Run	Rotorua
20	Gold Coast Running Festival, $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km	Gold Coast
27	Masters Classic Club Relay	Trentham
June		
3	Christchurch Full Marathon, $\frac{1}{2}$ Marathon & 10km	Christchurch
June/July		
30/1	40 th Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km	Gold Coast
1	Gazley Volkswagon Full Marathon, $\frac{1}{2}$ marathon & 10km	Westpac Stadium
22	Johnsonville 8km Run & 6.4km Race Walk	Olympic Clubrooms
Aug		
4	We Run the Forest, 21km, 11km & 5.5km	Rotorua
Nov		
4	Masters 10km Road Race & Walk	Lower Hutt
	Nelson Half Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
	New York City Marathon	New York

2019

Feb

9	Buller Gorge Full Marathon, $\frac{1}{2}$ Marathon & Marathon Relay	Westport
---	---	----------

March

10	Hutt News 5km & 10km Fun Run & Walk	McEwan Park, Petone
----	-------------------------------------	---------------------

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.
