

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 11 Issue 3

August 2012



Start of the race walk at the recent Masters 8km run and 6.4km race walk at Johnsonville - for the results see page 11.

Next Masters event:

Lower Hutt 10km Run and Walk

Sunday 4th November 2012

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2011-12

EXECUTIVE:

President:	Brian Watson	06 364 7758
VPresident:	John Hammond	04 292 8030
Secretary:	John Palmer	479 2130
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Tucker	027 271 5177
Laurence Voight	565 0718
Mark Macfarlane	234 8874
Albert Van Veen	563 8450
Peter Wrigley	973 6637

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2011-2012

PATRON:	Heather May	C/- Harbourview Rest Home, 5 Bowlers Wharf Lane, Papakowhai, Porirua 5026	
PRESIDENT:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
ACTING SECRETARY:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
	Barbara Tucker	15 Brees Street, Epuni, Lower Hutt 5011	027 271 5177
	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
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:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

LIFE MEMBERS

Jim & Colleena Blair (2004); Bruce & Noeleen Perry (2008); Heather May; Richard Harris (dec'd) and John Palmer (2010).

CLUB CO-ORDINATORS

AURORA HARRIERS:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
SCOTTISH:	John Hines	Flat 29, Berkley Dallard Flats, 70 Nairn St, Wellington 6011	384 3231
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WAINUIOMATA HARRIERS:	Rob Hannan	63 Bull Avenue, Wainuiomata, Lower Hutt 5014	972 6472
WGTV HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTV MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTV MASTERS:	Colleena Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS, BANNISTER AVENUE,
JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

EDITORIAL

Raising Their Head Again - Drug Cheats

With the Tour de France now over and the attention shifting to the Olympics one has to wonder how long it will be before the first competitor fails a drug test. After a relatively drug-free tour in 2011, this year saw three members of one team put out of the tour at the end of the first week of cycling for testing positive to a banned substance. One team member was actually arrested by the French police. Then in the second week, after doing well in a stage, Franck Schleck was banned for also turning in a positive drug test - he (like a number before him) denies any wrongdoing. No doubt in the coming weeks we will hear of other cyclists who have failed a drug test during the Tour.

While this is going on Lance Armstrong is gearing up to fight the allegations that he and his team were guilty of blood doping. It seems to have become a witch-hunt with the organisations using hearsay evidence rather than actual results from drug tests. Armstrong emphatically denies any drug taking and has hired two top lawyers to go into bat for him. Armstrong has been tested 500 times and has never turned in a positive test for any banned stimulants. It is a little disappointing that the other team members who supposedly made these accusations against Armstrong have had their names suppressed so he doesn't know who has pointed the finger at him. He certainly has a lot more to lose than some of the other cyclists if things go against him.

I know that while watching the tour, I do wonder how these cyclists get up day after day, ride many, many kilometres, sometimes over terrain that is fairly easy for a professional cyclist but on other days battle momentous hill climbs that would have a car struggling to climb some of the narrow roads. It just seems impossible for the body to endure these sessions day after day without some sort of "pick me up" to get thru the next day let alone the rest of the week. I know that after each day's racing each team has a chef who produces good nutritional food for the cyclists and they get regular massages to ease their aching muscles.

Recently there was an article in the Dominion Post regarding the sprinters (100m and 200m) who will be competing at this year's Olympics and the article referred to those that had been banned for drug use and were back competing after serving their ban. The article raised the issue about the poor form of Usain Bolt in a couple of his recent races and how he looks a bit off the mark and how he was being beaten by his training partner who has been tainted by drug taking. Let's hope that all these athletes are "clean" and it is the best athlete that wins rather than winning by assistance from performance enhancing substances.

After winning the Tour de France, Bradley Wiggins has spoken out and has urged cycling chiefs to act decisively and rid the Tour de France of drug cheats - even if it means prison sentences. He has my wholeheartedly support on that one! I also think that drug cheats should be given a lifetime ban for drug taking and not this two-year ban nonsense as handed down now.

It should be an even playing field for all athletes.

John Palmer

Editor

BITS and PIECES

World Masters Games

Turin Italy

After a number of enquiries asking whether I am organising a group to the World Masters Games in Turin Italy 2-11 August 2013 - it is all go. You may have taken part in The World Masters Games in Sydney 2009 or been with me to Edmonton 2005.

There is a wide range of accommodation and it will pay to be in early so we can get the accommodation of your choice.

There is University accommodation in the centre of Turin, all ensuite and some apartments with cooking facilities. There are also plenty of 3-4 star hotels with public transport close by. I do not have costing at the moment but we can fly into Milan which is only 1hr 40m from Turin. Depending on the length of stay and type of accommodation a share twin 10 night stay with flights will be from \$3000.

Stresa on the banks of Lake Maggiore is only 90 minutes away as is France with Lake Como and Switzerland a further hour. There are plenty of options after the Games to tour or take a cruise on the Mediterranean Sea.

The following is the sports list for the Games:

Archery, Athletics, Basketball, Badminton (if requested), Beach Volley Ball, Bowls, Canoe/Kayak, Cycling, Duathlon, Fencing, Field Hockey, Soccer, Golf, Rowing, Rugby (if requested), Sailing, Softball, Swimming, Taekwondo, Tennis, Triathlon, Volleyball and Weightlifting.

If you would like to join us contact me promptly.

Roy Skuse

ONLINE SPORTS TOURS

roy@netfares.co.nz

Phone (64-6) 8687700

Fax (64-6) 8678366

PO Box 57

Gisborne 4040

New Zealand

www.onlinesportstours.co.nz

Go to page 14 for the Sport Programme and Games Schedule.

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MEMBERSHIP

Our current membership stands at 94. There has been no change since the last newsletter was published.

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AMENDMENT TO DATES

In the June issue of The Master Copy, page 4 referred to the World Masters Track & Field Championships to be held in Porto Alegre, Brazil from 24 July – 4th August 2013. This is incorrect and the date for these Championships has been changed to 15th – 27th October 2013.

* * * *

ANNUAL GENERAL MEETING

The Annual General Meeting of Wellington Masters Athletics Inc. will be held on

Wednesday 12 September 2012

at the Olympic Harrier Clubrooms, Bannister Avenue
Johnsonville

commencing at 7.00pm.

Nominations are called for the following positions:

Patron;
President;
Vice President;
Secretary; and
Treasurer.

Nominations for the above positions are to be in the hands of the Secretary by **Friday, 17th August 2012.**

Nominations for Committee members will be called for from the floor at the AGM but nominations can be submitted to the Secretary beforehand.

Any Remits for discussion at the AGM must also be in the hands of the Secretary by **Friday, 17th August 2012.**

John Palmer
Secretary
Wellington Masters Athletics Inc.
122 Onslow Road
Khandallah
Wellington 6035
Email: palmer.palace@xtra.co.nz

HEALTH

EATING WELL / AGING WELL

We know that the nutritional needs of adults differ from those of children, but what about older adults – do they have unique nutritional needs as well?

Life expectancies have increased significantly almost everywhere in the world. In order to reap the benefits of living a longer life, with the ability to cope with the mental and physical challenges that are part of the aging process, older adults do need to eat differently. In particular, the aging population needs to eat the following:

- An adequate amount of calcium and vitamin D to promote healthy teeth and bones, and to avoid fractures and osteoporosis. The best source of calcium is lots of green leafy vegetables, but you need vitamin D to be able to absorb the calcium. Your body converts natural sunlight into vitamin D but a high quality supplement can help if you don't get enough exposure to the sun.
- Fruits and vegetables that provide the fibre you need to maintain a healthy digestive system and regular bowel habits. Constipation is often a problem for older adults. Fibre-rich foods include pears, dates, carrots...in fact all fruits and vegetables, plus potatoes in their skins. Drinking plenty of water and regular exercise also promote regularity.
- Protein - especially vital for older adults who experience physical and emotional stress. Protein-rich foods include meat, fish, dried beans and peas, and tofu. These foods also reduce muscle loss caused by aging.
- Fats from grass fed meat, fish, nuts and seeds are actually good for you. Fats to limit or avoid entirely are hydrogenated or trans fats. Scientists used to think that saturated fats should be avoided but the most recent research actually shows that these natural and stable fats are essential for health. Processed foods are generally loaded with hydrogenated oils and trans fats, so do your best to avoid them.

Because older adults are probably not as active as younger adults, calorie requirements are not as high. Their body's metabolism has probably slowed down considerably. A more sedentary lifestyle and change in metabolism may cause weight gain. If this is the case, selecting foods with a higher nutrient content and avoiding empty calories in fats and sugars helps maintain weight.

On the other hand, some older adults suffer from malnutrition because they do eat unhealthy diets or no longer cook for themselves. This is dangerous because malnutrition weakens the immune system, increasing the risk of infection. It can also contribute to mental confusion.

GET A WORKOUT FROM LIFE!

Are you one of the ones who think you need to sweat buckets and engage in some heavy breathing for the activity you are engaged in to be called exercise? Well think again. Lots of activities that don't seem like exercise actually are, especially when you pick up the pace a bit!

Take for example gardening. Exercise you say? Yard work such as mowing the lawn, turning the soil in your garden, raking leaves, digging to plant new flowers – all of these require that you use your whole body while you're working. Not to mention all the stretching, lifting and cardiovascular exercise you are getting as well!

How about housecleaning? Sure, that's another form of aerobic exercise, especially when you move heavy objects, dance around the house while dusting or running the vacuum.

Known as "lifestyle physical activity," gardening and housekeeping are actually forms of weight-bearing exercise that can help lower high blood pressure and encourage and maintain proper bone health.

Other non-traditional ways to add weight-bearing exercise to your daily routine include:

- Taking your dog for a 30-minute walk, or two 15-minute walks, each day.
- Taking the stairs at work, while shopping, or wherever possible.
- Dancing – make a date with your spouse or significant other and get out on the dance floor and dance, dance, dance!
- Walk all or part of the way to the supermarket, the gym, the office or anywhere else you have to go.

Regular physical activity improves health, prevents or reduces the risk for developing many types of disease (heart disease, certain types of cancer, diabetes), improves your mood and maintains your weight. And a beautiful garden and a clean house are fantastic side effects too!

Ed:- These articles are reproduced with the kind permission of Dr Louise Hockley, Back to Living Chiropractic, 85 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

* * * *

"If you feel bad at 16 kilometres, you're in trouble. If you feel bad at 32 kilometres, you're normal. If you don't feel bad at 41 kilometres, you're abnormal."

Rob de Castella

FEAR NOT THE SWIM

By Chris Carmichael

Triathlon is a fast growing sport around the world and also here in New Zealand and a number of athletes (both senior and masters) are looking at something more than just running as a way to keep fit, are looking at something more challenging and are turning to multisport (triathlon and duathlon) as their next challenge. In triathlon there are three disciplines to participate in – the swim, bike and run. It is the swim that those new to triathlon have the most trouble conquering. The following article has some easy tips and confidence for those who wish to make the transition from just being a runner to becoming a triathlete. Ed.

THE OPEN EXPANSE OF WATER that greets triathletes at the beginning of a race can be formidable. For runners, cyclists and casual exercisers who are interested in triathlon, the intimidation factor of the swim is often strong enough to discourage entry into the sport. But the swim doesn't have to be so scary. Overcome your apprehension with these five tips and some confidence-boosting drills.

EMBRACE YOUR NOVICE-NESS

I have to admit, I hate being a novice at anything. It's not that I don't like trying new activities; I just don't enjoy that initial "floundering" stage of the learning curve. I've observed a similar sentiment from many of the career professionals with whom my coaches and I work: They don't like to suck.

To be a proficient swimmer and — more importantly — to be comfortable and confident in the open water, embrace the fact you're a novice and start working with a skills coach and join a Masters program. Initially, confidence is the goal. Once you know you can stay on top of the water for the entire distance of the swim, you've removed or minimized the biggest underlying fear of the swim: that you will drown.

START WITH A POOL TRIATHLON

In a pool-based event, there's no mass start, so you can focus on your swim performance without worrying about the thrashing mass of arms and legs. There's a line on the bottom of the pool, so you don't have to add the complication of sighting a far-off buoy. And the side of the pool is never more than 25 metres away, which means that even in your worst-case scenario, help is only seconds away. A pool-based triathlon can give you the confirmation that you have the technical skill and endurance to complete a triathlon swim, and once that competency is "checked off the list," you'll feel more comfortable starting an open-water triathlon.

START AT THE BACK OF THE PACK

If you're starting out in the sport and you're intimidated by an open-water swim, the back is a good place to be. It's less stressful, less chaotic and it gives you the opportunity to maintain a pace and effort you're comfortable with. Even sighting is easier from the back because you not only have the buoy to look for, but also the wake and visual cue of the pack in front of you.

USE A VARIETY OF STROKES

There's no rule in triathlon that says you have to complete the entire swim in a standard crawl stroke; technically, you could dog-paddle the whole thing. There's nothing wrong with switching to breast stroke or side stroke for a portion of the swim if it helps you regroup and remain calm. These strokes may not be as fast, but they get your face out of the water and keep you moving forward. Sometimes that's all you need when you're anxious or tired to bring your heart rate down a bit or catch your breath.

FLIP ONTO YOUR BACK TO REST

If you run into trouble in the water, the only way to take a break is to flip onto your back and float. It's easier in a buoyant wetsuit, but you can still float on your back without one using little effort.

Being proactive with your swim prep — both mental and physical — will minimize your risk of getting into any dicey situations during a race and make for a more enjoyable experience that will have you wanting to come back for more.

Chris Carmichael is the author of *The Time-Crunched Triathlete* and founder and CEO of Carmichael Training Systems (Trainright.com), the official coaching and camps partner of Ironman.

* * * *

A Greek and Italian were sitting in a Starbuck's one day discussing who had the superior culture.

Over triple lattes the Greek guy says, "Well, we have the Parthenon."

Arching his eyebrows, the Italian replies, "We have the Coliseum."

The Greek retorts, "We Greeks gave birth to advanced mathematics"

The Italian, nodding agreement, says, "But we built the Roman Empire."

And so on and so on until the Greek comes up with what he thinks will end the discussion.

With a flourish of finality he says, "We invented sex!"

The Italian replies, "That is true, but it was the Italians who introduced it to women."

Synchronizing Nutrition to Your Metabolic Rhythm

(How Functional Eating Can Raise Your Training Level)

One of most significant recent findings in sports science has been the discovery that timing nutrient intake over the course of the day can produce dramatic gains in overall fitness. We now know that the key pathways responsible for replenishing muscle energy stores, reducing metabolic stress and building and repairing muscle are not continuously in the “on” position. Each of these pathways has a unique metabolic rhythm that is programmed into our DNA.

What is exciting is that once you understand the programming for each of the metabolic pathways that determine our level of fitness, you can synchronize your nutrition to allow your body to operate in an ultra-efficient mode. This new concept is called Functional Eating and it can dramatically improve performance, increase lean body mass and overall energy levels. Over every 24-hour period we have three primary functional intervals:

7:00 A.M. to 9:00 A.M.

When you are sleeping your body calls upon energy reserves stored in muscle and fat cells to maintain minimal function. This involves cortisol. Just prior to daybreak, cortisol levels are highest. The morning interval is critical to reduce cortisol levels and prime your metabolic machinery.

9:00 A.M. – 5:00 P.M.

We are hardwired to be active during daylight hours. As a result, the metabolic machinery that converts food into energy is in a heightened state of activation during this time.

5:00 P.M. – 11:00 P.M.

During this period of the day the pathways responsible for building and repairing protein are most active.

Functional Eating is not a complicated process. All you have to do is follow these seven simple principles:

1. Never skip breakfast. The ideal breakfast consists of about 80% carbs and 20% protein. This ratio will not only reduce cortisol levels but also replenish muscle energy stores depleted while you were sleeping.
2. Eat high-carbohydrate foods between 9:00 A.M. and 1:00 P.M. to ensure that the muscles and brain have sufficient energy.
3. Decrease consumption of carbohydrate-rich foods dramatically throughout the afternoon and evening.
4. Consume 55 percent of your daily calories by 1:00 P.M. to parallel the body's energy needs.
5. Eat high-protein foods between 5:00 P.M. and 8:00 P.M. The protein turnover circuit is most active during this period because it is not competing with the pathways responsible for generating energy.

6. Keep fat intake to a minimum in the morning and throughout most of the day, but increase your intake of healthy (mainly plant) fats in the evening. Since these fats are especially potent suppressors of hunger, this strategy helps keep you full in the period between dinner and bedtime.
7. Whenever you work out, make sure you pay close attention to your fueling and recovery nutrition.

Functional eating represents a dramatic change from conventional eating plans. Conventional plans are based on the body's 24-hour nutritional needs. What we now know is that the body's needs change over the course of the day because metabolism changes. Functional eating is a powerful tool to improve endurance performance.

Alcohol and the Endurance Athlete

Heavy exercisers such as endurance athletes consume more alcohol habitually than non-exercisers. It's believed that certain aspects of personality, rooted in brain chemistry, tend to attract people to both exercise and alcohol. But are athletes paying a health price for extra alcohol consumption?

In the general population, people who drink moderate amounts of alcohol (one drink a day for women, two for men) have a lower risk of heart attack, stroke, and possibly diabetes than those who drink either more or not at all. However, drinking heavily is much more harmful than not drinking.

It's believed that alcohol may boost cardiovascular health by increasing HDL (“good”) cholesterol. While aerobic exercise itself tends to improve the cholesterol profile, there is evidence that endurance athletes also benefit from a little daily wine or beer. The National Runners Health Study, a scientific survey of 10,000 runners, found that those who drank in moderation had higher levels of good cholesterol than those who drank little or no alcohol.

Whether athletes are able to consume somewhat more alcohol than others habitually without harming their heart health is a question that has not been rigorously answered. The available evidence suggests probably so, but moderation remains the watchword.

* * * *

A Few Old Sayings

Accept that some days you're the pigeon, others days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

Drive carefully. It's not only cars that can be recalled by their maker.

If you lend someone \$20 and never see that person again, it was probably worth it.

Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

My husband and I divorced over religious differences. He thought he was God and I didn't.



RECIPE

Lemon & Pepper Baked Fish

Ingredients:

2 teaspoons olive oil
2 large leeks, trimmed, thinly sliced
250g punnet cherry tomatoes, halved lengthways
2 x 400g can cannellini beans, drained, rinsed
5 sprigs lemon thyme
4 x 150g thick white fish fillets
1 lemon, thinly sliced

Method:

Step 1: Preheat oven to 200°C. Heat oil in a non-stick frying pan over a medium heat. Add leeks and 2 tablespoons water. Cook, stirring occasionally, for 4-5 minutes or until soft. Transfer to a shallow baking dish.

Step 2: Add tomatoes and beans to baking dish. Stir through leeks. Arrange thyme and fish fillets over vegetables. Place lemon slices on fish and sprinkle with freshly ground black pepper. Bake for 10-15 minutes or until fish is cooked through. Remove thyme sprigs and serve immediately.

Serves 4

Time to make: 30 minutes.

* * * *

As a female athlete, how do my iron needs differ from non-athletes and men?

HOW MUCH IRON you should be taking in varies for everyone. Absorption and loss rates differ, and issues such as gluten intolerance and irritable bowel syndrome may mean that nutrients, including iron, are not absorbed. Women are more susceptible to anemia or iron deficiency than men. Thus, iron recommendations are higher for women, especially those of childbearing age. The general recommendation for women is 18mg per day. Teenage males should be getting 10mg, while adult males (and post-menopausal women) need 8mg.

Iron is an essential component of the oxygen-carrying proteins haemoglobin (in red blood cells) and myoglobin (in muscle cells). So a deficiency in iron means that not enough oxygen reaches working cells. If it is left unaddressed, deficiency can progress to anemia, persistent fatigue, pallor and a weakened immune system.

In addition to blood loss, iron is lost via urine, faeces, sweat and foot strike. Every time your foot hits the pavement, red blood

cells are destroyed (this natural death is called haemolysis) and means that distance runners and triathletes may be more susceptible to iron deficiencies. And although only small amounts are lost in sweat, hard-working athletes may accumulate a significant loss over hard training blocks. Those training at altitude have additional iron demands, and should have their iron levels monitored.

To replace your lost iron, you must increase your dietary intake. Iron is found in foods in two forms: One type (heme) is easily absorbed by the body and is found in animal based proteins (meats, fish, poultry, eggs), while the other (non-heme) is found in plant foods, and with this type a smaller amount of actual iron is absorbed by the body.

Iron is an essential component of Oxygen-carrying proteins. An iron Deficiency means that not enough oxygen reaches working cells.

Omnivores: Include lean red meat, poultry or fish several times a week. For a more concentrated iron hit, consider trying liver and kidneys (considered a delicacy by many gourmands). Clams, oysters and caviar are other good picks. Include vegetables or fruit with your iron-rich meals because vitamin C aids absorption.

Vegans and vegetarians: The best plant and nut sources of iron include pure cocoa, dried herbs, spinach, legumes, cashews, almonds, dried apricots and raisins. Many foods, such as cereals, breads and dairy products, are fortified with iron. Cooking vegetables increases the amount of iron that can be absorbed.

Note that tannins in tea and coffee interfere with absorption, as can soy, phytates and fibre from whole grain such as bran. High amounts of calcium and phosphorous also reduce the amount of iron absorbed from plant sources.

If you think you might be iron-deficient, request a blood test from your doctor. Work with a physician or nutrition expert to improve your iron intake or supplement if necessary. However, over-supplementing or supplementing without true need carries its own health concerns, so make sure you're getting the right amount.

By Pip Taylor (from the February 2012 issue of "Triathlete").

* * * *

Things to Ponder (or not)

1. Can you cry under water?
2. How important does a person have to be before they are considered assassinated instead of just murdered?
3. Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?
4. Why does a round pizza come in a square box?
5. Why is it that people say they "slept like a baby" when babies wake up like every two hours?

Chemical Stress

There are three causes of subluxations: physical, emotional and chemical.



When we encounter any of these, we can experience neurological compromise along the spine.

Some common chemical stresses you encounter include:

Cleaning products. Consider the chemicals used to make your bath sparkle, cleansers for stubborn dishes or the fluids to polish your woodwork.

Deodorants and anti-perspirants. These mixtures often include aluminum and countless substances not found in nature.

Hand soap, shampoo and conditioner. The ingredients of these and other personal grooming products contain dozens of chemicals.

Laundry detergent and fabric softeners. Since your clothing is in direct contact with your skin, rethink the chemicals that you apply to clothing.

Aspartame. Critics blame it and other artificial sweeteners for a variety of autoimmune diseases.

Artificial colours, flavours and preservatives. Virtually every processed food found in your supermarket has these shelf-life extending chemicals.

These put additional burden on your immune and nervous systems. As you can, reduce chemical exposure and enjoy better health.

Ed:- This article is reproduced with the kind permission of Dr Louise Hockley, Back to Living Chiropractic, 85 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz



NZMA DOPING INFORMATION

RIGHTS of a Masters Athlete (male/female)

A Masters Athlete (athlete) is normally advised of their selection for a doping control immediately after they have completed an event. The

Doping Control Officer (DCO or Chaperone), who advises the athlete of a selection, has to identify themselves and has to show identification and authorisation, and will then remain with the athlete until such time as the process of providing the sample is finished, or the Chaperone releases the athlete to the DCO for the sample process.

The athlete will be accompanied by the DCO/Chaperone from the competition venue to the Doping Control Centre. The athlete should be aware of the following rights and requirements:

1. The athlete is allowed to be accompanied by a person of their choice after the notification. The person might be the coach, the partner, the team leader or another acquaintance
2. Should the doping control be conducted in a foreign language, the athlete may request and require the assistance of an interpreter
3. Before going to the Doping Control Centre the athlete is allowed (at all times in full view of the Chaperone):
 - to attend the victory ceremony;
 - to compete in a future event (if conducted within a short time);
 - to fulfill media commitments;
 - to receive necessary medical attention;
 - to cool down or to recuperate.

HOWEVER, the athlete is not entitled to empty his bladder prior to his arrival at the Doping Control Centre

4. At the Doping Control Centre the athlete is required to select a set (from a multitude of doping-control-sets) and to check the identity of the numbering.

NOTE: Before signing the doping control form the athlete is permitted to add comments and complaints on the doping-control-form which he/she has to sign.

5. There is no right or grounds for the athlete to refuse a Doping Control.

In the case of a positive A-test the athlete has the right to demand the test of the B-sample or they may waive this right.

RESPONSIBILITIES of a Master Athlete (male/female)

A Master Athlete, selected for a doping test, is required to comply with the instructions given by the Doping Control Officer (DCO) or Chaperone, and to remain with that person until such time as they have met all obligations under the Doping Control Rules and they have completed the sample collection procedure.

A refusal to comply or a failure to submit to doping control may result in a suspension of two years and the need to submit to further doping tests before being eligible to re-commence competition.

Athletes must comply with following requirements:

1. Sign the Doping Control Form.
2. Prove identity by producing photo identification such as a passport or identity card.
3. Provide a sample under permanent view-control of the chaperone or Doping Control Officer (DCO).
4. If the athlete has been granted a TUE, this must be recorded on the Doping Control Form. The TUE Certificate should be in the possession of the athlete at all times when competing.
5. The athlete should indicate on the Doping Control Form all medications taken during the last seven days before the event in the competition.
6. Should the athlete be requested by the Doping Control Officer to provide a second sample (if the first sample does not have the required volume of urine of 90 ml or if the original sample collected does not meet the requirement for Suitable Specific Gravity), the athlete must provide a second sample.

Training

Hills & Strength Development

WHAT IS STRENGTH TRAINING

Running success and improvement is achieved by optimising various abilities. The most important areas with regards to conditioning are Endurance, Speed and Strength. Endurance is developed through long runs, total mileage and experience. Speed is developed with speedwork and racing. Strength is developed primarily by overloading with hill training.

Running speed is a factor of stride length and stride frequency or cadence. By developing greater strength runners are able to increase stride length and so run faster. Increased strength helps generate greater force more quickly. Improvements in power are achieved by overloading the muscle. That is, by making the muscle cope with a greater resistance or load than it is used to.

In a flat marathon race it takes a short time to accelerate up to average speed for the distance. Once acceleration is complete energy demands drop as momentum is being maintained. As soon as the runner encounters a hill energy demands climb steeply. This is because running uphill is like constantly accelerating. Suddenly the runner must lift their bodies weight against gravity rather than moving it across the pull of gravity. By increasing strength a runner will be able to cope with hills in a race and will also be able to increase the force exerted towards the ground to run faster.

OBJECTIVES OF STRENGTH TRAINING

The first major goal of strength training is to achieve greater **Maximum Strength**. Consider maximum strength to be like the heaviest weight you could possibly lift with your legs. There is a direct relationship between maximum strength and power. Strength training can improve response time or power. **Power** is acceleration or time taken to reach maximum force. The sooner that optimum power is attained the longer that amount of power can be sustained within each stride.

When most people think of the goal of increasing strength they usually think of **Strength Endurance**. It is the ability to run faster longer and to maintain form resisting fatigue. There is a power to weight ratio which becomes important. Increased strength requires greater muscle mass (hypertrophy), but that extra weight must be carried and demands an energy cost. If your arms are getting tired at the end of races it might be that you are not lacking strength but have too much unproductive weight to carry around. In this case weight training may be counterproductive if hypertrophy occurs. The goal is to increase strength while maintaining weight.

Strength training gives greater **Coordination** and control out of the normal range of motion.

Distance runners usually look like they are shuffling and lift their legs very little to conserve energy. The duration of high mileage

training tends to reinforce this tendency. This becomes a problem when a greater range of motion is required such as on hills or when responding to a surge. These runners then lose their efficiency completely. There are two aspects of Strength coordination. The first is the coordination of the different muscles and summation of their forces. The second is the number of fibres able to be utilised within each muscle.

The repetitiveness of distance running causes many overuse injuries. **Injury Prevention** is one of the major benefits of increased strength. Greater control out of range of motion and greater strength to deal with problems helps avoid injury. Small niggles can be compensated for by other stronger muscle fibres so that those problem areas can recover rather than progressing into an injury. This is your bodies ability to convert lactic acid back into energy.

It takes about 3 to 4 minutes to completely clear lactic acid from the blood. It does not stay around until the next day as some people think. It is in fact a source of energy which can be used by those with high lactate efficiency.

* * * *

The Mexican Maid

The Mexican maid asked for a pay increase. The wife was very upset about this and decided to talk to her about the raise. She asked: "Now Maria, why do you want a pay increase?"

Maria: "Well, Señora, there are three reasons. The first is that I iron better than you."

Wife: "Who said you iron better than me?"

Maria: "Your husband, he say so."

Wife: "Oh yeah?"

Maria: "The second reason is that I am a better cook than you."

Wife: "Nonsense, who said you were a better cook than me?"

Maria: "Your husband did."

Wife increasingly agitated: "Oh he did, did he!!"

Maria: "The third reason is that I am better at sex than you in the bed."

Wife, really boiling now and through gritted teeth: "And did my husband say that as well?"

Maria: "No Señora..... The gardener did."

Wife: "So how much do you want?"

WELLINGTON MASTERS ATHLETICS

28th Annual 8km Road Race & 6.4km Walk Olympic Harrier Clubrooms, Johnsonville Sunday 22nd July 2012

Fastest male walker over the hilly four-lap course was Jon Roskvist (Trentham) followed home by Warren Jowett (Trentham) and on the women's side was Terri Grimmett (Scottish) followed home by Barbara Tucker (Scottish).

Fastest runner over the five-lap course was Michael Wray (Scottish), chased home by Bill Twiss (Scottish). The first two women's places were held by Michelle Van Looy (Olympic) and Jo Badham (Scottish).

The first walking team was Scottish with Trentham second. In the run Scottish took out the team event with Olympic second.

This year 27 runners and 11 walkers took part – up on last year's numbers which was extremely pleasing.

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by Michael Wray.

Run (8km)

Name	Club	Age	Race Time	Race Pl	Grade Pl
Michael Wray	Scottish	M45	30:14	1	1
Bill Twiss	Scottish	M40	33:10	2	1
Graeme Moss	Olympic	M50	33:57	3	1
Glen Wallis	Scottish	M45	34:01	4	2
David Hood	Trentham	M50	34:06	5	2
Peter Wrigley	Scottish	M50	34:29	6	3
Michelle Van Looy	Olympic	W40	35:25	7	1
Tony McKone	HVH	M50	35:34	8	4
Jo Badham	Scottish	W35	35:56	9	1
Neil Price	WHAC	M45	36:35	10	3
Jonathan Harper	Scottish	M60	36:48	11	1
Paul Homan	Trentham	M50	37:30	12	5
Ian Stronach	Scottish	M55	39:25	13	1
Richard Sweetman	Scottish	M65	40:34	14	1
Bruce McCallum	Scottish	M60	40:48	15	2
Ken Ritchie	Olympic	M65	42:08	16	2
John Palmer	Scottish	M60	42:56	17	3
Sue Childs	Kapiti	W55	44:20	18	1
Ray Wallis	Ruamahanga Ramblers	M70	45:18	19	1
Albert Van Veen	HVH	M65	46:25	20	3
Floro Astronomia	no club	M50	46:43	21	6
Maryanne Palmer	Scottish	W55	46:51	22	2
Roger Robinson	Victoria	M70	47:35	23	2
Brian Watson	Olympic	M70	47:47	24	3
Kathrine Switzer	Victoria	W65	51:06	25	1
John Hammond	Olympic	M70	51:50	26	4
Diane Rogers	Trentham	W70	52:31	27	1

Walk (6.4km)

Name	Club	Age	Race Time	Race Pl	Grade Pl
Terri Grimmett	Scottish	W50	41:30	1	1
Jon Roskvist	Trentham	M45	42:40	2	1
Warren Jowett	Trentham	M50	42:54	3	1
Barbara Tucker	Scottish	W60	43:13	4	1
Ian Morton	Scottish	M55	43:38	5	1
Jackie Wilson	Trentham	W65	43:42	6	1
Jenny Lippross	Trentham	W60	48:12	7	2
John Hines	Scottish	M75	50:52	8	1
Daphne Jones	Scottish	W70	51:21	9	1
Andrea Adams	Olympic	W45	51:36	10	1
Murray Gowans	Scottish	M60	53:08	11	1

THE ATHLETE'S KITCHEN

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Sports Nutrition News from The American College of Sports Medicine

The American College of Sports Medicine (www.ACSM.org) is the world's largest organization of sports medicine and exercise science professionals. At ACSM's annual meeting in San Francisco, May 30-June 3, 2012, over 6,000 exercise scientists, sports dietitians, physicians and other health professionals gathered to share their research. Here are a few of the nutrition highlights.

- During a 46-mile (75-km) race, cyclists performed just as well when they fueled with banana as compared to sports drink. They drank about 8 ounces of sports drink or ate half a medium banana + water every 15 minutes during the 2.3-hour event. Time to start taping bananas to your helmet?
- Tart cherry juice contains numerous antioxidant and anti-inflammatory agents that can reduce pain and inflammation associated with osteoarthritis. When arthritic women (ages 40-70) drank a 10.5-ounce bottle of tart cherry juice or a placebo twice a day for three weeks, some of the inflammatory markers in their blood decreased. Women with the highest amount of inflammation noticed the most benefits. This is just one example of how food is a powerful medicine.
- Pomegranate juice is another rich source of bioactive compounds that reduce muscle soreness. Healthy men who drank PomWonderful juice for eight days before muscle-damaging exercise experienced less muscle soreness.
- Nitrates in foods such as spinach (and beets) reduce the oxygen cost of exercise and enhance efficiency. Healthy young men who consumed half a litre of spinach juice for 6 days were able to perform better anaerobically. Maybe this is why Popeye was strong to the finish?
- Dietary nitrates in the form of beet juice (called beetroot juice in the UK) have been shown to improve 2.5 mile (4 km) and 9.5 mile (16 km) time trial performance by almost 3% in racing cyclists. During a longer, 50-mile time trial, cyclists who consumed a half-litre of beet juice 2.5 hours pre-ride rode almost 1% faster. This small improvement was not statistically significant, but to a cyclist, the improvement would likely be meaningful.
- Elite rowers who consumed beet juice for 6 days performed better on an erg test. This was particularly noticeable in the later stages of exercise. Pre-exercise beets or borscht anyone?
- Both beta-alanine and sodium bicarbonate can reduce the negative effects of lactic acid in athletes who do very high intensity exercise. In an intense five-minute cycling test, beta-alanine enhanced performance. When combined with sodium bicarbonate, the improvements were even better.
- Most research with caffeine is done with pure caffeine supplements. Does coffee offer the same ergogenic effect? Yes. In research with cyclists and triathletes, the time trial results were very similar with pure caffeine (39.4 minutes) and coffee (39.5 minutes). Instant decaffeinated coffee (41.4 minutes) gave the slowest time. The researchers suggest the small improvement was related to caffeine's ability to stimulate the central nervous system. This makes exercise seem easier so the athlete can work harder.
- An extensive review of the literature indicates caffeine does not have a dehydrating effect nor impair heat tolerance. Hence, a 150-lb (68 kg) athlete need not worry about consuming about 200 to 600 mg caffeine (3-9 mg caffeine/kg body weight) when exercising in the heat.
- While commonly consumed intakes of caffeine do not have a diuretic effect over the course of the 24-hour day, what happens in the short term? In three hours, habitual coffee drinkers who consumed 7 ounces (200 ml) coffee (with 250 mg caffeine) voided 11.3 ounces (316 ml) urine, very similar to the group that consumed plain water and voided 10.4 ounces (290 ml) urine.
- When cyclists were given 1.5 or 3 mg caffeine/lb body weight (3-6 mg/kg) one hour prior to a 24-mile (40-km) time trial, they performed equally well, regardless of the dose. However, the athletes who responded best to pre-exercise caffeine had a specific gene that was missing in the non-responders. That is, when compared according to genotypes, the AA homozygote group was 4.6% faster at 6 mg caffeine/kg as compared to 2.6% improvement in the C allele carriers. Genetic differences influence caffeine's ability to enhance exercise performance.

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• Is Red Bull better than coffee? Doubtful. In a cycling time trial, Red Bull enhanced performance similarly to caffeine. Red Bull's added ingredients offered no additional benefits.

• Female cyclists who trained about 10 hours a week had low spine bone density in the osteopenic range — even though they were only 26 years old! Whether you are male or female, if you spend most of your exercise time cycling, think about cross training with weight bearing exercise to improve your bone health.

• When getting your body fat measured with a Bod Pod, be sure to follow the instructions to not eat, drink, or exercise for two hours before the measurement. Athletes who did 30 minutes of treadmill exercise prior to Bod Pod testing were 21.3% body fat pre-exercise and 19.6% post-exercise. That 2% drop was not due to a loss of body fat, but rather to inaccuracy related to having an elevated body-temperature!

• When getting your body fat measured, take note: Different methods of body fat measurement give different results. In collegiate gymnasts, the body fat results were:

Omron HBF-510W (\$55 on amazon.com)	26.1% fat
Tanita BF-350 (\$899 at Walmart)	21.7%
Tanita BF-522 (\$366 at amazon.com)	21.7%
DXA (research-based; the "gold standard")	21.06%
Calipers	19.5%
Omron HBF-306C (\$30 on amazon.com)	18.4%

• Trained runners lost twice as much sweat during a one-hour summer race than they had predicted. As a group, they predicted losing about 750 ml sweat in hot, humid conditions but they actually lost about 1,500 ml. Weigh yourself pre/post exercise to learn your sweat rate!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes feel great from the inside out. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for runners, cyclists and soccer players are popular resources. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

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* * * *

Better with Breakfast

You get up at 6:30, throw a bowl of cereal at the kids, or some toast, and get them on the bus to school, shower, dress and you're out the door, ready to take on the challenges of a new day at the office by the time you arrive at 9. But are you? Think maybe you forgot something? How about breakfast?

Hard to believe that roughly 96% of people in a recent survey admitted that eating breakfast is an important part of living a healthy lifestyle, when their *actual* behaviour demonstrates an entirely different story. Generally, most people have no consistency in their breakfast-eating habits. Some eat on weekends, but not during the week, some eat it on the fly (on their way to work, in work, or running out the door) and many skip it altogether - behaviour that doesn't fall in line with what they actually know.

After about 12 hours of fasting, your body needs some energy to switch gears from sleep mode to active mode. A nutritious breakfast gets your metabolism fired up and working and helps with the dip in blood sugar levels that can make you crave sweets mid-morning and reach for a sugary, high-calorie snack.

People who eat a nutritious breakfast are prone to be leaner and more energetic, have a reduced risk for type 2 diabetes, high cholesterol and heart disease, and have better concentration when performing job or school-related tasks.

What does a nutritious breakfast include? Generally, one that includes some type of fruit or fruit juice, a fibre source (such as whole grain bread or cereal), and protein (eggs, yogurt, soy) is a good start.

If you are normally a breakfast "skipper," you may want to try eating breakfast for a few days and see how you feel. You may notice that you don't get that mid-morning slump and that your whole day seems better somehow. It might actually make a believer out of you when you hear that breakfast really is the most important meal of the day!

* * * *



WORLD MASTERS GAMES TORINO 2013 - SPORT PROGRAM/GAMES SCHEDULE

	SPORT PROGRAM		Day 1 2 Aug F	Day 2 3 Aug S	Day 3 4 Aug S	Day 4 5 Aug M	Day 5 6 Aug T	Day 6 7 Aug W	Day 7 8 Aug T	Day 8 9 Aug F	Day 9 10 Aug S	Day 10 11 Aug S	COMPETITION VENUES
1	Archery	Recurved, Compound	practice										Torino
2	Athletics	Track and Field											Torino
		Non-Stadia Events											Torino
3	Baseball												Torino
4	Basketball												Torino
5	Beach Volley												Torino
6	Bowls	Lyonnaise, Pentanque											Torino
7	Canoe-Kayak	Marathon						practice					Torino
		Slalom			practice	practice	practice						Ivrea (To)
		Sprint	practice										Candia (To)
8	Cycling	Road Race						practice					Torino
		Time Trial					practice						
		Criterion				practice							
		Track Events											San Francesco al Campo (To)
		Mountain Bike											Torino
9	Fencing	Foil, Sabre, Expreé					practice						Torino
10	Field Hockey												Torino, Bra (Cn)
11	Football												Torino
12	Golf					practice							
13	Orienteering (tbc)	Sprint											Torino
		Long Distance											Sestriere (To)
14	Rowing	1X, 2X, 2-, 4X, 4-, 8+, 4+					practice						Candia (To)
15	Sailing	Laser (standard, radial) - 470	practice										Intra (VCO)
		Snipe Dinghy											Orta (No)
16	Softball												Torino
17	Swimming	Freestyle, Butterfly, Backstroke, Breaststroke, Medley											Torino
18	Taekwondo	Kyorugi, Poomsae											Torino
19	Tennis												Torino
20	Triathlon	Triathlon Olympic									practice		Torino
		Duathlon Sprint		practice									Torino
21	Volleyball												Torino
22	Weightlifting												Torino

IMP. SPORT PROGRAM, GAMES SCHEDULE AND COMPETITION VENUES COULD BE SUBJECT TO CHANGE

CORE STRENGTH

You hear a lot of talk today about exercise to develop "core muscle" strength. Core muscles include the ones in your back and abdomen that help support your spine and balance your body. There are a variety of exercises that you can do to strengthen these muscles to alleviate back pain, strengthen your abdominal muscles and stabilise your spine.



Many core exercises require little investment and can be done in your own home!

When your core muscles are strong enough, all the muscles located in your abdomen, hips, lower back and pelvis work together to support your spine and increase your performance in any activity, including exercise.

Some of the benefits of core muscle exercise include:

- Protection and stability of your spine
- Better performance in sports activities
- Better posture when standing, sitting or kneeling
- Better shape and muscle tone
- Increased ability to prevent injury
- Better fluid circulation throughout your body
- Reduction or elimination of back pain
- Stress reduction.

There are many different types of exercise that strengthen core muscles, including Pilates, Yoga, and workouts with a balance/fitness ball. Many types of core exercise require very little investment and can be done in the privacy of your home. Very often, all you need is a DVD that demonstrates core exercises and a work out mat. No gym fees, no expensive exercise equipment and no leaving your home.

Proper breathing technique is an important element of any type of core training. You have to remember to inhale and exhale during your routine, pulling your belly button into the spine as you exhale to engage the core muscles properly.

There are many videos and on-line resources with exercises that you can do to maximise your core muscle strength. Investigate available resources on line, join a Yoga, martial arts or Pilates class or engage a personal trainer to discover how to improve

the quality of your life with core muscle-building exercise!

* * * *

Get Your B-Vitamins!



Even if you're not an elite athlete, the more exercise you get, the more B vitamins your body needs.

Our bodies need a certain amount of vitamins to function optimally, but a study published in the *International Journal of Sport Nutrition and Exercise Metabolism* reported that athletes in particular need higher levels of B-vitamins (thiamin, riboflavin, vitamin B-6, B-12 and folate). B-vitamins are necessary for cell repair and production; they also convert protein and carbohydrates into energy.

Researchers from Oregon State University, who conducted the study, found that athletes lacking in B-vitamins showed noticeably reduced performance in high-intensity exercise. Their bodies also showed an increased inability to repair damaged muscles or to build muscle mass than athletes whose diets were rich in B-vitamins.

In addition, B-vitamins are critical for energy production, red blood cell production, and immune function. High intensity exercise rapidly depletes vital nutrients through sweat and urine output; exposure to both physical and mental stress also saps the available supply of B-vitamins. So in most cases, athletes in training require at least twice the recommended daily amount of B-vitamins to stay in peak condition.

Physical symptoms of B-Vitamin deficiency include cracks in the corner of the mouth, sore mouth and/or tongue, vertical lip lines, increased light or noise sensitivity, irritability, sleep problems, and/or skin problems.

B-Vitamin rich foods include whole grains, liver, poultry, fish, lean meats, pork, green leafy vegetables, eggs, wheat germ and orange juice. A balanced diet is the best approach to ensure the necessary level of B-vitamins for the energy, metabolism and muscle function requirements of any serious athlete.

Bits & Pieces

FACT FILE: WORDS

The longest word in English with all the letters in alphabetical order is "almost".

The only word in English that starts and ends with the letters "und" is "underground".

The plural of graffiti is graffito.

In the English, French, German, Portuguese and Swedish languages the word taxi is spelled the same.

The longest word containing "x-y-z" in alphabetical order is Hydroxyzine - a prescription drug.

A person who uses as few words as possible when talking is "pauciloquent".

Etymology is the study of word origins.

In Chinese, the words "crisis" and "opportunity" are the same.

Of all the words in English, the word "set" has the most definitions.

The only 15-letter word that can be spelled without repeating a letter is "uncopyrightable".

The only English word that contains a triple letter is "goddessship".

Hazardous, horrendous, stupendous and tremendous are the only four words in the English language that ends in "dous".

The only word in English that ends in the letters "mt" is dreamt.

Szygy is the only word in English with three y's.

The Eskimo language has no word for headache.

The literal meaning of the word "acre" is the amount of land that can be ploughed in one day.

The word for "mother" begins with the letter M in the vast majority of the world's languages.

The word that covers when you can't remember the word you want to use is "lethologica".

* * * *

Exercise and Target Heart Rate

If you are in any way involved on the exercise circuit, you hear a lot about target heart rate—achieving it, measuring it, and maintaining it.

Target heart rate is the goal you should attempt to reach when doing any type of aerobic exercise in order to gain the greatest benefit. It is measured as a range and, depending on your present level of exercise or fitness, you may want to start at the lower end of the range and work your way up. It is also to be used as a guide, based on age.



Staying within your target heart rate helps you get the most from your workouts.

As with any type of exercise program, you need to keep in mind that target heart rate is only a guide. Because every person is different, you need to pay close attention to how you feel, your breathing, and your heart beat so you can avoid overexertion or straining yourself. In addition, you should not use target heart rate if you are taking certain medications (i.e., beta-blockers) or have a heart condition or other illness that could affect your heart without first checking with a health care professional.

Here is a simple formula to help you determine your target heart rate:

Subtract your current age from 220. The remainder is your maximum heart rate in beats per minute. (This general guideline is used for a person with a resting heart range of 70-85 beats per minute.)

Determine the 70% and 80% level of your maximum heart rate to get your optimal target heart range. To do this, multiply your maximum heart rate number by 0.7 and by 0.8. The numbers you get are your target heart range - 70% is the low-end number and 80% is the high-end number.

Learn how to take your pulse. The best places are on the carotid artery in your neck (halfway between your chin and your shoulders) or the radial artery in your wrist. Use your index and middle fingers to feel your pulse in either of these areas

When taking your pulse during your workout, count your number of heartbeats for 10 seconds and then multiply the number times six to make sure you are in your target heart beat range.

Try to stay within your target heart range for the duration of your workout. Take your pulse at regular intervals to make sure you are staying within the target heart range. If your heart rate is too fast, slow down a bit. If it is too slow, speed up or increase the intensity of your workout.

- COMING EVENTS -

2012

August

5	Scorching Duathlon	Kapiti
11	Bays Relay (Interclub)	Island Bay
12	NZ Half Marathon Championships	Palmerston North
18	Wellington Road Championships	Wainuiomata
25-26	Sunshine Coast 2km, 5km, 10km, Half and Full Marathon	Sunshine Coast, Queensland

Sept

1	NZ Road Championships	Wellington (tbc)
2	Scorching Duathlon	Upper Hutt
16	Pelorus Half Marathon & 10km	Petone
20-28	Round Rarotonga Road Race	Rarotonga
20-23	World Duathlon Championships	Nancy, France

Oct

6	NZ Road Relay Championships	Nelson
14	Mills Reef Tauranga Running & Cycling Festival	Tauranga
14	Masterton Full and Half Marathons	Masterton

Nov

4	Lower Hutt 10km Road Run and Walk	Huia Pool
11	Scorching Triathlon	Scorching Bay
24	Lake Taupo Cycle Challenge	Taupo

2013

Feb

9	Buller Gorge Full and Half Marathons	Westport
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Mar

1-4	NZ Masters T&F Championships	Newtown Park
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May

5	Nelson Half, $\frac{1}{2}$ Marathon and 5km	Saxton Field, Stoke
12	Masters Classic Relay	Trentham Memorial Park

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

CENTRE RECORDS:

PLEASE NOTE THAT MARK MACFARLANE HAS NOW TAKEN OVER THE KEEPING OF THE WELLINGTON CENTRE RECORDS. IF YOU FEEL THAT YOU HAVE SET/BROKEN A RECORD PLEASE SEND INTO MARK AFTER GETTING THE APPROPRIATE PAPER WORK SIGNED OFF. THIS WILL MAKE HIS JOB MUCH EASIER. MARKS CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

CHANGE OF ADDRESS:

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter and any other Master's material. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2011/2012 YEAR
(1 September 2011 to 31 August 2012) = \$50**

NAME(S): _____

ADDRESS: _____

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

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

How to Pay:

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

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

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

Please advise any change of address as soon as possible


