

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 13 Issue 5

November 2014



## **WELLINGTON MASTERS ATHLETICS INC.**

### **COMMITTEE MEMBERS 2014-15**

#### **EXECUTIVE:**

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

#### **COMMITTEE:**

John Hammond	04 292 8030
Tineke Hooft	237 9676
Barbara Morrison	027 271 5177
Sharon Wray	471 2775

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# WELLINGTON MASTERS ATHLETICS INC.

## COMMITTEE MEMBERS 2014-15

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## LIFE MEMBERS

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

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## CLUB CO-ORDINATORS

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

COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,  
COMMENCING AT 6:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

# EDITORIAL

With Christmas almost upon us for another year, one has to wonder where the year has gone with the Lower Hutt 10km now completed and the North Island Masters championships the only major competition before the end of the year.

At the AGM held in September the subscription was maintained at \$50.00 for another year, the executive and committee were elected for another year with Tineke Hooft replacing Annie van Herck and John Hammond relinquishing his Vice President's role and becoming an ordinary committee member. At the AGM the position of Vice President was not filled but at the last committee meeting John Palmer took on the role of Vice President with the proviso that he wouldn't stand again for President having already served a term as President.

There were no remits submitted and there were no remits from the floor at the meeting to be raised at the AGM in March at the NZ Masters championships in Tauranga.

The three events that we put on over the year have been fairly well attended with the numbers similar to previous years although the Classic Relay took a hammering in numbers with the clash of the 50<sup>th</sup> Rotorua Marathon taking away a large number of members who would have normally participated in the event. The Johnsonville 8km was down slightly in numbers with the forecast on the Saturday night and the weather first thing on Sunday morning probably scaring away some potential starters. In the end the weather was OK and those who took part were treated to the usual high standard light lunch. The Lower Hutt 10km was also slightly down on previous years with the weather in Wellington probably putting off some starters. The weather in Lower Hutt was far better than back in Wellington City with only a brief light shower before the start of the race.

The committee has set the date for the Classic Relay for 2015 (Sunday May 24<sup>th</sup>) but have yet to set the dates for our other two events, the Johnsonville 8km and the Lower Hutt 10km). This date for the Classic Relay is hoped to avoid clashes with other inter club events as in the past, in the hope that we may get a good number of teams participating. The committee is also considering a course change for the Lower Hutt 10km as the start/finish area is getting congested with the Sunday church congregation entering into the school grounds and those finishing the race. Also it is sometimes difficult to get enough people to act as marshals on the number of street crossings in the early part of the course. This is a requirement in the traffic management plan submitted that the council require. We will keep you posted!

Our membership last year was similar to other years except in 2013 when we hosted the NZ Masters track and field championships here in Wellington where our membership grew considerably. On reading Vetline, Wellington Masters seems to be one of the stronger Centres membership wise in the country at present.

Those members wishing to take part in the North Island or NZ Masters championships need to be financial members of Wellington Masters so you should not hesitate and renew your subscription now.

Keep up the training, stay positive and motivated and most of all, stay injury free.

*John Palmer,  
Editor*

# TRAINING

## 8 Tips for Improving Pre-Race Sleep

You may be happy to know that pre-race sleep affects all levels of runners from mortals to elites. And you're right, in most cases it's due to pre-race jitters.

The good news is you can still perform well even if you don't sleep soundly the night before. Although you may wake up feeling as if you've slept for mere minutes – which is unlikely! – what matters is that you were horizontal, giving your body the rest it needs.

Adventure racers seem to be able to race for days on end, powered only by a few hours of sleep on a trail. Some competitors at these races actually raced stronger on the final days when their bodies were sleep deprived and fatigued. It is not recommended to try chronic sleep deprivation, but one night is not enough to make or break your performance. The key is to remind your mind that this is the case.

That said there are plenty of pre-race sleep strategies that you can employ.

### During race week:

- Focus on dialing down your life and commitments so you can bank a few extra hours of quality, peaceful sleep. Heading to bed earlier, taking naps, or sleeping in the weekend before are great ways to weave in a little more pillow time during your taper.
- Create a sound sleep environment by keeping the room cool, dark, and with minimal distraction. Put smartphones, computers, and anything else that might keep you up late in another room.

### The day before the race:

- From what you're going to wear to what you'll eat and how you'll get to the start, get organised early in the day so you're not scurrying around right before you hit the sack.
- Keep a notepad and pen next to your bed. No matter how organised you try to be, there always seems to be something that you'll forget and want to remember. Physically writing it down helps remove the repetitive thoughts that could make you restless. An even better idea? Create a race day packing list that can do wonders to keep your nerves at bay.
- Before you hit the sack, sit in a comfortable position and focus on your breathing for five minutes to lower your heart rate. Breathe in and out deeply through your nose and into your belly, tuning in to the sound and feeling of air moving through your throat. Let random thoughts come and go. There is no pass or fail with this; it's all about

being relaxed and with your thoughts. It's amazing what a few focused minutes of deep breathing can do to relax you. (This also works on race day, too!)

- After you calm down, perform this exercise: While breathing deeply, visualise yourself waking up and going through your pre-race rituals. See yourself lining up at the start feeling strong and confident, then running every kilometre feeling powerful and smooth. During the challenging final kilometers, visualize yourself breathing in strength and out fear and fatigue, just as you are now.
- Mentally "run" the course, picturing yourself pushing through all the good and bad moments along the way. Most of our jitters are rooted in the "what if's..." and the fear of the unknown. Sometimes your race may mean a slower performance due to rough weather days. Other times it may mean you set that personal record you've been striving for. Don't stress out about what you can't control, let go of expectations, and allow yourself to finish accepting whatever the day brings.
- Stress builds when we venture outside of our comfort zone. But look at it this way: When we run into the unknown, we move toward achievement. The nerves are there to keep us present and focused since reaching any great feat – hello new PB! – requires our full attention.

Performing this pre-race routine won't guarantee a peaceful night's sleep, but it can calm your racing heart and help you center your thoughts on your inner strength. Like training for any race, this takes time to learn.

And remember: Your performance has more to do with the kilometers you've already logged in training. Then tack on quality nutrition and sleep the week before the race to really set yourself up for success. Whether you sleep soundly or for only a few minutes, remember your foundation will support you through every kilometre. ¥

## PEAK NUTRITION

### Must-buy grocery items

#### Almonds

Runners should eat a small handful of almonds at least three to five times per week. Nuts, especially almonds, are an excellent source of vitamin E, an antioxidant many runners fall short on because there are so few good food sources of it. Add almonds and other nuts to salads or pasta dishes, or use as a topping for casseroles. Combine with chopped fruit, soy nuts and chocolate bits for a healthy trail mix.

#### Black Beans

One cup of these beauties provides 30 per cent of the RDI for protein, almost 60 per cent for fibre, and 60 per cent for folate, a B vitamin that plays a key role in heart health and circulation. Add a cup of beans to your favourite stir-fry or mash beans with salsa for an instant dip for cut veges. ¥

# **Athletics Wellington News –**

**September 2014**

## **First national road title for Grant McLean**



Grant McLean, 46, is the country's top Master's runner, heading off younger runners at the national road championships in Tauranga on September 6th for his first national road title.

Grant headed off Auckland's Greg Darbyshire in the 10km event by just four seconds.

"I'm 11 years older than him," he said.

A multiple national mountain running and marathon champion, McLean is also the first Wellingtonian to win the road Master's event in more than 10 years.

"It's the title I most wanted to win," he says. "I thought it was never going to happen, I didn't expect to win. It's my best achievement – a real feeling of satisfaction that I've finally achieved this big athletic goal."

McLean's winning time, 33m.37s, was only a couple of minutes slower than his personal best time set 13 years ago as a senior. This year he beat many senior runners less than half his age.

After coming eighth last year, and runner up in 2009, he changed his tactics and training plan this year, reducing his weekly training from 120km to 70km and focusing on speed and mental toughness. It paid off.

"I had developed a real lack of self-belief I could win as I have gotten older, so I particularly decided to address the mental side of the race," he said.

He enlisted the assistance of fellow Scottish Harriers athlete Melissa Moon.

"We talked about racing visualisation and changing to a self-belief mind-set and how to break through the pain barrier. I left buoyed with a mental strategy."

That strategy led to McLean's fastest second 5km for more than 10 years. He moved past younger runners into the top five with 1200m to go - and then into the lead for 'two minutes of pain' before the finish.

"At 500m to go I went from 3m 20s pace to 3m 05s pace. I went absolutely flat out - my legs were imploding. But that race was the perfect race - I was elated to win."

McLean's focus is now on the track season. He is nationally ranked in the top three in all events over 800m, and says he is expecting to win at least one event at Nationals in March.

## **Wairarapa Country Marathon and Half Marathon, Wellington Champs**

**12 October 2014**

Grant McLean 2:44:01 - For the overall winner Grant McLean, the race represented his fifth Wellington Masters distance title for 2014, having already won the Mountain Running, Cross Country, Road 10km and Half Marathon. He also won the New Zealand 10km Masters title.

\* \* \* \*

## **BOOK REVIEW**

### **Peter Snell and the Kiwis Who Flew**

By Vern Walker

Until now there are no books that adequately describe the background and achievements of New Zealand's golden age of distance running (1956 – 1965).

Vern Walker has meticulously compiled a very readable record of that era. It is now available at Paper Plus and Whitcoulls for between \$40 and \$45.

The book is dedicated to the memory of Arthur Lydiard the coach of so many of our great athletes and whose training methods are relevant to all distance runners (but sadly only followed successfully these days by runners from east Africa and almost forgotten in New Zealand).

Cub runners wanting some proven ideas about what it takes to make a good distance runner will find this book valuable. Aside from recording the running records of the great runners of the era, it also covers the training regimes set by Lydiard and even traverses and describes the famous Waiatarua training loop used by his runners for their Sunday morning training and plotting for the next big race.

While this is essentially an Auckland story, it does cover some of the efforts of past great Wellington runners such as Barry Everitt, Bryan Rose and the late Grant Wheeler of Wellington Scottish.

The book is highly recommended as a good read and a wonderful record and guide for runners of all abilities.



# TRAINING TIPS

## Structured Recovery after a Marathon

By Jim and Phil Wharton

You'd think that runners would love to linger in their post-race downtime. But those of us who thrive on the regimented schedule of a training program often go stir-crazy without one. So we created a four-week plan that'll give some structure to your recovery and ensure that you don't do too much too soon, jeopardising your body's ability to heal.

### Week 1: Active Rest

Your top priority during this time is to relax. But that doesn't mean bed rest. Increasing your circulation will help flush out metabolic waste and deliver blood and oxygen to your muscles to help them mend. You can do this-without overexerting yourself-by stretching the calves, hamstrings, quads, glutes, and lower back at least once a day. Light cross-training is fine, but the intensity should be low (heart rate less than 140) and the duration should be short (less than 20 minutes).

### Week 2: Rebalance Joints and Muscles

Your joints and muscles take a beating over 42.2 kilometres. To restore their strength and integrity, reintroduce strength training to your routine. Keep the weights light - you don't want to stress your muscles and joints. You can continue (or start) cross-training, but unless you are planning to race again soon, hold off on running for now.

### Week 3: Return to Running

We recommend you slowly ease into running your first week "back." Run on soft surfaces to minimise the impact.

### Week 4: Rebuild a Base

It takes at least four weeks to recover from a marathon, so although you are running more this week, remember that you're still in recovery mode. Keep the effort easy and back off immediately if you experience any discomfort or sign of injury.

\* \* \* \*

## What Foods Help Speed Up Recovery?

### When

For the best recovery, refuel within 15-30 minutes of a run. Make it a priority!

### How much

Aim for a post run appetiser (about a tennis-ball size amount of food), not a full meal. Often, you may finish a run without an appetite, so remember less is more.

Recovery can also carry into the following meal. Your post run meal should include  $\frac{1}{4}$ - $\frac{1}{2}$  of a plate full of carbs (rice, pasta, potato, bread, tortilla or cereal),  $\frac{1}{4}$  plate full of protein (lean meat, poultry, fish, soy foods, beans, eggs, low-fat dairy), fruits/vegetables for the remainder of the plate, plus some fat (oil, avocado, nuts, nut butters).

### What

Be prepared. Bring non-perishable snacks to store in your car or locker so you don't have to wait until you get home or to a restaurant to start refueling. Follow this trifecta for optimal refueling: replace 710ml of fluid for every 450g lost during a run, eat 12-15 grams of protein, and 35-50 grams of carbohydrates immediately after a run.

If you're too tired to chew, you can refuel with beverages (provided they're other than plain water). A 355ml glass of low-fat flavoured milk, a  $\frac{1}{2}$  cup of trail mix of roasted soynuts/dried fruit and cereal, or a sports bar with enough carbs and protein (but under 840 kilojoules) should work fine.

### A few special items of interest to consider:

Ginger may help to prevent delayed onset muscle soreness, so you could add ginger to a stir-fry, or mix a little candied ginger into a trail mix, or even add ginger root to tea. To expedite recovery, think about the type of carbs you choose: higher glycemic index items such as cereal, crackers, and a small amount of honey/syrup may aid in faster muscle glycogen recovery. You don't need a special recovery product, or supplements. Just time it right, and in terms of the quantity - keep it light. Recover, Restore, Replete!

\* \* \* \*

## Heart Health Tips

Aerobic activity is the best type of exercise to help improve your blood pressure and heart health. It involves using large muscle groups such as legs, shoulders and arms: e.g. walking, cycling, swimming and dancing.

Omega-3 fats, found in oily fish, will help improve your cholesterol levels and protect your heart. If you don't eat fish, you can get your omega-3 from fish oil capsules, linseeds, walnuts, wheatgerm, linseed or canola oil, or foods that have omega-3 added.

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# RESULTS

## Wellington Masters 5km & 10km Road Run and Walk

### Lower Hutt – Sunday 19th October 2014

This year the running field was slightly down on last year with 24 runners taking part (28 in 2013) and 7 walkers (up from 3 in 2013). The 5km this year only attracted 1 competitor (1 also in 2013).

Conditions were reasonably good for racing after a few light drops of light rain stopped before the start. Competitors had to contend with a cool, light breeze on the way back from the turn-around point to the finish. The fastest male runner in the 10km was Andrew Wharton, with Michelle Van Looy the fastest woman over the distance. In the 10km walk the fastest male walker was Ian Morton while Terri Grimmett was the fastest women. Peter Hanson was the only competitor in the 5km walk.

A big thanks to Sharon Wray who stepped in and acted as Race Director at short notice and to all the harrier members who acted as marshals along the course and to Barbara Morrison for supplying a tasty morning tea. Thanks also to those competitors who continually turn up and support our events.

<u>Name</u>	<u>Club</u>	<u>Grade</u>	<u>Time</u>	<u>Grade %</u>	<u>Finish Pl.</u>	<u>Grade Pl.</u>
<b>Run (10km)</b>						
Andrew Wharton	Scottish	M35	34:08	82.62%	1	1
Michael Wray	Scottish	M45	37:23	80.18%	2	1
Marcus Smith	Hutt Valley	M50	39:49	77.72%	3	1
Bruce Atmore	Olympic	M45	40:06	75.94%	4	2
Bill Twiss	Scottish	M45	40:21	73.71%	5	3
David Hood	Trentham	M55	40:47	79.09%	6	1
Matyas James	Scottish	M40	41:21	68.71%	7	1
Brian Hayes	WHAC	M65	41:59	84.71%	8	1
Michelle Van Looy	Olympic	W40	42:08	75.95%	9	1
Glen Wallis	Scottish	M50	43:51	70.00%	10	2
Richard Martin	Olympic	M45	44:52	67.87%	11	4
Pam Graham	Scottish	W65	47:26	90.27%	12	1
Tineke Hooft	Olympic	W50	47:47	74.67%	13	1
Peter Denham	-	M60	47:51	69.77%	14	1
Zhihao Cai	Olympic	M40	48:18	58.82%	15	2
Richard Sweetman	Scottish	M65	50:29	70.44%	16	2
Dougal Congalton	WMA	M65	54:39	66.38%	17	3
John Palmer	Wgtn Tri Club	M65	55:55	63.60%	18	4
Christine Jones	Scottish	W60	57:07	68.63%	19	1
Loretta Desourdy	Scottish	W55	57:07	67.68%	20	1
Albert van Veen	Hutt Valley	M65	57:33	62.38%	21	5
Maryanne Palmer	Wgtn Tri Club	W60	58:21	68.14%	22	2
Ray Wallis	Aurora	M70	58:34	66.22%	23	1
Eleanore Brown	Olympic	W50	61:32	56.54%	24	2
<b>Walk (10km)</b>						
Terri Grimmett	Scottish	W55	65:33	75.36%	1	1
Ian Morton	Scottish	M55	66:39	67.79%	2	1
Jackie Wilson	Trentham	W65	68:46	84.10%	3	1
Philip Grimmett	Scottish	M55	68:51	66.26%	4	2
John Ihaka	WMA	M65	77:13	62.83%	5	1
Daphne Jones	Scottish	W70	77:31	83.94%	6	1
John Hines	Scottish	M75	78:06	70.44%	7	1
<b>Run (5km)</b>						
Peter Hanson	Olympic	M75	29:52	65.85%	1	1



# RECIPE

## Salmon & Pea Couscous

This is a great dish for all meals and a good portable lunch. For variation, use canned Tuna.

### Ingredients:

- 2 tablespoons olive oil
- ½ cup unsweetened orange juice
- 2 cloves garlic, finely chopped
- 250g salmon fillet
- 2 cups couscous
- 2 cups hot vegetable stock
- 1 cup canned or cooked kidney beans, drain, rinse
- 1 cup canned or cooked chickpeas, drain, rinse
- 1 cup frozen peas, thawed
- 2 spring onions, chopped
- Black pepper, to season

### Method:

- To make marinade, mix half the oil, 4 tablespoons orange juice and garlic in a jug. Place salmon in a non-metallic dish. Add marinade. Marinate for at least 1 hour.
- Place couscous in a large bowl and pour over stock. Cover and leave to stand for 10 minutes. Meanwhile, heat a non-stick frying pan until hot. Add salmon and pan-fry each side 4-5 minutes until tinged golden. Set aside to cool with any pan juices, then break salmon into bite-sized chunks.
- Use a fork to fluff couscous. Add kidney beans, chickpeas and spring onions. Mix well. Add salmon with reserved pan juices. Stir lightly.
- Mix remaining orange juice and oil together. Season with pepper. Pour over couscous salad. Serve warm or cold with a tossed green salad.

### Tip:

Instead of vegetable stock, try garlic stock cubes or powder. For an even cheaper option, use vegetable water from cooking vegetables.

### Preparation time:

Time to make: 30 minutes plus 1 hour marinating.

Serves: 4

\* \* \* \*

## Make Your Food Better



A few simple changes in your kitchen can lead to some big changes in how you look and feel. Try some of these:

**Avocado instead of mayo.** Avocado is an easy, delicious and much healthier condiment substitution.

**Grill or bake instead of frying.** Spare the oil and cleanup by cooking "cleaner" without sacrificing taste.

**Don't buy it.** Leave the simple carbs and sugary, processed foods at the supermarket so they don't tempt you in your cupboard.

**Season for taste.** Try garlic and different spices to season your food. When adding salt, use natural sea salts.

**Use smaller plates.** You'll eat less and feel more satisfied.

**Eat as early as possible.** Give yourself more time to burn off and digest your dinner before heading to bed.

A little effort may produce big results. You can do it!

*Ed:* This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website [www.chiro.co.nz](http://www.chiro.co.nz)

\* \* \* \*

### SILVERBEET

Add silverbeet to your daily diet and reap the rewards. Just one cup of cooked silverbeet will boost your fibre, folate, iron and potassium levels along with providing more than 100 per cent of your daily vitamin A requirements. Vitamin A stimulates the growth of new cells and keeps them healthy. Fibre in your diet is important to maintain a healthy digestive system. ¥

### APPLES

Apples contain soluble fibre, which has been shown to lower cholesterol. Their skins are particularly nutritious, containing two to six times the antioxidant activity of the flesh. Both red and green skins are high in quercetin, a powerful antioxidant with heart-protective properties. ¥

# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, October 2013



## Getting Older, Day by Day

Like it or not, every one of us is getting older, day by day. As a runner, you might wonder how aging impacts performance — and what you can do to retain youthful fitness. The following information is gathered from a workshop ([www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com)) presented by Dr. William Evans, an exercise physiologist and expert on aging, muscles, and protein. The following information can help you chart a healthy course into your future.

- The average person loses about 1% of their fitness per year. Aerobic capacity goes down, particularly after age 60. Staying active helps maintain a slighter higher ability to uptake oxygen than a non-athlete, but the rate of loss is the same.
- Muscle is an active tissue (as compared to body fat). The more muscle you have, the more calories you can eat without getting fat. Yet, muscle loss creates a subtle change in metabolism that can contribute to weight gain with aging.
- We lose muscle as we age, starting as young as age 20, with a steady decline year after year. To treat this age-related loss of muscle, you need to lift weights or do other forms of resistance exercise. Yet, even strong athletes still lose some muscle with aging.
- With aging, the average person loses more fast-twitch muscle fibers (used in sprinting) than slow-twitch fibers (used for endurance). This loss starts early in life and explains why elite sprinters peak in the early 20s. In comparison, elite distance runners maintain their slow-twitch muscle fibers until age 40ish. But even top athletes notice they slow down after age 40, at which time the nerves that connect to muscles start to die off, resulting in a loss of both slow- and fast-twitch fibers. Athletes can lose about 20% of their muscle fibers between ages 40 and 70.
- With age, we not only lose muscle but also tend to gain fat. It's easy to eat more even though we need less. The cause of weight gain is not due to a "slow metabolism." Metabolic rate remains constant, but daily activity easily declines. A study with obese people suggests they sat three hours more per day than their lean peers; this saved them about 350 calories a day.
- Body fat secretes adipokines (hormones) that have negative effects on muscle strength and contributes to increased inflammation, particularly after ages 60 to 70. Inflammation leads to heart disease and diabetes. Hence, fatness can be a powerful predictor of disability in people ages 50 to 75. Stay lean!
- When young people gain weight, about one-third of the weight gained is lean muscle. When older people, in particular older women, gain weight, it's all fat. When older people lose weight (due to illness or a low-calorie diet), half of the weight lost is muscle. Hence, yo-yo dieters who gain fat and lose muscle are on a downward spiral. Being fat but fit is preferable to going on and off diets.
- Muscle loss is the key reason why older people become frail and end up in nursing homes. When they stop exercising, they experience a steep drop in strength. The good news is they can do something about frailty: lift weights! In only 12 weeks, 60- to 70-year-old men regained the fitness they had lost over 15 years.
- To maintain (but not gain) strength, a person can lift weights just one day a week. Lifting weights does not stress the heart nor increase blood pressure. Aerobic exercise actually causes a greater increase in blood pressure because it uses more muscles and more oxygen, which means the heart has to pump more blood than with strength training.
- Even 90-year-olds in a nursing home can triple their strength in 10 weeks. That means they can walk faster, get to toilet by themselves, be less depressed, and stay in the independent living part of elder-care housing. Tell your parents and grandparents to start a weight lifting program so they can stay out of the nursing home!
- How much weight should people lift to build muscle? Three sets; the first two sets should have 8 reps; the final set is to exhaustion. If you can lift a weight 12 times in the final set, you need to lift heavier weights the next time. Because muscle damage stimulates muscles growth, you want to spend more time lowering the weight than lifting it.
- Most strength gains occur in the first 3 months of starting a lifting program, due to early neuro-muscular changes. The nervous system learns how to recruit muscles more efficiently and this stimulates more muscle cells.
- Strength training helps prevent bone loss. In a year-long study with post-menopausal women, all of the women who lifted weights improved their bone health. Those who did not lift weights lost ~2% bone density in one year. Exercise is better than osteoporosis drugs — plus, you'll get stronger!

*Continued on next page . . .*

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• By lifting weights and building muscle, older people should be able to eat more calories (which boosts their intake of health-promoting protein, vitamins, and minerals). Yet, adding exercise does not always entitle a person to eat more calories. In a study with 62-year-old people who walked briskly for one hour a day (five days/week) for 3 months, their daily energy expenditure remained stable — despite the brisk walking. How could that be? They became more sedentary the rest of the day; they napped more and slept longer. They compensated for having exercised...

• About 25- to 33-percent of people older than 65 years are eating too little protein. This results in loss of muscle and bone — and leads to expensive medical problems. The goal is to eat at least 0.55 grams of protein per pound of body weight each day to maintain and build muscle. For a 140-pound person, this equates to about 75 grams of protein, or 25 grams per meal (for example, Breakfast: 3 eggs; Lunch: 1 can tuna; Dinner: 4 oz. chicken).

**The Bottom Line:** Stay young by staying active and by lifting weights or doing some type of resistance exercise to strengthen both muscles and bones. And remember the words of gerontologist Water Bortz: *“No one really lives long enough to die of old age. We die from accidents and most of all, from disuse.”* Use it or lose it!

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). For information about her *Sports Nutrition Guidebook* (new 5th edition) and food guides for runners, cyclists and soccer players, see [www.nancyclarkrd.com](http://www.nancyclarkrd.com).

For online education, also see [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.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.

\* \* \* \*

## **7 Tips for Preventing Post-Race Soreness**

By Susan S. Paul, MS

Hi Susan -

*A few days after some of my runs I find I am sore! Is this normal? Why does the soreness appear several days after a workout? Is there anything I can do to prevent this? Will this go away after a while or is this something I need to get used to?*

Thanks Stacey

Dear Stacey -

Yes, it's normal ... within reason. What you are experiencing is known as Delayed Onset of Muscle Soreness or DOMS. The soreness is due to muscle damage and it does not appear until two or even three days following a workout. For a time, it was thought that DOMS resulted from the presence of lactic acid in the muscles but research has shown this not to be the case.

Research indicates that DOMS is most often associated with exercise that involves eccentric muscle contractions.

Eccentric contractions cause microtrauma to muscle tissue on a very small scale. This microtrauma stimulates the pain receptors within the soft tissue causing the pain. Eccentric muscle contractions occur when the action involves muscle lengthening during the contraction rather than muscle shortening. This is best illustrated with the biceps curl. During the upward action of the curl, the biceps muscle does a concentric muscle contraction, meaning the biceps muscle shortens as it pulls the lower arm up towards the shoulder. However, on the downward or lowering phase of the biceps curl, the biceps muscle lengthens as the arm and the weight are returned slowly to the start position. This lengthening type of contraction is referred to as an eccentric contraction. In the body-building world, eccentric contractions are also called “negatives.” In running, our quadriceps perform eccentric contractions when we run downhill, meaning the muscles are lengthening but are also contracting as they perform the action necessary to allow us to run downhill without falling on our faces. The eccentric contraction is why we experience more muscle soreness after a downhill workout than after a run on flat ground. The good news is muscle tissue rapidly adapts to eccentric contractions and therefore when the exercise is performed again at a later date, we are at less risk of muscle soreness.

Within reason, DOMS is considered a normal part of the conditioning process. Unless you are excessively sore, it is OK to continue performing light intensity exercise while sore. This is why recovery days and rest days are an integral part of the training process. Easy run days or completely off days give your body time to heal and adapt to these new physical stresses. Without rest and recovery days, we can potentially overwhelm the body, leading to an increased injury risk.

### **Tips to help ease DOMS:**

1. Gradually increase exercise intensity by increasing weekly mileage using the 10 to 20 percent rule. Introduce speed work or hill runs in small increments.
2. Wearing compression clothing may help reduce DOMS by reducing muscle micro-tearing. Try wearing compression socks, compression shorts, or compression tights.
3. A warm bath using Epsom salts.
4. Replenish fluids immediately after a run. Experts recommend consuming 2 quarts of fluid for every hour of running.
5. Eat foods high in carbohydrates and proteins within 15 to 30 minutes of completing a run. High-glycemic foods like baked potatoes are a good choice because they are absorbed into the bloodstream quickly. Protein should be from lean meats, eggs, dairy, or vegetable sources.
6. Always include a cool-down period after your run. Walk for 10 to 20 minutes after your run and then perform some simple stretches. When doing gentle stretches, hold them for 30 seconds, no bouncing. Massage therapy and/or foam rolling can also improve circulation and help minimize soreness.
7. Taking a cool bath following an intense workout may help prevent soreness by minimizing the inflammation response. Place an ice pack on any areas that feel over-worked or strained. An easy swim after a run may also help relieve muscle soreness too.

# **EPSOM SALTS**

## ***Magnesium sulfate***

Epsom salts are a naturally occurring pure mineral compound of magnesium and sulfate (named for their site of origin, a bitter saline spring at Epsom in Surrey, England). Epsom salts are an age-old natural remedy that are valued for numerous health benefits, as well as their versatility in beauty, household and garden related uses.

Often overlooked, the minerals in Epsom salts play essential roles in our body function. Magnesium is important for many systems in the body especially the muscles and nerves, especially muscle control, electrical impulses, energy production and the elimination of harmful toxins. Sulfur is essential in the formation of brain tissue, joint proteins and digestive enzymes that line the walls of the digestive tract.

Without even knowing, many people are deficient in magnesium. Unfortunately these days, there are two reasons why: industrial agriculture depletes magnesium from the soil leaving very little available for vegetables to absorb, leading to a diet low in magnesium. The other factor is the constant focus on getting enough calcium.

It's a delicate dance: calcium depletes magnesium yet calcium functions best when enough magnesium is present. Trouble arises when taking a calcium supplement without adequate magnesium, which can actually cause a shortage of both nutrients. The proper ratio for optimum absorption is 2 to 1, calcium to magnesium. Yet it is common for people to have 5x as much calcium as magnesium in their bodies.

Both magnesium and sulfate are poorly absorbed through the stomach (making oral supplements ineffective), but are easily absorbed through the skin. Therefore soaking in an Epsom salt bath is the most effective and one of the easiest ways to maintain adequate levels of these minerals.

## **Health benefits**

Epsom salts soothe the body, mind and soul. Relax, refresh and revive yourself in a tub full of hot water, a few cups of Epsom salts and some time to yourself. It's more than just a relaxing bath. Epsom salts offer numerous health benefits such as relaxing the nervous system and easing stress, relieving skin conditions, soothing back pain and aching limbs, easing muscle strain, healing cuts, treating colds and congestion and drawing toxins from the body.

Please note: If you are pregnant or have any health concerns, check with your health practitioner or doctor before using Epsom salts.

## **Eases stress and relaxes the body**

Stress drains the body of magnesium and increases levels of adrenaline. Countering this, absorbing magnesium actually lowers the effects of adrenaline and helps to produce serotonin, the mood-elevating chemical within the brain that creates feelings of happiness and serenity. This helps reduce irritability, while increasing a feeling of tranquility, improving sleep and concentration and helping muscles and nerves to function properly.

## **Relieves pain and muscle cramps**

An Epsom salts bath helps to ease pain and relieve inflammation, making it an ideal treatment of sore muscles, bronchial asthma and migraine headaches. It also can be used to heal cuts, reduce soreness from childbirth or offer relief to aching, tired feet.

## **Helps muscles and nerves function properly**

Epsom salts can help regulate electrolytes in your body, ensuring proper functioning of the muscles, nerves and enzymes. It also helps maintain a proper ratio of magnesium and calcium, which serves as a main conductor of the electric impulses in your body.

## **Eliminates toxins from the body**

The sulfates in Epsom salts help flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances. The skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which actually draws salt out of your body taking harmful toxins along with it.

## **How to use Epsom salts**

For general use, add 2 cups of Epsom salts to a warm bath and soak for at least 12 minutes, 3x a week for the best results; or as needed for acute conditions.

## **For your skin**

- To moisturise your skin, add ½ cup olive oil to the bath (optional), but avoid soap as it will interfere with the effectiveness of the salts. It's always best to rest afterwards if possible.
- **Exfoliate dead skin:** In the shower or bath, mix a handful of Epsom salts with a tablespoon of bath or olive oil and rub all over your wet skin to exfoliate and soften. Rinse thoroughly.
- **Exfoliating face cleanser:** To clean your face and exfoliate skin at the same time, mix a half-teaspoon of Epsom salts with your regular cleanser. Gently massage into skin and rinse with cold water.
- **Dislodge blackheads:** Add a teaspoon of Epsom salts and 3 drops iodine into a half cup of boiling water. Apply this mixture to the blackheads with a cotton ball.
- **Remove foot odour:** Mix a half cup of Epsom salts in warm water and soak your feet for 10 minutes to remove bad odour, soothe achy feet, and soften rough skin.
- **Hair volumiser:** Combine equal parts deep conditioner and Epsom salts and warm in a pan. Work the warm mixture through your hair and leave on for 20 minutes. Rinse thoroughly.

## **Treating injuries**

**Athlete's foot:** Soak feet in an Epsom salts bath to help relieve the symptoms of athlete's foot.

**Remove splinters:** Soak affected skin area in an Epsom salts bath to draw out the splinter.

**Treat toenail fungus:** Soak your affected toes in hot water mixed with a handful of Epsom salts three times a day.

*Continued on next page . . . . .*

# INJURY PREVENTION

**EPSOM SALTS** - Continued from page 11

**Soothe sprains and bruises:** Add 2 cups Epsom salts to a warm bath and soak to reduce the pain and swelling of sprains and bruises.

**Ease discomfort of gout:** Ease the discomfort of gout and reduce inflammation by adding 2-3 teaspoons of Epsom salts into a basin and immersing the affected foot/joint. The water should be as hot as it is comfortable. Soak for about 30 minutes.

## Household uses

**Clean bathroom tiles:** Mix equal parts Epsom salts and liquid dish detergent and use as a scrub on bathroom tiles.

**As a hand wash:** Mix Epsom salts with a carrier oil and keep by the sink for an effective hand wash.

**In the garden:** Fertilise your house plants: Most plants need nutrients like magnesium and sulfur to stay in good health and Epsom salts make the primary nutrients in most plant foods (nitrogen, phosphorus, potassium) more effective. Sprinkle Epsom salts once weekly to help nourish your houses plants, flowers and vegetables.

**Keep your lawn green:** Magnesium sulfate crystals, when added to the soil, provide vital nutrients that help prevent yellowing leaves and the loss of green colour (magnesium is an essential element in the chlorophyll molecule) in plants. Add 2 tablespoons of Epsom salts to 4L of water and sprinkle on your lawn to keep the grass healthy and green.

**Insecticide spray:** Use Epsom salts on your lawn and in your garden to safely and naturally get rid of plant pests.

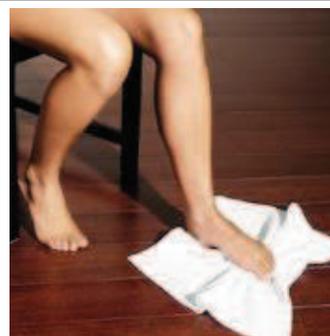
\* Sourced from: [http://www.saltworks.us/salt\\_info/epsom-uses-benefits.asp](http://www.saltworks.us/salt_info/epsom-uses-benefits.asp)

\* \* \* \*

## Arch Enemy

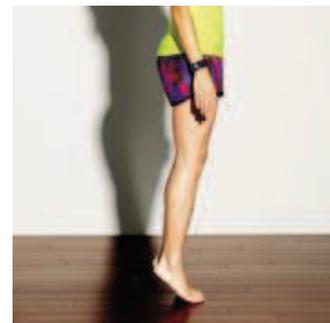
By Jessica Girdwain

Plantar fasciitis is a runner's recurring nightmare. It's a notoriously stubborn injury that strikes when the thick band of fibres that runs along the bottom of the foot becomes inflamed. It can start as a minor irritation but can advance and develop into a sidelining injury, especially if it's not treated promptly or properly. While ice, rest, orthotics and pain relievers may ease the discomfort, the injury can come back again (and again) unless you address the underlying cause – weakness and tightness in the muscles and tendons that make up and support the foot, says Irene Davis, Ph.D., director of the Spaulding National Running Centre at the Harvard Medical School, US. If arch pain is your nemesis, Davis recommends doing the following exercises barefoot daily.



**Towel Curls** - Works the toe-flexor muscles that run along your arch to increase overall foot strength.

**To do:** Lay a small hand towel on the floor, and place one foot on the towel. Using just your toes, scrunch the towel toward you, hold, then slowly push the towel away from you back to start position. Do three sets of 10 reps on each foot.



**Calf Raises** - Strengthens the tendons in your heels and calf muscles, which support your arch.

**To do:** Raise up on the balls of your feet as high as possible. Slowly lower down. Do three sets of 10 reps. Progress to doing the raises on stairs (with heels hanging off), and then to single leg raises.



**Step Stretch** - Improves flexibility in your Achilles tendon and calf – when these areas become tight, the arch gets painfully overloaded.

**To do:** Stand at the edge of a step, toes on step, heels hanging off. Lower your heels down, past the step, then raise back up to the start position. Do three sets of 10 reps.

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# INJURY PREVENTION

Continued from previous page



**Doming** - Works the arch muscles and the tibialis posterior (in the calf and foot) to control excess pronation.

**To do:** While standing, press your toes downward into the ground while keeping the heel planted, so that your foot forms an arch (or dome). Release, and do three sets of 10 reps on each foot.



**Toe Spread and Squeeze** - Targets the plantar interossei muscles of the foot, which support the arch.

**To do:** While sitting, loop a small resistance band around your toes. Spread toes; release. Then place a toe separator (used at nail salons) in between toes. Squeeze toes in; release. Do three sets of 10 reps of each exercise on both feet.

\* \* \* \*

## 4 Strategies to Help You Stay Injury Free

By Jeff Galloway

Imposing the inevitable left-right, left-right on the body several hundred times every kilometre leaves runners vulnerable to a wide array of overuse injuries. With a few preventive measures, however, you can sidestep most of them. Try these four strategies:

1. Run every other day. By allowing 48 hours between your workouts, you enable your body to recover from the previous run and minimise your injury risk.

2. Schedule long runs every other week. Weekly long runs may not give your body the time it needs before going long again.
3. Increase total mileage by no more than 10 per cent a week. Also, take a "half-mileage" week every three or four weeks.
4. Build intensity gradually. Add only one quality training element (hills, tempo runs, and speed work) at a time to your schedule. So if you begin doing hill workouts, wait at least three weeks before adding a track workout or other speed work to your routine. And keep in mind that quality workouts should make up no more than 20 per cent of your total training.

\* \* \* \*

## Is It A Stress Fracture?



A **STRESS FRACTURE** is a tiny crack in the surface of a bone, usually in the lower leg or the metatarsals of the foot.

Stress fractures usually occur when runners are increasing the intensity and volume of their training over several weeks to several months. Muscle soreness and stiffness progress over this period, and a pinpoint pain develops on the sore bone. If you suspect you may have a fracture, see a doctor immediately, as further running will only worsen what may be a cracked bone. He or she can perform an x-ray which may show a crack; however, more often than not, a stress fracture won't appear on an x-ray and your doctor should then refer you to a sports-oriented physician for a bone scan.

Treat with ice and anti-inflammatories, but keep in mind that stress fractures are not a self-diagnosis/self-treatment type of injury — a proper x-ray or bone scan is necessary to prescribe treatment. Depending on the location of the fracture, recommendations may differ. Consult your doctor about appropriate cross-training activities.

\* \* \* \*

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

These days, I spend a lot of time thinking about the hereafter. . . . I go somewhere to get something, and then wonder what the hell I'm "here after".

# **WE NEED YOU!**

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

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

## ***Come and Join the Wellington Centre Athletics Officials***

***For more information contact Jim McIlroy on***

***Telephone 04 577 0722***

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

# Bring Back Any Memories?

Someone asked the other day, "What was your favourite 'fast food' when you were growing up?"

"We didn't have fast food when I was growing up," I informed him.

"All the food was slow."

"C'mon, seriously. Where did you eat?"

"It was a place called 'home'," I explained.

"Mum cooked every day and when dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate, I was allowed to sit there until I did like it."

By this time, the lad was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I'd figured his system could have handled it:

Some parents NEVER owned their own house, wore jeans, set foot on a golf course, travelled out of the country or had a credit card.

My parents never drove me to school. I had a bicycle that weighed probably 50 pounds, and only had one speed (slow).

We didn't have a television in our house until I was 10. It was, of course, black and white, and the station went off the air at 10pm, after playing the national anthem and epilogue; it came back on the air at about 6am and there was usually a locally produced news and farm show on, featuring local people.

Pizzas were not delivered to our home ... but milk was.

All newspapers were delivered by boys and all boys delivered newspapers. My brother delivered a newspaper, seven days a week. He had to get up at 6am every morning.

Film stars kissed with their mouths shut. At least, they did in the films. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or almost anything offensive.

*If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren. Just don't blame me if they bust a gut laughing.*

Growing up isn't what it used to be, is it?

## **Memories from a friend:**

My dad was cleaning out my grandmother's house after she had passed away and he brought me an old Lemonade bottle. In the bottle top was a stopper with a bunch of holes in it. I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because we didn't have steam irons. Man, I am old.

## **How many do you remember?**

Headlight dip-switches on the floor of the car.

Ignition switches on the dashboard.

Trouser leg clips for bicycles without chain guards.

Soldering irons you heated on a gas burner.

Using hand signals for cars without turn indicators.

## **Older Than Dirt Quiz:**

Count all the ones that you remember, not the ones you were told about.

Ratings at the bottom.

1. Sweet cigarettes
2. Coffee shops with juke boxes
3. Home milk delivery in glass bottles
4. Party lines on the telephone
5. Newsreels before the movie
6. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (There were only 2 channels [if you were fortunate])
7. Peashooters
8. 33 rpm records
9. 45 rpm records
10. Hi-fi's
11. Metal ice trays with levers
12. Blue flashbulb
13. Cork popguns
14. Wash tub wringers.

## **Ratings:**

If you remembered 0-3 = you're still young.

If you remembered 3-6 = you are getting older.

If you remembered 7-10 = don't tell your age.

If you remembered 11-14 = you're positively ancient!

I must be "positively ancient" but those memories are some of the best parts of my life.

# MISCELLANEOUS

## MEMBERSHIP

Our current membership is 58 members. Welcome to new members Lance Broad (Levin Harriers), Phil Grimmett (Scottish), Loretta Desourdy (Scottish), Brendon Thompson (Scottish) and returning members Richard Brent (Scottish), John Ihaka (WMA), Vanessa Story (WMA), and Ian Blyth (Hutt Valley Harriers).

\* \* \* \*

## Summer Scorching Triathlons

Below are the below dates for the 2014/15 season. Put them in your diary!

### 2014:

- Sunday 16th November
- Sunday 7th December
- Sunday 21st December (a bonus new event with a triple twist!)

### 2015:

- Saturday 24th January
- Sunday 1st March
- Sunday 12th April (Teams Challenge).

\* \* \* \*

## 3,000m Track Race Walk Newtown Park 4th October 2014

While the runners were involved with the ANZ road relay champs in the Christchurch to Akaroa road relay, the race walkers provided the biggest field of the day to open the summer track season at Newtown Park. There was some good racing with places changing a lot. Apart from Peter Baillie heading the field from the gun with Fraser Samson keeping second place throughout all of the others had good individual races.

All hand timed. Judges Geoff Henry and David Lonsdale.

Pl.	Name	Club	Time
1	*Peter Baillie	Scottish	17:01
2	Fraser Samson	WHAC	17:41
3	Bob Gardner	Scottish	17:56
4	*Sean Lake	Scottish	18:03
5	Chris Harp	Scottish	19:09
6	*Jackie Wilson	Scottish	19:34
7	Daniel Du Toit	Trentham	19:46
8	Arlene Wong-Tung	Scottish	20:48
9	*Daphne Jones	Scottish	21:28
10	*Geoff Iremonger	Scottish	21:48

\*Donates member Wellington Masters

## Cole Land Cup 27 September 2014

David Lonsdale reports: We had a good day racing with 12 starters for the 23<sup>rd</sup> annual race for the Cole Land Cup. The weather was much better than the previous Saturday but the strong northerly wind hampered many of the walkers. Terri and Philip Grimmett and Daphne Jones were the only walkers who came anywhere near the handicapper's estimates. Philip won from a fast closing Terri who set the fastest time. Daphne, walking very well was third.

Thanks to John Tuner for his time keeping and to Ian Morton for being the marshal at both turn points. Also, many thanks to David Cooke for his handicapping.

Pl.	Name	Time	H'Cap	Diff.
1	Philip Grimmett	54:05	54:40	-0.35
2	*Terri Grimmett	49:35	49:20	+0.15
3	*Daphne Jones	59:51	59:20	+0.31
4	Chris Harp	52:00	50:40	+1.20
5	*Sean Lake	52:03	50:40	+1.23
6	Arlene Wong-Tung	58:16	56:00	+2.16
7	*John Hines	68:14	65:20	+2.54
8	Andrea Adams	65:05	62:00	+3.05
9	Bob Gardner	53:19	50:00	+3.19
10	Rachel Kennedy	72:38	68:00	+4.38
11	Linda Cameron	70:39	66:00	+4.39
12	*Murray Gowans	70:50	64:40	+6.10

\*Donates member Wellington Masters

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## WEBSITE

Don't forget to have a look at our website at:

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

\* \* \* \*

## SUBSCRIPTIONS

The subscription for the new financial year is now due. If you wish to take part in the North Island Masters track and field championships, the Wellington Masters track and field championships or the NZ Masters track and field championships then you need to pay your subscription to get your new card number to be eligible to enter. Also the membership list is culled in January and those members who haven't paid the new subscription are removed meaning that you will no longer receive your Master Copy or Vetline.

## **Sitting is the New Smoking**



Don't fall off your perch, but sitting is the new smoking and your chair is out to kill you. No, really. This is the sorry state of affairs thanks to our increasingly seated existence, said doctors in an LA Times feature published earlier this week.

As evidence, the doctors pointed out various studies, including this Australian one from last year which found that every hour of (seated) TV watching we do cuts about 22 minutes from our life span. That was contrasted with this study, which estimated that smokers shorten their lives by about 11 minutes per cigarette.

Seated smokers beware.

But, it's not just longevity that is affected by our idle ways.

We spend as much as 80 per cent of our day sedentary and unsurprisingly a similar percentage of us experience back pain.

Being sedentary is also putting the 'sit' in obesity, as our fat burning furnaces essentially switch off when we're stationary for extended periods. Some research even suggests that it leads to the dreaded middle age spread by the mechanical pressure sitting puts on our fat cells.

"Sitting may have more to do with obesity than [lack of] physical activity," says Professor Adrian Bauman of Sydney University's School of Public Health.

"It is almost like sort of owning a really cool sports car and letting it idle all day long," James Levine, an obesity expert from the Mayo Clinic, recently told NBC News. "The engine gets gunked up. That's what happens to our bodies. The body, as we know, simply isn't built to sit all day."

Rather, back in the good old days we were out doing what our bodies were made for; foraging for food, performing various other physical tasks and spending our time in the fresh air and sunshine.

"We had no concept of this as 'exercise' or 'working out.' It was just life," says author of Personal Paleo Code Chris Kresser.

Many of us try to counteract the complications of being strangely seated all day by doing some star jumps (or whatever) in the morning or evening. But important as any exercise is, short sharp bursts don't necessarily offset the imbalance.

"Going for a run or walking the dog doesn't counter [inactivity]," Bauman says. "It's about total energy expenditure across the whole day."

This is the conclusion Levine has come to as well.

"A few years ago, I would have actually said to you, you know, the person who's doing that session at the gym once a day is doing everything they need to do. But the data that are now coming up suggests that's not the case," he said.

"Being sedentary for nine hours a day at the office is bad for your health whether you go home and watch television afterwards or hit the gym. It is bad whether you are morbidly obese or marathon-runner thin. It appears that what is critical and maybe even more important than going to the gym, is breaking up that sitting time."

That said, Bauman points out that "the evidence is evolving about sitting rather than a done deal."

The reason for this is threefold.

The first question experts in the field have is how much of an independent risk sitting is from eating badly, smoking and general physical inactivity.

"I don't think it will ever be as much of a risk as smoking," Bauman says. But, "how much sitting is bad for us? ... probably somewhere between 8 and 12 hours a day and the risk accumulates.

"Is it the way we sit - continuously - and can we break up sitting - get up every hour - or do we need to reduce the total time?"

Among the solutions being bandied around are walking meetings, 'active sitting' on yoga balls and the standing or treadmill desk.

In the US, around 60,000 treadmill desks have been purchased. It is estimated that walking at a super slow pace burns 100 to 130 calories an hour.

Anecdotally, the treadmill desks are going well and "it's completely stable to type and talk and no different to sitting down," Melbourne resident, Steve Morley told Fairfax media.

"Before we introduce policy guidelines we need very good evidence [that they will work and be effective]... Everyone will use them for a while, but will they stick with it? Sitting is embedded behavior; most of us are not used to standing all day."

Bauman says researchers are three years into a five year program of study exploring various options and trying to understand exactly how much of an issue sitting all day is. The evidence is not yet conclusive, he says.

But it is an issue that affects nearly all of us.

And, whichever way we do it, for the good of our health, our backs and our bottoms perhaps it's time for individuals and offices alike to start rising up and sticking it to the seat.

\* \* \* \*

Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.

**Don't forget nominations for**

**WELLINGTON MASTERS**

**ATHLETICS INC.**

# **ATHLETE OF THE YEAR**



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

**Award:**

Known as the Wellington Masters Athlete of the Year Award.

**Period Covered:**

From 1 January to 31 December.

**How Nominated:**

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

**Criteria for Award:**

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

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

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

Achieving a meritorious performance or performances.

**Closing Date:**

The 20<sup>th</sup> January following the year for consideration.

**Selection:**

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

**Presentation Date:**

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

**Form of Award:**

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

# - COMING EVENTS -

## 2014:

Nov

28-30 North Island Masters Track & Field Championships

Hastings

28-30 South Island Masters Track & Field Championships

Dunedin

## 2015:

Jan

10 Port of Tauranga Half Ironman

Mt Maunganui

18 Ironman 70.3 - Auckland Asia-Pacific Championships

Auckland Viaduct Harbour

Feb

14 Buller Gorge Full and Half Marathons

Westport

15 Round the Bays - Half Marathon, 10km & 6.5km

Frank Kitts Park

27 Feb-

1 Mar 41<sup>st</sup> NZMA Track & Field Championships

Tauranga

April

20 119<sup>th</sup> Boston Marathon

Boston

May

5 Nelson Half Marathon,  $\frac{1}{4}$  Marathon and 5km

Saxton Field, Stoke

24 Masters Classic Relay

Trentham Memorial Park

Aug

4-16 WMA Stadia Championships

Lyon, France

Oct

5-9 OMA Stadia Championships

Parotonga

14-18 ITU World Duathlon Championships

Adelaide, South Australia

## 2016:

26 Oct-

6 Nov WMA Stadia Championships

Perth, Australia

## 2017:

April

21-30 World Masters Games

Auckland

## 2018:

Jan

20-27 OMA Stadia Championships

Dunedin

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

## CENTRE RECORD:

If you feel that you have set/broken a Centre record, please send the appropriate paper work, completed and signed-off to Peter Hanson at [phanson@xtra.co.nz](mailto:phanson@xtra.co.nz) for ratification by the committee. His postal address is Apartment 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and telephone number is 04 237 0958.

## 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 2014/2015 YEAR  
(1st September 2014 to 31st August 2015) = \$50.00**

**NAME(S):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**BIRTH DATE(S):** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**CONTACT PHONE No.** \_\_\_\_\_ **CLUB (if any)** \_\_\_\_\_

### **How to Pay:**

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

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

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

***Please advise any change of address as soon as possible***



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