

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 16 Issue 1

February 2017

BERNIE PORTENSKI

26.8.1949 – 1.2.2017



See page 7 for Tribute to Bernie.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2016-17

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V.President:	Michelle Van Looy	021 244 8645
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Treasurer:	Graham Gould	973 6741

COMMITTEE:

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

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WELLINGTON MASTERS ATHLETICS INC.

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

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

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

FROM THE PRESIDENT

Summer season is winding down with, as I write, all the Centre Track & Field Championship events completed apart from the 1500m and Pole Vault. The weather has been somewhat testing, stretching the very definition of the word summer. There have been times when I wondered if it was really cross country season. It's only now that we're almost done with track and field that it seems we're enjoying warm sunny conditions.

A number of us are extending our track season by heading off to Daegu in Korea for the World Masters Indoor Championships. It's a smaller team than that which went to Perth but 21 New Zealanders are registered to compete and with a third of those being from Wellington. From what I can tell, most of us will be experiencing indoor competition for the first time. I look forward to such a time when NZ has an established indoor facility capable of offering the full range of events, which I suspect will not be case for many years.

Before that, we have the nationals in Nelson. It's outside but everyone tells me Nelson is the sunshine capital of New Zealand and I'm looking forward to running on one of the NZ tracks I've never visited. There are over 200 athletes taking part, of which a little over 10% will be from Wellington. I hope to be able to watch cheer on every one of you and we'll bring down the old Wellington Masters flag for a group photo – you have been warned!

We will be presenting our awards for the Wellington Masters Athletes of the Year soon. It's been a strong year for many of our athletes and with the nominations we received, we could have produced a full podium for both the men and the women. I won't ruin the suspense by spilling any secrets here, though I do know at least one of the winners will not be able to attend when we were planning to present the awards and we'll have to find an alternate suitable occasion to hand over the silverware.

The NZMA AGM will take place on the morning before competition begins. I have no doubt that a topic of conversation will relate to assessing the success of the first six months of the shared membership agreement with Athletics New Zealand.

My initial thoughts of seeing what has happened around track and field is that it has been good for Wellington. We've seen performances, from athletes who would not necessarily find two subs palatable, set both national and centre records – most notably at the M35 level. This is a level where, to be frank, the records were embarrassingly soft and generally were much lower than the M40 records. Some of this is likely a reflection of the days when masters records only began at M40 but it is also related to the older regime where masters athletes whose main focus was cross country and road, with only the occasional track and field outing, not being aware of the need to pay a second sub to be eligible for records. Having records that reflect the genuine best masters performances by Wellingtonians is something we have to applaud and watching people like Rowan Hooper set down M35 records that will need to be genuinely earned to be broken is something I consider progress towards a better model of one sport for all. This is wholly in the spirit of what masters competition was intended to achieve 41 years ago when we were founded.

Michael Wray,
President

TRAINING

How to Keep Cramps Away on Your Run



From beginner runners to elite marathoners, cramps and sore muscles can slow down a run. But there are plenty of ways you can curb the pain.

Where's the Pain?

Side cramps: Pain in the side rib area.

Cause: The reason for this pain is you are not breathing deep enough and need to lengthen your inhale time.

Remedy: Try a new technique in which you breathe at a ratio of 3:2, or inhale three steps then exhale for two. If your stomach doesn't appear to move when you breathe, you are not breathing deep enough. This breathing method will come naturally after you practice it for a little while and will make running at normal speed easier. Your breathing will have to change when you run at a faster pace, usually 2:1, in order to accommodate for the faster foot movement.

Stomach cramps: Pain in the stomach.

Cause: This could also be caused by incorrect breathing but can also be from what you ate or drank before and during the run.

Remedy: Try not to eat anything less than two hours before a long run, or about an hour before a short run, and try not to drink anything more than a few ounces less than 30 minutes before a run. Fill up on fluids before that 30 minute mark (about 20 to 24 oz.), and only take small sips during the run if you need to (5 to 8 oz. every 25 minutes). Excess food and fluids in your stomach will not allow for full breaths and will cause bad cramps.

If you experience cramps during the run, slow down a bit and try breathing deeper while maintaining pace, this should help subside the cramping.

Other Tips to Prevent Cramps

To help prevent cramping, try torso stretches to help stretch out the muscles and lead to less pain during the run. Try lying on your back and reaching your arms as high as they can go parallel to the ground. Do the same with your legs, this will stretch out your abdominal region.

If you run in the morning, try to run without eating. This may be tough at first, but I have found that eating something before you run only complicates things and usually causes cramping. After a few weeks of doing this, your body should be adapted to not feeling hungry so early after you wake up.

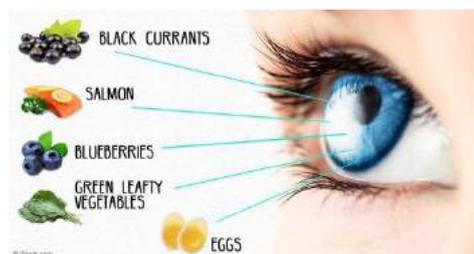
* * * *

Eye Health Tips - What you can do for your eye health

Wear Sunglasses

UV rays are nasty characters. They can cause growths on the eye, such as pterygium, that can show up in our teens or twenties. They often develop in anyone who spends long hours under the mid-day sun or in UV-intense conditions.

Conditions like cataracts and eye cancers that develop from damaging UV rays can take many years to grow. However each time we're out in the sun without protection, we could be adding to the damage that increases our risk of getting one of these serious disorders. Wearing sunglasses and a hat reduces this risk, especially for babies and children.



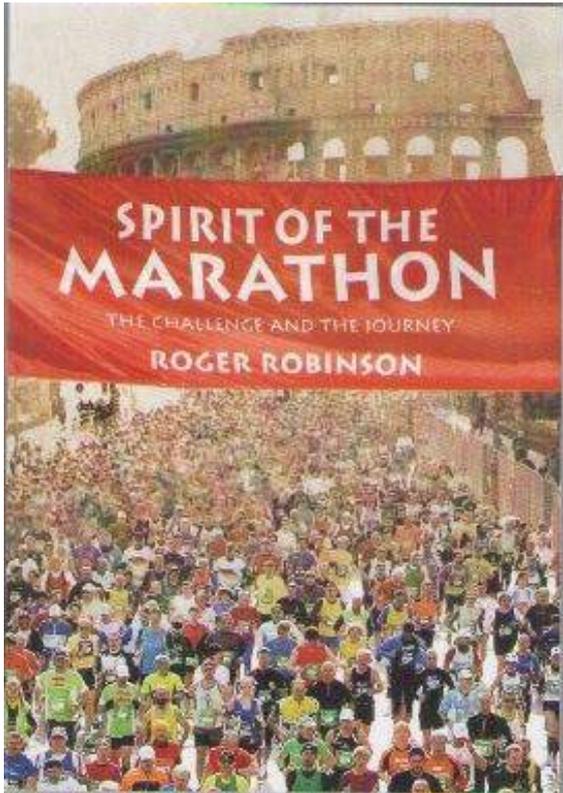
Eat Smarter

A healthy diet is important for many reasons, but there are specific nutrients and vitamins that are essential to keep the eye healthy and many foods in which they can be found.

Beta-carotene is a type of Vitamin A that gives these foods their orange hue. Beta-carotene occurs in citrus, berries, and colourful vegetables, such as oranges, grapefruit, lemons, carrots, bell peppers, tomatoes, pumpkin and cantaloupe. These colourful fruits and vegetables also contain Vitamin C and carotenoids, which are believed to reduce the risk of eye diseases.

Leafy Greens are full of Lutein and Zeaxanthin which can help keep eyes moist and help protect against macular degeneration and the development of cataracts. Omega-3 fatty acids, found in food such as eggs, nuts, and fish such as salmon, tuna, sardines and mackerel also help.

BOOK REVIEW



Roger Robinson's *Spirit of the Marathon: the Challenge and the Journey* (Humphries Books).

Beautifully designed and vividly illustrated in full color, the book is the commissioned companion to the acclaimed dramatic feature film, *Spirit of the Marathon II*. Publication was simultaneous with the DVD release of the film, though the book also stands alone.

Like the movie, the book's focus is on Rome, one of the world's most atmospheric marathons. But the book also encompasses the marathon globally, taking the reader on an unforgettable journey in words and images through the modern marathon - its story, and its meaning in the lives of individual men and women runners.

With new research and vivid writing, the book brings to life for the first time the full story of the running boom, and the transformative rise of women's running.

Packed with inspiration yet in a pocket-sized form, with award-winning design, the book is sized to fit with the DVD.

Copies are now available from:
rogerrobinson61@hotmail.com

* * * *

Five Tips to Maintain Strong Bones

Strong, healthy bones are essential for an active lifestyle; but without the right nutrients in the right amounts, bones can end up growing weaker and losing density. Over time, this can result in osteoporosis – a disease in which bones become

porous and brittle, breaking more easily, and taking longer to heal if damaged.

Osteoporosis is increasingly common, affecting as many as 1 in 2 women and nearly 1 in 3 men over 60^[1]. The best way to prevent it is to start building bone density as early possible by ensuring sufficient dietary Calcium intake, good Vitamin D levels, and regular weight bearing exercise to strengthen bones. After menopause, bone mass can decline quite significantly due to lower estrogen levels.

Tips for maintaining healthy bones:

- **Choose calcium-rich foods:** Calcium is an essential mineral needed for maintaining healthy bone density. Adults up to 50 years need 1000mg of Calcium each day. Calcium-rich foods include: milk, yoghurt, cheese and other dairy products, nuts and seeds such as almonds and sesame seeds, kale, broccoli, and tinned fish with bones including salmon and sardines.



- **Quit smoking:** cigarette smoking is linked to osteoporosis and weak bones.

- **Exercise:** Weight-bearing exercise such as dancing, walking, climbing or running is essential for building and maintaining healthy bones. Aim for 30 minutes every day.

- **Vitamin D:** adequate amounts of vitamin D are important for maintaining healthy bone density. Vitamin D helps the absorption of Calcium in your intestinal tract. Vitamin D is produced by your skin in response to sunlight exposure. Experts recommend exposing your arms and legs for 15 minutes a day to maintain healthy vitamin D levels. Foods rich in vitamin D include oily fish such as salmon and sardines, egg yolk and dairy products.

- **Stop stressing out:** The body produces a hormone called cortisol during stress. High levels of cortisol can lead to calcium losses from the bones, causing them to be weak and brittle. Make time each day to keep stress levels in check. Take a relaxing walk, do some deep breathing techniques or simply find time to close your eyes and quiet your mind.

Reference:

[1] <http://www.iofbonehealth.org/policy-advocacy/australia-and-new-zealand.html>

HEALTH

Your Skin Health for Summer

By Heidi Billington



The countdown is finally over and summer has arrived! After a long winter our skin may need extra care and attention to get it sun ready. Take a look at our top tips to prep your skin for the great outdoors and keep it healthy and looking its best all summer long.

Water

Hydrate your way to happier skin! Water keeps your skin hydrated. When the weather is hot and you are sweating more, be sure to drink more water. Try to add an extra 500 mls – 1 litre more daily. If you struggle with the taste of plain water then vamp it up by adding a variety of fruits and herbs to it. Why not add a delicious combination of citrus fruits with cucumber, berries with a slice of lemon or fresh watermelon with a sprig of mint to a glass of water or bottle. Let the flavours mingle and drink for a refreshing and hydrating lift throughout the day. Healtheries Iced Teas are 99% sugar free and contain 7 Calories per glass*, making them a great alternative to soft drinks, energy drinks and fruit juices which can contain upward of 24g of sugar for the same amount if liquid - that's 6 teaspoons of sugar!

Extra Nutrients

Did you know your skin is the largest organ of your body? Not only is it the porous covering that holds us all together, but it is our first line of defence against harmful pathogens, it expels waste from our bodies through sweating and helps the body get rid of toxins. Bright, clear skin represents health and vitality. [Healtheries Skin Collagen](#) is a new addition to our range that contains NZ Marine Collagen, Biotin and Antioxidant nutrients to support a healthy and radiant complexion.

Be Sun Safe

To keep your skin healthy all summer, avoid the sun when at its strongest from 10am – 2pm. Cover up, including wearing a hat and use a good quality sun block before you venture out into the sun. Sunburn is not only painful but also causes premature aging; sun spots and increases the chances of skin cancers such as melanomas.

Exfoliate

Don't forget to exfoliate a couple of times a week to help get rid of any dead or dry skin. You can make your own revitalising body scrub by using Healtheries Pure Green Tea! Take 1 tablespoon dried green tea and add to 1 cup of sugar, ½ cup of olive/almond oil/coconut oil and mix it all together. You could also add a few drops of essential oil such as peppermint or lavender to give it extra zing. Gently rub over your body giving special attention to dry areas such as the heels, elbows and knees. A great way to get glowing for summer!

Diet

Diet and exercise play a big part in keeping our body and skin looking and feeling well. There is no better time of year than summer to get active and embrace healthy eating so you can take control of your weight, make your skin glow and feel your best. Get plenty of fibrous veggies at each meal. Not only do they fill you up but also provide fibre to keep the bowels moving well. Get creative in the kitchen by using a variety of fresh ingredients such as lightly steamed cauliflower, broccoli, beans and roasted veggies with seeds and nuts and turn a simple green salad into a nutrient dense meal. The antioxidants found in your colourful food may help protect your skin against harmful free radical damage.

For more information visit the website: www.healtheries.co.nz

* * * *

The following item was sent thru but was too late to be included as part of the farewell to Bernie at Newtown Park:

Hi Paul, (Paul Mulvaney)

Thanks for sending that along.

As an extra point regarding the failure to add her to the team in Barcelona, it was not that another runner took her place.

Bernie could have been the third member on the team as three athletes qualified but for whatever misguided reasoning the selectors left her off and sent only a two woman team. What a shame! This would have been Bernie's type of race. It suited an experienced tough marathon runner such as she was and I know she would have risen to the occasion of that hot day and beat out the numerous fast and furious whippersnappers for a high standing.

Such is life and Bernie just got on with enjoying running. She was such a good sport and a positive human being who gave to her races her very best, just as she gave generously to those around her, without pretense or reserve, but with genuine caring and friendship. While her presence in the world already is greatly missed, her spark lives on in all who had the good fortune to know her.

If you have a chance to convey my comments to the service tomorrow it would be greatly appreciated.

Take care,
Lorraine Moller

TRIBUTE TO BERNIE PORTENSKI WELLINGTON SCOTTISH ATHLETIC CLUB LEGEND



Bernie, an internationally celebrated masters' athlete, was known as the "Iron Woman" of New Zealand marathon running, and has long been synonymous with Wellington Scottish Athletic Club. Bernie is that rare individual who not only was a legend in running circles, but transcended the sport into the public consciousness with her unique combination of inspirational story, running prowess and gregarious personality.

Bernie's running story began in the early 1980s when she decided to have a go at the Fletcher Rotorua Marathon in 1981, a life-changing departure from her self-proclaimed "party lifestyle". She quickly got the running bug and demonstrated a phenomenal capacity for racing and recovery. Along with her sister Michele, she was also an early trailblazer of the new-fangled sport of triathlon, although her first love ultimately was the marathon.

In 1983 she joined Scottish Harriers with her sister Michele and this marked the real turning point of her running career. She won her first Fletcher Rotorua Marathon in 1987, and was selected to represent New Zealand on four occasions in the following years (Perth, Seoul, Los Angeles and Milan). She also ran Rotorua four months pregnant in 1990, prior to the birth of her daughter Marie-Jo.

In 1992 Bernie, aged 42, ran a sensational 2:34 marathon in the Mountain to Surf Marathon, Taranaki, running under the qualifying time for the Barcelona Olympics, but was controversially overlooked because the selectors thought she was too old.

Bernie's following years defied that decision, as she continued to churn through multiple marathons, culminating in a superlative spell in 1998, when at the age of 48, she won the Rotorua Marathon for the third time in a stunning time of 2:43 (placing 19th overall). Of Bernie's total of 114 marathons, 33 were at her beloved Rotorua, where she has become a symbol of the event. This was one of six marathons that year, which included a two-week stint in which she won the New Zealand Marathon Championship outright in Auckland (2:44), then jetted to New York to win her age group (3:03), and back to New Zealand to win the Canterbury Marathon (2:55). She again won the Auckland Marathon outright at the age of 52 in 2001.

Moving past marathons, Bernie also dominated the track. Between 1994 and 2010 Bernie set New Zealand and world records and marathon bests in all master's grades from 40 to 60-plus. By 2011, aged 62, Bernie held four 55-plus age-group world records for middle- and long-distance running, and five world records in the 60-plus age group, including for the half-marathon and marathon. She was most proud of her 60-64 age group records, particularly her 3:01 at the Gold Coast marathon in 2011 – another fantastic achievement.

To celebrate her 65th birthday she ran 65 kilometres from her home in Miramar to Eastbourne and back with her running mates and supporters.

Bernie is recognised nationally as an icon of Masters sport – referred to in *Te Ara The Encyclopaedia of New Zealand*, and internationally as a master's running legend. The longevity of her running career and her uncompromising approach to training led her to be an inspiration to experienced and beginner runners here and around the globe. Bernie also secured a long-term athlete sponsor contract with ASICS, another impressive achievement for a master's athlete.

Bernie was a force of nature with a personality that was loud, tough, honest, uncompromising, fun-loving and infectious. While a focused elite athlete, she always made time to encourage fellow athletes and weekend warriors. She had the earthy authentic ability to connect with anyone. Her inspiring running career, amplified by her larger than life personality meant she was widely recognised across the running and broader community. In addition to being named as Wellington Sports Person of the Year, and Wellington Sports Personality of the Year she also was named Wellingtonian of the Year in 1998, a Wellington Treasure.

Bernie was a fiercely loyal member of Scottish Club over her 35 years with the club. She noted that except for the times she was proudly wearing the silver fern she almost always raced in her Scottish singlet. An ongoing rivalry and source of amusement in the club was her ability to often run down her male counterparts in marathons, including many of the top senior men! She also enjoyed strong friendships across the Wellington running community, including close links with the Kapiti running community during the 15 years she lived on the Coast, and particularly with close friends and training partners Gabby O'Rourke and Vicki Humphries from Wellington Harriers, and many, many others.

Throughout Bernie's extensive running and triathlon career there was a constant running companion, her sister Michele. The two training and racing together over that thirty-five year period. As recently as 2015 the two sisters both qualified in their respective age-groups at Taupo Ironman to compete in the famous Hawaii Kona Ironman, a remarkable joint achievement.

Bernie's running had taken her away from her hairdressing businesses in Wellington and Kapiti to races and adventures across the world, even getting to run with President Bill Clinton after winning the prestigious Boston Masters race in 1993. Bernie's name is on a plaque of Boston marathon legends placed at the famous Boston finish line in Copley Square. A fitting, permanent recognition of the global reach of a very special individual. Someone who inspired and touched many through her wonderful life as the Iron Woman of New Zealand marathon running.

Bernie is survived by husband Pete, daughter Marie-Jo and stepson Phillip.

Ed:- This wonderful tribute to Bernie was written by long-time friend Grant McLean who has kindly allowed me to use it in this issue of The Master Copy.



RECIPE

Zucchini & Bacon Fritters

Ingredients:

- 3 slices bacon, chopped
- 1 spring onion, finely sliced
- 1 medium zucchini, grated and excess moisture squeezed out
- ½ tsp baking soda
- 1 handful parsley and basil, finely chopped
- 1 clove garlic, crushed
- 1 tsp salt
- Cracked black pepper to season
- ¼ cup ground almonds
- 1 egg, beaten well
- 1 jalapeno, finely chopped (optional)
- 30 grams feta (omit if dairy free)
- 2 tbsp butter or coconut oil, for frying.

Directions:

1. Mix all ingredients in a large bowl until well combined.
2. Heat a cast iron or heavy based frying pan on a medium heat and melt the butter or coconut oil.
3. To make the fritters add a heaped tablespoon of batter to the pan and cook for 2-3 minutes on each side. Make sure the pan is nice and hot before you add the fritters to prevent sticking.
4. Serve with fresh greens.

Prep time: 10 minutes.
Cooking time: 12 minutes.
Serves 2.



Nutritionist's Note

Eating fruit and vegetables when they are in season means eating produce that has been allowed to ripen naturally, thus giving your body as many nutrients as possible. Courgettes are abundant in summer and are rich in potassium, magnesium and B6. They also contain a lot of water which is great for hydration, while being high in dietary fibre which is crucial for gut health. Paired with fresh herbs, you're giving your body the hit of greens it needs!

Summer is here now, and more than any other time of the year, it's easier to get more nutrients from what we eat. Why is this? One reason is that during summer our foods are more colourful and packed with antioxidants and nutrients. Think berries, fruit and leafy greens.

Eating seasonally is important in providing our bodies with what they naturally need. During summer, when temperatures are warmer and we're more active, our digestive system functions more

effectively than in colder months. For optimal nourishment and energy now is the ideal time for cooler, crunchier raw salads, lightly steamed or sautéed veggies.



LOVE YOUR LIVER

If you overindulged in food and alcohol over summer, you find yourself lacking energy, you have gained a few kilos or had a niggly headache, you may need to support your liver, which can in turn support you with proper detoxification.

The liver carries out up to 500 different functions, including bile production, fat breakdown, protein synthesis, biochemical production for digestion, the breakdown of glycogen into glucose (sugar), hormone production and detoxification.

The liver filters and removes waste products including by-products of alcohol consumption which can be excessive during the holiday period season, as well as harmful antigens that can cause allergic reactions. The liver is also a storage facility for glucose, vitamins A, B12 and K, iron and copper.

The liver is responsible for lipid metabolism, cholesterol synthesis and the manufacture of bile for emulsifying fats. Often a dysfunctional liver can be the reason behind unexplained weight gain, either through low bile production, the lack thereof becoming a contributing factor to the non-breakdown of fats, which further store in the liver causing fatty liver. This, in turn, disrupts sugar metabolism and the breakdown of insulin, which can throw our sugar metabolism out of balance.

Without the liver synthesising certain hormones, it can also affect blood pressure, meaning that when you support a healthy liver, you also support weight management, healthy blood pressure, and sugar balance.

The liver has an incredible ability to regenerate itself when supplied with the correct nutrition and RNA/DNA nucleic acids which are available in HealthZone Liver Zone. This formula supports liver health, cholesterol and fat metabolism, detoxification channels, and bile duct health, and could be just what you need to get your health back on track again.

Excess Alcohol Over Summer?

One of the main reasons behind poor liver detoxification is the consumption of alcohol which depletes glutathione, the liver's main detoxification substance. Without glutathione, the body will store toxins in fat cells. HealthZone Detox Zone supports the liver and body to detoxify correctly.

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Slogan for Masters Athletes:

Remember: *Once you're over the hill, you start to go faster...*

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, January 2017



Carbohydrates: Yes? No? Friend? Foe?

Ever since I stopped eating carbs, I've been feeling so much better.

The keto-diet works fine for me. It keeps me from having cookie binges!

I tried giving up carbs and my workouts tanked. I had no energy and felt horrible.

Runner' opinions about carbohydrates range from evil to essential. Some anti-carb runners rave about how great they feel; others complain about weakness and fatigue. Abundant research supports eating a sports diet based on grains, fruits and vegetables — the wholesome kinds of sugars and starches that feed the brain and fuel the muscles during track workouts and hard runs. If anti-carb anecdotes leave you wondering what's best for your sports diet, keep reading.

Why would anyone choose a very low carb ketogenic diet?

In a ketogenic diet, about 70% of the calories are from fat and only 5% from carbohydrate. (Think drinking olive oil and eating lots of butter, not eating lots of protein) This very low carb/moderate protein diet trains the body to burn dietary- and body-fat, and produces ketones (by-products of fat metabolism) that can be used for fuel.

Speaking at the 2016 annual meeting of the Academy of Nutrition & Dietetics (AND), Jeff Volek PhD of The Ohio State University noted that a keto-diet has been used for many years in clinical situations, such as epilepsy to control seizures, obesity to lose weight, and diabetes to control blood sugar. Some runners are now experimenting with ketosis, as a means to enhance endurance.

Eating a keto-diet forces the body to burn more fat. This enables an endurance runner to consume less fuel (gels, sport drinks, gummi bears, etc.) during exercise and potentially enhance endurance if the exercise is *very low intensity* (such as an ultra-run as opposed to a 10K. This also reduces the risk of creating intestinal distress.

An alternate way to improve performance and resolve undesired pit stops is to meet with a sports nutritionist who is a registered dietitian (RD) who can assess your diet, create a winning food strategy, and help you figure out what causes intestinal distress in the first place. You can likely resolve the issue without resorting to a tough-to-maintain keto-diet.

Why do some runners say they feel better when they stop eating bread, cereal and other grains/carbohydrates?

When runners rave about how much better they feel after having made any dramatic dietary change (such as cutting out grains), I ask, "*What were you eating before you made this change?*" Inevitably, the answer is The Standard American Diet (S.A.D.), with skipped meals, abundant fast foods, and more junk-snacks than high-quality meals. No wonder they feel better; they are eating better.

Other reasons for "feeling so much better" after giving up grains might relate to food sensitivities. When you cut out a whole food group, you eliminate a lot of foods. Likely just a few of the foods created feelings of un-wellness. An RD can help you reach the same level of "feeling great" by working with you to figure out which foods contributed to the sensitivity. Maybe cutting back on just onions and garlic could have done the job. Easier than ketosis!

Some runners who rave about their ketogenic diet see the diet as a way to curb their "addiction" to sugar. A high fat diet curbs hunger, and simultaneously curbs cravings for sweets. An easier way to reduce sugar cravings is to prevent extreme hunger. Despite popular belief, sugar binges are unlikely due to sugar addiction but rather to the physiological effects of hunger. Again, an RD can help athletes resolve cravings for sugar without resorting to ketosis.

Ketones vs. carbs: What does the sports nutrition science say?

A recent study with elite race walkers showed that a ketogenic diet is associated with the ability to burn very high rates of fat at high exercise intensities⁽¹⁾. However, the downside is that burning fat requires more oxygen. Speaking at the A.N.D. conference, exercise physiologist John Hawley PhD, Head of the Centre for Exercise & Nutrition at the Mary MacKillop Institute for Health Research (MMIHR) in Melbourne, Australia, commented that keto-athletes become less efficient and less powerful. They needed more oxygen to move at a given speed.

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The research indicated a sustained keto-carb diet impaired competitive performance, despite an intense training program that improved 10-km race-walking performance by about 5% to 7% in the carbohydrate-consuming control group.

Instead of totally eliminating carbs, Hawley and his co-researcher Louise Burke, Head of Sports Nutrition at the Australian Institute of Sport and Chair in Sports Nutrition at MMIHR, suggest athletes limit carbohydrate intake around specific training sessions, so they train with low carbohydrate stores a few times a week to gain a metabolic fat-burning advantage, but still train well-fueled most of the time to support high quality workouts. To train depleted, runners could, for example, workout hard in the evening, limit their carb intake afterwards (eat chicken and a spinach salad with lots of dressing for dinner), and then train again the next morning on empty. (Note: this is not fun, but it does boost mental toughness!) Training in a carb-depleted state in that second workout triggers beneficial metabolic adaptations that can help improve sports performance.

The Bottom Line

Eliminating carbs eliminates a lot of nutrients that invest in overall good health. It also limits your ability to "eat from the same pot" as your friends and family. It can strain relationships and interfere with quality of life. Yet, each competitive athlete is unique in terms of what works for his or her body and mind. One sports diet does not fit everyone and some say they are content in ketosis.

I cringe when runners report they have eliminated carbs because *they are addicted to sugar* or believe that *carbs are fattening*. If you have a poor relationship with carbs, you want to meet with a sports dietitian who can help you find peace with grains. This professional can help you create a fueling program that you will want to enjoy for the rest of your life. To find your local sports nutritionist, use the referral network at www.SCANDpg.org.

While ketosis may seem like a fascinating nutritional adventure, in the long run, don't you think, from time to time, you'd really prefer to enjoy some birthday cake and/or beer with your friends?

Reference:

1. Burke L et al. Low Carbohydrate, High Fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. *J Physiology*, Dec 2016 (open access; read at <http://ow.ly/aGAh307TFIV>).

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

www.NutritionSportsExerciseCEUs.com for information about online and live workshops.

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.

* * * *

Subject: Seenagers...

I just discovered my age group!

I am a Seenager. (Senior teenager).

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work
I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

Life is Good!

Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise.

SO THERE!!

I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends; they may be my friends, too.



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NUTRITION

Getting proper fuel and nutrition during an endurance event can pay big dividends. Get it wrong and it will be a very long, uncomfortable day for you. One of the most popular articles on my website this month has been a post about Nutrition for the Spring Challenge. Although it was written for the Spring Challenge, the principles can be applied to any endurance event.

Nutrition Plan for Spring Challenge

The main aim of eating is to provide the body with enough fuel for activity. For this reason it is important to ensure that what you eat is going to provide that fuel. Energy is measured as kilojoules (kJ) or calories. Where a capital 'C' is used for Calories this indicates 1,000 calories.

Food is made up of a number of macro nutrients which all provide energy. Some are more useful than others.

Carbohydrates are the most important as they provide the most readily available energy and will be covered in more detail below.

Fat provides the most abundant energy, but as even a very skinny person has more than enough fat stored on their body you don't need to focus on consuming extra fat to supply yourself with energy.

Protein is important to consider as it plays a vital role with recovery and repair. Its contributions energy wise are minimal and therefore don't need to be discussed in detail as part of your event nutrition.

Carbohydrates can deliver both long and short term energy which is going to be critical whether you and your team are doing the three or the nine hour event. Each gram of carbohydrate delivers 16kJ of energy. Once ingested by the body, it needs to be broken down and absorbed into the blood stream. The bigger and more complex the carbohydrate is, the longer this process takes. Once in the bloodstream this glucose (as that is what it gets broken down to) can then be used by a muscle as energy to contract and move you closer to the finish line. The muscle can use carbohydrate reasonably quickly. If it runs low on blood glucose it will need to rely more heavily on fat, which is a slower process and means you can't move as quickly as your upper limit of exercise intensity will be lower. This might sound like a great way to burn extra fat, but when your body is using carbohydrate in conjunction with oxygen it will also be burning fat simultaneously already. Changing the focus primarily to fat will inhibit your performance and be a lot slower.

Carbohydrates basically come in two types (technically this is not correct, but for the purposes of this discussion it is close enough). Carbohydrates that provide slow release energy are known as low GI. In contrast to this, quick releasing carbohydrates, known as high GI foods, give you a quick shot of energy. These types of carbohydrates are great during or immediately after exercising.

GI simply stands for glycemic index. The closer a food is to 100 the faster the energy is released. Glucose is 100 by definition. Food with values lower than 55 are generally considered low GI food and are great prior to exercising.

Another important consideration is hydration levels. Your body needs to be well hydrated to operate optimally. If your body is over hydrated it will simply take the excess fluid and convert it to urine. If you are optimally hydrated your urine will be clear in colour. If you are dehydrated your urine will be concentrated. If this is the case consume water until it turns clear. If you are utilising a multivitamin, your urine will be concentrated regardless of how hydrated you are as your body excretes surplus/excess vitamins your body doesn't need.

Energy drinks are very popular these days, but not at all suitable for exercise. Carbonated drinks like Red Bull or V do not go too well with exercise as the fizziness can cause stomach problems during exercise. Suitable products can often be purchased in powdered form and mixed with water before consuming. These products work best when mixed to create a drink with a concentration of 6-8% carbohydrate. This will aid quick absorption out of the stomach. For this reason it is important to mix to the manufacturer's recommendation. Too high a concentration in your gut can cause you problems and can in fact dehydrate you. Too low a concentration and it will be ineffective in its job. Popular products include Balance Endurance, Leppin Endro, Powerade & Gatorade.

You can also purchase little squeeze packs of concentrated carbohydrates which you simply rip open and suck the contents down for a quick high GI hit. These products are great, but you have to consume them with water. Basically instead of mixing a powder with water in the bottle you are mixing a concentrated liquid with water inside your stomach. The same issues can occur if the carbohydrate is too concentrated in your stomach.

Prior to the Event

The night before you and your team do the Spring Challenge you want to load up on carbohydrates. This is often referred to as 'carbo loading'. You should aim to consume a meal largely made up of low GI carbohydrates. Use pasta or rice for the base of the meal with a low fat topping for the rest of the meal. Ideas include pasta with a vegetable based sauce or maybe a chicken or vegetable curry (especially if it includes kumara or potatoes). This type of meal will enhance your body's stores of carbohydrates. To enhance your body's storage of these greater stores of carbohydrates your body will require three grams of water for each gram of carbohydrate, so ensure you drink plenty of water as well. Alcohol will inhibit this process and should be avoided with this meal.

Prior to race start

On the morning of the event you need to consume an energy dense, nutritious meal to top up your carbohydrate stores from the night before.

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You will also need to consume fluid to ensure your hydration level is optimal. Suitable suggestions include:

- Muesli with low fat milk or yoghurt;
- Fresh fruit salad;
- Banana on multigrain toast.

Between breakfast and the race start continue to top up your hydration level. Drinking an energy drink can assist with topping up energy levels in conjunction with hydration levels at this point.

During the event

Maintaining your energy and hydration levels is the main focus of your nutrition whilst exercising. During an event that is over a period of many hours it is important to ensure in the latter stages of the event that you are getting enough slow release energy. Relying on sweet commercial sports products for hours on end is not for everyone, so consider some real food as part of your plan.

During the event I would recommend drinking a small amount of fluid regularly. A sip or so every 15 minutes of either an energy drink or water will ensure your hydration levels are met. However if the conditions are hot (not what is expected at Spring Challenge), this will not be sufficient and therefore utilising two drink bottles, one with water and the other with an energy drink should be considered. Alternate between the two bottles to ensure enough energy is consumed.

Simple to eat high energy products such as muesli bars, dried fruit etc. can be consumed regularly every 30 minutes. Having high GI items such as jet plane lollies on hand can give you a quick boost when you need it and can truly be life-savers when your blood glucose takes a dip.

Each time you return to a Transition Area (TA) is the perfect opportunity to top up with longer lasting low GI food that also tastes great. Simple ideas such as sandwiches, quiche etc. can be grabbed as you start running or biking towards the next TA.

When I worked for an American based Adventure Racing team participating in the six day Southern Traverse AR in the early 2000s, I had four Big Macs delivered into the Southern Alps as a special treat. That was a big morale booster for them all.

Post Event

After the event it is time to celebrate your achievement and I won't take that reward away from you. But prior to celebrating I would encourage you to ensure that you are fully hydrated and have replaced your blood glucose. The body's ability to absorb carbohydrates is greatly enhanced post exercise. This quickly diminishes, so it is important to take advantage of it by consuming a mix of both high and low GI foods. It is also important to consume some form of protein. This is important for both repair and recovery. The optimal ratio is 4:1 carbohydrates to protein. Don't get too pedantic about this. Simply consume some protein after the event.

This is the basic outline for suitable nutrition during an AR such as Spring Challenge. Good luck with your event in September and incorporate as much of this into your training prior to the day.

If you would like some yummy and healthy recipe ideas please check out the [Chef Ray](#) section of my website: <http://www.coachray.nz/category/chef-ray/>

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

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* * * *

How Sitting Strains Your Back



Do you spend a lot of time sitting behind a desk? Remember to take frequent breaks and move.

It's a simple activity that we do every day, whether we're driving to work, typing on a computer at our desk, playing video games or watching television. A sedentary activity, sitting can cause our backs to become strained leading to discomfort or pain. What you may not know is that too much sitting can also cause tightness in the hip flexors, important muscles that are responsible for easy movement.

Get Moving

So, what can you do? One of the best ways to keep back pain at bay is by staying active. This doesn't just dramatically decrease low back pain, but best of all, physical activity is natural, drug-free and fun. Taking walk breaks throughout the day is good for your spine and your overall health.

Looking for a more rigorous exercise? Running, working out at the gym or doing yoga can also help reduce pain.

Boost Your Health

Sitting doesn't just strain your back — it's also bad for your health. Sitting can contribute to a variety of chronic conditions such as high blood pressure, diabetes, heart disease and cancer. When you get moving, you're not only helping your back, but enhancing your health too.

Developing malfunctioning spinal joints from excessive sitting puts needless wear and tear on your spine. Feel better by making sure you're well adjusted.

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

MISCELLANEOUS RESULTS

RECORDS SET AT SCOTTISH NIGHT OF MILES

M50 400m - Alessandro Pinna 53.52 (new National Record)
17/12/2016 Newtown Park
Previous Alessandro Pinna 53.59

M65 400m - Richard Brent 1:07.98
17/12/2016 Newtown Park
Previous Jonathon Harper 1:10:24

M35 Mile - Jonathan Justice 4:28.99 (new National Record)
17/12/2016 Newtown Park
No previous record

M50 Mile - Colin Price 5:30.00
17/12/2016 Newtown Park
No previous record

M60 Mile - Marshall Clark 5:43.68
17/12/2016 Newtown Park
No previous record

M65 Mile - John Skinnon 7:06.00
17/12/2016 Newtown Park
No previous record

M85 Mile - Michael Browne 11:16.00
17/12/2016 Newtown Park
No previous record.

OTHER RECORDS SET AT NEWTOWN PARK AND PALMERSTON NORTH

M35 10000m - Rowan Hooper 32:03.46
03/12/2016 Newtown Park
Previous J Skinnon 33:52.57

W40 10000mW - Arlene Wong-Tung 1:11:59.95
03/12/2016 Newtown Park
No previous record

M45 10000mW - Sean Lake 1:00:32.06
03/12/2016 Newtown Park
No previous record

M50 10000mW - Joseph Antcliff 1:11:59.95
03/12/2016 Newtown Park
No previous record

W70 10000mW - Jacqueline Wilson 1:05:07.75
03/12/2016 Newtown Park
No previous record

W75 10000mW - Daphne Jones 1:15:43.93
03/12/2016 Newtown Park
No previous record

M35 1500m - Jonathan Justice 4:08.12
10/12/2016
Palmerston North
Previous Jonathan Justice 4:18.52

W75 3000mW - Daphne Jones 20:33.59
25/11/2016 Palmerston North
Previous Daphne Jones 21:26.11

W40 3000mW - Arlene Wong-Tung 20:30.49
25/11/2016 Palmerston North
Previous Melanie Watson 21:50.17

M60 60m - Graeme Carruthers 10.23 (wind -2.7)
26/11/2016 Palmerston North
No previous record

M80 60m - David Reade 10.49 (wind -2.1)
26/11/2016 Palmerston North
Previous Jim Blair 11.69

W55 5000mW - Terri Grimmett 32:40.71
27/11/2016 Palmerston North
Previous F McCracken 34:01.7

W75 5000mW - Daphne Jones 35:39.39
27/11/2016 Palmerston North
Previous Daphne Jones 35:43.23

M45 5000mW - Sean Lake 28:38.90
27/11/2016 Palmerston North
Previous Mike Burkinshaw 28:53.2

M85 Triple Jump - Jim Blair 4.92 (wind +0.3)
26/11/2016 Palmerston North
Previous Stanley Hogg 4.88.

ATHLETICS WGTN 5000m CHAMPS – Sat 4th Feb

Pl	Name	Club	Time
W30-34			
1	Sarah Gardner	Trentham United	18:16.76
W35-49			
1	Renae Creser	Kapiti R & T	19:28.89
2	Lindsay Barwick	Wellington Scottish	20:03.55
3	Michelle Van Looy	Olympic Harriers	20:11.87
W50-59			
1	Terri Grimmett	Wellington Scottish	27:35.40
M30-34			
1	Geoff Ferry	Wellington Scottish	16:48.92
2	Trent Stallard	WHAC	18:03.97
3	Peter Murmu	Wellington Scottish	21:56.41
M35-49			
1	Rowan Hooper	Wellington Scottish	15:35.78
2	Stephen Day	Wellington Scottish	15:51.02
3	Jonathan Justice	Wellington Scottish	15:53.87
4	Andrew Wharton	Wellington Scottish	16:15.29
5	Daniel Clendon	WHAC	16:21.27
6	Mathew Rogers	HVH	16:43.06
7	Michael Wray	Wellington Scottish	16:54.19
8	John Beale	WHAC	17:10.13
9	Andy Ford	Wellington Scottish	17:12.28
10	Grant McLean	Wellington Scottish	17:20.77
11	Alasdair Saunders	Wellington Scottish	17:43.05
12	Kevin Pugh	Olympic Harriers	18:25.47
13	Terry Fraser	WHAC	18:58.89
14	Barrie Joslin	Olympic Harriers	19:30.20
15	Chandima Kulathilake	Wellington Scottish	19:59.90
16	Chris O'Connor	WHAC	20:16.58
M50-59			
1	Colin Price	WHAC	18:48.87
2	Richard Martin	Olympic Harriers	20:59.75
3	Neil Price	WHAC	21:34.12
M60+			
1	Richard Owen	Victoria University	24:29.13
2	Richard Sweetman	Wellington Scottish	27:12.36
Race Walk			
W50-59			
1	Terri Grimmett	Wellington Scottish	32:56.12
W60+			
1	Jackie Wilson	Trentham Harriers	32:43.71
2	Daphne Jones	Wellington Scottish	37:40.18
M35-49			
1	Sean Lake	Wellington Scottish	29:38.71
M50-59			
1	Joseph Antcliff	Trentham Harriers	34:28.25
M60+			
1	Clive McGovern	Trentham Harriers	31:00.15
2	Peter Baillie	Wellington Scottish	31:05.98
3	Bob Gardner	Wellington Scottish	33:01.95

Could I Be a Marathon or Half-marathon Walker?

It will probably surprise no one that walking is the most popular fitness activity around the world. More people walk for health, fitness and weight management than participate in almost any other aerobic activity. Walking is relatively inexpensive and can be done most anywhere. It is accessible to individuals having a wide range of fitness levels and it's FUN!

Lots of folks are perfectly content to walk their regular route a few times a week and call it good. But, there is an ever-increasing contingent of walkers who are looking for a new challenge. Although 5k and 10k events are fun, more and more walkers are looking to marathons and half-marathons with an "I can, too!" attitude. And, as walkers and runners increasingly view one another as adventurers on the same path; greater numbers of marathon events are opening their courses for longer hours so that all may participate.

So, have you ever wondered if you could walk a marathon or half-marathon? Most people, barring physical injury or serious illness, can!

Over the years, a very wide range of individuals have participated in a wide range of Marathons and Half-marathons. They range in age from their 20's to their 70's. People come who have been walking a consistent 60+ kms per week and people who are just getting off the couch. I see people in model health and I see cancer survivors, those struggling with heart disease, diabetes or debilitating depression. I see individuals sailing on the highs of life and those coming back after crushing personal crises. Their common link is their desire to accomplish a major physical feat - to walk the 42.2km of a marathon course.

It always amazes me to see people sign up for a marathon event on the day of the Event. That's right - no training, any old shoes, after all it's "just walking"! These are the same folks the support vehicles haul limping off the course in droves between 30-35km. If they finish, most feel as if they've been beaten by a big ole stick for about a week after the event. Do you suppose they think that 42.2km is shorter if you walk rather than run?!

Go figure!

Things to Think About if You're Contemplating Marathon Training

1. Walking takes time. The average marathon walker will require 5.5-7 hours to complete the event. At the peak of training, most walkers are spending 4-6 days and 10-16 hours a week walking. If you have a job, a family, recreational commitments, how much time can you realistically add to your schedule in order to train properly? Are you willing to adjust your schedule and possibly give up some activities to accomplish your training?

2. Make your training plan progressive. Start with the distance you can comfortably complete each week and work up by adding a maximum of 10% of your total distance each week. You'll want to accomplish a number of walks in the 20-30km range in the 6-8 weeks prior to the event. This means you must calculate back from the date of the marathon you are considering to see if (a) your choice is realistic in terms of

time for training and (b) you can adjust your schedule to accommodate the training you will want to do.

3. Different marathons have different challenges. Know something about the marathon you intend to walk. Is it hilly? Humid? Hot? Is it on asphalt? City streets? Forest trails? Will it be at high altitude? Make sure you gear at least a part of your training to the conditions you are likely to encounter. If you train entirely on flat ground for a mountain marathon, for example, you may not be able to finish the event.

4. Use the right equipment. Are you willing to spend \$180-\$280 per pair for the shoes (probably 2 pairs) you will need during your training? Your shoes will support your walking activity for approximately 900-1200km. If you've been wearing yours longer, no matter how good they look on the outside, it's time for a new pair.

Go to a reputable store whose staff are trained in fitting athletes (Shoe Clinic is a typically good store) for endurance events. Take your old shoes with you and plan to spend 45-60 minutes trying on shoes. You should have about a thumb's width of room between the end of your longest toe and the end of the shoe. Be certain there is adequate width in the forefoot so that your foot is not pinched. Your heel should fit in the shoe without slipping up when you walk.

Remember: if the shoes are uncomfortable in the store, they won't get better with wearing.

5. Walkers do get injured. Make the effort to get guidance for a good stretching routine and be willing to be as religious about this aspect of training as you are about the walking itself.

Take care of injuries right away. If you're mildly hurt, then ice the injury and either take a few days off from training or modify distance, intensity and difficulty of your training to allow the injury to heal. It is better to lose a day or two of training than it is to push through pain and risk further injury. When in doubt, ask a sports medicine professional. After all, your body, in good working order, is the main tool you need for an enjoyable marathon event.

6. Walking a marathon is different than running one. While your running buddies can be supportive and a wonderful source of inspiration, remember that there are limitations to the parallels between walking and running a marathon. For one thing, walkers require fewer training kms, perhaps because the time spent training is so much greater.

Beware of focussing overly on time/speed goals. No matter what your walking pace, it's going to take you longer to get to the finish line than an average runner. Walkers who press through every workout for speed tend to be the ones who become injured, physically fatigued and mentally burned out.

Walking a marathon can be a fantastic experience. If you have a solid plan, use healthy dose of common sense along with a positive attitude, you'll accomplish your goal. So, what do you say? Do you still want to walk a marathon? Good! Find yourself a knowledgeable coach and go for it. It just might be the adventure of your lifetime!

Article kindly supplied by Bart Jones.

* * * *

See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

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

Name:

Address:

Post Code:

E-mail:

Telephone:

Masters Centre:

Date of Birth:

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

Athletics NZ Club:

ANZ Reg. No.

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

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

\$0.00

Local Master's Centre Fee

\$25.00

(Circle)

Vetline Subscription (4 issues starting as from January 2017)

Please pay this fee to your local Master's Centre

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

(Circle)

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

(Circle)

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

(Circle)

Local Master's Centre Fee (optional)

Total Fee to pay = \$**Payment Options:** Post, e-mail or hand completed registration forms to **Veronica Gould**.Online Banking: Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00.
(Please insert your name in the reference box)Please make cheque payable to **Wellington Masters Athletics**

Postal Address:

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

Official Use:

Verified by:

2016 / 2017 NZMA Reg. No:

UPCOMING EVENTS

2017:

March

12 Hutt News 5km & 10km Fun Run & Walk Petone

April

8 Great Forest Marathon, $\frac{1}{2}$ Marathon, 10km & 5km Waitarere Beach

9 Tauranga Half Marathon Tauranga

Paris Marathon Paris, France

23 Gold Coast Bulletin Fun Runs, $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km Gold Coast

25 Anzac Day Races 2km, 5km and 10km Carterton

21-30 World Masters Games Auckland

May

6 53rd Rotorua Marathon, $\frac{1}{2}$ Marathon, $\frac{1}{4}$ Marathon & 5.5km Rotorua

June

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

July

1-2 39th Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Gold Coast

Sept

24 Berlin Marathon Berlin

30 Life Flight Handicap Half Marathon (Teams or Individuals) Carterton

Oct

4-8 South Island Masters Games Nelson

Nov

5 New York City Marathon New York
Nelson Half Marathon, 10km & 5km Run & Walk (new course) Stoke, Nelson

2018:

Jan

20-27 OMA Stadia Championships Dunedin

Feb

10 Buller Gorge Full & Half Marathon and Marathon Relay Westport

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.
