

# RUNNING ON EMPTY

The Newsletter of the Bendigo University Athletics Club

VOLUME 2, ISSUE 2

MAY, 2008

## The Streak Running Freak

Robert Kraft has never been on an airplane. He avoids elevators at all costs. He refuses to leave Miami's South Beach -- save for a doctor's appointment, and he hasn't missed his daily run since Jan. 1, 1975. Kraft is a member of a rare breed, a streak runner. He runs every day -- weather, sickness, injury or extracurricular engagement be damned. Some streak runners get their miles in before the sun rises, before the kids must be fed and before the boss needs to see that report. Some sneak out while their co-workers are sitting at lunch. Some prefer a night run, when the road is calm and the air cool. The only rule is that you run, every single day, at least one continuous mile. The United States Running Streak Association defines a run as "at least a continuous mile within each calendar day under one's own body power, without the utilization of any type of health or mechanical aid other than prosthetic devices."

"It has limited my life," Kraft admits. "I'm a prisoner of routine, but I've become comfortable with it." Most afternoons at 4, Kraft can be found, stretching his quads and back muscles at the Fifth Street lifeguard station on South Beach. In the summer, Kraft gets to his favourite spot closer to 5, giving the heat a chance to burn off so the next hour and 40 minutes or so will be as comfortable as possible. After loosening up for 10 minutes, Kraft is off. Over the past three decades, he has gathered quite a following, a mixed bag of wannabes who run with him. Tanned and lean, the "Forrest Gump" of South Beach leads his charges north toward Espanola Way, about an eighth of a mile, though the sand makes it feel twice that. From there, the party buttonhooks south and then backtracks along the same route, pushing past the Fifth Street starting spot, all the way down to South Pointe Park, at the southernmost tip of South Beach. They've now run about 2.5 miles, a circuit that will be repeated two more times. After they all catch their breath, it's into the ocean for a 1/3-mile swim, which Kraft himself will pass on if conditions aren't perfect. Another eight miles completed and logged, Kraft will retrieve his gear from the lifeguard station -- the lifeguards gave him a key 18 years ago -- and walk the few hundred steps to his apartment.

Here, he will spend the rest of the night and the next morning avoiding any activity that could jeopardize his 33-year streak, which began soon after his song writing career crashed and burned in Nashville, leaving him angry, frustrated and looking for distraction. At the time, there was a gym near his apartment and every day he saw the gym members on the beach. He joined them for a few miles now and then, until it dawned on him that those few miles on the sand were the best part of his day. It just made sense to keep going. The only tangible reward for Kraft's 95,000 cumulative miles is the No. 11 spot on the USRSA's active list.

A run every day since January 1975, and Kraft doesn't even crack the top 10. As of Nov. 30, Mark Covert, a 56-year-old teacher at Antelope Valley College in Lancaster, Calif., holds the longest active streak: 39 years, 130 days. In July, Covert eclipsed Bob Ray's all-time streak of 38 years, five days. Second on the list is Jon Sutherland, a college track and cross-country team mate of Covert's, who trails his good friend by about 14 months. "[Back in '69] he wrote me a letter and said that he had run every day for a year," says Sutherland. "So I told him I was going to do it, too." Covert, however, has his own, higher standards. The current record-holder has averaged approximately 9.7 miles a day for 14,344 days, a total of 138,639 miles. Of that total, 26.2 came during the 1972 men's Olympic marathon trials. Covert finished seventh in 2:23:35 behind trials winner Frank Shorter, who would go on to win a gold medal in Munich a month later.

### INSIDE THIS ISSUE:

Training Tips	2
Something to consider	2
Who's hot.....	
and who's not	3
Injury tips	3
Future events	3
Media watch	4

## AB Relays

Many BUAC runners competed at the Athletics Bendigo cross country relays.

Amongst many fine performances, were the victorious teams of:

### Under 12 Mixed

(Dane Heiden, Tedrah Thorpe, Madeline Theobald)

### Under 14 Mixed

(Jake Dynon, Leila Bieleny, Will Hogan)

### Under 20 Men

(Jordan Adams, Tom Kelly, Andrew Buchanan)

40 Plus Men "The Dream Team!"

Wolf Heiden, Leon Hamond, Michael Hogan, Tracey Wilson)

Well done!

## Training tips - running journals

It's an inevitable question that comes up among runners. "How many miles a week are you doing?" The reply seems to slip out so easily from runners' mouths: "Forty miles last week," they'll answer, then fire the question right back. "How about you?" For runners who can answer this question only by saying "I run until I'm tired" it's time to organize your running life with a journal. A running log is a great way to record mileage while observing your habits and your routine. It's human nature to be competitive, not only against everyone else in the race, but even against ourselves. You can take your workout to the next level by recording how much you ran a certain week, month or year. You will be motivated to run faster and cover more distance by looking at your data. Over time, you will have a written chronicle noting your progress, and you will see an improvement in your running times and distances. If you are computer-savvy and want to keep track using your PC, you can download free running logs off the internet. Otherwise, use a notebook and jot down the days of the week on the side of the paper, then list your headings across the top. A suggestion is to include distance, time, route, how you felt, aches or pains and the weather. Be sure to leave room to report on the little things in life that are important, too. Include entries like "I wore the neon green running shorts that I bought off the clearance rack, and I don't know what I was thinking," or "That's the last time I run the Kairn Road Killer!" It will be fun (and surprisingly informative) to look back in a month, a year or even a few years to see where in life you were at that point, running-wise and in other aspects. Runner Kate Langstaff, a 27-year-old development associate, keeps a journal. She says her running log motivates her to feel good about the form of exercise that she has chosen and her accomplishments. "I like to look back at the race times that I achieved, friends that I have run with and the horrible snowy or rainy weather that I have run through," she says. "Looking back at the journal triggers lots of good memories and motivates me to run more." Mike Penttila, a 48-year-old engineer, has kept his running log for more than 20 years. "I refer back to it quite often to see how long I've run with a certain pair of shoes, how long a particular loop is, the progress I make in improving my time, my general impressions of my health that day and what the weather is like," Penttila says. Your log will become a part of your running life, so be creative and include as many or as few details as you want with the specifics that matter to you. You'll enjoy looking back and seeing something out of the ordinary in your log. Langstaff says she adds a personal touch by listing the number of runners she sees. "I count them to keep my brain occupied," she says. "I sometimes write down the names of dogs or friends that run with me. I add running quotes, clips from running articles, magazine pictures and photos of me at races on the pages opposite from my writing." Penttila uses his log to record all his exercise. "I put in days I ride my bike, swim, walk the dogs or hike," he says. "My information consists of the date and time, what kind of activity, what equipment I used, mileage and time duration. Lately I've been using a heart-rate monitor, so I keep track of the time above the zone, below, in and the average. I also keep track of my resting heart rate and my weight. "Many things contribute to a great run," he says, "and keeping track of certain data such as weather and general health helps you to understand conditions and replicate them." The next time someone asks you how many miles you are doing, you'll know the exact number not only for your last week of running, but also for the months and, eventually, years before. You will have a record of an important part of your life, which can be a valuable tool in training for races, preventing or pinpointing the causes of injuries and determining what type of workout is most successful for you.

## Something to consider



# Injury Tips delayed onset of muscle soreness (DOMS)

Delayed onset muscle soreness (DOMS) is the pain or discomfort often felt 24 to 72 hours after exercising and subsides generally within 2 to 3 days. The cause is thought to be tiny tears in the muscle fibres caused by eccentric contraction, or unaccustomed training levels. Lactic acid build up is also considered a major influence.

Although the precise cause is still unknown, the type of muscle contraction seems to be a key factor in the development of DOMS. Exercises that involve many eccentric contractions, such as downhill running, will result in the most severe DOMS. This has been shown to be the result of more muscle cell damage than is seen with typical concentric contractions, in which a muscle successfully shortens during contraction against a load.

Some research claims that DOMS is not caused by the pain from damaged muscle cells, but from the reinforcement process. The muscle responds to training by reinforcing itself up to and above its previous strength by increasing the size of muscle fibres (muscle hypertrophy). This reinforcement process causes the cells to swell and put pressure on nerves and arteries, causing DOMS.

DOMS typically causes stiffness, swelling, strength loss, and pain. Continued exertion of sore muscles can cause further swelling and pain, and lengthen the period of muscular soreness. There is some scientific evidence that further training—a so-called second bout—has no negative effect on the reinforcement process. Training in a state of constant soreness would be uncomfortable, although one may be able to adapt to it.

The relationship between muscular soreness, the rest required and hypertrophy is a contentious topic in bodybuilding. Claims that perpetual muscular soreness assures muscle growth are opposed by reports of stagnation through overtraining.

Continued page four.

## Who's running hot, and who's not

**Who's hot** 1. Tim McCullagh. A great start to the year, with second in the Dragon Mile (4.23 for 1600m) and a new record for the College Classic.

2. BUAC Dragon Mile junior runners, including Nic Moloney, Tom Houlden, Madeline Evely, Madeline Theobald and Dane Heiden all gained podium finishes in their races.

3. all of the BUAC runners who ran at the Eaglehawk Half Marathon. A large amount of BUAC runners, with the likes of David Meade, Hannah Blair and Tim McCullagh doing well.

4. Russell and Jackie Tremayne, and Kevin Walsh, who completed the Australia Ironman in Port Macquarie. An amazing effort considering the difficulty of the "undulating" marathon course.

5. Madeline Evely for breaking the Year 8 800 and 1500 metre records at Catholic College, and Mikayla Wilson for being the Year 9 Catholic College girl's athletic champion.

**Who's not...** Barry Hall (great punch though).

## Future events

### Events in Victoria

**28/04 - 22/09** - Athletics Victoria Winter Series 3.8-21km  
10 run series in Melbourne, open to all levels of runner.

([www.athsvic.org.au](http://www.athsvic.org.au))

**27/05 - 09/12** - Sri Chinmoy Races 10-42km

([www.srichinmoyraces.org.au](http://www.srichinmoyraces.org.au))

**07/10** - Melbourne Marathon 10/21/42km

([www.melbournemarathon.com.au](http://www.melbournemarathon.com.au))

**09/01 - 31/12** - Victorian Road Runners 5 - 21km

([www.home.vicnet.net.au/roadrun](http://www.home.vicnet.net.au/roadrun))

**Cool Running Website**

([www.coolrunning.com.au/calender/vic](http://www.coolrunning.com.au/calender/vic))

### Local Events

**03/05** Cedar Drive Dash 500m/1/3/7km - new starting position for a popular run.

**10/05** YMCA Invitation 2/4/6km - considered by some to be as interesting as watching grass grow.

**17/05** Guy's Hill Heartbreak 500m/1/3.75/6.6km - Oh the pain! Wayne Forbe's course lets you know you're alive. Just don't get lost, injured or kicked by a mountain goat.

**24/05** South Bendigo Invitation 1//1.5/3/6.5km

**31/05** Diamond Hill Dash 500m/1/3/6km - undulating run with a long hill at the end. Marked by Gary Crouch since Duran Duran were in the charts, and Fitzroy played at Princess Park.

## **Bendigo University Athletics Club**

### **Race Day Contacts:**

Club President - Justin Lee

54497014

0417132993

Treasurer - Jenny Jones

54413305

0410448245

Handicapper - Alan Buchanan

54444010

Feel free to make suggestions for our newsletter. Ideas, news and the little bit of idle gossip help to fill these pages. Contact Pat Kenny on 5442 3431, or email [mpken1@bigpond.com](mailto:mpken1@bigpond.com) with any ideas or information. The more you contribute, the better this newsletter can be.

## **Newsletter Classifieds**

**Wanted:** Bulla yoghurt containers for drinking cups (those types supplied with the water, after our races). Must be Bulla types as they are plastic and can be washed repeatedly. See Gavin Fiedler.

**Don't forget:** Wayne Forbe's training sessions on Wednesday at 6.00pm. Ideal for those wanting to improve their times. See Wayne for details.

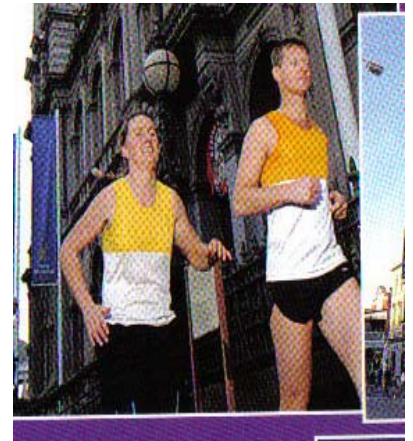
## **Injury tips continued**

Stretching before and after exercise has been suggested as a way of reducing DOMS, as has warming up before exercise, cooling down afterwards, and gently warming the area. However, there is also evidence that the effect of stretching on muscle soreness is negligible. Overstretching itself can cause DOMS. Some recommend "contrast showers" as a treatment, alternating between cold and hot water; this may increase circulation.

## **Media Watch**



Alan Buchanan spotted in the Advertiser looking the odd man out. "Ere, have either of you chaps seen my bicycle?"



Jenny and Justin in a promotion for the Lakeside Fun Run. The camera loves them.



John McCullagh, some other blokes and Geelong footballer Joel Selwood. John is doing very well to contain his excitement.