

RUNNING ON EMPTY

The Newsletter of the Bendigo University Athletics Club

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Jogger Typecasting

I was out driving just the other day, at around 6:30 pm, and I was amazed at the transformation that the quiet streets of the city undergo at this time. For this is the time that belongs to one group of people; too early for the night owls, yet too late for the workers and commuters. No, this is the (excuse the cliché) twilight zone, which belongs to the joggers. They come out in hordes, young, old, fit, fat, tall, thin, all sorts. It is uncanny. I was so stunned by this phenomenon that started a detailed study of these people trying to sort out who they are, and I think I finally categorised them all.

Equipment Boy - Always male, Equipment Boy runs slowly and only for short distances. He thinks his chances of getting fit will be improved if he wears spandex shorts, a heart monitor, new trainers, a sweat band and sports a new drink bottle. His chances of actually achieving his goal are unrealistic.

Power Walker - It's not strictly jogging, but it deserves a mention. Most often found in parks.

Scruffy Jogger - These joggers stick usually to back streets. Without any of the money of Equipment Boy, Scruffy Jogger also longs to become fit. He thinks that by appearing in the most hideous and ragged clothes he will scare off the calories. Scruffy Jogger doesn't as much "run" as "shuffle" along giving him the appearance of the ill-dressed, staggering zombies from a B-grade horror film.

Speed Jogger - This breed doesn't as much "jog" as "sprint". These joggers rarely run very far, and while they look quite impressive, there is a serious lack of forethought and Speed Jogger almost always overrates his abilities, and can often morph into either Equipment Boy or Scruffy Jogger depending of what Speed Jogger is wearing.

Oops Jogger - This breed of jogger is the unintended runner, often found in inappropriate clothes; jeans, suit etc. They are often seen around town and, if you know what you're looking for (despite their best efforts, an Oops Jogger is quite easy to spot in a meeting, they will usually arrive "just" in time, and a tad out of breath). They are also quite commonly found on their way to florists, so you can invariably start a conversation with "birthday or wedding anniversary?"

Social Jogger - Sometimes found in packs, social jogger can range in speed and fitness levels. Usually the friendliest of all jogger sub-species. A kindly word or a nod is all you need to illicit a "G'day mate" or "Nice evening for it" from a Social Jogger.

Sometimes there are mixed breed species of jogger. These are often the most dangerous of all joggers, and should be avoided at all costs. The worst combinations that can occur are invariably the "Oops Power Walker" (a vicious breed devoid of all manners and social graces they will bustle, barge and bump their way through crowds and nothing will stop them short of their goal) but they still pale compared to... the absolute worst inbred jogger however (and God help you if you meet one) is a "Social Equipment Boy". This jogger can haunt you for weeks, and he will attempt to assimilate you into his social mix by four hour demonstrations of how great his gear is, interjected occasionally with comments about the ever increasing cost of his gear and how wonderful his life is now he jogs. **Warning** - Social Equipment Boy Syndrome is contagious, so if you find yourself plagued by one or more Social Equipment Boys, run quickly for over twenty minutes and you should shake them off. .

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Buy your running shoes later on in the day when your foot is at its widest. The human foot tends to expand by a few millimetres and in some people it can expand up to 2cm at the end of the day.

Change your running shoes after 560-640 kilometres as the mid sole and the heel begins to degenerate. The shoes can still be worn for casual wear but are not suitable enough for the pressure of running.

Training tips—running in the cold

Intensify efforts to run safely in times of adverse weather conditions. The cold should not stop you if you dress properly and adjust your plans. Some tips to keep in mind:

- Precede your run with a good set of warm up exercises.
- Wear multiple layers of clothing. A wide variety of clothing is designed specifically for cold weather running. Absorbent cotton should be worn next to your body.
- Wool insulates well and will help retain body heat even when wet. A nylon windbreaker is a good outer layer and can be removed and tied around your waist if not needed. Experiment to find the best clothing combination for you.
- Make sure your head and neck are well protected, as a significant amount of body heat is lost through these areas.
- Protect your extremities from exposure to prevent frostbite. In the early stages you will notice a burning sensation in the skin. Skin colour will change from red to purple to white. If you notice a white, sensitive area, get out of the cold immediately. Contact a physician.
- Plan your course to run against the wind as you begin and with the wind as you return.
- Shield yourself from the wind whenever possible.
- Remember that any terrain becomes treacherous when covered with a thin layer of ice or water. The results are poor footing, for the runner and the dangerous possibility that a car may skid or slide.
- Always ensure a margin for safety when running on a road.
- Know the warning signals of hypothermia; a feeling of disorientation, loss of hand coordination, slurred speech, difficulty walking. If you are shivering, seek a warm place at once.
- Do not run long distances alone in adverse weather conditions. Observe running companions for signs of cold injury.
- Remove wet clothing as soon as possible. Wet clothing increases the risk of cold injury.
- Remember that replenishing fluids is just as important in the winter. Whiskey or Ginger Stones do not constitute as rehydrating fluids in the cold.

Consider another form of exercise, such as Uno, when adverse weather conditions make running dangerous.

Injury tips—abdominal pain

Abdominal pain in runners is a very frequent problem. The two most common areas involved are,

- the abdominal wall muscles ("stitch") and
- the gastrointestinal system.

In the former, cramps occur as a result of very vigorous breathing and are thought to be related to decreased oxygen supply to these muscles. Usually, slowing down and grabbing or massaging the affected muscle will alleviate the pain. Triathletes have the added burden of having to exercise in 3 different body positions. The change from one sport to another can put sudden demands on a muscle group that may not have been as extensively used in the preceding sport.

Gastrointestinal (GI) complaints take a variety of forms -- eructation (belching), flatulence, nausea, vomiting, diarrhea, bloating, intestinal cramps, and stomach ache. Running causes more GI complaints than swimming and cycling. In some studies on marathon runners and triathletes, up to 40 - 50% experienced some form of GI complaint.. While not everything is understood about why this happens several concepts have emerged from the literature. Dehydration contributes significantly to GI disturbances, especially when >4% of body weight has been lost.

A few points about dehydration. The maximum rate of gastric emptying, and thus absorption, during exercise is approximately 800 ml per hour. The maximum sweat rate can average close to 2 litres per hour. Thus even if you hydrate as much as possible during a race you still can't match losses. Hyperhydration (drinking 400 - 600 ml of cold water 10 - 20 minutes before exercise) can help delay dehydration. Cold liquids are emptied from the stomach at a faster rate than fluids at body temperature. The greater the volume in the stomach the faster the rate of emptying -- up to a point. This is reason behind the recommendation to drink every 10 - 15 minutes, but one should avoid having too much volume in the stomach since this gives the uncomfortable sensation of a "full stomach". Another important point is that gastric emptying is delayed by simple sugars -- a 10% glucose solution can decrease the emptying rate by 50%. The delay appears to be due to osmolality.

Linking the glucose molecules into larger chains decreases the osmolality and slow gastric emptying. This is the reason so many sports drinks have maltodextrins and other long chain polymerized carbohydrates. Studies have demonstrated that many of these commercial products have slightly stronger hydrating properties to water. Also, drinks containing less than 10% glucose (or other simple sugars) are very well absorbed -- being nearly equal to water. Continued page three.

Iso- and hypotonic liquids are good for hydration. Athletes should definitely avoid hypertonic beverages.

With respect to pre-race diet, a 1992 analysis during a 1/2 Ironman revealed some interesting features related to GI complaints. All of the triathletes who had eaten within 30 minutes of the start vomited while swimming. If the pre-race meal (eaten anytime) had a higher fat or protein content, vomiting was more common. Hypertonic beverages caused more severe GI symptoms during the race. All of the triathletes who experienced intestinal cramps had eaten fibre-rich foods in the pre-race meal.

Another study looked at carbo loading in the days prior to exercise. One group ate the traditional pasta and rice diet, while another group ate less, but substituted the difference with a maltodextrin drink (supplement). Both groups had similar muscle glycogen concentrations (as determined by muscle biopsy) and treadmill times until exhaustion, but the supplement group had less GI complaints.

Minimize residue in the upper digestive tract as this may benefit some who suffer during a race. Athletes may accomplish this by supplementing with a high carbo beverage, and decreasing their intake of fibre and "heavy" foods the day before, and the morning of, a race. It is important that caloric needs not be compromised.

A final point to consider is that most athletes adapt and have less GI complaints as their training progresses. There certainly is no one right answer for everyone, but hopefully as you learn more and experiment with your diet and hydration, the symptoms will lessen.

Severe, progressive GI symptoms may be signs of a more serious problem and athletes are advised to consult their doctor.

Who's running hot, and who's not

Who's hot... -all of the runners who competed in the Athletics Victoria Coliban Relay from Harcourt to Bendigo. A big thank you to those who volunteered their time as marshals and bus drivers.
-to all of those who ran in the Gold Coast marathon. BUAC runners for the full were Jeff Pethybridge (3.23), Geoff Moulday (2.49; 4th in his category), Andrew Evely (3.44), Lisa Wilkinson (3.13; 6th in her category), Maria Slater (3.20; 7th in her category, with Ned 4th in his category for the 10km), Frances Walsh (3.44) and pseudo BUAC member John McGrath (3.22). Tracey Wilson (1.29), Hannah Blair (1.32) and Jessica Pethybridge (1.58; 7th in her category) ran the half. All great results.
-congratulations to all BUAC runners who competed in the South Bendigo Invitation.

Who's not... -all BUAC members who have old TVs, and can't get One HD.

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)

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

(www.srichinmoyraces.org.au)

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

(www.melbournemarathon.com.au)

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

(www.home.vicnet.net.au/roadrun)

Cool Running Website

(www.coolrunning.com.au/calender/vic)

Local Events

11/07 Kangaroo Flat Falter (500m, 1, 3, 8km) - a rare run on the western side of town. The first kilometre makes you feel like Craig Mottram, as it's all downhill.

18/07 Junourtown Jog (500m, 1, 3, 8km) - a great run through bush and sealed roads. Not too hilly.

25/07 Picaninny Plod (500m, 1, 4, 7km) - a nice jaunt through the bush, until you are confronted with that nasty hill at the very end of the journey. The thought of walking the last fifty metres has passed through many minds at this stage.

01/08 Piepers Plunder (500m, 1, 4, 8km) - a nice two by four kilometre trail. With a fast flat section included.

Bendigo University Athletics Club

Race Day Contacts:

Club President - Wolf Heiden
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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 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.

Training: remember Wednesday night training at Lake Weerona. Contact Wayne Forbes if interested.

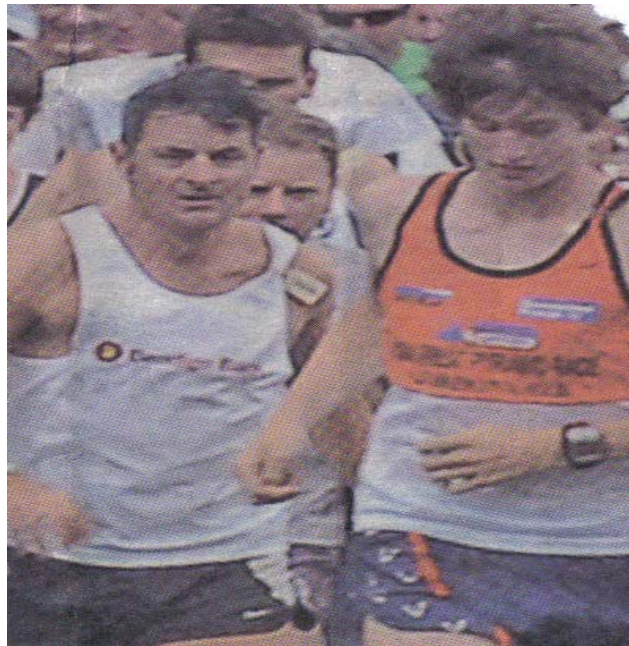
Website: visit
“www.bendigouni.com”
For all of your BUAC information.

Facebook: join “Bendigo University Athletics Club-Uni Pride!”

Something to consider

- I go running in the morning, before my brain figures out what I am doing.
- I'm in shape... "Round" is a shape, isn't it?
- The trouble with jogging is that by the time you realize you are not in shape for it, it is too far to walk back.
- My first job was in a running shoe company; I tried but I just didn't fit in. So then I got a job in a gym, but they said I wasn't fit for the job.
- If athletes get athlete's foot, do astronauts get mistletoe?
- If you jog backwards, will you gain weight?
- If a jogger runs at the speed of sound, can he still hear his Walkman? (80s joke)

Media watch



Russell Jenkins stalking his prey in the 2007 Lakeside Fun Run. Is that the top of Tracey Wilson's head just behind Russell? He never misses a photo opportunity.



David Meade, with game face on, about to let his legs do the talking.