

# RUNNING ON EMPTY

The Newsletter of the Bendigo University Athletics Club

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## Running with ADHD

In a way, Robert Bartholomew has been on the run his whole life. Diagnosed with attention deficit hyperactivity disorder (ADHD) at a young age, Bartholomew struggled in traditional classroom settings and was nearly forced to leave his middle school for a special education program. He was chased from two Boy Scout troops after leaders complained about his high-energy behaviour, and his teachers doubted he'd make it through high school. Howard Collier saw something different. Collier noticed Bartholomew in the hallways at Roosevelt High School and asked him to run cross country. "He looked at me like I was crazy," Collier said, "but he came out and tried it." Collier might have questioned his own sanity the next day, when 5-foot-3, 140-pound Bartholomew, sporting a long ponytail and glasses, got lost on the team's first warm up run. "He's a bundle of energy," the third-year coach said. "He is always, always talking."

The gamble has paid off for both Collier and Bartholomew, and not just on the cross country trails. Bartholomew has a 3.8 grade-point average, has fully integrated into regular classes at Roosevelt and is closing in on earning his Eagle Scout award. "If it wasn't for sports, I probably wouldn't be in school," the slender Bartholomew acknowledged before a rainy practice. "It's a way for me to get all my energy off." Bartholomew is running fast, too, and Collier expects him to qualify for the State meet. "Bart," as his teammates call him, is the second-fastest Roosevelt runner behind fellow junior Bjorn Frederickson. After struggling his first year because of diet and fitness problems, Bartholomew cut seven minutes from his 3.1-mile race time last season, and this year has clocked a 15:55. That puts Bartholomew on pace for a top-10 finish among 4A runners. "I can't believe it, it's amazing," Collier exclaimed. "Last year, he finished sixth in J.V., and this year he's my second varsity runner. Running has changed his life."

Hal Johnston, Roosevelt's director of special education, said that though there is no clinical proof that athletics help ADHD students, Bartholomew has proved the plan has merit. "There's a lot of controversy, but yes, for most of the kids I deal with, sports have been very beneficial," Johnston said. "For any condition, sports gives self-confidence and that's a huge issue." Look no further than Robert's mother for proof of athletics' therapeutic effect. "He's a lot happier now. Middle school was a nightmare for him – you had to behave first, then play sports, so he was never allowed," said his mom, Georgia. "And he's more motivated to do his school work because he knows he has to keep his grades up to play sports. Now he's living for running."

Bartholomew, who also swims for Roosevelt, attended the elite SPU running camp on Whidbey Island this summer and wants to help the school win its first league title. His individual accomplishments are not lost on him, and Bartholomew aspires to be a role model for other ADHD students. "If people ask me if they should try running, I'll tell them to," he said. "Or maybe another sport, because not everyone is a runner." Georgia Bartholomew has relished watching her son improve his social skills, and even teases him that girls talk to him more now that he's running fast. "I call him my social butterfly," she laughed. "(Running) has been great for him; a lot of people only have bad contact with (ADHD) kids." Robert's illness still requires him to take medication, though only during school hours. On race days, Bartholomew works to manage his high-energy tendencies with the demands of long-distance running. "Before races, I get pretty tensed up; it kind of drives Coach crazy," Bartholomew said. "But when the race starts, I try to take some deep breaths and focus on my second mile." Bartholomew and Collier have turned one potential ADHD obstacle into a pre-race ritual. "Howard ties (Robert's) shoes before every race," Georgia Bartholomew explained. "Robert can't do it – he gets too nervous."

Bartholomew's teammates chuckle about his high-energy style, but let Robert be himself without judgment or criticism. After all, if Roosevelt is to bring home a title, it will need Bartholomew's speed. Beyond winning and losing, the team knows running has a higher importance for Bartholomew. "We're sort of all he has," sophomore runner Eric Sorensen said. "We're like his family, and he cares about it a lot."

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If you decide to run in cold weather then take it easy. Studies have shown that long, intense activity such as running can make you susceptible to colds. Try and drink a high carbohydrate energy drinks on the run, it will help maintain your immune system. Eating fresh vegetables and taking vitamin C can also help prevent a cold while running in cold conditions.

## Training tips - tapering

Here are some secrets from marathon legend, Alberto Salazar for your peaking phase -- the last 14 days before your big race:

### 1. Secret: Don't change your weekly running routine

Our bodies and minds like routine. If you run four days per week, then run four days per week during your peaking phase. If you run six, then run six. You'll feel flat if you suddenly run less frequently than normal. Exception: Runners who are nursing a sore muscle or niggling injury may take an extra day off each week during the peaking phase. But, don't take it the day before the last long run or the race if you don't normally rest the day before your long runs. This risks feeling flat on race morning.

### 2. Secret: Reduce weekly training volume, but not too much

Over the last 10-14 days before your race, you should progressively reduce the volume of your running. Two weeks out from the race, I like to reduce the daily volume by 10-20 minutes or so. The week of the race, reduce approximately 20-30 minutes. This, along with the normal reduction in your long run length as the race nears, will drop your overall running volume in line with what we know from research (and, more importantly, from practical experience) to the level that allows the body to get prepared for a peak performance. Don't make the common mistake of dropping your volume too much. This takes your body out of its routine and can leave you stale on race day. My opinion is that more runners fail because of tapering too much rather than not enough.

### 3. Secret: Keep the engine revved

While we may want to reduce the volume of running, we do not want to reduce the intensity of our workouts. In fact, we may want the intensity to increase. You want to keep your engine revved, the pumps primed. Never race your workouts, but during the peaking phase, don't back off in them either. I've found that some fast running in the peaking phase helps bring the body and the mind to tiptop condition on race day.

### 4. Secret: Plan your strategy and stick with it

Most distance runners have the same race strategy -- start conservative, build into race pace, run as efficiently as possible and get as deep in the race as possible before you have to pull out your superman or superwoman powers to get you to the finish line. Yours may vary, depending on your strength and preferences. No matter what your strategy, however, stick with it. For most runners, their pre-race strategy is the best strategy. Be open to change if the conditions change, but for the most part, you know what you need to do so, just get out of your own way and let the race unfold as planned.

### 5. Secret: Reflect on training to build confidence

I like athletes to reflect on training in two ways. First, think back on a particularly tough workout, something where you didn't feel great but you gutted it out. You were tough. This shows that you can do it. You are tough. You can handle the ups and downs of running and get to the finish line. After this retrospection, think back to your best workouts or races. Really re-live them in your mind. Bolster your confidence knowing that you are fit, fast and ready. Bring on the race! Get excited to go out there and perform like you know you can! Your training successes should build your confidence.

### 6. Secret: Have fun and smile

Let's face it. Most of us aren't going for an Olympic gold medal here. We are simply enjoying the challenge of doing our best. There is no real pressure, so quit putting so much on yourself. We run for fun, and you should remember that. Have fun! I encourage runners to smile a lot in the final days before a race. Smiling puts you in a better mood, and that can play a big role on race day.

It's only through having a positive, happy mindset focused on doing your best, combined with a well-trained body that is rested but revved, fuelled and hydrated that helps you race at your best.

## Something to consider

Ten signs you're not in the best shape:

10. When you look down in the shower, all you see is belly and the tip of your second toe.
9. You have a 0% chance of putting on your shoes without sitting in a chair.
8. You pull a hamstring going to get the mail.
7. Your legs rub together so much you're not allowed to enter national parks for fear of starting fires.
6. You have the only pair of D-cups that I don't care to see.
5. You contemplate buying one of those "old folks" scooters every time you see one around town.
4. Your idea of a "long run" is when the local McDonalds is closed and you have to go to the one at Kangaroo Flat.
3. Your knees left a suicide note on the bathroom counter.
2. When you sit on a cushioned toilet seat it sounds like a truck just let out its air brakes.
1. You were passed at your last 5K by the 7 year old kid picking up the cones at the end of the race.

but then, ten signs you are a runner:

10. You live in the Australia and actually know how far a mile is.
9. Your thighs and armpits are covered in lube, but have no plans of anything remotely erotic.
8. Your favourite food group is carbohydrates.
7. You have the memory of a 95-year-old: you limp across the marathon finish in complete pain and start training for the next one two weeks later.
6. You can name the exact distance from your home to every landmark in town.
5. You look like an extra from Schindler's List.
4. You can eat 4,000 calories and still be negative calories for the day.
3. You have been chased by a dog/or been hit by a car.
2. Your drug of choice is Gatorade.
1. You have some weird tan lines.

## Who's hot and who's not

**Who's hot...** - BUAC marathon legends Jenny and Alan Buchanan, and pseudo BUAC member John McGrath, for their performances at the Rotarua marathon in New Zealand. Jenny finished second in her age group....choice bro!

- well done to Ellie Wilson and Tom Houlden for making the state cross country finals. More young BUAC runners to keep an eye out for as they effortlessly glide pass you.

- Tim McCullagh, for winning the Athletics Bendigo Rising star Award.....next winner....Andy Buchanan (who's running very hot recently with his win at the BUAC Invitation)?

- Lisa Wilkinson, Hannah Blair, Ingrid Douglas, "Iron Mike" Bieleny, Leon Hamond, Gary Crouch, Jake Russell, Madeline Evelyn, Leila Bieleny, Bailey Evans, Dane Heiden, Sam Rose, Harry Jackel, Ellie Wilson and Tim McCullagh for their age group podium finishes at the BUAC Invitation.

**Who's not...** any cast member of Home and Away!

## 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

**13/06** - Rifle Range Rattle (500m, 1, 3, 8km) - great run around a suspicious military "no-go" zone. Intrigue and fitness in the one race.

**20/06** - Pears Road Rally (500m, 1, 3.6, 7.5km) - followed by the club's midyear night out...put your name down for this now!

**27/06** - South Bendigo Invitation.

**04/07** - Coliban Relays - a chance for BUAC members to represent Bendigo against other metropolitan and regional clubs. Your chance to see some of the state's elite in action.

## **Bendigo University Athletics Club**

### **Race Day Contacts:**

Club President - Wolf Heiden  
5443 1684  
Treasurer - Shane Rushan  
5442 7343  
Handicapper - Brad Russell  
5443 9378

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.

**Remember:** Wayne Forbe's training group on a Wednesday evening. Perfect for those wanting to improve their running.

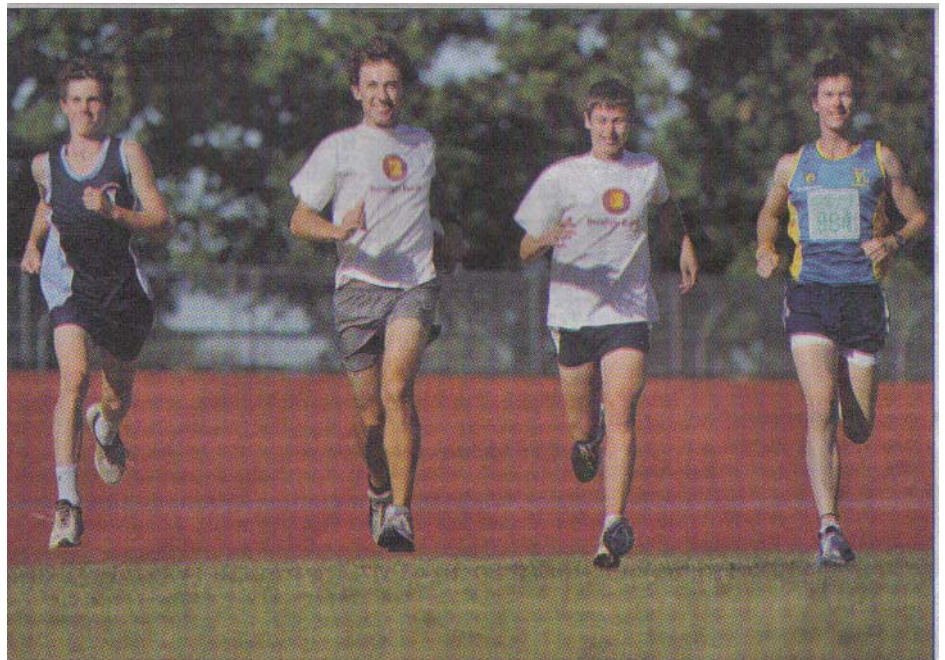
**Website:** visit  
“[www.bendigouni.com](http://www.bendigouni.com)”  
for all of your BUAC information.

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

## **Media watch**



Sprint fiend Tracey Wilson with a group of people including a bloke who looks like “Dr Phil’s” older brother on Tracey’s right.



Bendigo’s version of the Four Musketeers, including BUAC’s own Lee McCullagh.