

Running on Empty

The Newsletter of the Bendigo University Athletics Club

Volume 4, Issue 3, June 2010

The Buchanan's Paris vacation

On Sunday 11th April 2010, Jenny and Alan Buchanan made the trip to Paris to run in the 34th Paris marathon. Jenny has kindly taken the time to document the day for "Running on Empty".

Another great experience!

A cool breezy morning greeted us as we lined up, along the Champs Elysees at 8.45am. Joining me on the run was Alan, pseudo BUAC member John McGrath, and Eric and Tristan, a couple of Melbourne guys. (Check out www.runlikecrazy.com Tristan is running 52 marathons in 52 weeks).

Like the New York marathon, the registration is capped at 40,000 runners. Unlike New York we had the luxury of being only a 10 minute walk from the start line. Starting and finishing at the Arc De Triomphe, the route takes you through the suburbs of Paris, Bastille, Nation, Vincennes and Les Tuileries. Past famous landmarks such as Place De La Concorde, Musee Du Louvre, Hotel De Ville, Place De La Bastille, Chateau De Vincennes, Cathedrale Notre-Dame, Musee D'Orsay, Grand Palais, Eiffel Tower and the Seine River.

The first we knew that the gun had sounded was we started to shuffle along the cobblestones, picking our way over discarded drink bottles, clothing, newspapers & plastic ponchos. After 6 minutes we crossed the start line. It was certainly a buzz as we passed by the now familiar landmarks, having arrived in Paris 3 days earlier. The wide street of the Champs Elysees soon narrowed to 2 lanes past the Louvre and then single lane through the Parisian Woods. This all contributed to the congestion and a fast time was never on the cards.

They don't have drink stations, as we know them. They have Refreshment Stands at which you can get bananas (18,000 kg), oranges (17,050 kg), dried fruit (2,000 kg), sugar cubes (2,000 kg) and of course water (440,000 bottles) These stats are from 2009 marathon but you get the idea.

Also a massage facility area on route, for anybody who required one, and around the 37km mark there was also a stand offering wine and cheese for anyone who wanted to partake. I remember thinking stopping at either of these and you wouldn't get started again.

95 countries were represented, with 30% Parisians, 38% Provinciaux and 32% from overseas. This year from the 31,566 starters, there was 30,976 finishers, 25,239 Men & 5,737 Women.

After the marathon, Alan & I then headed down to the South of France. We stayed in Bedoin for 6 nights, where we did lots of day trips. On the last day we hired bikes and rode up Mt Ventoux. Another great experience, and a must for any bike enthusiasts.

After that it was back to Paris and onto a bus tour that took us to Barcelona, Niece, Florence, Rome, Venice, Vienna, Lake Lucerne, Heidelberg & finishing in Amsterdam. On the way back we spent 3 days in Dubai. A definite contrast to what we had experienced over the past 4 weeks.



SEVERAL Victorians contested the recent Paris marathon which attracted a capacity field of 40,000 runners.

The Paris race has a great history and was first held in 1896 when there were 191 participants. This year's winner was Len Hurst of England, who collected prize

money of 200 francs.

The Bendigo trio of John McGrath, Alan and Jenny Buchanan (pictured) have competed in marathons around the world but this run was something special and after running through the scenic surrounds of the Champs Elysees, Eiffel Tower and No-

tre Dame Cathedral they reached the finish line at the Arc de Triomphe.

Along with the Berlin and the London marathons, the Paris event is one of the most popular long distance running attractions in Europe.

With another major distance event behind him Mr Mc-

Grath is not resting up and on July 4 he will run in the Gold Coast Marathon.

This will be the fifth time he has contested the event and in October he will line up for his seventh Melbourne Marathon.

Also on the radar is the 2011 Boston Marathon.

This article appeared in the Bendigo Weekly a few weeks after the Buchanan's visit to France. That's definitely John McGrath on the left, but who are those two imposters on the right?

Training tips

Fifteen mistakes runners make

If you are training to run a race, then you probably know that there is plenty of advice available -- on the Internet, on videos, from coaches, and from others -- on training correctly.

In contrast, here are fifteen mistakes that you can make while training to run a race.

Mistake #1 - Have no goal.

As Lewis Carroll wrote in *Alice in Wonderland*, "If you don't know where you are going, any road will get you there." If you do not have a goal, then any running workout will get you there.

Mistake #2 - Be inconsistent.

If you inconsistently follow a workout schedule -- say, for a marathon or other endurance race -- then you should expect inconsistent results.

Mistake #3 - Drink when thirsty.

By the time that you become thirsty, you are already dehydrated.

Mistake #4 - Eat when hungry.

When you are on a long training run, you may not feel hungry even though your energy stores can be depleted.

Mistake #5 - Wear old shoes.

The foam and other materials in running shoes break down over time.

Mistake #6 - Wear old socks.

Wicking socks lose their perspiration-wicking power over time.

Mistake #7 - Wear a cotton top and shorts.

Cotton does not wick perspiration from the skin.

Mistake #8 - Go without a cap in sunlight.

Take your pick: sunburns, wrinkles, or skin cancer.

Mistake #9 - Wash your shoes a lot.

If you repeatedly clean your running shoes in a washing machine, then you will shorten their life dramatically.

Mistake #10 - Dry your shoes in a dryer.

Drying shoes in a clothes dryer will cause them to fall apart.

Mistake #11 - Buy shoes from a big-box athletic store.

Big-box stores do not have the shoe variety and fitting expertise that you need to avoid shoe-related injuries.

Mistake #12 - Train hard every day.

All work and no play make Jack a boring -- and injured -- person.

Mistake #13 - Skip core workouts.

If your core is not strong, then your posture is not strong. If your posture is not strong, then you will be inefficient and more likely to get hurt.

Mistake #14 - Skip flexibility exercises.

If you are inflexible, then you will be more likely to hurt yourself.

Mistake #15 - Skip cross-training.

Insanity is doing the same thing all the time and expecting different results. A runner who never cross-trains never strengthens non-running muscles that he or she may need to recruit in a long race.

Injury tips

Hamstring strain

A **hamstring strain** or a **pulled hamstring** as it is sometimes called is a tear in one or more of the hamstrings muscles. Strictly speaking there are three hamstring muscles (Semitendinosus, Semimembranosus and Biceps Femoris) which are known as the hamstring muscle group.

The role of the hamstring muscles is to bend (flex) the knee and to move the thigh backwards at the hip (extend the hip). Understanding how the hamstrings work gives vital clues as to their modes of injury. Mild to severe hamstring strains are extremely common in sprinters and hurdle jumpers and in all sports that involve sprinting activities, such as football and rugby.

Symptoms of a Pulled Hamstring:

- A sudden sharp pain at the back of the leg during exercise-most probably during sprinting or high velocity movements.

- Pain on stretching the muscle (straightening the knee whilst bending forwards).

- Pain on contracting the muscle against resistance.

- Swelling and bruising.

- If the rupture is severe a gap in the muscle may be felt.

Severity of a Pulled Hamstring:

Strains are graded 1, 2 or 3 depending on severity. Grade 1 consists of minor tears within the muscle. A grade 2 is a partial tear in the muscle and grade 3 is a severe or complete rupture of the muscle.

Grade 1: What does it feel like?

- May have tightness in the posterior thigh.

- Probably able to walk normally however will be aware of some discomfort

- Minimal swelling.

- Lying on front and trying to bend the knee against resistance probably won't produce much pain.

Grade 2: What does it feel like?

- Gait will be affected-limp may be present.

- May be associated with occasional sudden twinges of pain during activity.

- May notice swelling.

- Pressure increases pain.

- Flexing the knee against resistance causes pain.

- Might be unable to fully straighten the knee.

Grade 3: What does it feel like?

- Walking severely affected- may need walking aids such as crutches

- Severe pain- particularly during activity such as knee flexion.

- Noticeable swelling visible immediately.

Treatment of a Pulled Hamstring:

What can the athlete do?

It is vitally important that treatment for a pulled hamstring starts immediately following injury. The most important phase for treatment is the first 48 hours post-injury. In this time the following can be carried out by the athlete themselves:

- Use cold therapy (Rest, Ice, Compress, Elevate) technique

- Use a compression bandage to minimize intra muscular bleeding.

- Early mobilization of the injured lower limb is vital for the correct rehabilitation of the muscle.

This includes stretching and strengthening exercises throughout the pain free range. These can aid with decreasing the swelling in the area. In addition, movement will ensure that any new material will be laid down in correct orientation thus reducing the risk of subsequent injuries.

- See a sports injury specialist.

What can a Sports Injury Specialist do?

Use sports massage techniques to speed up recovery- these are extremely important in the rehabilitation of the injury as massage breaks down the new collagen network allowing for correct fibre realignment and minimizing scar tissue. In addition massage can increase the blood flow to the injured area.

- Use ultrasound and electrical stimulation.

- Prescribe a rehabilitation program

- Advise on specific stretches

- Provide mobility aids such as crutches

- Provide an MRI scan to ascertain the amount of damage sustained

- In severe ruptures surgery may be needed to repair the damage

How is the Hamstring Strained?

During sprinting, the hamstring muscles work extremely hard to decelerate the tibia (shin bone) as it swings out. It is in this phase just before the foot strikes the ground that the hamstrings, become injured as the muscles are maximally activated and are approaching their maximum length. A pulled hamstring rarely manifests as a result of contact -if you have taken an impact to the back of the leg it should be treated as a contusion until found to be otherwise.

Preventing a Pulled Hamstring:

One of the most important methods of preventing a pulled hamstring is to **warm up** correctly- this has been scientifically proven to reduce the risk of hamstring strain. This should consist of some light aerobic exercise followed by stretching and sports specific drills with gradually increasing intensity.

Other factors which increase the likelihood of suffering a hamstring strain include:

- Age:** The older the individual the greater at risk to a pulled hamstring.

- Previous Injury:** Prior injuries to the hamstrings or adductor muscles can greatly increase the chance of future injury.

- Flexibility:** Research suggests that the greater the flexibility of the hamstrings the less prone they are to injury.

- Hamstring strength:** Similarly studies have shown that lack of hamstring strength is strongly linked to hamstring injury.

- Lumbo-sacral nerve impingement:** Nerve impingement in L5-S1 can lead to associated hamstring muscle weakness.

- Tiredness and fitness:** When a player is fatigued he/she loses coordination between certain muscle groups. The biceps femoris muscle is known to become damaged due its two portions being innervated by two separate nerves. In states of tiredness, lack of synchronization between these two nerves can lead to a mismatch in firing resulting in a pulled hamstring.

Who's hot, and who's not

Who's hot.....

- Well done to Lee McCullagh for organising the BUAC teams for the Eaglehawk relays. The eleven teams performed exceptionally well. Here are the results: U10 male - 2nd, U14 male - 1st, U20 male - 1st, open male - 2nd, 3rd, 5th (three teams), 40+ male - 1st, 50+ male - 2nd, U18 female - 1st, open female - 1st. A great day for the BUAC. Well done to everyone involved.
- Great efforts by BUAC members at the BUAC Invitation. Place getters in their respective age groups included Joanne Keely, Andrew Buchanan (broke the course record, but was beaten by Brady Threllfall who also beat the course record), Leon Hamond, Lisa Wilkinson, Jim Russell, Jenny Buchanan, Ben Connor, Ingrid Douglas, Bailey Evans, Matthew Heislars, Stephanie Roberts and Ellie Wilson. A big thank you to all club members who helped on the day. Big thanks must go to Harry Terry for manning the BBQ (and not giving anyone salmonella) and Judy MacLaren, who was involved in everything bar running the race itself.
- Congratulations to Bryan and Leon Keely, who were both picked in the national orienteering squads for the World Orienteering Championships to be held in Trondheim, Norway in August. Bryan was named in the senior squad, while Leon was named in the junior squad. Just reward for countless hours of training.
- Well done to Emma Moylan, who finished her first marathon at the Sri Chinmoy Williamstown marathon in 4.06, in what were very trying conditions. A great effort!
- More congratulations to the Keely family, with Joanne winning her age group at the Athletics Victoria 10km race at Sandown. A tremendous effort considering the high standard (and large amount) of runners who are involved at AV races.
- And finally, good luck to all of those heading to sunny Queensland for the Gold Coast marathon!

Who's not.....

The Socceroos, after their inglorious 4-0 thumping by Germany. Can they fight back to produce big wins against Serbia and Ghana to progress to the second round of the FIFA World Cup?

Media watch



BUAC speedster Lee McCullagh shows fellow club member Dave Meade, and a very excited youngster, a clean pair of heels in his vomit green runners.



Young Dane Heiden accepts yet another award, having slept in his formal wear the night before.

Internet stuff

Visit "www.bendigouni.com" for all of your BUAC news, and join "Bendigo University Athletics Club - Uni Pride!" if you are a Facebook user. It's better than listening to the wireless!

Race day contacts

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Feel free to make suggestions, or to submit information and pictures, to help fill these pages. Contact the editor, Pat Kenny by email on mpken1@bigpond.com with any information (preferably true).