

# Running on Empty

The Newsletter of the Bendigo University Athletics Club

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## Running the Krispy Kreme Challenge

I could ball up the last three doughnuts and toss them under a car. Or into the bushes. One was already mashed up in my sweaty fist. I was ready to hurl it from that crowded, sugar-stinking, trash-heaped parking lot when I noticed a young spectator standing beside his mother. He frowned at me. I ate the doughnut. Then another. Bile began to rise. I stuffed the 12th into my mouth, dropped the doughnut box onto the giant pile of empties, and ran off with my doughy tumor.

The eating portion of the four-mile Krispy Kreme Challenge had taken me just over 13 stomach-stretching minutes.

I had certainly started the day feeling optimistic about my capacity for overindulgence. It was a freezing February morning in Raleigh, North Carolina, when 4,300 other racers and I had gathered around North Carolina State's 115-foot Memorial Bell Tower at breakfast time. We'd all paid for the rather dubious privilege of dashing along a two-mile route, eating 12 glazed doughnuts, and retracing that same route back to where we started-- some 2,400 calories and 144 grams of fat ago. My history foretold greatness in such an event. I had grown up eating a Krispy Kreme or two most days after school; I took dates to the neighborhood shop to see if we could stomach each other. I still salivated when I saw the glowing "Hot Now" sign, which more often than not sent me veering into the drive-thru, where they generously ask: "How many dozen would you like?"

Plus, I was fit enough. I was a regular runner who'd done triathlons, half-marathons, and an ill-advised 57-mile speed hike. Four miles was a warmup. So when a race official at the start casually predicted that a quarter of us would end up puking in one of the gray buckets lining the course, I wasn't worried. Following the strategy of the previous year's winner, I hadn't eaten breakfast--or dinner the night before. All I had to do was eat 12 doughnuts and trot a few miles in the cold. Piece of cake.

Around 8:30, the mob on the starting line began chanting: Doughnuts! Doughnuts! More than 50,000 of them waited for us at the local Krispy Kreme--hot, I hoped. The horn sounded and the crowd lurched. With my belly empty, I immediately fell behind. The course ran along a stretch of residential neighborhoods and commercial properties, passing tattoo parlors, an all-girls' school dating back to 1842, and the North Carolina Republican Party headquarters. A runner carrying a boom box blasting the Rocky theme song raced by, backward, as we crested a small hill. His hat looked like a bonbon. I was so hungry it was hard to breathe, or think. Soon, though, I smelled sugar. Seventeen minutes and a few seconds later, I faced a mountain of cardboard doughnut boxes, taller than nearby cars, stacked near the Krispy Kreme entrance. A volunteer grabbed one and handed it to me with a few instructions: "Eat them all, show the empty box to an official, then run back." I began urging doughnuts down my throat two at a time, breathing hard. Runners were strewn about the parking lot, standing, sitting, leaning, lurching, all ingesting fried dough--most frantically, a few fastidiously. One middle-aged man leaning against a phone booth appeared to be crying as he gorged himself. I crouched unsteadily in a handicap parking spot, tasting little, swallowing my pride along with the saturated fat. The doughnuts were cold and hard, like those at gas stations. I felt no giddy delight. Glaze was all over my face. In my nose. Coating my hands. The sugary mass was swiftly hardening in my stomach.

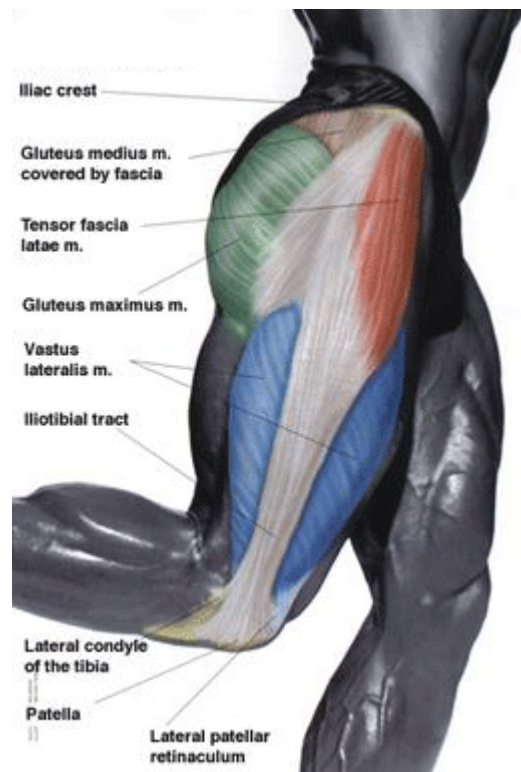
Still chewing the 12th doughnut, I started the second half of the run. As I swallowed, I felt a candy-binge energy take hold. I passed a kid who had dusted me on the first leg, bent over in the bushes. I ran past throngs of spectators, two or three deep beside the road, some laughing like jackals. I sprinted the last few hundred yards, passing a man with a three-foot wide doughnut on his head. I crossed the finish line in 49:15, good for 618th place. My second running leg had taken 90 seconds longer than the first.

Racers listed toward the water station, where officials advised us to go easy on the fluids--doughnuts expand fast. I caught a ride back to the hotel, and took a nap. When I woke up, I was dripping with a cold sweat. I rubbed my eyes, and discovered more stowaway glaze. What the hell I ate it.

# Injury tips

## Ilio-tibial band syndrome

Iliotibial band syndrome (ITBS) is the most common cause of pain on the outside of the knee in runners, with an incidence as high as 12% of all running-related overuse injuries. Although it is not difficult to diagnose, it can be a challenge to treat, especially in higher mileage runners who place enormous loads on their bodies. This article has been written to help the runner diagnose, understand and begin to treat IT band friction syndrome.



### What is the Iliotibial band?

The IT band is not a muscle. It is a thick band of tissue called fascia that starts on the outside of the hip, passes down the outside of the thigh and inserts into the side of the patella (knee cap) and the tibia, (shin bone).

Fascia is a sheath-like tissue that surrounds muscles. The ITB has the tensile strength of soft steel, which explains why it is so difficult to mobilize.

As well as arising from the iliac crest, (hip bone) the ITB attaches into the gluteal muscles at the back and tensor fascia lata muscle at the front. (See Figure 1).

When these muscles contract, they increase tension on the band. Often, one muscle dominates the movement pattern causing an imbalance to occur, which may lead to injury.

### What are the Symptoms of ITBS?

Pain from the ITB is easily recognized as a sharp or burning pain on the outside of the knee when running. Typically, an athlete is unable to "run through" ITB pain.

- Early on, symptoms will subside shortly after the run is over, but will return with the next run, usually after a reproducible amount of time.

• Later, if there has been no positive intervention, the pain may come on sooner and persist with walking or going up and down stairs.

• Tenderness may be felt on the outside of the knee when pressure is applied, especially when the knee is slightly bent.

- There is not usually any swelling associated with this problem, but the band itself may be thickened.

### Why Does ITBS Hurt?

As the knee bends, tension acting on the band, causes it to be pulled backwards over the lateral femoral epicondyle, (a bony prominence of the thigh bone on the outside of the knee). When the knee straightens, tension on the band pulls it forward again. A thin bursa, or fluid filled sac, separates the ITB from the femoral epicondyle, to decrease friction between these structures. Repetitive bending and straightening of the knee can cause inflammation of the bursa and the band itself, or irritation of the bone due to recurrent rubbing or impingement. (See Figure 2.)

### What Causes ITBS?

A number of etiologic factors have been related to ITBS in runners, but it is important to understand the cause is probably multifactorial. Weekly mileage will interact with a combination of biomechanical issues, training strategies, as well as variables imposed by an individual's specific muscle imbalances; once critical



Diagram showing friction of iliotibial tract on lateral femoral epicondyle as fascial tract glides backward and forward with flexion and extension of knee

threshold is met, tissue breakdown will occur. It is not necessary to sustain a specific traumatic injury to the knee for the ITB to become a problem.

### **Common Stressors Which May Impact the Development of ITBS**

#### **Intrinsic Factors**

1. Tightness in the iliotibial band.
2. Myofascial restrictions in the hip and thigh musculature, which will increase tension on the band;
3. Weakness in hip abductors, (common in distance runners).
4. Weakness or poor control of knee muscles, especially the quads.
5. Dominance of anterior hip muscles, (TFL) over posterior hip muscles, (gluts).
6. Excessively flat feet or high arches.
7. Bow legs or knock-knees.
8. Leg length inequality.
9. Limited ankle range of motion.

#### **Extrinsic Factors**

1. Training errors e.g. Excessive mileage, sudden increase in mileage, sudden increase in intensity of training, too much hill work, running on crowned roads.
2. Over striding.
3. Worn out running shoes.
4. Failing to warm up or cool down properly.

All of the extrinsic and most of the intrinsic contributors can be addressed to minimize stress on the ITB and reduce the risk of injury.

#### **Checklist for the Prevention of ITBS**

1. Change running shoes every 300 to 500 miles, or every 3 to 4 months, when they have lost approximately 40 to 60 percent of their shock absorbing abilities. High mileage runners should have two pairs of shoes to alternate between, to allow 24 hours for the shock absorbing material to return to its optimal form. Do not underestimate the importance of good shoes in the prevention of many types of injuries. It's worth the cost in the long run.

2. Always slowly increase running mileage and if adding hills, do so gradually. Downhill running especially increases friction on the ITB as well as fatiguing the quadriceps, which are the main stabilizers of the knee. If too tired they will not be able to control the knee position and this may lead to unwanted stress and injury.

3. Avoid training on uneven surfaces, as the down leg may be predisposed to ITBS.

4. Always keep the knees warm. ITB seems to react adversely to cold, so cover up your knees when running outdoors if it's below 60 degrees.

5. After a run, cool down and stretch; ice if necessary.

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#### **Treatment and Rehabilitation for ITBS**

Rehabilitation is aimed at reducing inflammation, restoring flexibility of the ITB and improving overall control, muscle imbalance and alignment of the lower extremity and foot.

# Training tips

## Twenty minute running workouts

You don't need to run for hours to maintain your fitness during the busy times of the year. The following 20-minute (or less) workouts cover all the bases of strength, speed, and endurance well enough so you can remain strong when time is limited

**BUILD STRENGTH** Find a nearby hill. After a five-minute jog, run up the incline. At the top, walk for 30 to 60 seconds, then run back down. Walk for one to two minutes. Repeat the sequence two to three times. Do the workout once a week, adding an additional one to two repeats.

**BUILD SPEED** Go to a local track or jogging trail with distance markers. Jog for five minutes. Run at an easy pace for half a lap (or one-eighth of a mile). Note how long it took to run the half-lap. Walk the remainder of the lap. Continue walking for two minutes. Repeat the sequence two to four times, each time aiming to complete the run portion of the lap one to two seconds faster. Do this once a week, adding segments as you feel comfortable.

**BUILD ENDURANCE** Stringing together several 20-minute runs across a single day can boost your stamina. Identify a weekend day that's destined for a lot of "hurry up and wait." Run for 20 minutes at a pace that's three minutes per mile slower than your regular pace. Return home, spend the next 30 to 90 minutes doing work around the house, then head out for another run. Every seven to 14 days, do up to three of these segments.

**BUILD WHOLE-BODY FITNESS** Make up a home-gym circuit: Walk (or run) the stairs for one minute, do push-ups for 15 seconds, walk for one minute, do crunches for 30 seconds, walk for one minute, lift hand weights for 30 seconds, then walk for one minute. Repeat as time allows.

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

Who's hot.....the off season has been busy for BUAC members, starting with the Melbourne marathon. Results for the marathon included Jenny Buchanan 3.30 (second in age group), Alan Buchanan 3.30, Lisa Wilkinson 3.10, Geoff Moulday 2.58, Pat Kenny 2.42 and Simon Austin 3.10. The Melbourne half marathon had many BUAC runners, featuring Russell Tremayne 1.31, Jac Tremayne 2.20, Chris Tremayne 2.20, Gaby Walsh 1.46, Dave Tarrant 1.27, Gary Crouch 1.37 (third in age group), Nick Walsh 1.44, Steve Brereton 1.34 and mystery man John Rose whose time is unknown. Please contact the Running on Empty staff if anyone has been missed as there were just a few people at the event.

The relatively flat Melbourne marathon was then followed by three nasty, hilly marathons where BUAC members competed. Finishers in the Portland 3 Bays marathon were Lisa Wilkinson 3.22 (second female), western district homeboy Pat Kenny 2.49 (third male) and Geoff Moulday 2.57 (fourth male). After her first marathon in May, Emma Moylan finished the half in 1.50. Marathon machines Alan and Jenny Buchanan then ran the torturous Marysville marathon in 3.46 and 3.47 respectively, on a very limited preparation. Their Melbourne and Marysville times show that they seem to enjoy each other's company, even after years of marriage! Finally, was the running of the Hobart marathon where Simon Austin 3.08 and Pat Kenny 2.46 (third male) sweated it out to eat tonnes of chocolate and meet Caramello Koala at the Cadbury factory where the marathon finished.

Recently run was the Six Foot Track marathon (45km) through the Blue Mountains in March, 2011. This gruelling, leg smashing race that includes running through a few rivers and over a hill called the Pulviometer, attracted the usual suspects, Jenny Buchanan (5.18), Lisa Wilkinson (4.56) and Geoff Moulday (4.20). Well done, sickos!

Several BUAC members spent almost half a day in pain's company during the 2010 Bussleton Ironman triathlon. Results included Russell Tremayne 10.41, Ben McDermid 10.47, Justin Lee 11.47, Jac Tremayne 12.00, Jenny Jones 12.12 and Nevec Lorkin in her first Ironman in 15.09. Amazing efforts by all involved, not only on the day of the race, but for the months of training beforehand.

The summer athletics season involved several BUAC winter members. The stand out was Andrew Buchanan who had a very successful six months. A win in the Bendigo 10km championship in a staggering 32.06, with Iron Mike

Bieleny third and Simon Austin fourth, was followed by a win in the Keith Huddle Memorial Eaglehawk to Bendigo race, which was followed by a win in the Bendigo Health Care Group fun run. Andy teamed with Tim McCullagh to represent the BUAC in the Victorian Country Championships. Andy ran third in both the 5km and 10km, and Tim ran seventh in the 800m and 1500m on a limited preparation, mostly at Naughtons and The Clyde pubs in Parkville. To cap things off, Andy won the Victorian Athletics League Backmarkers' mile in March of this year. Starting off 95 metres, he won the race in 3.59 and pocketed quite a nice little paypacket for his troubles (a "training grant" for anyone reading from the ATO). It is rumoured that Andy also has a new girlfriend, so it has been a fruitful summer indeed!

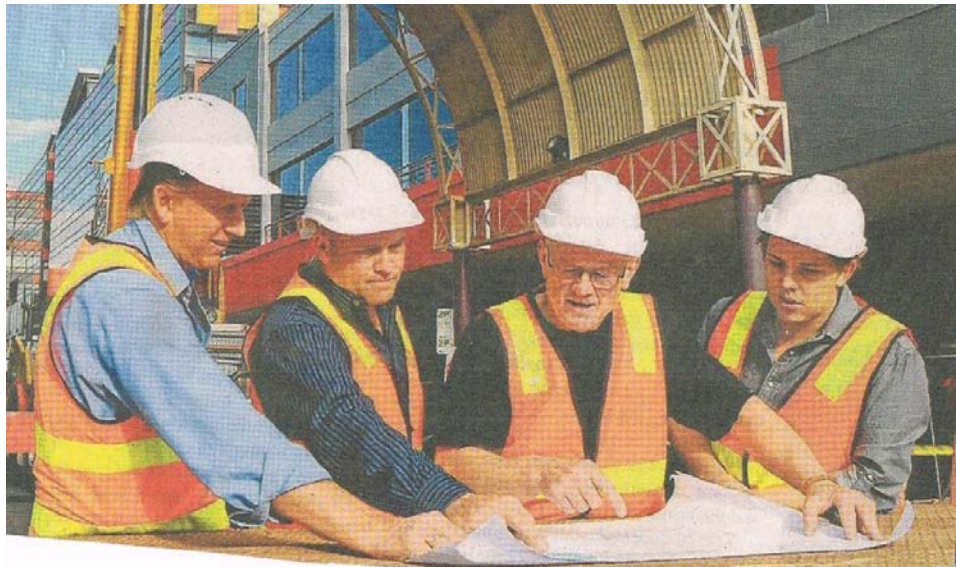
Towards the end of the summer season, Dave "Taz" Tarrant showed his improving speed with a win in the Richard Kitt Memorial 1500m that was run during the Bendigo Madison. Watch out for him during the winter.

The Wilsons, Pethybridges and Evely families also performed at their usually high standards for Eaglehawk AC over the summer. Madeline Evely is due to compete in Poland for Catholic College Bendigo in the World Schools Knockout Cup in June 2011.

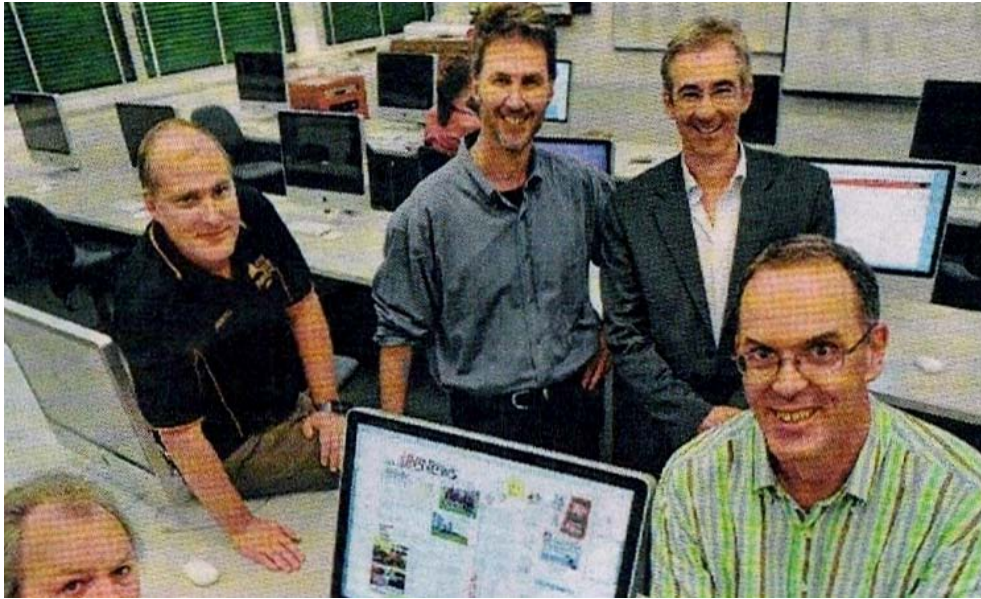
Finally, a big BUAC congratulation goes out to Jodie and Stewart Scoble on the birth of William Lindsay Scoble in March of this year. Congratulations, and there goes the training program.....for a little while at least. Ben and Lisa McDermid's second child is due throughout April, so "Running on Empty" will keep you posted.

Sports First manager and generous BUAC sponsor, Anita Wells, will be running the Gold Coast marathon in July to raise funds for sufferers of Huntington's Disease. Please give generously at [www.everydayhero.com.au/run4hv..](http://www.everydayhero.com.au/run4hv..)

## Media watch



"Okay boys, we've got a big job ahead of us, but before we start, we've got to work out how to get Tony Gellatly's helmet to sit better on his head. If a brick lands on his noggin, he's a dead man".



A few computer programmers from IBM and NASA help Brad Russell to simplify the handicapping system.

## Training groups

Join the long distance “Buchanan-McGrath Training Super Group” at The John Bomford Centre car park next to the Kennington Reservoir on a Thursday morning at 6.00am or a Sunday morning at 7.00am. For a bit of speed work, join the “Wayne Forbes’ Need for Speed” training group who meet at Lake Weerona on a Wednesday evening at 6.00pm. For those new to running, check out Jac Tremayne’s Triathlon Coaching Bendigo at [www.tricoachbendigo.com.au](http://www.tricoachbendigo.com.au).

## Internet stuff

Visit “[www.bendigouni.com](http://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

Club president:	Jenny Jones	5441 3305
Vice president:	Ben McDermid	5441 3442
Secretary:	Janet Hodnett	
Treasurer:	Shane Rushan	5442 7343
Handicapper:	Brad Russell	5443 9378

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](mailto:mpken1@bigpond.com) with any information (preferably true).