

Running on Empty

The Newsletter of the Bendigo University Athletics Club

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Watson wins the Australian Outback Marathon

BUAC Scottish import Brian Watson has won the Australian Outback Marathon in the Northern Territory. Run at the end of July, the Australian Outback Marathon course was predominantly off-road, made up of bush trails, access roads and tracks as well as unsealed roads. Only a small amount of the course was run on sealed roads. The running surface consisted mainly of the famous "red earth" that is found all over central Australia, and stunning views of Uluru (Ayers Rock) and Kata Tjuta (The Olgas) were available throughout the course.

The run was started in cold and still conditions at 7.30am, but things soon heated up as the sun rose and the mercury soared as it does in the Northern Territory.

Running the marathon as gift to celebrate his 40th birthday, Watson powered over the course to finish in 3.15, almost four minutes in front of the second placed runner. BUAC marathon machines Jenny and Alan Buchanan also competed in the marathon, with Jenny finishing as the third placed female in 3.30 and Alan winning his age group in 3.34. Good on you laddies, and don't forget the wee lassie!

The day that Alan East met Captain Stobie from the "Love Boat"

<http://www.youtube.com/watch?v=-s3M8kIIVCY>

Please watch this. Hopefully Alan can catch up with The A-Team or Michael Knight and KITT for the next edition of "Running on Empty".

Gladys-ator at age 92, claims world record as she finishes Honolulu Marathon

When Gladys Burrill power-walked and jogged through another gruelling marathon, the 92-year-old did not stop to think about the size of her achievement. Nicknamed the 'Gladysator,' she has an extra special feat to add to her substantial list of endurance running certificates, having become the oldest person ever to complete a marathon. Mrs Burrill, a part-time Hawaii resident, learned soon after finishing the Honolulu Marathon in 9 hours 53 minutes, she is likely to qualify for this recognition.

'The Gladysator' ran her first marathon aged 86. She regularly walks 45 miles a week, putting many British teenagers to shame with her active lifestyle.

Mrs Burrill had been a multi-engine aircraft pilot, mountain climber, desert hiker and horseback rider, before she ran her first marathon in 2004. Her feat at the race last December has been recognised by the World Records Academy and by USA Track and Field.

She trained for the testing 26.2 mile course by walking 2,600 miles.

Gladys eclipsed the previous record held by Jenny Wood-Allen of Dundee, Scotland, who was 90 years old when she completed the 2002 London Marathon.

Asked to give advice to others wanting a long and healthy lifestyle, Mrs Burrill said: 'Just get out there and walk or run. I like walking because you can stop and smell the roses, but it's a rarity I stop. It's so important to think positive because it's easy to get discouraged and be negative. There's such a difference in how you feel and an outlook on everything.'

Guinness World Records have since confirmed Gladys Burrill's almighty achievement. The Hawaii House of Representatives honoured her with a certificate during a ceremony on Monday. Gladys was inspired to try her first marathon in 2004 after seeing early morning fireworks kicking off the race the year before. Since then, she's completed five of seven Honolulu Marathons. She dropped out of the race in 2008 just days after death of her husband. They had a marriage lasting 69 years. A stomach ailment sidelined her in 2009 halfway through the course. Gladys said positive attitude gave her strength running marathons, with a regular routine of walking miles a week near her home.

Training tips

Stride rate

Whether we run slow or fast, the frequency of our steps—our **stride rate**—tends to stay constant. That's because it's hardwired into our biomechanics, clicking away like a metronome. Of course, any marathoner can appreciate the difficulty of maintaining a consistent stride rate over 42 kilometres. As we fatigue, our turnover decreases. The goal, then, is to train your body to run at, and sustain, a higher stride rate, so you'll run faster and finish stronger.

Years ago, researchers determined that elite distance runners ran at a rate of about 180 strides per minute. Indeed, eminent exercise physiologist and coach Jack Daniels tallied the stride rate of every runner in every distance event at the 1984 Olympics in Los Angeles. He found that in events longer than 3000 meters, every runner save one had a stride rate of 180. The outlier had a paltry 178.

While it's not easy to overcome biology, you can move closer to the optimum 180 strides per minute—with practice

ASSESS YOURSELF

On your next easy run, count your steps for 30 seconds, then double it to get your stride rate. Repeat this exercise every day for a week.

CHECK YOUR FORM

Your arms lead your legs, so pump them faster and your legs will naturally follow. Focus on gliding—rather than bouncing—over the ground. Take quick, light steps; this will lead to a quicker stride rate and reduce the impact stress that **causes injury**.

THINK STRIDE, NOT SPEED

You are working initially to increase stride rate, not overall speed. That will come with time. Avoid the tendency to pick up the pace as you focus on increasing your turnover. Eventually, you want to be able to go from an easy run to race pace while maintaining the same stride frequency.

FIND A BUDDY—OR A BEAT

Run with a partner who runs at close to 180 and work on getting in sync with his or her rhythm. When I run with my team, I naturally gravitate toward their cadence. If you're on your own, bring your iPod and run to songs with 180 beats per minute. A quick Internet search reveals enough fast music to stock a high-octane playlist

FAST RATE WORKOUTS

Do these workouts once a week to keep your turnover high:

- ASCENDING 1-2-3-4-5 FARTLEK

Instead of picking up the pace, run at a quicker rate. Run one minute at 180 strides per minute, then one minute at a more relaxed turnover. Increase each fartlek by one minute until you hit five.

- DOWNHILL STRIDES

Find a grassy slope. Run down for 150 to 200 meters, focusing on a controlled acceleration. Take short, quick steps so you don't overstride. Jog back to the top. Repeat four to six times.

Injury tips

Sacro-iliac joint pain

The Sacroiliac joints are located at the very bottom of the back. You have one either side of the spine. The Sacroiliac joints help make up the rear part of the pelvic girdle and sit between the sacrum (vertebrae S1-S5) and the Ilii (hip bones).

The function of the SI joints is to allow torsional or twisting movements when we move our legs. The legs act like long levers and without the sacroiliac joints and the pubic symphysis (at the front of the pelvis) which allows these small movements, the pelvis would be at higher risk of a fracture.

The concept of the SIJ causing lower back pain is now pretty well understood. However, due to the complex anatomy and movement patterns at the joints and area in general, evaluation and treatment of sacroiliac dysfunctions is still controversial.

SIJ dysfunction is a term which is commonly used when talking about sacroiliac injuries. This dysfunction refers to either hypo or hyper mobility (low or high respectively). Or in other words, the joint can become 'locked' or be too mobile. This can then lead to problems with surrounding structures such as ligaments (e.g. Iliolumbar ligament) and muscles, which mean SIJ problems can cause a wide range of symptoms throughout the lower back and buttocks, or even the thigh or groin.

What are the Symptoms of SI Joint Injury?

Pain located either to the left or right of your lower back. The pain can range from an ache to a sharp pain which can restrict movement.

The pain may radiate out into your buttocks and low back and will often radiate to the front into the groin. Occasionally it is responsible for pain in the testicles among males.

Occasionally there may be referred pain into the lower limb which can be mistaken for sciatica.

Classic symptoms are difficulty turning over in bed, struggling to put on shoes and socks and pain getting your legs in and out of the car.

Stiffness in the lower back when getting up after sitting for long periods and when getting up from bed in the morning.

Aching to one side of your lower back when driving long distances.

There may be tenderness on palpating the ligaments which surround the joint.

Causes of Sacroiliac Pain

Causes of Sacroiliac joint pain can be split into four categories:

- Traumatic
- Biomechanical
- Hormonal
- Inflammatory joint disease

Traumatic

Traumatic injuries to the SIJ are caused when there is a sudden impact which 'jolts' the joint. A common example is landing on the buttocks. This kind of injury usually causes damage to the ligaments which support the joint.

Biomechanical

Pain due to biomechanical injuries will usually come on over a period of time and often with increased activity or a change in occupation/sport etc. The most common biomechanical problems include:

- Leg length discrepancy
- Overpronation
- 'Twisted pelvis'
- Muscle imbalances

Hormonal

Hormonal changes, most notably during pregnancy can cause sacroiliac pain. In preparation for giving birth, the ligaments of the pelvis especially increase in laxity. Combining this with an increase in weight putting extra strain on the spine, may lead to mechanical changes which can result in pain.

Inflammatory joint disease

Spondyloarthropathies are inflammatory conditions which affect the spine. These include Ankylosing Spondylitis which is the most common inflammatory condition to cause SI joint pain.

Treatment of SIJ Pain

What can you do to treat sacroiliac joint pain yourself?

- Rest from any activities which cause pain.
- If the surrounding muscles have tightened up, use a warm-pack to help them relax.
- Don't heat if an inflammatory condition is suspected.
- Anti-inflammatory medications such as ibuprofen may be helpful. Always check with your Doctor first.
- Try wearing a sacroiliac back belt

What can a sports injury specialist or doctor do?

- Use diagnostic tests to discover the cause of the problem.
- Rule out medical diseases such as Ankylosing Spondylitis.
- Treat the cause as well as the symptoms.
- Use electrotherapy equipment to treat affected tissues.
- If indicated and safe to do, level the pelvis via manipulation.
- Sports massage will help relieve any soft tissue tension in the area.
- Advise you on a rehabilitation program to correct any muscle imbalances.
- If the above treatment fails, a Corticosteroid injection into the SIJ may be used.

Who's hot, and who's not

Who's hot.....

Well done to Danni Padgham and Brett Houlden who ran in the Run Melbourne half marathon. Danni finished in a time of 1.54, with Brett posting an impressive 1.45.

Luke Gregory made to trip up to Sin City for the City to Surf 14km along with approximately 85,000 other competitors (calling some of them runners may be stretching the truth). Having to dodge massive groups of slower runners is always difficult, but Luke was still able to run a speedy 53.45. Hopefully he was able to beat the Bondi Vet.

The BUAC Invitation was a huge event as per usual. A big thank you to all club members who volunteered on the day. In the running, the usual suspects did well, with Iron Mike Bieleny, Jack "Crispy" Cripps, Erica Wilkinson, Lisa Wilkinson, Andy Buchanan, Noah Walsh, Rebecca Tweed, Jim "Rushin" Russell, Tina McBain and Steffany Roberts placing in their respective categories.

The warm weather is here, at long last!

Who's not.....

The English rioters; who has a country full of convicts now?

Media watch



Anger management. Jac Tremayne prepares to throw her treadly into Lake Weerona. Check out that steely gaze, I think it's "Blue Steel".



Ballarat and Clarendon College old boy Russell Jenkins is pictured with a happy yellow pig in a Bendigo Bank t-shirt. Since when are pigs yellow and wear clothing? And what is that giant platypus up to? Get out of there Russell!

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

Club president:	Jenny Jones	5441 3305
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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).