

# Running on Empty

The Newsletter of the Bendigo University Athletics Club

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## Gold Coast marathon review

As I sit in the lavish Bendigo offices of "Running on Empty", I have the chance to reflect on my recent trip to the Gold Coast. Yesterday I was sitting on the beach building a sand castle with my kids, getting sunburnt in approximately 22 degree weather. Today, I am sitting at the keyboard, freezing with the heating on, wearing multiple layers, and not looking forward to running 14km tonight. Why do we live in Victoria?

With July and the cold weather in southern Australia, the Gold Coast marathon is always a popular running festival. It always makes for an enjoyable weekend, if you don't include the running. The Gold Coast was invaded by several BUAC families, and it was very rare to spend a day at the beach, at a dodgy time share presentation or at a theme park without seeing a fellow Bendigonian. It made for large amounts of support for all BUAC runners as they struggled over their respective distances on the race days.

The running "festival" was held over two days, with the 2, 4 and 10km runs being held on the Saturday, and the 5, 21 and 42km runs being held on the Sunday. As per usual, the organisation of the event was excellent, the conditions perfect, and there was a real carnival atmosphere at the runs and the massive runners' expo at the Gold Coast Convention Centre. The conditions were quite warm and slightly windy for the running of the full and half marathon, which made the last few kilometres a struggle for all involved.

Results from the weekend were:

2km	Leila Padgham	10.01
	Luke Padgham	8.00 (17 <sup>th</sup> overall and nearly got into a punch up on the starting line)
4km	Will Kenny	20.34
5km	Fraser Walsh	24.08
10km	Andy Buchanan	33.06 (21 <sup>st</sup> overall, 4 <sup>th</sup> age group)
	Scott Padgham	47.01
	Laura Terry	50.16
	Angela Slattery	55.35
21km	John McCullagh	1.31
	Greg McBain	1.35
	John Rose	1.36
	Kevin Walsh	1.36
	Jeff Pethybridge	1.39
	Tina McBain	1.49
	Danni Padgham	1.54
	Jess Pethybridge	2.05
	Alison McCullagh	2.08
	Harry Terry	2.11
	Jenny McGrath	2.12
	Steve McDougall	2.17 (ran with his daughter)
42km	Pat Kenny	2.44
	Geoff Moulday	2.55
	Simon Austin	3.05
	Lisa Wilkinson	3.19
	Alan Buchanan	3.27
	Jenny Buchanan	3.28 (2 <sup>nd</sup> age group)
	John McGrath	3.54
	Frances Walsh	4.06
	Dan Slater	4.17
	Anita Wells	4.19 (Anita is the owner of BUAC sponsor Sports First in Kangaroo Flat)

Well done to all involved, and we hope to see even more BUAC runners on the Gold Coast next year.

# Training tips

## Ways to motivate yourself

Amanda Rice knows how hard it is to run at the end of a long day. On top of her duties as a U.S. naval officer, Rice, 27, is in her final year of dental school and makes annual trips abroad to assist with community dentistry in places like Guatemala and Samoa. She's also a 2:44 marathoner and 2012 Olympic Trials qualifier. "Sometimes I'm so tired from treating patients all day," she says, "that I wonder if I should just skip my workout."

Mental fatigue can negatively impact physical performance, according to a study out of Bangor University's School of Sport, Health, and Exercise Sciences. Researchers split athletes of similar capabilities into two groups prior to an exhaustive cycling exercise. One group performed a tough 90-minute cognitive task, and the other watched documentaries. Once on the bikes, the mentally tasked riders displayed significantly less stamina than the movie watchers, and felt the exercise was more difficult. Their physical performance suffered because their brains were tired.

The challenge, then, is to find ways to change your thought process and realize that your body can handle a workout. Refocus, acknowledge that you'd rather crash on the couch, but put on your running shoes anyway, says Marshall Mintz, Psy.D., a clinical and sports psychologist. "Once you get going, even if it's for an easy three-miler, it almost always feels good to be running," he says.

**RESTATE YOUR GOALS:** Deciding between the remote control and your running shoes? It isn't easy to get out the door without a clear reason to run. "If you can't answer, Why am I doing this?, you won't last long," says Rick Lovett, a running coach and coauthor of Alberto Salazar's "Guide to Road Racing". He suggests keeping a training log that includes your goals and the reasons you run, whether that's to reduce stress, or for friendship or better health. When you feel the urge to call it quits at the end of a tough day, pull out your log and review your lists. Staring at your plans in black-and-white will make it tougher to lounge. Rice, for example, keeps the dates of several shorter races leading up to her goal marathon prominently marked in her log. "It energizes me to see that I have those little races ahead of me," she says.

**BE FLEXIBLE:** "You have to be organized in order to be good at several things," says Rice. By pencilling in your run for a certain time, you arm yourself with the necessary energy to get through it. That said, adds Mintz, be prepared with a backup workout plan if something unexpected comes up. If work demands that you stay later than planned, go for a shorter run. If a sick child leaves you homebound, work on your stretching and strength training while they sleep and save your run for tomorrow. "It's okay for that daily structure to be flexible from one day to the next," says Mintz.

**CALL A FRIEND:** When you're running alone, it's easy to end up ruminating about those new clients at work or your kid's report card. This takes all the fun out of it. When you run with other people, the social banter gives you a mental timeout. Research out of the University of Rochester in New York demonstrated that a positive social circle helps foster motivation and a greater commitment to exercise, compared with going it alone. Keep the numbers of some fellow running pals on speed dial, and don't think twice to call one or two of them spur of the moment. Chances are they're having a similar day and would love the camaraderie. And if they can't meet you, at least they'll be able to give you a pep talk. "With any kind of fitness program," Mintz explains, "there's a greater likelihood of success if you're collaborating with someone."

**TURN ON THE TUNES:** A long line of research shows that music can be a big exercise motivator. A study published in the Journal of Sport Behaviour found that on top of helping athletes work harder, music also reduced their perceived exertion. Lovett encourages runners to try and tap into the benefits of music in advance of their workouts to help get them in the right frame of mind. Listen to your iPod while you answer those last few e-mails at work, or on the drive home turn off the news and put in your favourite CD. You'll be more likely to lace up as soon as you get home. "Out of all the things an athlete can do to get energized before a run," Mintz says, "music really lights up the biggest part of the brain."

**MANAGE THE MOMENT:** On those days when your mind starts ticking off the negatives—Everything went wrong today. I'm really beat—stop your internal debate and "manage the moment," says Mintz, who suggests countering such thoughts with positive ones: Yes, but I'll have more energy after I run. As tempting as it can be to give in to the negatives, he says, push your body to go through the motions of your running routine: Grab a quick shower or cup of coffee, put on your gear, do some jumping jacks to get your heart rate up, step outside. "The beginning of the run is always the hardest," admits Rice. "But once I get myself out on the pavement, I'm always better for it."

**FEEL BETTER:** When your blood sugar drops, your motivation drops, too. An hour before a run, snack on crackers with peanut butter or an energy bar.

**MIDRUN MIND TRICKS:** Not every run is going to be great. "The reality is there will be days when it feels like your legs are filled with cement," says sports psychologist Marshall Mintz. Here's what to try when you can't seem to shake the tension the first few minutes into a run.

**PICK IT UP**

"There's nothing like a few hard pickups to get rid of the day's stress," says coach Rick Lovett. Pick a sign and increase your speed until you reach it.

**GO A NEW WAY**

You want to be present in your run, not still stuck at your desk in your mind. Choose a new route or find a scenic trail to help you get into the moment.

**DIAL IT DOWN**

If your mind is completely zapped, don't force a demanding workout. Instead, go out for an easy three miles and reschedule the long run.

**SEE YOUR BEST**

Rather than focusing on stress, use your run to picture the athlete that you want to be, says Mintz. Pay attention to your form and breathing.

24% OF RUNNERS SKIP THEIR RUNS ON BAD DAYS, WHILE 76% GET OUT THERE AND FEEL BETTER.

## Injury tips

### Sports hernias

Sports or Gilmore's hernias are most common in males. Symptoms include pain during sports movements, particularly hip extension, and twisting and turning. This pain usually radiates from the front of the groin to the adductor muscle region and even the testicles, although it is often difficult for the patient to pin-point the exact location.

Following sporting activity the person with athletic pubalgia will be stiff and sore. The day after a run, getting out of bed or a car will be difficult. Any exertion that increases intra-abdominal pressure, such as coughing, sneezing, or sporting activity can cause pain. In the early stages, the person may be able to continue playing their sport, but the problem usually gets progressively worse.

As pain in the groin and pelvis can be referred from a number of problems, including injuries to the lumbar spine, the hip joint, the sacro-iliac joint, the abdomen, and the genito-urinary system, diagnosis of athletic pubalgia requires skillful differentiation and pubic examination in certain cases where there is intense groin pain.

The diagnosis of Gilmore's groin is based on the patient's history and clinical signs. The most notable clinical sign is dilation of the superficial inguinal ring on the affected side, which can be palpated by the examining doctor when the scrotum is inverted with the little finger. Typically, there is specific pain on coughing and sneezing, as well as sitting up and squeezing the legs together.

The exact lesion may differ, but common pathologic findings at operation are:

- torn external oblique aponeurosis
- tear in the conjoint tendon
- conjoint tendon torn from pubic tubercle
- dehiscence between conjoined tendon and inguinal ligament
- tear in the fascia transversalis

- abnormal insertion of the rectus abdominis muscle
- tear of the abdominal internal oblique muscle from the pubic tubercle
- entrapment of the ilioinguinal nerve or genitofemoral nerve

Several of these lesions may occur simultaneously. Also, many athletes have concomitant weakness or tearing of the adductor muscles or labral tears of the hip. When the adductor muscles are tight post injury, that can be enough to trigger symptoms. The first conservative treatment option should be to restore normal motion after the adductor has begun to heal (usually 6-8 weeks post injury). Sleeping in a prone position with the hip on the affected side flexed and externally rotated can be a cure in some individuals.

The exact incidence of these entities is unknown: some believe it is the most common cause of chronic groin pain in athletes, while others argue that it is only rare. Conservative therapies (gentle stretching and a short period of rest) may temporarily alleviate the pain, but definitive treatment consists of surgical repair followed by a structured rehabilitation.

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

### Hot.....

Congratulations to Maddy Evelyn who represented Australia in the Catholic College Bendigo team at the International School Athletics Championship at the Bydgoszcz Stadium in Poland. The CCB team finished fifth overall, with Maddy finishing equal 3<sup>rd</sup> in the 800m. A top effort against international competition.

A big month for Andy Buchanan who ran a quick 32.32 at the Athletics Victoria 10km, and then placed second at the South Bendigo Invitation against quality competition. The boy can run!

Amazing efforts from Roy Preece, Russell Tremayne and Jacqui Tremayne who competed in the South Korean Ironman. The times were Roy in 11.13, Russell in 11.17 and Jacqui in 13.20. Luckily the swim leg didn't cross into North Korean waters or things could have gotten messy. Depending on the other competitors in the Ironman, the times may qualify them for entry into the Hawaiian Ironman. That's if they want to do it all again.

Congratulations to Matthew Heislars, Bailey Evans and Tom Houlden who finished first, second and third in the Sandhurst Division School Cross Country. Bailey and Tom will compete at the State Championships, while Matthew will compete at the Independent Schools Championships in August as well as the All-schools Cross Country Championships in July.

### Who's not.....

Tiger airlines. When it's that cheap, it is too good to be true. Many runners were left stranded on the Gold Coast following the suspension of flights.

## Media watch



This store was spotted in several locations throughout the Gold Coast. BUAC runner John “Goldfinger” Rose is known for his sporting apparel in Central Victoria, but obviously his business interests in Queensland are quite different. Q: How many times can you fit the name John Rose onto a shop front? A: As many times as you like, if you’re John Rose.



Dave “Taz” Tarrant strutting his stuff in the Bendigo Mile. Something on Dave’s right has caught his attention. He may need to invest in a pair of sunglasses as the rest of the field has, to help him focus on the task at hand.

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