

Running on Empty

The Newsletter of the Bendigo University Athletics Club

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Turning Fido into a new training partner

STEP 1: Get Fido Fit

You wouldn't drag an untrained spouse out for a five kilometre run right off the couch—right? And you shouldn't throw your beloved labradoodle into the fire, either. Though your dog was probably born to run fast, you need to start slow. Here's how to get rolling.

Don't start too young

Puppies shouldn't run with you until their bones stop growing, since their joints are prone to injury. This takes about nine months in small dogs, while large breeds may grow for up to 16 months.

Easy boy

Before you start, assess your dog's health and fitness status. If Bowser is overweight or severely out of shape, begin by walking. If you just adopted him from the pound, take him out for some easy strolls to assess his energy and fitness levels.

Don't go long...

You want to ramp up slowly, just like you did when you began running. "Start with three times per week for 15 or 20 minutes, and build up from there, adding five minutes each week," says JT Clough, a professional dog trainer and co-author of *5K Training Guide: Running with Dogs*.

...Or hard

"Just like us, dogs' need a five-minute warm up before they run," says Clough. Look for signs of fatigue—flattened ears, tail down, heavy panting, and hind legs dragging. If the dog is exhausted, he may sit down and refuse to continue—a sure sign you've gone too far or too fast. And if he's really lethargic post run, he might need a day or two off.

STEP 2: Teach Rex the Ropes

Runners may assume they can haul their dog along on a run, and the animal will just know what to do. If that works for you, thank your lucky stars, but dogs can be confused, crazy, and even dangerous on a run if you can't control them. Here's how.

Use a leash

A gentle tug lets you guide Fifi's body and attention where you want it. "The dog needs to learn that it can't stop to pee every five yards," says Robert Gillette, D.V.M., director of Auburn University's Veterinary Sports Medicine program.

Play nice

You want the dog to be within three feet of you, to one side. Reinforce good behaviour with a small treat or praise. Eventually the dog will see that the run is the real reward.

Be the pack leader

"The dog needs to understand that this isn't pure playtime, it's exercise time," says Gillette. Begin training sessions with laps of a short route—to reinforce behaviour in a familiar environment and avoid getting stranded with a dog who's misbehaving.

Teach courtesy

If you encounter strangers on a trail, pull off to the side to let them pass without interacting with your dog. Remember, no one loves your dog as much as you, so don't assume others want your dog to greet them.

Pick it up

No one wants to step on poop during a run or hike. Have a plan and proper gear for disposal. (And, no, leaving a stinky bag under a bush doesn't count.)

Training tips

Calculating your ideal running pace

When you run within your limits, every workout can be a pleasure. But start even a few seconds per mile too fast, and misery awaits: excess fatigue, loss of motivation, or even injury. That's why it's so important to know what pace is right for you. Happily, by doing a simple "magic mile" time trial, you can find the best speed for your runs, then set realistic goals and keep running—enjoyably—forever.

Run One Mile Hard Go to a track and jog an easy lap or two for a warm up. Walk for three to four minutes. Then time yourself running four laps, which is about one mile. Don't run all out; just push a little faster than you usually do. Record your time. By running on a track—which is flat and provides the most accurate measurement of distance—you'll get a solid indication of your top speed. You can use it as a benchmark to determine what pace is appropriate for your current fitness level on daily runs. Do the time trial every two weeks or so; try to beat your previous time, and track your progress.

Slow Down Every Day On your daily runs, aim to run two to three minutes slower per mile than your magic mile time. So if you do your magic mile in 10 minutes, aim to keep your pace around 12 to 13 minutes per mile on daily runs. At the perfect pace, you should feel comfortable and relaxed—like you can finish a sentence without having to catch your breath. If you're huffing and puffing, ease off. Don't worry about going too slow.

Set Race Goals Signed up for a race? Use the magic mile to set realistic goals for different distances. Add 33 seconds to your mile time to determine a pace for a 5-K. Multiply your mile time by 1.15 for a 10-K, 1.2 for a half-marathon, and 1.3 to predict your marathon potential. (See "Time Trial," below.)

Get Used To It At a race, you'll get the best results if you try to maintain a steady pace from start to finish. Here's how to practice: Once a week, try to run your goal race pace for a half to three-quarters of a mile. Each quarter mile, check your pace and adjust if you need to. Each week, run a little farther at your goal pace until you're running one-third to one-half of the race distance.

Time Trial

If you can run one mile in 10 minutes, here's your pace for other distances.

Distance: 5-k

Pace per mile: 10:33

Distance: 10-k

Pace per mile: 11:30

Distance: half-marathon

Pace per mile: 12:00

Distance: Marathon

Pace per mile: 13:00

Injury tips

How to ice properly

It's the medical recommendation runners get most often. Injured knee? Ice it. Sore shin? Ice it. Good advice. Ice can decrease pain and inflammation and enhance healing. But if you do it wrong, you could damage surrounding muscle tissues, says Joseph Dykstra, M.A., assistant athletic trainer at Calvin College in Grand Rapids, Michigan. So here's a guide that will make icing crystal clear.

DON'T: ICE BEFORE YOU RUN

Numbing a body part before running can block signals to your brain that would tell you to back off. This may cause you to alter your gait, increasing injury risk.

DO: APPLY ICE ASAP AFTER A RUN

Whether you suffer an acute injury or have a chronic issue, ice the area as soon as you get home. When applied immediately, ice decreases swelling and initiates healing.

DON'T: LEAVE IT ON TOO LONG

Don't ice for more than 20 minutes or you'll risk frostbite. If your skin looks red, it's a warning sign you're pushing it. Remove the ice once you feel numbness.

DO: LEAVE IT ON FOR LONG ENOUGH

"If you ice less than 10 minutes, you'll cool your skin, but there will be minimal effect on underlying muscle tissue," Dykstra says. "Fifteen to 20 minutes is ideal."

DON'T: CALL IT QUILTS AFTER ONE DAY

An injury benefits from ice in the days following the trauma. But if your symptoms worsen, or if your knee has been nagging you since, uh, the Ice Age, see a doctor.

DO: CONTINUE ICING DURING THE DAY

To maximize the benefits, ice five times a day, with at least 45 minutes in between applications. This keeps tissue temperature low to minimize inflammation.

For chronically tight, sore muscles, apply heat before you run to loosen them up. Then apply ice when you're done.

Ice Picks

Cool tools for treating injuries:

BAG OF FROZEN PEAS

PROS: Cheap, convenient

CONS: You'll have to MacGyver a means of affixing the peas to your body, or just deal with the nuisance of holding a limb stationary so the bag doesn't fall.

HOMEMADE ICE PACKS

(water and ice in a plastic bag)

PROS: "Cold therapy that goes through a phase change—a solid (ice) changing into a liquid (water)—is more effective at cooling the body than a modality that's always a solid (frozen peas, frozen ice packs)," Dykstra says. "Water is a better conductor of thermal energy than ice. It absorbs heat from the muscle, helping to cool it down."

CONS: Need to remake a pack each time you ice throughout the day.

CRYOCUP

(\$13 at amazon.com)

PROS: Studies show ice massage (applying pressure rather than just setting it stationary) penetrates muscle tissue faster.

CONS: Ice is applied directly to skin, increasing the risk of frostbite.

INSTANT COLD PACKS

(available at most chemists)

PROS: Available at drug stores. No fridge required.

CONS: Chemicals in these packs combine to create a cooling effect. You do not want that stuff leaking on your skin (or couch), so check for holes before applying.

MOJI KNEE

(\$89 at gomoji.com)

PROS: A compression wrap allows mobile icing, so you can walk around while treating your injury.

CONS: It's only available online, it's pricey, and the knee is the only body part it's designed to treat.

Who's hot, and who's not

Who's hot..... Well done to those brave souls who braved south west Victoria's sometimes uncomfortable weather to run in the Great Ocean Road marathon events. Four BUAC members competed in the half marathon that was in fact 23km. Danni Padgham ran 2.08 (her first half), Emma Moylan 1.58, Andrew Boschetti 2.09 and Rebecca Tweed an amazing 1.33 to finish third in her age group. Rebecca also ran the Geelong half marathon a few weeks prior to GOR and finished sixth female. Lisa Wilkinson also ran in the Geelong half and finished eleventh. Rebecca has only recently returned to running, so there may be quicker times on the horizon.

A few BUAC members made the trip to Williamstown for the popular Sri Chinmoy running festival in late May. David Meade finished second in the half marathon in 1.13 with Pat Kenny (1.19) and Steve McDougall (1.27) also competing. Jason Sim ran a great run in the marathon to finish a clear second in 2.48. Jason's time is impressive considering the limited amount of training he did for the marathon. Frank Scare finished fourth in the 10km in 37 minutes.

Locally was the running of the Eaglehawk YMCA Invitation. Andy Buchanan defeated many quality runners to claim first place. Also performing well were the usual suspects including Mike Bieleny, Nic Moloney and Jack Cripps.

Who's not..... Sir Ken Jones and Simon Overland. Bring back the "Thunderdome"...two men enter, one man leaves.

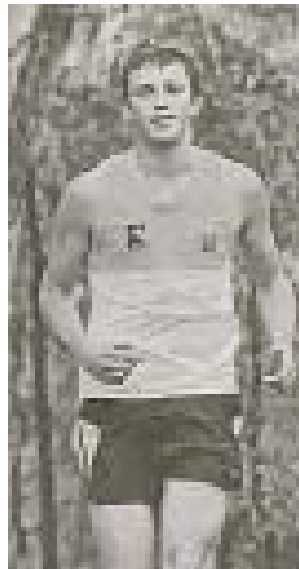
Media watch



Legendary Bendigo runner Jim Russell pushes hard in a race. Either that or he is about to sneeze or he's just trod in doggy doo.



"It's the eye of the tiger, it's the thrill of the fight, risin' up to the challenge of our rivals!" Osteopathic wiz Aaron Anderson was found in the Bendigo Advertiser looking very intense.



Tim McCullagh on a St Hilda's pub crawl. Why walk when you can run.....very quickly.

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.

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).