

Running on Empty

The Newsletter of the Bendigo University Athletics Club

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Gold Coast marathon review

Large numbers of BUAC runners have flocked again to the Gold Coast to run over the Gold Coast marathon weekend. On the day of the marathon, it was a chilly maximum of 10 degrees with rain here in beautiful Bendigo, while the Gold Coast registered a pleasant 22 degrees with not a cloud in the sky. Throw in the beach, fun parks and the chance of meeting Warwick Capper, and you can see why most BUAC runners make the trip up north for probably the best run marathon in the country.

The competing BUAC numbers were slightly down on last year, but the BUAC runners who participated over the weekend acquitted themselves well. The competitors over the weekend included:

10km	Andy Buchanan	31.54 (10 th overall)
	Laura Terry	50.29
	Julie Evelyn	67.00
	Kylie Buchanan	53.21
21km	Russell Jenkins	1.28
	Brett Houlden	1.42
	Maree Reid	2.06
	Kevin Walsh	1.34
	Jeff Pethybridge	1.31
	Cath Pethybridge	2.16
	Josh Pethybridge	1.49
	Jacinta McIvor	2.51
	Harry Terry	1.57
	Maddy Evelyn	1.40
	Josh Evelyn	2.00
	Andrew Evelyn	2.00
42km	Geoff Moulday	2.50 (5 th in age group)
	Alan Buchanan	3.24
	Jenny Buchanan	3.36 (7 th in age group)
	Frances Walsh	4.25

Well done to all involved, and we hope to see even more BUAC runners on the Gold Coast next year. The staff members and resources of "Running on Empty" are renowned for their accuracy and professionalism, but if we have missed anyone, please let us know!

Training tips

Sweating

Most people don't like to sweat. They don't like being wet and sometimes smelly. However, runners know that sweat is a good thing. Sweating is the result of your body doing its job. Read on to find out why sweating is good for you.

First of all, sweat is your body naturally cooling itself when you are hot. As you run, your body produces sweat as you heat up. The sweat helps to cool your body and keep your normal body temperature. The more that you sweat, the more efficiently your body is helping you to cool down and keep you from overheating.

As you sweat during running, your heart works more. As your heart works more, your circulation improves. As this happens, your pores open up. Then, many of the oils and impurities that are in your body exit. So, sweating actually helps cleanse your body. Not only is it good for you inside, the opening of your pores and

getting rid of the impurities will also help your skin. It will seem smoother and will sometimes have a healthy glow to it.

Here are a few other benefits of sweating. A few studies have also found that your immune system is strengthened from sweating. As your core body temperature slightly rises up above its average temperature, it will generate more white blood cells. This is what will help you stay healthy. It will also help you if you have some little bug to help get it out of your system quicker. Too much of a core temperature rise can make you more vulnerable to illness.

Your metabolism also increases when you are sweating. And, as you know, this will lead to calorie burning. And, finally, sweating can help you with stress relief. So, it's good for your mind, also!

There are some runners that actually have problems with not producing enough sweat. This can be harmful because their body is not cooling itself as it should. And, if not watched carefully, it can lead to more serious problems.

Even though sweating is good for you - you still want to wear technical clothing when you run. It will work in tandem with your natural sweating mechanism as you run, and will keep you running cool, comfortably and healthy.

Injury tips

Peroneal Tendonitis (Peroneal Tendinitis)

The peroneal tendons run behind the lateral malleolus or the bony bit on the outside of the ankle. They can become inflamed causing pain and swelling on the outer ankle.

Symptoms of Peroneal Tendonitis

Pain and swelling on the outside of the ankle or heel.

Pain is worse during activity and gets better with rest.

Pain when pressing in on the peroneal tendons.

Pain when the foot is passively inverted (stretching the peroneal muscles) and with resisted eversion.

Calf muscles may be tight.

What are the Peroneal Tendons?

The peroneal tendon runs behind the lateral malleolus or the bony bit on the outside of the ankle.

The peroneus longus tendon runs around the back of the lateral malleolus and under the foot to attach at the outside of the first metatarsal and cuneiform bones. The peroneus brevis passes around the back of the lateral malleolus and attaches to the outside of the foot on the base of the 5th metatarsal. The muscles act to plantar flex the foot (point foot downwards) and evert the foot.

Tendinopathy or tendonitis is an overuse injury which can affect many different tendons in the body. It usually occurs as a result of overuse of the muscle and tendon which results in an inflammatory response in the tendon.

Causes of Peroneal Tendonitis

Runners who run along slopes which causes excessive eversion (rolling out) of the foot.

Tight calf muscles

Overuse, particularly in dancers or basketball players.

Overpronation of the foot or excess eversion of the foot.

Treatment of Peroneal Tendonitis

Rest

NSAID's (non steroidal anti inflammatory drugs) may be prescribed to reduce pain and inflammation.

Stretching the calf muscles (and peroneal muscles).

Custom made foot orthotics.

Deep tissue sports massage to the peroneal muscles to reduce tension and help lengthen the muscles.

In severe cases surgery may be required.

Who's hot, and who's not

Hot.....Several BUAC runners competed in the Run Melbourne running festival. Brett Houlden (1.39), Georgina Lanyon (1.31), Pat Kenny (1.23), Shayne Rushan (1.43) and Brad Russell (1.48) all competed in the half marathon distance while Will Kenny (24.01) ran the 5km.

Well done to all BUAC runners who ran in the Athletics Bendigo 8km championships. Mike Bieleny and Rebecca Tweed recorded podium finishes for their respective age groups.

Media watch



Hear no, speak no, see no evil! Three very , very shady looking characters. The Australian government would have concerns if they knew they are representing our country.

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 “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

Club president:	Brad Russell	5443 9378
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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).