

Running on Empty

The Newsletter of the Bendigo University Athletics Club

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THE LONDON MARATHON MY 26TH MARATHON RUNNING 26 MILES

BUAC marathon machine Jenny Buchanan and her husband Alan recently competed in the London marathon in April. "Running on Empty" staff wonders if the Buchanans will run out of exotic international destinations to run marathons in...Wagga Wagga or Shepparton may have to be the next destination. Jenny has been good enough to prepare this piece on the event.

"We flew into Heathrow, London on Friday morning 20th April. 48 hours later we were on a bus with 33 other Aussies that had secured an entry into the London Marathon through the Travel Fit Company, heading to Greenwich, the starting point. Bus after bus after arrived, spilling out a mix of eager and anxious athletes onto a huge open field. We, John, Alan and I secured a patch of grass in front of one of the huge marquees, sheltered from the wind. A glance around revealed a line of baggage trucks, rows of porta-loos, the starting carrels and a huge live screen that was projecting random scanning of the crowds of people. A source of entertainment for the next 2 ½ hours as we patiently waited for the 9.45am start. Sitting around we were glad to have warm clothes on, that after we discarded, were collected for charity.

The course has changed little over the 32 years. Starting at Blackheath/Greenwich and continued through Charlton, Woolwich, Greenwich where we passed the "Cutty Sark" a famous British sailing ship that was recently restored and officially reopened on 25th April 2012. We then crossed over the River Thames on the Tower Bridge, looping around London's East End, past Canary Wharf, Isle of Dogs, Tower of London, along the Embankment, London Eye, Houses of Parliament, Big Ben, Birdcage Walk, Buckingham Palace and finally finishing in The Mall at St James Park.

Luckily the weather was perfect for running, cool cloudless skies with a light wind blowing. The next day it rained most of the day with a cold wind blowing. How lucky were we.

The streets were lined with 1000s of spectators, urging you on and shouting words of encouragement. Lots of bands also took your mind off how bad you were feeling. For me running across the Tower Bridge was a highlight, 12 miles down, feeling good, 14 miles to go. Things went downhill from there. Little things started to annoy me. Mile markers rather than kms (there was supposed to be km markers every 5 kms), a female runner dressed as a cat, that the crowd continually shouted out "ah! look at the cat", who wouldn't go away and injury niggles that saw my km pace blow out to 5.52. Turning the corner at Buckingham Palace and seeing the finish banner was a huge relief. I was surprised and pleasantly pleased with my time of 3:34.55 finishing in 5414th place.

*Statistics for 2012 Marathon: 36,742 finishers - 36% female - 64% male 110 Australians
Winning Male – Wilson Kipsang (Kenya) – 2:04.44 (4 seconds outside the race record).
Winning Female – Mary Keitany (Kenya) – 2:18.37*

*HISTORY:
1981 Marathon - 20,000 applicants of which 7,747 were accepted – 6,255 finished.
Winning time male 2:11.48. Winning time female 2:29.57*

*1982 Marathon - 90,000 applicants of which 18,059 were accepted – 15,116 finished.
Winning time male 2:09.24 Winning time female 2:29.43 The London Marathon was now the biggest marathon in the world.*

Over the 32 years, 882,946 runners have finished this world famous marathon.

The London marathon also holds the Guinness Book Of Records in 2007 & 2008 for the largest single annual fundraising event. 46.7 million pounds was raised; a tradition that continues today with 750 British charities, now offering 15,000 guaranteed marathon places each year. The charity buys an entry for 300 pound each and then resells it to a runner who commits to raising a 4 figure sum for that charity. Over the years it is estimated that more than 500 million pounds has been raised, with more than ¾ of competitors now running for a charity.

In summary this is a well ran and organised event that gave us the opportunity to see parts of London from a totally different perspective than what the average tourist gets to see."

Injury tips

Jogger's nipple/Jogger's breast trauma

Repetitive trauma or bouncing up and down from jogging can cause permanent damage resulting in breasts dropping. Prevention is far better than cure!

What Does The Breast Consist Of?

The breasts are composed of mainly fatty tissue with the mammary glands and muscle. The muscle is deep so cannot help much in supporting the breast.

Coopers Ligaments help hold the breasts up. They are thin bands interwoven into the breast and are not very strong. If the breasts are not supported properly with a good sports bra then repetitive bouncing from running can stretch the Coopers ligaments permanently.

The main injuries affecting breasts are nipple problems (jogger's nipple), a direct blow to the breast and repetitive trauma caused by constant movement and bouncing whilst running.

Repetitive Trauma Injury / Jogger's Breast

Continuous running causes the breasts to move up and down and side to side. This not only causes pain resulting from the trauma of excessive movement but will result in permanent stretching of the Coopers ligaments resulting in drooping breasts. It is not just the larger breasted woman who suffers breast pain when running; smaller breasted women can suffer from jogger's breast just as much.

It is also possible that breasts that are not properly supported can lead to tension and strain in the upper back and neck, particularly in the larger breasted woman. The excess weight at the front can mean the back muscles have to work harder to keep the shoulders in the correct position. These muscles will eventually become weak and stretched leading to back and neck pain.

Treatment of Jogger's Breast

What can the athlete do about it?

Wear the correct sports bra. This should give support and prevent vertical movement as well as side to side movement.

Breast droop is irreversible so prevention is better than cure.

For back pain, try to maintain correct posture with shoulders back. Also a regular sports massage is a great way of reducing the tension in the muscles

Sports Bras

There are many types of sports bra available and the most suitable for one person is not necessarily the best for another person. When choosing a sports bra you should take into account:

Support level - this will depend on your size (larger breasts need more support) and your sport (high impact?)

Compression or encapsulation - Compression bras basically compress the breasts against the chest and are usually crop-top styles. Encapsulation bras keep the breast separate in defined cups, more similar to a standard bra. Women with larger breasts should pick an encapsulation bra. Smaller breasted women may feel a compression bra is sufficient. A few styles both compress and encapsulate.

Strap width - Make sure the straps are wider than an standard bra. This will help support and breasts and prevent the straps digging in.

Material - Make sure the material is breathable and comfortable to wear. Also ensure that there are no seams on the cups which could cause nipple chafing!

Jogger's nipple

This is a painful condition more common in men than women. It is in effect a friction burn (also known as chafing) caused by constant rubbing of a T-shirt on the nipple. It is often more likely in cold and wet weather.

Treatment of Jogger's Nipple

What can the athlete do about it?

Protect the injury from further trauma and allow it to heal. This should not take long. Prevention is better than cure.

The correct sports bra can help, as can applying petroleum jelly to the nipples or covering them with zinc oxide tape before running.

Prevention is the best cure and applying tape or a blister plaster over the nipple for a run will protect them and prevent chafing.

Training tips

Running on holiday

With the winter closing in, many BUAC runners are taking time off to head to warmer climates. Running on vacation is something that is great to do! Whether you are on an actual vacation or a business trip, I love the fact that I'll be running in and seeing new places. Many runners worry about getting their run in while they are out of town - but it is totally possible. Here are some tips for running while you're travelling.

The first thing that you want to do is to do a little bit of research before you leave home. When I'm looking at hotels in the town where I'm staying, I always pick one that has a fitness centre (And, you may even want to call the hotel even though they say that they have a fitness center - sometimes it just means a stepper and weight bench and no treadmill.) I especially like to make sure that there's a treadmill available if I'm unsure of the area where I'll be staying.

You can also check different online sites before you leave like Map My Run or Run The Planet. All you do is enter where you are and you will get back routes that local runners have mapped out. You can usually find all different distances and running surfaces.

Talk to the front desk or the concierge when you check in. Most of the time they will have maps available of running/walking routes from the hotel. Many times they may be a runner themselves and will know of local places where you can run. I've found many great parks that way. The front desk will even tell you if it is unsafe to run in that

area and will recommend staying indoors on the treadmill. You can also find the local running store or contact the local running club. They will know of areas where you are staying where you can get in a nice run.

When you are traveling, it's best to run in the morning. If you are on a business trip, you never know what the day may bring with meetings and conferences. Also, it will get you energized for the day. If you are on vacation, you can get your run in and then you're free for any sightseeing or whatever you have planned for the day. Also, if you are on a warmer weather vacation, you can get your run in before it gets too hot.

Running on the go is easy. It just takes a little planning. You get a chance to see some new scenery and you never know - there may even be a local race in the area that you can enter!

Who's hot, and who's not

Who's hot..... The BUAC Invitation was a large event with many BUAC members being on hand to help out in cold and wet conditions. Our Invitation is a major fundraiser for the club, so thank you to everyone who contributed not only on the day, but with the general organisation for the event. BUAC place getters on the day included Ryan Brook, Jason Fletcher, Fraser Walsh, Ingrid Douglass, Rebecca Tweed, Scott Alterator, Tullie Rowe, Erica Wilkinson and John Rose.

BUAC runners did well at the Eaglehawk Invitations. Place getters in various age groups and distances at the run included Fraser Walsh, Callum Tucker, Andy Buchanan, Mike Bieleny, Rebecca Tweed, Max Pearse, Holly Randall, Georgie Lanyon and Floyd Cartner. Rebecca Tweed is to be commended for winning the open categories at the BUAC and Eaglehawk Invitations.

The Great Ocean Road marathon saw Danni Padgham run her first full marathon and Emma Moylan ran in the half marathon. This race is unique as the full marathon is 45km and the half is 23km, instead of the standard 42km and 21km distances (which are hard enough as they are). Danni ran the 45km in 4.44 while Emma completed the 23km in 1.48. Great efforts in what can be difficult running conditions in south western Victoria.

Jason Sim continued his run of impressive marathon times when he ran in the Traralgon marathon. With limited training, Jason was able to finish the 42km in 2.49 and claimed third place. Jason doesn't need the one tank of fuel to get him from Bendigo to the Gold Coast, he could just run there.

Russell Jenkins had a good month in May winning the 10km event in 50 to 59 male category at the Noosa Running Festival in a speedy 38.53. He followed this up by setting a new record for the Albert Park 5km in the male 50 to 59 category. I think Russell may be wasting his time on the bike!

The Mothers' Day Classic was run as a breast cancer fundraiser in May. BUAC regular Mike Bieleny won the main event, with Craig Feuerherdt nipping at his heels. Speaking of worthwhile causes, don't forget the fundraiser for the Cystic Fibrosis Friends of Bendigo on Saturday the 20th of July at St Francis of the Fields in Strathfieldsaye. Please contact Gaby Walsh for more details on the night.

Congratulations to BUAC runner Brett Houlden who has been able to secure a place in the famous New York marathon that is run towards the end of the year. Brett is running the marathon as a fundraiser for the Heart Foundation, so make sure you give generously, after you have given at the Cystic Fibrosis Friends of Bendigo night that is. Time to get training Brett!

I'm not sure how or why they are there, but well done to BUAC young guns Lee and Tim McCullagh who were able to get to Royal Ascot in the UK to watch Black Caviar clean up (just) in the Golden Jubilee Stakes. Good to see the boys flying the flag overseas. I am sure they have been good international ambassadors for the BUAC(!).

Media watch



Michael Hogan was snapped recently for yet another photo in the Bendigo Advertiser. This photograph has seen him officially pass Tracey Wilson and Russell Jenkins for the “Most Appearances in the Bendigo Advertiser by a BUAC member” award. Word from the Wilson camp is that “it’s on; it’s on like Donkey Kong”. Be prepared for more Tracey in the Addy in the not to distant future.

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

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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).

