

# November 2017 Newsletter

Turrumurra Trotters  
Running since 1974

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# The Newsletter

## Re-cap of the month, plus announcements:

Dear all

Thank you to David & Lindy Russell for doing drinks duties during November. December will be handled by Bruce Donnelley. I think in addition to water and juice there may be juice of another kind (with bubbles) on 23 December.

We do not have anyone to help in 2018 yet. If you believe you can assist for any one month next year please drop me a line and I will compile the calendar of 2018 "Drinks Providores".

Our Christmas Function. A reminder: The Blue Gum Hotel, Wednesday, 13 December at 6:00 PM.

Not too many acceptances yet, please advise so I know we will have enough for the room I booked (The Terrace room). Partners are most welcome as well.

I know Robert Thomson is rustling up numbers for the Medoc Marathon in France in September next year. I received a note from a tour organiser hoping some Turramurra Trotters will consider running in the Pyongyang Marathon in April 2018. What a great place to visit, maybe catch sight of another ICBM (testing of course) – See note below

The 6th of January 2018 will start a new distance (8.6km) and so begins the build up to the longer distances later in the year. The first article below may be appropriate for this time of year. I will leave it up to each individual to make up their own mind.

Regards

Alan

# Fitness Trend: Fun Workouts That Combine Alcohol and Exercise

## Adding a New Meaning to Your Workout Buzz

As counterintuitive as it sounds, exercise and alcohol might just be a match made in heaven. Not because it's healthy, per se, but because it's...well, honest. "The combination of fitness and alcohol has gained popularity because it's honest," says Jason Wimberley, celebrity personal trainer and the founder of The WALL fitness. "As trainers, we know our clients aren't only eating brown rice and chicken, and we also know that a lot of people dedicate themselves to fitness as a means to enjoy their free time and splurge a little, and that's OK."

And frankly, it's a smart business decision on behalf of gyms, studios, and event managers to give the people what they want—the opportunity to celebrate and socialize after a tough workout. Providing post-sweat drinks encourages participants to stick around, get to know their classmates, and leave with a feel-good "high" that goes above and beyond workout-induced endorphins.

The presence of alcohol has also become practically ubiquitous where races and fitness events are concerned. For instance, in 2017, Michelob Ultra was named one of the sponsors of the Rock 'n' Roll Marathon Series. And it's not just major events that incorporate suds. I've participated in small, locally-managed trail runs in two different states that served up alcohol to participants, either during the race or as a post-race "congratulations." In fact, it may be harder to find a race that doesn't provide alcohol than one that does.

While post-workout happy hours and post-race drinks aren't exactly new, the marketing of the marriage between these seemingly incongruous partners has changed. Before, trainers, gyms, or event managers might say, "Join us for a post-workout happy hour!" positioning the alcohol as a cap to the end of the workout. But now, drinks are often incorporated into the name of the event or class, making it crystal clear what participants can look forward to. For instance, when you register for the Bend Beer Chase in Bend, Oregon, you know in advance you can expect equal measures of running and (optional) beer.

So if you haven't yet gotten in on the action, and you're looking for a few fun ways to combine your love of exercise with a moderate amount of alcohol (let's keep it healthy, folks), then consider checking out the following opportunities.

### 1 Sunday Funday at The WALL

Jason Wimberley understands what his clients want, so at his studio, The WALL, he serves mimosas after the "Sunday Funday" class that features the studio's signature 123 Stack format of core activation, circuit training, and cycling.

"While most may not even finish their glass, it's become a fun reward, and more importantly, a way for us to connect and hang after class," Wimberley says. "When you're dripping sweat and exhausted, a light sip of something bubbly can be just enough to help you calm down and soak it all in before heading back out into the real world."

Of course, he also emphasizes the importance of drinking water before diving headlong into the mimosas.

### 2 bRUNch Running

If you like running, and you like brunch (or really, any meal), bRUNch Running based out of Denver, Colorado, may be your cup of tea (or wine, as it were). The focus of the community's non-competitive training runs is to balance food and fitness in a way that supports an overall active, happy life. Most training runs start and end at restaurants in cities all around the country, with event tickets including the cost of post-run beverages.

And if you can make it to Denver for the official bRUNch Run, you'll experience a 5k or 10k-distance event followed by a post-run festival offering brews, libations, and eats from more than 25 Denver-based eateries. Sponsors include companies like Great Divide Brewing Co., Barefoot Wine & Bubbly, and Tito's Handmade Vodka, so you know it'll be a fun afterparty.

### 3 Brew You Yoga



Bronx Brewing

"I see yoga and beer as kindred spirits, both ancient traditions steeped in ritual, balance, and community," says Leanne Maciel, a certified health coach and yoga instructor who hosts the Brew You Yoga events at Bronx Brewery once a month. Maciel goes on to liken the brewing process of beer to the "brewing process" of a yoga practice. "Each time we step on the mat we go through our own brewing process, mixing the ingredients within us, balancing them, and giving them good energy," she says. "I tap into this process, teaching about brewing throughout the class, and then we taste beer!"

Maciel loves teaching the class because many people who join are new to yoga. It's less-intimidating to sign up for a yoga class at a brewery than at a high-end studio, making it a low-risk way for people to try something new. She points out that many guys come for the beer (participants receive a tasting flight of five brews following class), but end up loving the yoga.

And it's also an easy way to mingle with other people who share similar interests. "People are tired of hanging out at a bar, getting hit on. [This class] combines things they're already doing, like working out and socializing. They like the unique space, the sounds and smells. It adds a unique twist to the experience."

Of course, the Bronx Brewery isn't the only brewery hosting yoga classes. Classes are popping up around the country, you just have to search for them. For instance, if you live in Los Angeles, you can find a slew of options on the Brew Yoga website, or if you're in Charlotte, North Carolina, check out the Work for Your Beer site listing.

### 4 Yoga Unwined

Love yoga and wine? Then you can't go wrong with Morgan Perry's unique Yoga Un"wine"d classes. These New York City-based events provide a way for busy professionals to make time for an evening workout while also enjoying their wine, and Perry even makes the experience educational by providing fun wine facts throughout the class.

Even though at first glance the combo seems a bit unusual, Perry insists yoga and wine pair quite nicely. "Yoga is all about focus and concentration, which is an excellent tool for wine tasting as well. Yoga also helps us release tension, decreasing levels of the stress hormone cortisol, and the alcohol in wine can help us to relax," Perry says.

This is a major focus of her vinyasa-based classes, which close with a meditative wine tasting. "Meditation allows you to focus inwardly and ignore the outside world. With a meditative wine tasting, we take that idea and apply it to focusing on what is happening in your glass, without the distractions that may happen in a typical wine tasting environment," she adds. "If you're fully present, you're able to better concentrate on what you see, smell, and taste in the glass."

## 5 CyclePub

Pub crawls used to be self-led events that just kind of developed as a wild night progressed, but these days you can sign up for brewery tours where you and a group of friends cycle from location to location—completely self-powered—as you enjoy a combination of activity and alcohol.

CyclePub, located in Bend, Oregon, is one such company that actually has a liquor license that covers its multi-person bike pubs. This means you can bring along a bottle of wine and a growler of beer to drink with you on-the-go (sharing with your cycle-mates, of course), refilling it as needed at the breweries you stop at along the way. These guided tours last about 2 hours and cover roughly 2 miles of sometimes hilly terrain, firing up your quads for short periods of effort. Ultimately, however, they qualify as more "pub" than "cycle," so while they might make you feel a little bit better about imbibing, they shouldn't replace your normal workout routine.

Similar tours are available in cities across the country. For instance, you can book a tour with Pub Crawler in Austin, TX, or Social Cycle in California. Just be sure you read and understand the company's rules before you book a tour, as they vary by location and license.

## 5 Great Fitness Tips for Every Woman Over 50

### Getting and staying in shape after age 50 is easy if you follow some basics



For the majority of Americans today, achieving or simply maintaining a decent level of fitness is a challenge, but for women turning 50, getting in shape can feel even more challenging. Today there are more weight loss programs, exercise equipment, and fitness routines to choose from than ever before, yet statistics remind us just how out of shape we are as a country.

## Tips for Staying Fit After 50

As difficult as it may seem, there are some simple and effective ways to stay fit after age 50.

These five simple tips can help you get (and stay) fit at age 50 and beyond.

1. Lift Weights

Weight lifting may be the single best way for older women to maintain overall fitness and stop the slow creeping fat gain. Building strength with weight training is possible at any age, and some studies show women in their 70's building significant muscle by lifting weights 2-3 times per week.

2. Walk Regularly

Walking has consistently been shown to improve cardiovascular fitness, help keep weight under control, and improve mood in those who maintain a regular walking routine. Any aerobic exercise (cycling, jogging, swimming) is great for maintaining lower levels of body fat and improving flexibility and overall body tone, but after age 50, walking has some advantages. The risk of injury is extremely low, so almost every woman can get out and start walking right away. Walking can be done in most weather, there is no special equipment required. Perhaps the biggest benefit to walking is that it's useful. Walking for errands, to give your pet exercise, to socialize, or to get out in the fresh air are all added benefits of using a walking routine to maintain fitness. Combining walking with weight training and you will have a simple and effective way to get and stay, in shape after age 50.

3. Perform Some High-Effort Intervals

Interval training is a great way to improve overall fitness. It's fast and effective, but can be challenging. To get the benefits of interval training and minimize the risk, start slowly and stop when you are winded. For example, if you are out walking, increase your pace for 30 seconds, and then return to your regular pace. Repeat this 30-second burst once every 5 minutes. Continue until you've completed five, 30-second bursts. As the days and weeks go by, you may find that you want to jog during that 30-second interval. The beauty of interval training is that you are in control of the effort and the number of reps. If you are already in great shape, you can add some high-intensity interval training and kick it up a notch. When you start intervals, always pay attention to any warning signs that you are overdoing it.

4. Perform Core Exercises

As we age and become less active, core strength is often one of the first things to suffer. Poor core strength can lead to a domino effect of other physical aches and pains due to poor body mechanics and poor alignment. Sore backs, hips, knees, and necks can often be traced back to poor core strength. The core muscles include more than just the abs, so it's important to consistently perform a balanced core strength workout. Do the quick core workout (above) 3-4 times each week to maintain your core strength and stability. Other great ways to maintain your core muscles are to perform simple body weight exercises that force the core to contract as you stabilize your body.

Consider doing these exercises daily:

- Push-ups
- Alternating Supermans
- The Seated Press Up

5. Eat Enough Protein

Many older women aren't getting enough protein to maintain muscle mass. Protein is the major building block of the body, and because it isn't stored, it needs to be replenished regularly. Protein can be either complete (those containing 8 essential amino acids) or incomplete (lacking essential amino acids). Complete proteins are found in most animal sources such as meat, fish, and eggs while incomplete proteins are generally found in vegetables, fruit, and nuts. Vegetarian athletes often struggle to get adequate protein if they don't pay careful attention to the way they combine food sources. If you aren't getting enough protein, it may be difficult to build or maintain muscle. If you are a vegetarian, it's even more important for you to learn how to get enough of this essential nutrient.

Getting, and staying, in shape after 50 is possible, but it does require consistent movement and a bit of knowledge to get the most out of your activity.

## Must-Do Strength Training Moves for Women Over 50

Life goes too fast. The older you get, the more you recognize how fleeting it is. So how would you like to slow down the aging process? No, we can't turn back time. However, we can turn back the years on our body. Research has shown that exercise can slow down the physiological aging clock. That's right – working out can keep you young!

And while cardiovascular exercises such as walking, jogging or biking are important for heart and lung efficiency, it is strength training that provides the benefits that keep your body younger, stronger and more functional as each year passes by. If you want to be vibrant and independent for many more years, this strength-training workout will help you achieve just that.

### Why Is It Important to Strength Train After 50?

According to the American Council on Exercise, “Between the ages of 30 and 80, sedentary adults can experience as much as 30 to 40 percent loss of muscular strength as a result of reduced levels of muscle mass.”

The good news is that this doesn't have to happen! The word “sedentary” is key. Strength training is important for everyone, but after 50 it becomes more crucial than ever. It ceases to be about big biceps or flat abs but rather takes on a tone of maintaining a strong, healthy body less prone to injury and illness. The important benefits of strength training after 50 include:

- **Builds muscle mass:** No, this doesn't mean you turn into the Incredible Hulk. It means that you are a solid, strong person who can lift their own groceries, push their own lawn mower and pick yourself up if you fall down.
- **Builds bone density:** Unexpected falls put countless older people in the hospital every year. An 8-year-old puts a cast on his arm and gets back to playing in 8 weeks. An 80-year-old isn't quite so fortunate. The ramifications of broken bones can be devastating. Strength training can help. One study in New Zealand on women 80 years of age and older showed a 40 percent reduction in falls with simple strength and balance training!
- **Decreases body fat:** Too much body fat isn't good for you at any age. Maintaining a healthy weight is important especially when it comes to preventing many diseases that come with aging populations.
- **Lowers the risk of chronic disease:** Not only will strength training help save off many chronic diseases, but it also helps lessen the symptoms of issues you may currently have. The Center for Disease Control and Prevention (“CDC”) recommends strength training for most older adults to help lessen the symptoms of the following chronic conditions: arthritis, osteoporosis, diabetes, obesity, back pain, depression.
- **Improves mental health:** Along with aging comes a higher rate of depression and, for many, a loss of self-confidence. Strength training has been shown to improve your general self-efficacy and can help lessen the incidence of depression.

Sounds like a pretty good deal, doesn't it? For just 20-30 minutes a day you can see big changes in your body age. So let's get started.

The following workout will give you 10 excellent exercises that women over 50 can concentrate on during their workouts. Several exercises are going to include single leg moves or stability ball moves. These were intentionally incorporated to help improve balance and coordination, both of which decline with age. You will need a pair of 5-8 lb hand weights (move to heavier weights as you get stronger) and a stability ball.

If you don't have a ball you can perform the exercises on the floor or a bench. For each exercise below perform 8-12 repetitions and rest for 30-60 seconds in between exercises. Move slowly through each exercise concentrating on proper form and continued breathing. And don't forget, it's always helpful to have guidance. If you have the ability to reach out to a fitness professional – even if it is just for one session – he or she can help take you through proper form and teach you how to move properly for your body. Enjoy your new fountain of youth!

## 1 Forearm Plank



1) Begin lying on the floor with your forearms flat on the floor, making sure that your elbows are aligned directly under your shoulders.

2) Engage your core and raise your body up off the floor, keeping your forearms on the floor and your body in a straight line from head to feet. Keep your abdominals engaged and try not to let your hips rise or drop. Instead of 8-12 reps, hold for 30 seconds. If it hurts your low back or becomes too difficult, place your knees down on the ground.

Targets: shoulders, core

## 2 Modified Push-Up

U



- 1) Begin in a kneeling position on a mat with hands below shoulders and knees behind hips so back is angled and long.
  - 2) Tuck toes under, tighten abdominals, and bend elbows to lower chest toward the floor. Keep your gaze in front of your fingertips so neck stays long.
  - 3) Press chest back up to start position.
- Targets: shoulders, arm, core

### 3 Basic Squat



- 1) Stand tall with your feet hip-distance apart. Your hips, knees, and toes should all be facing forward. (Hold dumbbells in hands to make it harder).
  - 2) Bend your knees and extend your buttocks backward as if you are going to sit back into a chair. Make sure that you keep your knees behind your toes and your weight in your heels. Rise back up and repeat.
- Targets: glutes, quads, hamstrings

## 4 Stability Ball Chest Fly

U



- 1) Hold a pair of dumbbells close to your chest and place your shoulder blades and head on top of the ball with the rest of your body in a table top position. Feet should be hip distance apart.
  - 2) Raise dumbbells together straight above the chest, palms facing in.
  - 3) Slowly lower arms out to the side with a slight bend in your elbow, until elbows are about chest level.
  - 4) Squeeze chest and bring hands back together at the top.
- Targets: chest, glutes, back, core

## 5 Stability Ball Tricep Kick Back



1) Holding dumbbells, place your chest on the ball with arms draped alongside the ball and legs extended out to the floor behind you. Keep head in line with your spine. (If you don't have a ball, lay belly-side down on a bench or stand with feet staggered from front to back and body hinged forward).

2) Pull your elbow up to a 90-degree angle for start position.

3) Press dumbbells back to lengthen arms, squeezing triceps.

4) Release dumbbells back down to start position.

Targets: triceps, core

## 6 Shoulder Overhead Press



1) Start with feet hip distance apart. Bring elbows out to the side creating a goal post position with arms, dumbbells are at the side of the head, and abdominals are tight.

2) Press dumbbells slowly up until arms are straight. Slowly return to starting position with control. If desired, you can also perform this exercise seated in a chair or on a stability ball with feet wide.

Targets: shoulders, biceps, back

## 7 Stability Ball Overhead Pull



- 1) Hold a pair of dumbbells close to your chest and place your shoulder blades and head on top of the ball with the rest of your body in a table top position. Feet should be hip distance apart.
  - 2) Raise dumbbells together straight above the chest, palms facing in.
  - 3) Slowly lower arms behind the back of your head, keeping only a slight bend in your elbows.
  - 4) Squeeze your lats as you pull arms back to start position above the chest.
- Targets: back, core

## 8 Stability Ball Side Leg Lift

U



- 1) Begin kneeling with the ball to your right side.
- 2) Let your right side lean slightly on the ball and hug right arm around the ball.
- 3) Extend left leg long to the side. The right leg should remain bent on the floor.
- 4) Slowly lift and lower left leg 8-12 times then switch sides.

Targets: legs, core

## 9 Single Leg Hamstring Bridge

U



- 1) Lie on back with bent knees hip distance apart, and feet flat on mat
  - 2) Squeeze glutes and lift hips off the mat into a bridge. Lower and lift the hips for 8-12 reps then repeat on the other side.
- Targets: hamstrings, glutes, quads

## 10 Bird Dog



## Koryo Tours!

Hi Turramurra Trotters,

Greetings from Koryo Tours!

We are a British-run tour company that operates across Asia, and have been the official travel partner of the [Pyongyang Marathon](#) since 2014.

We have some **exclusive discounts** on our marathon tours to share with members of running clubs — including yours!

The Pyongyang Marathon is an incredible event, certified as a Bronze Label road race by the IAAF, and which happens every April on the streets of North Korea's capital.

**You'll find a flier attached that provides further info about next April's race, as well as details of exclusive running club discounts.**

Given that people can only get to this unique race by joining an organised tour, we have put together several different options for you.

We don't expect your whole club to come along — though you are all very welcome to do so! — so we have discounts for both individuals and groups.

Please do feel free to mention this to your members, or simply forward the flier to them and they can take advantage of the offer themselves. Friends and family are also very welcome to use this discount.

We're also proud to support a number of orphanages and schools in North Korea as part of our humanitarian efforts — everyone who runs the marathon with us will be helping to feed a Korean child in need for a year via our long-term project delivering food aid to the country.

You can get in contact with my colleagues or myself at any time if you have any questions about the race, or travel to North Korea.

And please do pass on my contact details to anyone who you think may be interested in attending this incredibly special event.

We look forward to speaking to you soon.  
All the best from Beijing,  
Marcus McFarland  
Marathon Tours Manager



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## Veteran who lost both legs completes 31 marathons in 31 days, runners trailing his every step

Marine Corps veteran Rob Jones wanted to change the narrative of the broken-down, wounded veteran struggling to transition to civilian life. So for the past 31 days, he kept running.

He ran to prove a point and to inspire. Jones, who had both legs amputated after being wounded by a land mine while serving in Afghanistan, ran the distance of 31 marathons over 31 days in 31 different cities.

On Saturday afternoon, with his back aching and legs sore, the 32-year-old Jones finished his month of marathons near the steps leading up to Lincoln Memorial on a frigid Veterans Day. The crowd of several dozen supporters showered him with cheers as he crossed the tape. Jones then kissed his wife, Pam, smiled and took a few moments to let the accomplishment soak in.

“I decided I would create this story of a veteran that was wounded and thrived from it,” Jones said minutes after finishing.

“I think I accomplished that mission.”

All month, people followed Jones wherever he went like Tom Hanks in the film “Forrest Gump.” He started his journey in London, where Pam is originally from and his team drove approximately 10,000 miles across the United States in a 35-foot-long motor home, where they slept.

From the time he stepped out of the vehicle, there were runners waiting for him, regardless of the city or weather.

On Saturday, the temperature dipped below freezing for most the day, but there were never fewer than 20 runners who joined Jones on the mile-plus loops surrounding the Reflecting Pool.

“The support has been incredible,” said Jones, who was honorably discharged from the Marine Corps in 2011. “It’s such a great compliment to have all these people come out and hear my story and deem it worthy of their time on the weekend, on a holiday and come out and support me.”

Some had heard of Jones's story from friends or read about it online, about how Jones had both legs amputated after being wounded in Afghanistan in 2010 and how he has since become a Paralympic bronze medalist in rowing, biked 5,180 miles across the country and devoted his life to raising money for veterans' charities.



Rob Jones leads a group running alongside the Reflecting Pool.

Jones, a Vienna resident, has a lifetime goal of raising \$1 million and estimates that his latest challenge has raised between \$125,000 to \$130,000. The bike challenge raised an additional \$126,000, Jones said.

"I think it's amazing," said 12-year-old Michael Vertino of South Riding, Va. "I think it's pretty cool. He'll go down as a legend."

Michael had heard about Jones's 31-marathon journey from his father, AJ, a Marine Corps veteran. "I thought he was crazy," Michael said was his initial reaction, but he then texted his friend and classmate, Quinn Grimes, and asked him if he wanted to run with Jones. Quinn didn't hesitate to sign up.

"The highlights for me . . . have been seeing kids run out and run with him and ask him questions," Pam Jones said. "Kids have this amazing ability to ask these really innocent questions that will really impact them for the rest of their lives." But the trip also had painful lows. On Tuesday, Jones slipped on a Nashville bridge and badly injured his back. During a break on Saturday, a woman asked Jones what his plans were to relax.

"I think I'll go run," he deadpanned.

Jones later said he actually would have gone running in the coming days but that his back injury will force him to take a few days completely off.

"I hate seeing him in pain, but I also know that if this was easy, he would be frustrated because he wants it to be hard," his wife said. "He wants to be an example of making something hard so that you can challenge yourself to be a better person." As for his next challenge, Jones said he doesn't yet have anything planned. He'll "use physical exercise for fun" and also indulge in other hobbies that he hadn't had time for like reading books and listening to podcasts. He'll maybe even return to performing a few open-mic stand-up comedy shows.

But those who know Jones best say it's fair to expect something special.

“Everything he does, he takes it to the extreme and it's epic,” said 35-year-old Eric Deavilla of Boston, who served with Jones in Afghanistan. “Whatever he does next, it's going to be worth watching.”