

March 2018 Newsletter

Turrumurra Trotters
Running since 1974

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The Newsletter

Re-cap of the month, plus announcements:

Dear all

Thank you Nick Swan, for doing the drinks during March.

We will be looked after by Robert Thomson during April.

We had the first of the 10.2km runs on an age-handicap basis on 10 March. Alex Rosser prepared a report and it is below. There is a link to a video of some of the finishers.

Next Saturday, 31 March, we start the 12.0km course which will continue until 5 May 2018.

Donald Garton has sent me an email relating where we can find times etc noted on the website.

See also Sam Burke's email to me, below.

Regards

Alan

TAH-race

Thanks to all who participated. Judging by the response we may do a repeat in 12 months time. Or perhaps even earlier.

Some background. This is based on a famous California race, the Dipsea. See <http://www.dipsea.org/> I cheated and used their handicap times unchanged, even though their run is 12Km on trails. This had the result of slightly favouring the older runners. I'll make some small adjustments next time.

Congratulations to the winner, Mike Morrissey. He won by a huge margin, and would still have even if the handicaps were different.

Here is the full list of finishers.

TAH-race 10th March 2018

<u>Minutes</u>	<u>Start</u>		<u>TAH time</u>		
<u>Start</u>	<u>Time</u>	<u>Trotter</u>	<u>Mins</u>	<u>Secs</u>	<u>Place</u>
12	6:28	Mike Morrissey	32	18	1
23	6:17	Nick Drayson	34	24	2
5	6:35	Phil South	36	25	3
12	6:28	Catherine Thrum	37	50	4
20	6:20	Roger Mail	37	58	5
15	6:25	Nick Swan	38	51	6
40	6:00	Jacqi Calandra	39	6	7
11	6:29	Martin Backhouse	39	19	8
21	6:19	Brian Matthews	39	42	9
5	6:35	Ed Thrum	42	26	10
27	6:13	Alex Rosser	43	19	11
8	6:32	Martin Smith	43	43	12
		Suzie Maxwell	43	45	13
		Michael Bower	43	58	14
6	6:34	Michael Fortune	47	34	15
17	6:23	Geoff Russell	50	10	16
		George Chmiel	51	38	17
11	6:29	Donald Garton	51	51	18
8	6:32	Anna Love	52	38	19
		Helen He	53	14	20

You can see videos of them at:-

<https://alexanderrosser.smugmug.com/Running/n-W2BqJ9/i-2z9T27X/A>

(The funny ending is Smugmug's way of protecting the data. Without this exact link you cannot find these images.)

Note that this is a first-past-the-post race. Your actual running time is interesting to you, but not very relevant. Times are after the nominal scratch (6:40 am). I didn't get all the ages and start times so apologies for the missing data and guesses. Next time there will be entry forms. I will also make provision for still older entrants such as Jacqui. btw her start time is a bit of a guess.

The Dipsea penalises winners by 3 minutes, falling by a minute each year. I think that's a great idea. Much as we admire Mike, we cannot let him win this every year.

For those interested in age-based handicapping, the World Masters Athletics (WMA) has massive tables which are of interest. See <http://runscore.com/Alan/AgeGrade.html> and follow the Male Road or Female Road links. Tables are in Excel format (eat your heart out Apple users).

No children this time, which was a disappointment. Perhaps we can persuade the Chen's and others to join in next time.

Enjoy your running

Alex

New web site link.

Hi Alan

Could you send these links out to Trotters?

Some have been asking and they are not on Facebook and don't see the links I have posted there.

<https://turramurratrotters.wordpress.com/times/>

<https://turramurratrotters.wordpress.com/times2017/>

I've put the 2018 and 2017 times into Excel and made it available on my OneDrive. Here are the links:

<https://1drv.ms/x/s!AkqEvhGtLllovVmNEH-Dq8LC4V7J>

https://1drv.ms/x/s!AkqEvhGtLllovVvN_TZfhTJaLeNY

Regards

Donald

Turramurra Trotter, Sam Burke

Turramurra Trotter, Sam Burke, who ran with the Trotter's during his junior years, has published a marathon book on Runner's Tribe, an Australian based running website. The book interviews the 10 fastest men and women marathon runners in Australian history. Diving deep into their training, lives and career highlights, the book is like nothing before published on Australian marathon running. Runner's Tribe also stocks classic running books such as Herb Elliott's 'The Golden Mile', Peter Snell's 'No Bugles No Drums, and Ron Clarke's 'The Unforgiving Minute'.

Runner's Tribe

Runner's Tribe has created a discount code which gets all Turramurra Trotter's 10% off any purchase on the Runner's Tribe online store.

Simply type 'turratrotters' at checkout to get your discount.

Runner's Tribe's online store can be found here:

<https://www.runnertribeshop.com/>

Australian Marathon Stars

Australian Marathon Stars can be found here:

<https://www.runnertribeshop.com/products/back-in-stock-limited-edition-australian-marathon-stars-paperback-book.html>

And the Runner's Tribe website can be found here:

www.runnertribe.com

How Exercise Can Keep Aging Muscles and Immune Systems ‘Young’



Remaining physically active as we grow older could help to keep our muscles and immune systems robust, according to two inspiring new studies of older recreational cyclists.

Together, the experiments add to growing evidence that some of our assumptions about aging may be outdated and we might have more control over the process than we think.

Aging often seems inexorable and unvarying, and, in chronological terms, it is. The years mount at the same pace for each of us.

But our bodies' responses to the passage of time can differ. While most people become frail, a few remain spry.

These differences recently prompted a group of British scientists to wonder whether our beliefs about what is normal and inevitable with physical aging might be limited or incorrect, and in particular, whether we might be ignoring the role of exercise.

Exercise among middle-aged and older adults in the Western world is rare. By most estimates, only about 10 percent of people past the age of 65 work out regularly.

So, our expectations about what is normal during aging are based on how growing older affects sedentary people.

But the British scientists, many of them recreational athletes, suspected that exercise might have an impact on the trajectory of physical aging and, if so, alter our beliefs about what “normal” aging means.

To test that possibility, they decided to seek out a group of older men and women who had remained physically active as they aged and found them among local recreational cyclists. The dozens of male and female riders they eventually recruited were between the ages of 55 and 79, had been cycling for decades, and still pedaled about 400 miles per month. None were competitive athletes.

For their inaugural study of the riders, which was published in 2014, the scientists measured a broad range of the cyclists’ physical and cognitive abilities and compared them to those of sedentary older people and much younger men and women. The cyclists proved to have reflexes, memories, balance and metabolic profiles that more closely resembled those of 30-year-olds than of the sedentary older group.

That analysis had left many questions about exercise and physical activity unanswered, however. So for the two new studies, which were both published in *Aging Cell* this month, the researchers decided to refocus their inquiries and look closely at muscles and T cells, a key infection-fighting component of our immune system.

In most people, muscle health and immune response worsen after we arrive at middle age, with the effects accelerating decade by decade. But there had been hints in the first study’s data that the cyclists might be unusual in these regards.

So for one of the new studies, the researchers turned to muscle tissue that already had been biopsied from the legs of 90 of the riders. They wanted to compare various markers of muscle health and function across the riders’ age span. If the muscles of riders in their 70s resembled those of riders in their 50s, the scientists reasoned, then their physical activity most likely had altered and slowed the supposedly “normal” arc of muscular decline.

At the same time, other scientists delved into the riders’ immune systems, drawing blood from them, as well as from a group of sedentary older people and another of healthy young adults.

The two sets of scientists then dove into their data and both concluded that older cyclists are not like most of the rest of us. They are healthier. They are, biologically, younger.

Their muscles generally retained their size, fiber composition and other markers of good health across the decades, with those riders who covered the most mileage each month displaying the healthiest muscles, whatever their age.

The impacts on riders’ immune system also were marked. In the older sedentary people, the output of new T cells from the thymus glands was low. The inactive older peoples’ thymus glands also were atrophied, compared to those of the younger group.

The aging cyclists, on the other hand, had almost as many new T cells in their blood as did the young people. Those who exercised also showed high levels of other immune cells that help to prevent autoimmune reactions and of a hormone that protects the thymus against shrinkage.

The researchers theorize that the results of the two studies are interrelated. Muscles are one of the sources of the hormone that protects the thymus.

“So more muscle means more of that hormone,” says Janet Lord, the director of the Institute of Inflammation and Aging at the University of Birmingham, who was a co-author of both studies.

The older cyclists’ immune systems were not impervious to aging, of course. Many of their existing T cells showed signs of senescence, which means that they had grown feeble and were unlikely to fight infections well anymore.

The results also are limited to recreational British cyclists. They cannot tell us if other types and amounts of physical activity would necessarily have the same effects or whether someone could begin exercising at, say, age 60 and expect to benefit to the same extent as someone who has exercised lifelong.

But even with those caveats, Dr. Lord says, “the message of these studies is that much of what we previously thought of as inevitable in aging is in fact preventable.”

Lift Weights, Eat More Protein, Especially if You're Over 40



People who would like to become physically stronger should start with weight training and add protein to their diets, according to a comprehensive scientific review of research.

The review finds that eating more protein, well past the amounts currently recommended, can significantly augment the effects of lifting weights, especially for people past the age of 40. But there is an upper limit to the benefits of protein, the review cautions.

On the other hand, any form of protein is likely to be effective, it concludes, not merely high-protein shakes and supplements. Beef, chicken, yogurt and even protein from peas or quinoa could help us to build larger and stronger muscles.

It makes intuitive sense that protein in our diets should aid in bulking up muscles in our bodies, since muscles consist mostly of protein. When we lift weights, we stress the muscles and cause minute damage to muscle tissue, which then makes new proteins to heal. But muscles also will readily turn to and slurp up any bonus proteins floating around in the bloodstream.

Knowing this, bodybuilders have long swallowed large amounts of gloppy, protein-rich shakes after workouts in the expectation of adding greater bulk to their muscles than the lifting alone.

But the advantages of added dietary protein for the rest of us have been less clear. Past studies have indicated that, in general, people will gain more strength and muscle mass while weight training if they up their intake of protein than if they do not. But many of those studies have been relatively small or short-term and often have focused on only one kind of person, such as young men or older adults, or one kind of protein, such as whey shakes or soy.

Whether everyone, including women, benefits similarly from consuming added protein while weight training and just how much protein is ideal, as well as what that protein should consist of and when it should be eaten, are all open questions.

So for the [review, which was published in the British Journal of Sports Medicine](#), researchers from McMaster University in Hamilton, Ontario, and other institutions decided to aggregate the results from the best past studies of weight training and protein.

Using databases of published research, they looked for experiments that had lasted at least six weeks, included a control group and carefully tracked participants' protein intake as well as the eventual impacts on their muscle size and strength.

They wound up with 49 high-quality past experiments that had studied a total of 1,863 people, including men and women, young and old, and experienced weight trainers as well as novices. The sources of the protein in the different studies had varied, as had the amounts and the times of day when people had downed them.

To answer the simplest question of whether taking in more protein during weight training led to larger increases in muscle size and strength, the researchers added all of the results together.

And the answer was a resounding yes. Men and women who ate more protein while weight training did develop larger, stronger muscles than those who did not.

The impacts of this extra protein were not enormous. Almost everyone who started or continued weight training became stronger in these studies, whether they ate more protein or not.

But those who did ramp up their protein gained an extra 10 percent or so in strength and about 25 percent in muscle mass compared to the control groups.

The researchers also looked for the sweet spot for protein intake, which turned out to be about 1.6 grams of protein per kilogram of body weight per day. In practical terms, that would amount to about 130 grams of protein a day for a 175-pound man. (A chicken breast has about 45 grams of protein.)

Beyond that point, more protein did not result in more muscle benefits.

That number is considerably higher, however, than the protein levels called for in the current federal recommendations, which suggest about 56 grams of protein a day for men and 46 grams a day for women.

“We think that, for the purposes of maximizing muscular strength and mass with resistance training, most people need more protein” than is advised in the recommendations, says Rob Morton, a doctoral student at McMaster who led the study.

That advice holds especially true for middle-aged and older weight trainers, he says, almost none of whom were getting the ideal amount of protein in these studies and who, presumably in consequence, tended to show much smaller gains in strength and muscle size than younger people.

On the other hand and conveniently, any type of and time for protein was fine. The gains were similar if people downed their protein immediately after a workout or in the hours earlier or later, and it made no difference if the protein was solid or liquid, soy, beef, vegan or any other.

Still, many questions remain, including whether adding more protein affects body weight or metabolism and if so, what that means for health.

“We obviously need more studies,” Mr. Morton says.

But in the meantime, if you are wondering about your own protein intake, you can find many apps that will parse your diet, he says.

Workout conundrum: Is that good pain or bad pain?



No pain, no gain. We’ve all heard it, and some people wear it like a badge of honor after a hard workout.

But is it true? Can pain really be a good thing?

“Yes, in a way it’s true, but we have to distinguish between good pain and bad pain,” says Elizabeth Brooks, a personal trainer in the District.

Muscle soreness after exercise is often a sign of delayed onset muscle soreness, which is the feeling we get when our muscle fibers tear (during workouts) and then repair (during rest and recovery).

“You have to push past your comfort zone to get gain,” Brooks says. Even the most fit people can get muscle soreness if they do something new or add duration, intensity or external load to their exercise.

But the problem with “no pain, no gain,” says Winston Gwathmey, an orthopedic surgeon at the University of Virginia and team physician for UVA sports teams, is that it can be tricky to distinguish between good pain and bad pain. “Some people have a high threshold for pain, and others can’t tolerate it at all,” he says.

But there are a few pretty universal signs to look for as we try to distinguish between the good and the bad.

The good

- Muscle soreness after workouts that goes away after 48 hours
- Soreness that is felt equally on both sides of the body. (For example, if you’re doing bench press and the left shoulder is hurting but not the right one, that could be a sign of an injury, Gwathmey says.)
- Pain that can also be described as a muscle burn or fatigue (as opposed to a sharp pain)
- Discomfort that is located in a muscle, not deep in a joint
- Discomfort in the area targeted by the drills (for example if you’re doing a plank it should be felt in your abs, not your back)
- Clicking and popping in a joint without pain

The bad

- Sharp pain
- Pain deep inside a joint
- Pain only felt at a particular angle during a movement or exercise
- Pain that doesn’t subside after 48 hours
- Stiffness and swelling after an exercise
- Pain felt in an area not targeted by a drill (for example your back hurts when you’re doing situps)
- Pain on only one side of the body even though you’re doing a movement that is bilateral (for example bench press)
- Clicking and popping in joints accompanied by pain

Sometimes pain is caused by a traumatic injury and you have no choice but to stop the activity and seek medical help — like tearing your ACL while skiing. But often sports injuries happen over time when people do too much, too quickly, Gwathmey says. “You have to let the body adjust over time.”

Brooks says sometimes new clients come in thinking they can pick up where they left off as college athletes — two decades ago!

“That’s completely irrelevant. If you haven’t worked out for the past six months to a year you are a beginner,” she says. “You might still have good coordination, but you’re still a beginner.”

That means starting easy with lots of body-weight exercises, focusing on the core and doing 20 minutes of no-impact cardio as the body — muscles, tendons, ligaments and bones — gets used to the extra stress.

The goal is to create muscle balance and range of motion, Brooks says, so exercises can be performed accurately. Otherwise, “bad” pain is likely to be felt in the “wrong” place.

Says Christopher Ricardo, a physical therapist in the D.C. area: “If you’re doing a situp you should feel it in your abs, not in your back.” In other words, be mindful as you go through your routine — with or without a trainer — that you’re feeling the mild burn in the targeted muscles as opposed to any joint pain. Watch also for muscular pain in a non-targeted area.

“Also if soreness or pain is affecting how you’re moving during your workout — that’s not a good thing,” Ricardo says. It can cause you to use bad form, which might cause or contribute to an injury. If you lack range of motion in a hip flexor, for example, it can cause you to lean forward in your lunges, which over time can create knee pain.

In the end, it’s about listening to your body, Gwathmey says. Everyone needs to develop his or her own wisdom about levels of discomfort and what those mean. If it’s sharp or deep or lasting it needs to be respected and addressed.

“Pain is a sign that your body is experiencing something that isn’t good for it,” he says, noting that this may be more difficult to interpret for someone new to exercise.

Or, as Brooks puts it: “You should be back in the saddle in a week — at the most. If not, it’s time to go to the doctor and get it checked out.”