

# May 2018 Newsletter

Turrumurra Trotters  
Running since 1974

## Contents

- Re-cap of the month, plus announcements: ..... 2
- You're wasting money on shoes ..... 3
- The ideal morning routine for someone who hates mornings..... 8
  - 1. Plan out your morning the night before..... 9
  - 2. Set an alarm, not your phone .....10
  - 3. Drink water .....11
  - 4. Make your bed .....11
  - 5. Keep the day's goals in mind ..... 12

# The Newsletter

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

Dear all

Daina Lee did a great job with drinks during May and those who follow do not have to keep up with the variety she offered. June will be done by Mel Duncan (Leahy).

Last month I sent a note to some TT members advising that Kieser (Pymble) is doing a resistance training study and looking for participants in an eight week trial, 2 times per week. Kieser needs a few more participants.

Each session will be 30 minutes duration. You must be prepared to take part for the full 8 weeks.

If you would like to participate would you telephone Kieser and mention you are enquiring about the free study.

Tel: (02) 8459 9999. Ask for Owen or Hazel.

I have been taking part for 3 weeks now and I have noticed a great improvement to my “Dicky” knee.

Owen mentioned today that they are considering organising a walking group, once a week on a work day around lunchtime. If you would consider this, please send me an email and when Owen is ready to move forward I will advise him your name.

Last Sunday (20 May) the Sydney Morning Herald Half Marathon was held. I have noted below the names and times of the TT finishers. For those wishing to step up to the longer (or real?) run I have noted printed a couple of opinions, see below.

Regards

Alan

### Turrumurra Trotters

Martin Smith	1:49:58
Richard Duggan	1:40:15
Melanie Leahy	2:06:07
Nick Drayson	1:58:15
George Chimel	2:02:33
Alex Rosser	2:53:44
Caroline Dean	2:11:31
Mike Morrissey	1:29:45 (1 <sup>st</sup> in Age Div)
Steve Myers	1:58:25
Phil South	1:37:17
Daina Lee	1:47:34
Lyanne Pix	2:07:51
Paul Toomey	1:44:40
Jen Lee	1:38:14 aka Steve Rigg
Nick Swan	2:00:29 aka Hideko Sato-Fraser

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A Background: I've run 10 marathons. I'm 45 years old and started running 9 years ago. Last weekend my Boston marathon application was accepted for next April.

To answer your question “how difficult is a full marathon”, it's basically a function of a lot of factors:

1. How much training have you done?

2. Are you prepared for the conditions?
3. Have you rested enough before the race?
4. Did you eat the right food the evening before?
5. Have you got the right gels, etc with you during the marathon?
6. Are you running a realistic pace?

When you run a marathon, you're basically managing the depletion of your body's stores of energy. Run too hard/fast at the start and you'll "hit the wall" at mile 17 or so. Forget to buy "SaltSticks" capsules and you might cramp up badly by mile 15 (depending on the weather).

My advice would be to slowly build up to a weekly distance of 40 miles, then "taper" your training when you're 2 weeks from the race. Hardly run at all during the final week before the race. Then on race day, set off a little too slowly, and "jog" to the 5 or 6 mile marker. From then on its 2 10-miler runs, and mentally you know you can do that. Be sure to regularly drink fluids and take salt as needed.

There's a rule that every minute you "steal" from the first half of the marathon (by going out too fast) costs you 3 minutes in the second half. That's been my experience.

The final 5 miles are mostly an exercise in mental fortitude. It's definitely worth the effort. It's an achievement you'll never forget.

I will share my experience: I spent about 1 year in preparation for my first. My peak mileage per week during training was 35 miles. I ran two half-marathons during my training. I ran the 26.2 Rock N Roll Marathon in Washington D.C.

I believe running a marathon is at least 3 times harder than running a half, perhaps 4. My Brother in Law, an experienced marathon runner, offered the full is 2 races: a 20 miler and a 6.2 miler. They require equal effort — I agree.

B Running a full marathon is hard and humbling, depending upon the person and their preparation and fitness. FWIW, I'm a 47 y/o male.

I undertrained, especially in the weekly long-runs during training. Real life got in the way more than once and my race suffered as a result.

I'm training for my second now and am running a lot more weekly miles and three 20+ mile training runs during my buildup.

The finish line is truly beautiful, however. Completing a marathon is something that no one can take away from you — no matter what your finish time is. It is worth it.

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## You're wasting money on shoes

An entire industry relies on our belief that there is such a thing as the right running shoe. There's only one problem with all this.

... read on!



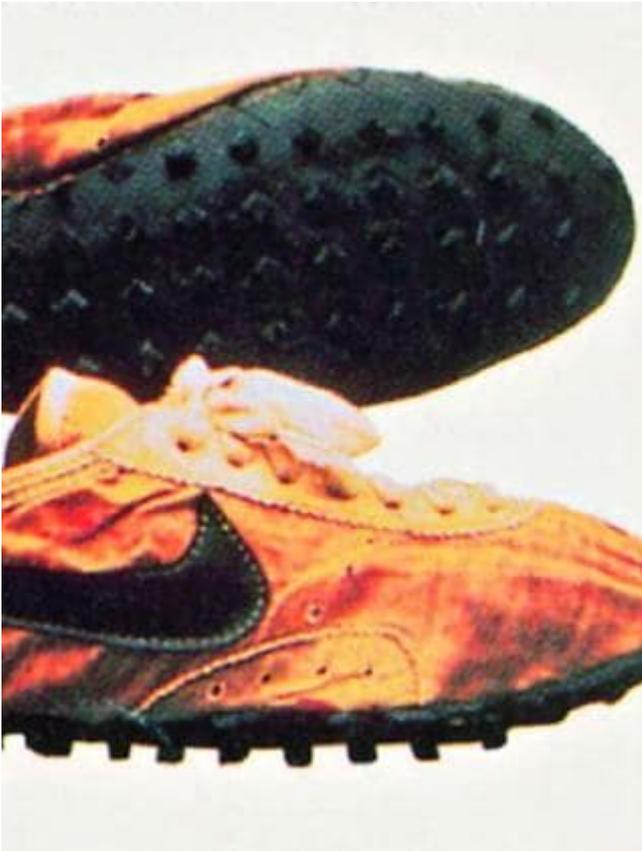
Runners compete in the Chicago Marathon.

I am 42½ years old and my knees have gone. They shouldn't have gone. I'm relatively fit and healthy. I've been an enthusiastic Sunday jogger for most of my adult life. But they've definitely gone. Pop, one of them went, last year, two days after a probably ill-advised triathlon.

It got better. I started running again. I started thinking that I should do a marathon. Everyone else is doing a marathon. I should, too. And then, pop. The other one. And ever since then I've been trapped in a cycle of injury and recovery and exercise and repeat.

A few weeks ago, I went to see the physio. She said I might have a cartilage tear. She asked what type of shoes I ran in. The very latest, the most expensive, I said proudly. The physio frowned. "Too much cushioning might be the problem," she said. "Or too much bounce." If she was right, it means I've been running with the wrong type of shoes for three decades. No wonder my knees have gone. According to researchers at the University of Exeter, UK, "about three-quarters of runners typically get injured each year". What are we all doing wrong?

Last year, a collector paid \$11,200 for a pair of running shoes on eBay. Of course, these were no ordinary running shoes. These were prototypes, hand-cobbled, the logo stitched on with fishing line, the soles moulded in a waffle iron in the back of an Oregon garage. Only 12 pairs of these so-called Moon Shoes were made and handed out to American athletes at the 1972 Olympic trials.



Nike “waffle” shoes.

The man who ruined his wife’s waffle iron was Bill Bowerman, head coach for the US track and field team. Later that summer, the small start-up he co-founded released its first commercial running shoe. It was called the Cortez, the start-up was Nike and the modern running industry was born. As with all great inventions, timing was everything. That summer in Munich, the marathon runner Frank Shorter won Olympic gold. He was the first American to take gold in the longest race since 1908 and, all of a sudden, everyone wanted to go jogging. The Nike Cortez was a sellout, and by the end of the decade, 25 million Americans, including Jimmy Carter, had embraced the concept. And where America jogs, we follow.

Over the ensuing decades, the marketing departments of the world’s big running-shoe conglomerates convinced us to part with billions of dollars in return for a cupboard full of increasingly hi-tech trainers. And for a long time hi-tech meant cushioning. The more cushioning, the better. In 1977, for example, Brooks mass-produced the Vantage, a shoe with an ethylene-vinyl acetate (EVA) midsole and a “varus” wedge, no less. The EVA created cushioning and support, while the wedge reduced the amount the foot rolled through the stride. It stopped overpronation. Because too much pronation is bad. Too little pronation is also bad. You want just the right amount.

The response from Nike came out of thin air. An aerospace engineer approached Bowerman in 1979 with the idea of putting pockets of air inside the soles of his shoes. Nike ran with the idea, launching its proprietary Air technology, first for elite athletes and eventually for anyone who thought \$100 was a sensible amount to splash on trainers.

After Air came the Air Max 1, a shoe with a little window to see the pocket of air. Nike launched it with a TV campaign using the Beatles’ song *Revolution*. In truth, the little window looked more like a gimmick than a revolution, but it turned out we liked gimmicks in our running shoes. So, the gimmick race began. In 1986, Adidas launched the APS, a trainer that came with a key to adjust the spacing of rods in the midsole in order to soften or

harden the cushioning. Reebok came up with honeycomb cushioning. Asics went with gel cushioning. Saucony went with grid cushioning.

On and on it went — gel, air, liquid, honeycombs, grid, pro-grid, waves, helium. As a feat of marketing over common sense, it was rivalled only by the number of blades the shaving industry could convince us we needed on a razor. Running shoes were no longer just shoes to run in. They were gadgets that could make you a better runner.



Barefoot running in Mexico, from *Born to Run* by Christopher McDougall.

Then, in the 2000s, came the “barefoot revolution”. The idea that running *au naturel* might be a good idea was popularised with *Born to Run*, Christopher McDougall’s 2009 account of a tribe of ultra-runners in northwest Mexico. Shoe manufacturers responded by reversing the innovations of the last half century. Running shoes that mimicked the bare foot became all the rage. The less cushioning the better.

Today, it’s a minefield out there. You can buy partial barefoots, full minimalists, modified high-cushioned trainers, partial cushioned trainers and trainers with springs or coils in the heels to help you bounce. There are shoes for “normal” feet, flat feet and high-arched feet. And there are shoes for forefoot runners, midfoot runners and heel runners, the underpronated and the overpronated. If none of that means anything to you, you can go to any number of specialist running stores and have your gait analysed prior to a bespoke fitting.

For many millennia, people managed to run about without having their gait analysed. Now, an entire industry relies on our belief that there is such a thing as the right running shoe. There’s only one problem with all this. A great deal of scientific evidence suggests it might not be the case.

The inconvenient truth is that despite all the advances in running shoes over the past 50-odd years, they appear to have had little or no impact on injury rates. The percentage of runners carrying injuries today is more or less the same as it was in the 1970s. The US specialist magazine *Runner’s World* surveyed its readers in the mid-1970s and found that 60 per cent of them had reported chronic problems. When they repeated the survey in 2009, the figure was 66 per cent. There are many other studies, with wildly varying results ranging from 15-85 per cent, but the key factor is that, despite the technological race, there is no clear trend downwards over time.

An analysis by the University of Calgary in Canada pointed out that running populations have changed - dramatically since the early 1970s. Then, the runners were “dedicated ... aiming to win and skinny”. Today, they are “primarily recreational runners who run to finish ... some are overweight and most are involved in cross-training activities”. In other words, the reason injury rates have not come down is because there are more flappers, sloggers and wobblers pounding pavements today.

That may well be true, but many of us sloggers, flappers and wobblers, nudged along by the marketeers, think there is an intrinsic link between expensive running shoes and injury-free running. So much so that in 2014, Vibram USA, the company that makes FiveFingers “natural” running shoes, agreed to settle a class action that claimed the company had made unsubstantiated claims about the health benefits of its products.

In a recent study, Dr Hannah Rice, a lecturer in biomechanics at the University of Exeter, looked at the impact of different types of running shoes on injury rates. “Footwear is easily modifiable, but many runners are misguided when it comes to buying new trainers,” she says. “Our research shows that running in minimal shoes and landing on the balls of your feet reduces loading rates and may therefore reduce the risk of injury.” Runners who use cushioned footwear tend to land on their heels, which creates “an abrupt vertical impact force each time the foot lands on the ground”.

This is what I do. I land on my heels. I create an abrupt impact force. That’s why my knees went pop. Or it might be. Rice is reluctant to make generalisations. The science is just as subjective as the marketing. She does, however, point me to a 2007 study carried out by Ninewells Hospital and Medical School in Dundee, Scotland, which compared cheap trainers with expensive ones. It found cost made no difference. “I do not believe there is any evidence to date to suggest that more expensive footwear would be beneficial in terms of reduced injury risk,” Rice concludes.

Roger Kerry, associate professor in physiotherapy at the University of Nottingham, UK, puts it more bluntly. “The type of shoe you run in is a distraction from the real issues,” he says. “As long as it’s comfortable, it doesn’t matter how much you spend. There are other, far more important factors for runners to consider, such as cadence [the number of strides per minute], stride length and muscle conditioning.

“At any one time, 40 per cent of runners are carrying injuries,” Kerry adds. “That’s comparable to injury rates in contact sports.” He attributes this to runners, not running shoes. “People seem to give something like running one chance. When it goes wrong, they’re put off for life. Combine that with our culture of wanting things to happen quickly and it’s a recipe for disaster. Suddenly launching yourself into an intense running schedule might be good for your cardiovascular system, but your musculoskeletal system needs much more time to adapt.”

Kerry is a keen runner, but he chooses to wear a cheap pair of Aldi trainers. Why? Because they’re comfortable. Would he ever go to a running shop to have his gait analysed? “A proper biomechanical analysis of pelvic and hip control would be good, but that’s not what they do in running shops,” he says. “They just look at the feet, which is pointless. Just concentrate on comfort. You might find that your perfect shoe is expensive or you might not. For me, I’m happy with my Aldis.”

None of which will be music to the ears of high-end shoe floggers. Last year, Nike launched its \$720 HyperAdapt 1.0, a shoe that does up its own laces. Or, in Nike parlance, marks “a meta moment akin to the dawn of 1984 or the earthly passing of 2001”. Ideal if they came in toddler size, but, frankly, if you need help doing your own laces, you probably shouldn’t be running. In February, the company released its Epic React Flyknit shoe, which comes with the “most complete foam ever”.

“With Nike React, we’re able to deliver an experience that is both soft and responsive, lightweight and durable,” says Brett Holts, vice-president of Nike Running Footwear. “Never before have we been able to deliver all four of these characteristics in one single foam.” When asked if cushioning is good or bad for a runner, Holts says: “Every runner is different ... we try to offer a variety of options to suit everyone. As technology evolves, we’re

able to offer many more types of cushioning to suit a wide variety of preferences.” It’s an exciting time, he adds, what with the “leveraging of computational design” and “pressure-map algorithms”.

Matthias Amm, senior product director for Adidas Running (which almost doubled its market share last year), is also full of the joys of new technology. His Boost shoe’s midsole is “composed of thousands of small energy capsules” that offer “unrivalled comfort, cushioning and energy return with each step”. On the daunting task of finding the right running shoe, he too points out that every runner is different. You should consider the terrain you’re training on, your gait and your running goals, he says. Naturally, Adidas has a shoe to cater for every one of those variables.

As the business continues to expand (in 2017 the market was valued at \$64.3 billion), Adidas, Nike, Under Armour, Reebok, Brooks, Saucony, New Balance *et al* will all continue to release running shoes with ever flashier materials. “It’s just more of the same,” says Kerry in his Aldis. “All these things are nice ideas, but non-essential. There are more important things to worry about.”

Of course, that’s easy to say, but jog into any running-shoe shop and announce, “I just want to be comfortable when I run.” You’ll leave an hour later, clutching the latest pair of super-bouncy, super-unbouncy, super-firm, super-soft super- sneakers. Will they stop your knees from going pop? Maybe. Maybe not.

## The ideal morning routine for someone who hates mornings



Altering your current morning routine can help you minimise stress and be more productive throughout your day.

- A [morning routine](#) can make you more productive and set you up for success all day.
- Designing your morning routine to minimise stress can make it easier to get up in the morning if you’re not usually a [morning](#) person.
- Experiment with the below tips to find a morning schedule that works for you.

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I straddle the line between being a night owl and an early bird. Although you won't find me sleeping through the day, I have a tough time jumping out of bed each morning.

But sometimes I wonder if not taking advantage of the mornings could be hampering my success. It's well-documented that some of the most successful people, including Apple CEO Tim Cook and Ellevest CEO Sallie Krawcheck, are [early risers](#), beginning their respective days at or before 4 a.m., according to The Wall Street Journal.

I've found that the key to reaping the benefits of being a morning person is to plan ahead. Once I developed a morning routine, I was able to have a stress-free start that in turn mentally set me up for success as the day progressed.

Read on for tips for an ideal [morning routine](#) for someone who hates mornings:

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## 1. Plan out your morning the night before



**Lay your clothes out the night before to save time in the morning.**

Before you go to bed, think about why waking up early is difficult, and what parts of your morning are the most stressful. Consider how to mitigate those instances by preparing for each day the previous evening.

Do you spend time staring into your closet figuring out what to wear? Try laying out your clothes in the evening. Is breakfast a constant struggle? Stock your fridge with healthy, no-prep foods like yogurt and fruit. Streamlining my morning routine means that I spend less time thinking about how to start each day and more time on what I actually need to get done.

## 2. Set an alarm, not your phone



**Try an alarm clock instead of a smartphone alarm.**

A 2015 study published by the National Academy of Sciences revealed that [screen time before bed](#) can have a variety of negative effects on sleep. The researchers found that looking at light-emitting devices right before bed “prolongs the time it takes to fall asleep, delays the circadian clock, suppresses levels of the sleep-promoting hormone melatonin, reduces the amount and delays the timing of REM sleep, and reduces alertness the following morning.”

Invest in a clock that isn't your phone. This will also prevent you from looking at it first thing in the morning because a phone, with its plethora of entertainment options, can distract you from your morning routine. If you're not a morning person, it's all too tempting to stay in bed and scroll through a smartphone, as opposed to getting up and starting your the day.

### 3. Drink water



**Start your morning with a glass of water.**

After hours of sleep, most people wake up slightly [dehydrated](#). Because [the brain needs water](#) to create hormones and neurotransmitters, starting the day with a tall glass could help to jumpstart your energy and mental capacity.

### 4. Make your bed



**Make your bed each morning.**

A lot of my [morning](#) stress comes from the time constraint of getting everything ready before leaving. While taking time to make your bed may seem like another task to complete before heading out for the day, the benefits of making your bed can set you up to be productive.

I've found that making my bed feels like an accomplishment. First, it's a goal I set for myself each morning that I get to check off before my day even really begins. Secondly, a neat bed also creates the perception of a clean room, which in turn can [lower stress levels](#), according Shape Magazine.

Making your bed also sets you up for a well-rested tomorrow. A study by the [National Sleep Foundation](#) found that people who made their bed every day were more likely to report getting a good night's sleep.

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## 5. Keep the day's goals in mind



**Find something that you want to get out of bed for.**

If all else fails and you still find yourself snoozing, motivate yourself to get out of bed with the advice that [Steve Jobs gave](#) to the Stanford graduating class of 2005:

When I was 17, I read a quote that went something like: "If you live each day as if it was your last, someday you'll most certainly be right." It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

Remind yourself of your goals and what you hope to achieve that day, and you'll have an easier time mentally getting through even the roughest of mornings.