

June 2018 Newsletter

Turramurra Trotters
Running since 1974

Contents

Re-cap of the month, plus announcements:	2
Remembering When Runners Drank Champagne as an Energy Drink.....	2
Marathon du Médoc.....	4
Submarino Recovery Drink.....	6
New research shows marathoners have less arthritis than non-runners	7
The study	7
Method and results.....	8
Recommended action	8
Some of the best running routes in Sydney, open link	8
Some of you will remember Bruce Reeler	9
Hi Les!	9
Think Biking or Walking to Work Would Take Too Long? Think Again.....	10
Achilles Tendon Pain.....	11
How does an Achilles problem present?.....	11
What causes it?.....	11
The following may contribute to Achilles tendon injury:.....	11
Recent email.....	12
Dear Alan,	12

The Newsletter

Re-cap of the month, plus announcements:

Dear all

Thank you Mel for being a good drink supplier during June, a five Saturday month. The drinks in June will be done by John and Margaret Marshall.

We have finished the 14.0 km course and next week (30 June) start the run down to the City to Surf by increasing the distance to 15.1 km.

Don't forget it would be a good idea to run (the City to Surf) in our official TT gear. Prices are reasonable, \$12.50 for a TT cap and \$15.00 for a TT T shirt. We do have a small number of old (light blue) TT shirts at the giveaway price of \$5.00 each.

Debby Backhouse has a selection of (running or injury) books as our Librarian. We are still trying to find the Chi Running DVD, whoever has it please return to me or Debby.

I have added a few articles about keeping hydrated during and after marathons and other runs. Plus, for those who like something after a run, there is mention of that.

Regards

Alan

Remembering When Runners Drank Champagne as an Energy Drink

At the 1908 Marathon in London, athletes hit the bottle mid-race.

...read on!



Dorando Pietri is helped across the finish line while holding a cork in his hand.

ON JULY 24, 1908, THE London Olympic Marathon went down in history as one hell of a race. Summer heat had plagued the city, and a newly resurfaced track stretched hard as rock under the runners' feet. At the last minute, the course was extended nearly two miles, forever setting the official marathon length to an arbitrary 26 miles and 385 yards.

So much drama unraveled under these harsh conditions that Sir Arthur Conan Doyle (of *Sherlock Holmes* fame) was inspired to write a recap for *The Daily Mail*. "I caught a glimpse of the haggard, yellow face, the glazed, expressionless eyes, the long, black hair streaked across the brow," he wrote of the eventual winner. Fifty-five runners started off from Windsor Castle, but only 27 made it to the finish line. The majority of runners quit before the halfway mark.

For a badly needed boost, a number of competitors turned to unlikely, but common-at-the-time sources: brandy, glasses of bubbly, and strychnine (best known now as rat poison).

Wild as it may seem today, people once believed alcohol and strychnine cocktails were performance enhancers. The drinks were doled out like Gatorade or energy gels to endurance athletes. According to Dr. Matthew Barnes, Senior Lecturer and Deputy Head of the School of Sport, Exercise, and Nutrition at New Zealand’s Massey University, plying athletes with alcohol started in Ancient Greece and Imperial China.

Modern use of alcohol in sports can be traced back to the competitive foot races of the 19th century. Essentially very long walks of dozens or hundreds of miles, these events captivated Great Britain. Contending “pedestrians” were advised to down lots of champagne during competition. Years later, marathoners were often given boozy boosts by trainers or assistants who followed their runners in cars or on bicycles.



Competitors run past shops on the route between Windsor Castle and the White City Stadium.

Common substances included various alcohols and dangerous drugs—from strychnine to heroin or cocaine—which were meant to mask pain, increase aggressiveness, or gain a quick energy boost. Trainers often had their own secret cocktails, and people didn’t stop using heroin and cocaine as performance-enhancing additives until the 1920s, when the drugs became prescription-only substances. And athletes boozed during competition all the way into the ‘70s and ‘80s.

Marathon du Médoc

This French marathon has regular stops for wine, cheese, and oysters.

As the race starts, you're surrounded by runners wearing tutus and Smurf costumes underneath their racing bibs. Each stride takes you past stunning vineyards and toward the next château. Soon enough, you've run the first of 26.2 miles, and you're sweating in the September heat. There's staff handing out water, but everyone is lining up for wine. Welcome to the Marathon du Médoc.

Marathons and footraces are a world of granola bars, blister care, and sugary packages of energy-giving goo. This classic French race through wine country has all that, as well as a party atmosphere and 23 stations that offer wine, cheese, oysters, and foie gras, often set out like a tasting at a picturesque winery. The tone is set the night before, when participants tend to complement the traditional carb-loading pasta dinner with healthy helpings of local wines. Each year's race has a theme (think "Amusement Park" or "Tales and Legends"), so don't be surprised to see a runner dressed as Robin Hood vomiting at mile five.

The Marathon du Médoc truly is about the journey more than the destination—you might find yourself entirely forgetting about your finish time as you sip wine while an orchestra plays. Still, running 26 miles is always a challenge, so remember the wise words of a sign once seen along the race course: "Pain is just the French word for bread."

A group of Turramurra Trotters have booked to take part in the Marathon du Medoc this year.

The "Submarino" Is the Brilliantly Simple Recovery Drink You Haven't Tried Yet

This little-known Argentine drink has two ingredients that can help you bounce back faster.



There's a reason so many people crave dairy after a long run: "The protein in milk helps your muscles rebuild and recover after exercise," says Taylor Wallace, Ph.D., professor of nutrition and food studies at George Mason University. It's also hydrating and can help replace the sugar your body used to fuel all those miles. (See also: chocolate milk)

I'm glad to know there's science behind my dairy addiction. Up until a few months ago, I lived directly across from Van Leeuwen, an ice cream shop based in Brooklyn, which turned out to be the perfect unofficial finish line for my long runs. Around mile 15 or 16, when my legs started aching and

my energy began to plummet, it was the promise of something cold and creamy that kept me going. Sure enough, a few miles later, I'd show up sweaty and frizzy-haired, pull my credit card out of my sports bra, and order the craziest flavor on the menu.

That was before I packed up my New York apartment to work remotely in Argentina, where I'm training for the San Francisco marathon. Naturally, a lot has changed about my training now that I'm in South America. For one, my running routes are completely different (obviously). But more importantly, the foods I once relied on (bagels and ice cream) are no longer part of my daily life. (For those keeping track, Buenos Aires has a ton of gelato shops—and trust me, I'm no stranger to them—but gelato is lower in fat and doesn't quite do it for me after a long run.)

Enter: the submarino, a hot chocolate popular in Argentina and Uruguay, and the perfect recovery drink for runners. All you do is dunk a bar of dark chocolate in hot milk, stir it around until it melts, and *voilà*, a healthy-ish hot chocolate. (The chocolate bar is like a submarine—*get it?*)

The beverage has science-backed benefits for runners, too. Researchers at Kingston University in London believe a specific flavanol in dark chocolate may provide a boost similar to that of beetroot juice. Indeed, in the *Journal of the International Society of Sports Nutrition* study, cyclists were able to ride further when they consumed 40 grams of dark chocolate a day for two weeks, as compared to both white chocolate and baseline.

“Cocoa flavanols have the ability to dilate your veins, which helps oxygen flow throughout your body and may improve endurance,” Wallace says. “Chocolate and milk also have a significant amount of potassium, which minimizes muscle cramping.”

Convinced? Here's how you can make the drink at home, courtesy of Javier Capilla, bartender and barista at [The Clubhouse](#), a members' club and lounge in Buenos Aires.

Submarino Recovery Drink

Servings: 1
Prep time: 5 minutes

Ingredients:

- 1 cup whole milk
- 1 small bar dark chocolate (about 14g or 0.5 oz), at least 60% cacao

Instructions:

1. Heat the milk until very hot, but not boiling. (That's only about a minute in the microwave for one cup.)
2. Pour the milk into a tall glass. (Baristas in Argentina use a latte glass, but a pint glass works, too. You want to leave room to stir without spilling.)
3. Plunge the chocolate bar into the hot milk.
4. Stir with a metal spoon until the chocolate has melted.

If you're feeling celebratory (last long run before the marathon?), Capilla suggests spiking it with 1 tablespoon of bourbon.

New research shows marathoners have less arthritis than non-runners



A new study comes to the somewhat counterintuitive conclusion that marathon runners have less arthritis than non-runners.

The study

Most people would assume that serious runners face a high risk for arthritis of the hip and knees. Yet prior research has generally failed to uncover such a connection. The most recent [study](#), published in the *Journal of Bone and Joint Surgery*, actually found that veteran American marathoners had only half as much arthritis as non-runners. According to alarming new data from the Centers for Disease Control and Prevention, arthritis now represents a \$300 billion annual burden.

Method and results

Researchers from the orthopedic department at Philadelphia's Thomas Jefferson University compared arthritis rates between 430 U.S. marathoners and a matched sample of non-runners in the National Center for Health Statistics database.

The marathoners (average age 46, and 51 percent women) had been running for an average of 19 years, logging 35 miles a week, and finishing 48 marathons. Despite this, they had an arthritis prevalence of 8.8 percent vs. 17.9 percent for non-runners. Aging past 65 did increase the marathoners' arthritis rate — to 24.5 percent. But this was still roughly half the 49.6 percent of non-runners older than 65.

The team from Thomas Jefferson believes marathoners and other runners may gain arthritis protection from muscle development, body weight control, decreased levels of inflammatory agents and the well-known bone strengthening that follows moderate-impact sports.

Recommended action

If you're running healthy, stay the course, advises Thomas Jefferson orthopedist Danielle Ponzio. If you're thinking about beginning a running program but are concerned about arthritis, don't worry. Just begin slowly and progress moderately. "Running is not harmful to healthy hips and knees," Ponzio says. "In fact, it promotes joint and general health." Those runners who do develop arthritis often get it after earlier injury or surgery, or from family genetics.

Many of you will remember John & Rosemarie Gilpin and John has sent the following note to me.

Alan; Hope everyone is keeping fit and well.

We're presently engaged in a much more genteel event - a tandem bicycle rally in Lincolnshire. And, for those who are interested, we continue with our nomadic lifestyle with our major trip this year being to Sweden for an international tandem rally, then to Slovenia (Lake Bled) for a motorhome rally, with various side trips on the way.

We'd love to catch up with anyone headed to Europe at any time. Just let us know in advance and we'll try to meet up. London, the nearest place to a permanent domicile when not touring - is where we base the motorhome, currently using a very pleasant farm only an hour's commute from each of the three children. We may be able to help out with any UK or European motorhome rental or cycling questions.

While on the topic of Asian travel, we're planning on joining, in February 2019, a small group for about 12 days of travel in southern India focused on the old Portuguese and French colonial outposts in Goa and Pondicherry respectively and including Cochin. It's a bespoke tour being organised by one of our former India travel (Rajasthan trip) companions. Not only would it be great to have a few more very amenable participants, but it will bring the cost down! Let us know if anyone is interested.

All the very best to everyone, love from Rosemarie,

John

Some of the best running routes in Sydney, open link

https://www.timeout.com/sydney/sport-and-fitness/the-most-scenic-running-routes-in-sydney?cid=email-NEWSLETTER--APAC_AU_SYD_EN_WEEKLY_14-06-2018--1401294446--Jun%2014,%202018--01

Some of you will remember Bruce Reeler

... who last ran with us about 6 years ago. He gave me permission to share his letter to Les Bryce last month

Hi Les!

Long time no hear. I am very touched that people still remember me. Glad you are doing your bit to make new members feel welcome. You are indeed a stalwart of the club!

I didn't think the speech I made would have such an impact! Unfortunately no, I don't recall writing anything, it was just off the cuff. I guess it was heartfelt, which is why it struck a chord with some!

It was a very low point of my life when I came to Sydney from Saudi Arabia, the divorce hit me hard. Exercise was prescribed by the psychiatrists, psychologists and counselors I saw, but not being an exercising gym bunny, I was not very keen. Getting out of bed when you have severe depression is difficult enough, exercising is the last thing one wants to do!

If it hadn't been for the camaraderie of you and others in the club, and those wonderful post-run social coffee gatherings, I don't think I would have kept any exercise routine up at all. I really do owe a large part of my getting out of the deep dark hole to you TT folk!

Things have been OK in Brissie. Sometimes things haven't been that easy, but I'm coping! Maybe the problem is that I didn't join a running club again. But not sure I could find a gang like TT in north Brisbane. (Though that's maybe just a lazy excuse!).

I have a partner in my life for the past two-and-a-bit years, Desley, an Aussie farm girl from Gatton. That helps make life better too! Pity we don't live closer together, another bit of bad management on my part. But she's a very caring easy-going person, and I'm lucky to have someone that loves me.

I was jobless for almost a year a while ago, and again several months from end of last year, and seeing as I am basically destitute after the divorce, that was not good! It's not like I'm ever going to be able to retire or anything! But I have a tech writing contract now, going through to end Sept, and longer if the project continues, which it well may. I am contracted to Australian Maritime Systems, who are putting in a big vessel tracking system in the Port of Port Hedland in WA. In fact I am flying out there on Monday, for a week, to see the sites where the equipment is going to be installed and the construction work. Also meeting people that I have only seen in video-conferences or heard on the phone. Always better to do some things face to face.

I have been doing a bit of indoor rock climbing with my son, Max, now 18 and finishing year 12. But since the job started that's taken a back seat too! And as a mate of mine that I climbed with in my Uni days said a while ago, he also tried indoor climbing recently and found they had increased gravity by 50% since the 1980's! Heh heh.

I still have my Crazy Man Award, much cherished. In fact I just took it out of the filing cabinet now, and put it on the coffee table so I can share the story next week-end with my kids who are old enough to appreciate it now! Thanks for reminding me!

Desley and I went to South Africa early last year for a visit, and I was tempted to enroll for the Comrades this year, I thought maybe that would be worth another Crazy Man Award - running a marathon is plenty training for

Comrades, no? Heh heh. Unfortunately, or maybe fortunately!, I did nothing about it, and now having a contract precludes taking a holiday, so that won't happen.

Maybe I should run a Comrades in 2 years as my 60th year celebration!

Anyway, thanks for getting back in touch, it is much appreciated. Give a shout-out to all the Trotters who remember me!

Cheers

Bruce

Think Biking or Walking to Work Would Take Too Long? Think Again

Barely 3 percent of the American work force bikes or walks to work with any frequency, despite the obvious virtues: decreased risks for obesity and diabetes, environmental benefits and lower transportation costs. Ask people why they eschew what's known as active commuting, as many surveys have, and the primary reason cited is time. Those things take too long, most say.

They're probably wrong. A [new study published in a journal called *Transportmetrica A: Transport Science*](#) shows that people often overestimate the time required to commute actively, a miscalculation especially common when someone has secured a parking permit near the office.

For the study, researchers at Penn State solicited the school's faculty, staff and students to complete an extensive series of online questionnaires about their fitness, health, commuting and parking habits, comfort and ability on a bike or as pedestrians, distance from home to their main workplace on campus and how long they thought it would take them to either bike or walk that distance. Only a few of the 505 respondents went by foot or bike; most of them were students. Estimates of commuting times were then compared with the corresponding route times calculated by Google Maps. The researchers independently timed some of the routes by walking or riding them.

The survey participants — faculty and staff members above all — proved to be generally poor at guessing active-commuting times. About 90 percent of their estimates were too long by at least 10 minutes. The few assessments close to Google's were almost always made by riders or walkers. Parking availability and distances affected the estimates. Those with parking permits, a fiercely sought-after campus amenity, tended to overestimate active-commuting times significantly; the closer someone lived to the workplace, the better the guesses. Confidence had an outsize effect, too. The people surveyed, especially women, who had little bicycling experience or who did not feel physically fit thought that active commuting would require considerably more time than the Google calculations.

The study is limited, of course, because it relies on an insular, self-selected group of respondents to provide information about themselves, a topic on which people can be surprisingly unreliable. The published results also did not delve into such pressing active-commuting concerns as hygiene, showers or the logistics of carrying changes of clothes. But the study's results do indicate that time may be less of a barrier to active commuting than many might anticipate, says Melissa Bopp, an associate professor of kinesiology at Penn State and the study's senior author.

"I'd urge anyone who is considering biking or walking to work to do a test run," she says, perhaps on a weekend (although the traffic patterns will be different from those during the week). Ask colleagues for route suggestions. "Google is good at finding bike paths," she says, but it emphasizes brevity and directness over scenery for walkers.

Achilles Tendon Pain

By Matthew Stewart - Specialist Sports Physiotherapist

Pain in the Achilles tendon is very common in runners. Many of these problems are directly related to overuse and may arise after a particularly heavy training session or after competition. Achilles tendon pain may also arise for no apparent reason. It is most common in males over the age of 30, who have accumulated years of microtrauma to the tendon prior to the pain developing

How does an Achilles problem present?

In the past, the problem was generally called 'Achilles tendinitis' but in recent times it has been re-named 'Achilles tendinopathy'. People with Achilles tendinopathy will often notice a gradual development of symptoms and will usually complain of pain and stiffness when getting out of bed in the morning. This pain usually improves with walking, stretching or slowly warming up. The pain also tends to improve during activity, only to recur several hours afterwards.

What causes it?

A progressive degeneration of the internal structure of the tendon, means it's unable to withstand the normal loads associated with sports and daily activity. The tendon usually responds by thickening up, but this tissue is of inferior quality compared to a normal tendon. The combination of inability to cope with normal load and a deteriorating tendon structure, sets up a cycle of activity reduction and rest, which speeds up the degeneration of the tendon.

The following may contribute to Achilles tendon injury:

Increased running volume

Inadequate recovery time between training sessions

Running surface

Poor foot mechanics

Calf weakness

Reduced flexibility

Old or inappropriate footwear

What can be done about it?

The key to successful treatment of Achilles tendinopathy is early diagnosis, appropriate load modification and adequate functional rehabilitation. Complete rest is detrimental to tendons, so finding an amount of loading that is "just right" is the key to successful recovery. Our sports physiotherapists can help speed recovery by providing an accurate diagnosis and guide you through a staged rehabilitation program to get you back to activity faster. In particular, a specialised eccentric strengthening program needs to be performed to help the tendon remodel and any predisposing factors need to be identified and corrected. Radial Pulse Shockwave Therapy is a

new innovation in Achilles treatment, providing faster recovery and is a long term solution to get you back to activity.

Recent email

From: Trent Taylor | 360SE <trent.taylor@360se.com.au>
Date: 11/6/18 14:34 (GMT+10:00)
To: Alan Cole
Subject: TURRAMURRA TROTTERS // RAGNAR TRAIL GLENWORTH VALLEY

Dear Alan,

By way of introduction my name is Trent Taylor, Managing Director of 360 Sport and Entertainment. We are the owners of Ragnar Oceania, which promotes and operates **Ragnar** running events in Australia.

There is more than 40 Ragnar events in the US and Europe and we are proud to launch the first ever Ragnar event in Australia, **Ragnar Trail Glenworth Valley**, which will take place at Glenworth Valley (1 hour North of Sydney) on **October 27-28, 2018**.

Ragnar Trail is a teams event, comprising 8 team members (or 4 members for Ultra teams) with the team completing circa 200km of trail running in a relay format over the weekend. Seems long, but each individual will only complete 25km in total (or 50km for Ultra team members) over the weekend, which is done in three loops which all start and finish at Ragnar Village.

At Ragnar Trail Glenworth Valley the Green Loop is 6km, the Yellow Loop is 8km and the Red Loop is 11km. In a standard team each team member will complete each loop once. Once a team starts they keep running, through the night, until they complete the distance in relay format.

Ragnar Participants camp on-site (there's a Glamping option available!) and enjoy everything that there is available on-site at Ragnar Village including live entertainment each night, Ragnar Camp Fire and s'mores, food trucks, merchandise, sponsor activations, the Recovery Bar (www.recoverybar.com.au) and more.

To give you a feel for what Ragnar is all about, it's easiest if you click on the links below and it will all become a little clearer!

- [Ragnar Trail Glenworth Valley \(interim\) website](#)
- [Ragnar international website](#)
- [Ragnar Trail international Facebook page](#)
- [Ragnar Australia Facebook page](#)
- [Ragnar Trail Instagram page](#)
- [What is Ragnar Trail video](#)
- [Ragnar Trail Glamping](#)

The website link (the top link above) has plenty of information about the event and you can click on the Trail Guide and Runners Packet link on the menu bar to access very detailed guides for the event.

We'd love to have you and Turramurra Trotters members participate at Ragnar Trail Glenworth Valley and with this in mind I'm reaching out to you for two primary reasons:

1. To encourage participation in the event among your members via either:

- A discounted entry scheme for club members where we are able to offer **\$100 off each team registration**, or;
 - A donation to the club's preferred charity (or the club itself) for Turramurra Trotters team registrations. We would be happy make **a \$100 donation per registered team**.
2. To identify an opportunity for paid content on your social pages and databases to promote the event.

As some context to the scale and quality of Ragnar, 360 Sport and Entertainment is the producer of the Stawell Gift, Super League Triathlon Hamilton Island, Super League Triathlon Jersey and our team produced ironman Australia, Ironman Western Australia and Ironman Melbourne for many years.

I would appreciate the opportunity to chat and set up a unique registration code for the club for your members to access the above offer.

You can reach me direct on 0411 653 699 any time or in the office on (02) 8078 6910.

I look forward to hearing from you.

Kind regards,

Trent