

November 2018 Newsletter

Turrumurra Trotters
Running since 1974

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The Newsletter

Re-cap of the month, plus announcements:

Dear all

Thank you George and Ursula Chmiel for doing the drinks in November. December drinks are to be handled by Nick Swan.

I am compiling a drinks list for 2019, any helpers? Especially those who may not have done it in the past. It means bringing the drinks paraphernalia for 4 or 5 weeks on Saturdays. When you make the offer, either note preferred months or months you know you cannot do.

Remember the date of the Christmas function.

BLUE GUM HOTEL, Waitara. Date: Tuesday, 11 December, starting at 6:00pm

Please send me an email if you plan to attend and how many in your party. Families are welcome.

We still have too many T shirts on hand.

I would like to make this offer before the "Fire Sale" at Myer for some of your discretionary dollars.

We are going to sell them for \$5.00 each to anyone who has bought one beforehand and \$10.00 for first time purchasers.

Caps, we have a number following a recent delivery, for \$12.50 each.

I will bring extra each Saturday until the end of the year.

regards

Alan

Training tips to prepare for your first marathon



Set your sights on running a marathon this summer? These tips from coach and ultra-marathon runner Dom Cadden will set you on the 42.2-kilometre road to glory.

Work in reverse

Choose a race and work backwards from that date. Identify your week to taper – when you will significantly reduce the volume and intensity of your training to allow the body to rest and recover so it's ready to race – and mark this on your calendar. You'll also want to lock in a date for the longest run of your training program, no sooner than two weeks before the big day.

Get back to basics

Your first goal should be to run 10 kilometres without walking or stopping. Find a rhythm with your breathing and concentrate on good technique and a consistent pace.

Build slowly

Clocking up too many kilometres too soon is a fast route to injury. Consistency is key, and that means staying free from soreness and injury. Your long run for the week should build up gradually to no more than about 30 kilometres three to four weeks out from the race.

Change it up



Pace yourself: Clocking up too many kilometers too quickly can cause injuries, fitness coach Dom Cadden (above) says.

A good runner knows how to shift gears. Running at different paces and with different intervals and rest patterns works your body's energy systems in different ways, conditioning you to burn fat as energy instead of just sugar, and keep up your oxygen intake while running longer and faster. It's a good idea to add repeat intervals of 400 meters and tempo runs to your training program (more on that below).

Break it down

If you run four days a week, nominate two days as “focus” sessions and space these apart – for example, Wednesdays and Sundays might be focus days with a more strenuous speed session on Wednesday (such as intervals) and your longest run for the week on Sunday, while Tuesdays and Fridays might be days where the pace and distance are more comfortable.

As a guide, your training should include:

- Interval sessions. Start with 8 x 200 metres, with 90–120 seconds rest in between. You won't be able to run every interval at 100 per cent, but learn to pace yourself and aim to run all eight intervals with a maximum 10-second variation
- Tempo running. A tempo run is where you try to hold a pace that's 10 to 15 per cent above your comfortable 10-kilometre pace (or a shorter distance if you haven't yet worked up to 10 kilometres) for 10 to 25 minutes. Don't forget to warm up and cool down either side of your tempo run
- Pace run. This is 40 to 60 per cent of the distance of your next long run. Focus on run technique and do most or all of this run at a comfortable pace. This session should not exhaust you. Speed bursts can be worked into your pace run by putting on a burst of speed then backing off to a slower pace. These bursts can vary from a few bursts of 400 metres to one burst of 1600 metres, or a range of distances in between
- Long run. Aim to step up the distance by about 2.5 kilometres a week. It's okay to repeat the same distance two weeks in a row

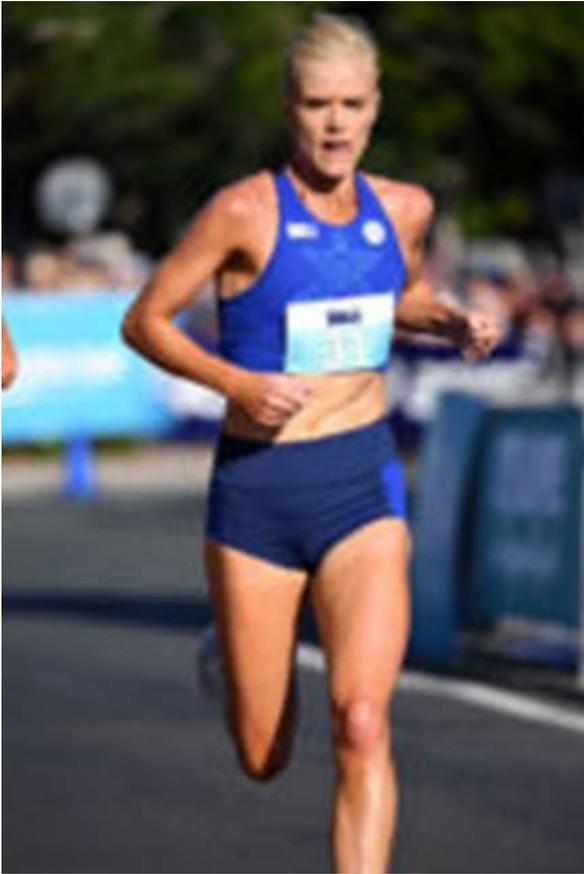
Rest and recovery

Use your rest days for 15 to 20 minutes of stretching, a yoga or Pilates session or some strength exercises. Other forms of active recovery include walking, swimming or running in the pool. Proper recovery after every training session is also

invaluable – stretch, eat and rehydrate well and pull on those compression tights to promote blood flow, flush out blood lactate and reduce swelling.

Run your own race

After your longest run two weeks before the race, you should have a good idea of your race pace. Come race day, stick to your plan – don't be thrown off by adrenalin or the rush off the start line. Stick to your goal pace, then assess whether you have the energy to put on a surge in the last few kilometres.



Marathon training builds discipline, says dual Olympic middle-distance runner Eloise Wellings.

Still unsure? Dual Olympic middle-distance runner and 2XU ambassador Eloise Wellings knows all too well the pain – and the gain – of tackling a marathon, and says the hard work well and truly pays off.

“Running a marathon is not just about race day, it’s the months of training and commitment leading into the event,” she says.

“Training for a marathon not only gets you super fit, it builds discipline. Crossing the finish line is one of the greatest feelings of achievement you will ever experience. Nothing challenges both the mind and body quite like it.

“Embrace it, and you’ll gain an enormous appreciation of who you are and just how far you can push your limits.”

With a smart training plan, enough time and just a few handy tips, runners of all abilities can take on a marathon. Grab your runners and get out there.

From our cycling correspondent - Dave Owen

Cyclists continue to meet (fairly) regularly at the Trotters start line for a ride that usually involves a loop of Bobbin Head (or sometimes to the far tollbooth and back). In general we get 5-10 cyclists, although this particularly fraternity are more averse to inclement weather than the hardy runners, so the numbers drop a lot on rainy days.

In the past month, quite a few of our cyclists have been on tour to the 3rd iteration of the Bowral Classic (and ridden either 90, 120 or 175 kms) - this is a particularly scenic ride that this year sold out the 3,000 places (and all of the accommodation in the Bowral area). We've also had a few of us at the MS Gong ride to Wollongong (82 kms) - this is also a very nice ride once out of Sydney and into the Royal National Park, although with 10,000 riders it does get quite congested for those that didn't start at the front!

Going forward, quite a few of us are signed up for the 3rd annual L'etape Australia event in the Snowy Mountains on 1st December, which is organised by Le Tour de France on closed roads (it's claimed to be the largest Tour de France event outside of France) - with choice of a race (170km and 3,200 vertical metres) and a non-competitive ride format (108km/1,600m). The vertical metres are a bit intimidating but hopefully the weather is better than last year's washout..

Alex Matthews (former TT) makes his second shot at Carcoar Cup count in cracking victory



HIGH FIVE: Alex Matthews hits the main street of Carcoar, just ahead of the marathon finish line. Sunday's win was his second marathon victory in Carcoar.

It's been seven years since Alex Matthews last ran in the Carcoar Cup and the 34-year-old doctor picked up where he left off. The inaugural winner of the event's marathon in 2011, Matthews blazed his way to victory over the undulating 42.2 kilometre Carcoar course in a record time, clocking two hours, 36 minutes and 24 seconds to win his second Cup crown in as many attempts on Sunday.

A doctor in Royal Prince Alfred's emergency ward in Sydney, Matthews is understandably busy and his seven-year break between wins hasn't been by design.

He's been busting to get back to Carcoar and run the marathon again, entering virtually every year before being a late withdrawal with work commitments.

The former Australian Marathon champion made it on Sunday, though, and certainly made his second run at the event count, even if he didn't think he'd be near the pointy end of the field.

"I didn't have high expectations because there's some pretty competitive runners with Brendan Davies and Vlad Shatrov running, but I thought I'd give it ago early and see how I go," he said.

Michael Daly finished second, over five minutes after Matthews in a time of 2:41:45.

Shatrov ran third and Davies came fourth, stopping the clock in 2:44:04 and 2:47:29 respectively.

Michelle Gailey was the first female past the post in a time of 3:18:36.

"I ran the Dubbo marathon in late August and had a win and I've been training pretty hard since then," Matthews continued.

"I just ran my own race and gradually got away from them, I had a great run."

He said the unique Carcoar course made coming back for the 2018 event a must.

"There's not a lot of flat, it's up and down and because I've been training pretty hard the uphill stuff suited me and allowed me to get away (from the field) a bit," he added.

10 Expert Tips to Beat Mental Boredom During a Marathon



What do you think gives up first on a long run: Your legs or your lungs? Trick question. For most, the brain is the first to go (if you've trained well, of course). And it's not that surprising. In this high-stimulation, instant-gratification world we live in, doing just one thing for (on average) [over four hours](#) is a challenge.

But if you mentally check out when the going gets tough, it's only going to get tougher. Keeping your brain engaged could be the key to maintaining your pace and crossing the finish line with a PR or at the very least, a smile on your face. Since we know that's way easier said than done, we asked some running pros to share their best tips for staying mentally plugged in the next time you're on the race course.

1. Visualize Your Training

Visualizing the finish line is great, but thinking back on your training can be even more helpful. "In my head, I go back to my training grounds where I feel really comfortable and powerful and think about the good workouts I've done, and I'll use that to keep me motivated," says marathoner and Olympian Shalane Flanagan, who won last year's New York City Marathon and is coaching Michelob Ultra's team this year. "I also tend to think of other people who helped me—my coach, my massage therapist, my family; they did all these things to help me be here, and that gets me fired up to be a representation of their efforts and their time."

2. Break Down the Distance

Thinking about 26.2 miles before a race can be daunting, but so can thinking about the 10 or even four remaining miles when you're in the thick of it. "I like to break down the remaining miles into manageable chunks," says Amanda Nurse, an elite runner and running coach based in Brookline, Massachusetts. "For example, I just focus on the next 5K and staying on pace for each mile, rather than thinking about having X miles left to run." It's a lot easier to think about reaching the end of one 5K at a time than it is to think about how far you've got until you hit 26.2 total miles, right?

3. Pick Up the Pace

When you experience that moment when you recognize that you're bored, check in with your body. Is running starting to feel monotonous? "Usually, when I've become mentally fatigued by running, it's when I've settled into a pace (perhaps even a pace that's too comfortable) and my mind says 'stop now' or 'I feel like walking,'" says Jessie Zapotechne, a coach with [Adidas Runners](#) in New York City and the founder of [Girls Run NYC](#). Ignore what your brain is telling you. "Instead, if I pick up the pace, it forces my mind and body to push out of the boredom or mental fatigue and become actively engaged again in the pursuit." Even a 30-second speed interval may give you enough of an energy surge to put you back in the game.

4. Incorporate Mindfulness Strategies

You should be practicing [mindful running](#)—or [connecting your breath and body](#)—during your long runs, but even if you haven't been diligent about that before the big day, there are ways to incorporate mindfulness into your race. “Try to get lost in the actual atmosphere or environment of the race,” says [Joe Holder](#), a Nike trainer and USATF-certified running coach. Take in the other runners, the course environment, the spectators and their signs. “Think about your training journey and those important moments along the way. You're running 26.2 miles, the culmination of a ridiculous amount of training. You owe it to yourself not to be bored!”

5. Focus on Someone Else

At the end of the day, a marathon is a solo endeavor—only you can get yourself across that finish line. But encouraging others can be mutually beneficial. “When we try and help out someone else, we also help out ourselves. It's after encouraging and cheering on someone else that we can get our second wind,” says [Rob Bell](#), Ph.D., a sport psychologist and mental toughness coach. “Think about Desiree Linden waiting for Shalane Flanagan at a bathroom stop over an hour into the race—she was thinking about dropping out, but admitted that after helping Flanagan out, she got her second wind.” That [second wind](#) helped her earn the victory that day.

6. Find a Distraction

Sometimes, it's as simple as finding a distraction from your discomfort just long enough to realize that it was largely in your head, says Jeff Douse, co-founder and head coach of [RacePace](#), a running organization based in Houston. “A ‘game’ I often encourage my athletes to play is ‘One Shirt at a Time,’” he says. “If you find yourself focused on the struggle, look out in front of you, find a line of runners, and count them. And then see if you can start ‘reeling’ them in—or passing them—one shirt at a time. When you reach the end of the line, reset your sights on a new line.” ‘Gamifying’ the race will not only distract you, but it will also encourage a little energy surge that combats the otherwise monotonous rhythm of steady state marathon pace running.

7. Build Your Support Network

It's great to look forward to the finish line, but that's a long way off. Instead, call in your friends and family for support and ask them to space out along the course so you can look forward to seeing someone every few miles, says Meghan Stevenson, an RRCA-certified run coach with [Your Best Run](#). “For some people, that support is needed every two or three miles whereas for others, it's only necessary a few times in the race,” she says. Having friendly faces spaced out on the course gives you a reason to keep going, and it's also a great motivator not to walk—while taking a walk break is fine, you probably don't want your friends to catch you casually strolling on the course.

8. Look to the Crowds

“Marathon boredom usually happens when your body and mind are equally exhausted,” says three-time Olympian [Deena Kastor](#), who holds the female American record for the marathon, 2:19:36, which she ran in London in 2006. “I've gone through my bucket list of motivational quotes and mantras. I've thought loudly through my purpose to speak over my screaming legs. When all that's done, I look at the crowds. They make some pretty funny signs, and even the ones with the best intentions, like someone's face blown up 100x the size, are horrifying. ‘Only one more mile’ has to be the worst, because that one mile is the most important one, and you've already done 25.2!” Use that surprise, laughter, and rage to fuel yourself to the finish line.

9. Repeat Your Mantra

You know there are parts of a race that are going to be tough. Choosing a mantra beforehand can help you get through those moments of weakness. “Repeating effective mantras keeps my mind from wandering and getting bored,” says [Lora Erickson](#), a USATF-certified running coach based in Bountiful, Utah. “I like to use words like strong and focused, or motivating phrases like ‘You've got this!’” Think of something that's short and highly personal. Nurse's mantras are ‘I breathe in strength, I breathe out weakness’ and ‘Pain is fleeting!’ while Douse repeats ‘You are ready for this. Stay strong.’

10. Know Why You're There

You know how yoga instructors make you set an intention before every class? That works for a race, too. “Everyone has a reason why they sign up for a marathon—a reason, a cause, or people,” says Melanie Kann, an RRCA-certified running coach for [New York Road Runners](#). “The night before the race, I have my runners write those names or reasons down on a small piece of paper, and place it inside their shoe, under the sock liner or insole. Then, when the

going gets tough during the race, they will know that these people or things are literally carrying their feet through those last hard miles.”

Don't argue but exercise and eat nuts

Run or cycle three times a week

Most top athletes have superior gut health to sofa-surfers, but exercise more often and you too could boost your microbiome — the trillions of bacteria and other microbes that live in your intestinal tract — to elite status.

In a study last year conducted at the University of Illinois, Jeffrey Woods and his team in the exercise immunology research laboratory recruited 18 lean and 14 obese people and assessed their gut microbiomes before prescribing an exercise plan. For the subsequent six weeks, the participants completed indoor endurance training sessions of 30 to 60 minutes three times a week while eating normally.

It was found that exercise boosted the short-chain fatty acids, such as butyrate, which keep intestinal cells healthy and reduce inflammation, particularly among the leanest people in the study. However levels declined if they slumped back to a sedentary lifestyle.

Try not to pick an argument

Have a tiff with your partner or a work colleague and your gut may pay the price. There is believed to be a strong mind-gut connection, and chronic stress can adversely affect your microbiome.

In an animal study published in the journal *Behavioural Brain Research* in March, researchers at Georgia State University discovered that a one-off fight or argument caused significant unwanted changes in bacterial status. “We found that even a single exposure to social stress causes a change in the gut microbiota, similar to what is seen following other, much more severe physical stressors,” says Kim Huhman, a professor of neuroscience who led the study.

Eat a dozen walnuts a week

A diet rich in gut-friendly foods such as leeks, onions, asparagus and fermented produce is known to boost the health of the microbiome. Adding walnuts could bring further benefits, suggests a study published in *The Journal of Nutrition* this year. Hannah Holscher, the assistant professor of food science and human nutrition at the University of Illinois and author of the study, says she found that a diet containing 42g of walnuts a week (about 12 to 15 nuts) “increases microbes that produce butyrate, a beneficial metabolite for colonic health” and that the “walnuts interact with the microbiome” to produce beneficial effects.

Radical surgery for obesity is effective and safe, but no magic fix

I realise that this may not apply to Turramurra Trotters - A



Around 1.4 million Australians currently meet the criteria for bariatric surgery and although few have had it so far, the numbers are growing steadily.

As Australians grow heavier, so does the market for weight-loss surgery. While this surgery may look like a quick and easy solution for obesity, there is no magic. It is disruptive, and making it work requires a lifelong commitment that many people can't sustain.

It is also stigmatised. Although obesity is really a chronic illness, it is commonly perceived as a moral failing, with many people regarding surgery as a cop-out. This means that as well as dealing with the complex aftermath, patients also have to deal with the unspoken judgment of others.

Known as bariatric surgery from 'bari', a Greek word for weight, it is regarded as the most effective way for obese people to shed excess kilograms.

While most Australians are overweight, about 28 per cent of the population is obese. When drugs, diets and devices don't work, many turn their minds to surgery.



This requires serious consideration. There are three main types of bariatric surgery, all performed through keyholes and all regarded as permanent, although they can variously be revised, reversed or modified.

Most popular in Australia is the "gastric sleeve", which involves permanently removing about 80 per cent of the stomach, dramatically reducing it to a long, thin sleeve.

After 10 years, although most patients have kept off about half of their extra weight, about 30 per cent have either regained weight or developed uncontrolled reflux and need a second operation, which is a gastric bypass.

Complicated and risky

Many have a gastric bypass as their initial operation. This literally bypasses the stomach. If it fails, the plumbing can be reconnected although the operation is complicated, risky and usually open.



“This is an operation that needs to be treated with respect, because it is just a tool for maintaining weight loss and it can be worked around,” says Professor Wendy Brown.

The third procedure is the adjustable and reversible lap band. It is wrapped around the stomach to restrict its volume and is actually a device, although it is classified as bariatric surgery.

Around 1.4 million Australians meet the criteria for bariatric surgery and increasing numbers are having it each year. Last year, 22,000 first-time procedures were performed and this year the number is expected to reach 25,000.

"People who sign up for it are signing up to a program for life," says Professor Wendy Brown, chair of the Monash University Department of Surgery at the Alfred Hospital and director of the university's Centre for Obesity Research and Education.

"This is an operation that needs to be treated with respect, because it is just a tool for maintaining weight loss and it can be worked around. There's no operation in the world that will get past a diet of chocolate, chips and lollies."



For women, the surgery can make childbirth easier and for men, it can raise their level of testosterone.

Until the early '90s, bariatric surgery was open surgery and relatively risky. Today it is minimally invasive and considerably safer. But the guidelines for deciding who is eligible date back to 1992, before laparoscopic surgery was available.

Lower threshold

Professor Brown says these need to be revised and the threshold lowered.

At present the surgery is recommended for people with a BMI of 35 who have a significant disease that can be cured by weight loss, and for people with a BMI over 40.



Weight loss affects skin too.

Professor Brown says it should be made available to people with a BMI of 30 who have a significant illness that can be cured by weight loss. In some parts of Australia, surgeons are already working with the lower threshold.

"But there is still a lot of stigma around bariatric surgery and while august bodies such as the World Health Organisation and the American Obesity Association recognise obesity as a disease, many still see obesity as a moral failing in people who can't control themselves."

They don't realise that only 3 per cent of people are able to go on diet, lose a substantial amount of weight and successfully keep it off.

After surgery, patients are put on follow-up programs to help them face the often unanticipated, unpleasant and not always reversible after-effects.



Bariatric surgery used to have a poor reputation. Until the early 90s it involved open surgery and was relatively risky. Today it is conducted through keyholes.

On the positive side, surgery helps to control diabetes, blood pressure, sleep apnoea and severe arthritis. It can prolong life too. On the negative side, malabsorption of nutrients leading to vitamin deficiency, anaemia and protein deficiency are well established.

It is linked to a loss of bone mass and bone strength which, in turn, increases the likelihood of fractures and falls. There can be problems with gallstones that necessitate the removal of the gall bladder, and problems with sagging skin that necessitate body-contouring surgery.

Many studies have produced mixed results. One published this year found it reduced the risk of breast, endometrial (uterine) and prostate cancer but doubled the risk of colorectal cancer.

Similarly, some studies show it induces or worsens reflux while others show it improves it. The same applies to energy levels, with some reporting it is energising while others saying it is enervating.

With mental health, some find depression lifts, others say it worsens.

Feel mentally hungry

As their food addiction is still there, some patients report that they miss the comfort of hearty meals and perpetually feel mentally hungry but are not physically hungry and having more than a few bites is painful.

There is a social impact too. Eating out can be an embarrassment, with an unfinished plate leaving the host offended.



On the positive side, surgery helps to control diabetes, blood pressure, sleep apnoea and severe arthritis. It can prolong life too.

Other research shows that many relationships change after surgery – some for the better, some for worse.

With alcohol, some people find they become drunk on tiny quantities. Last year a study showed that one in five patients was likely to develop problems with alcohol years later.

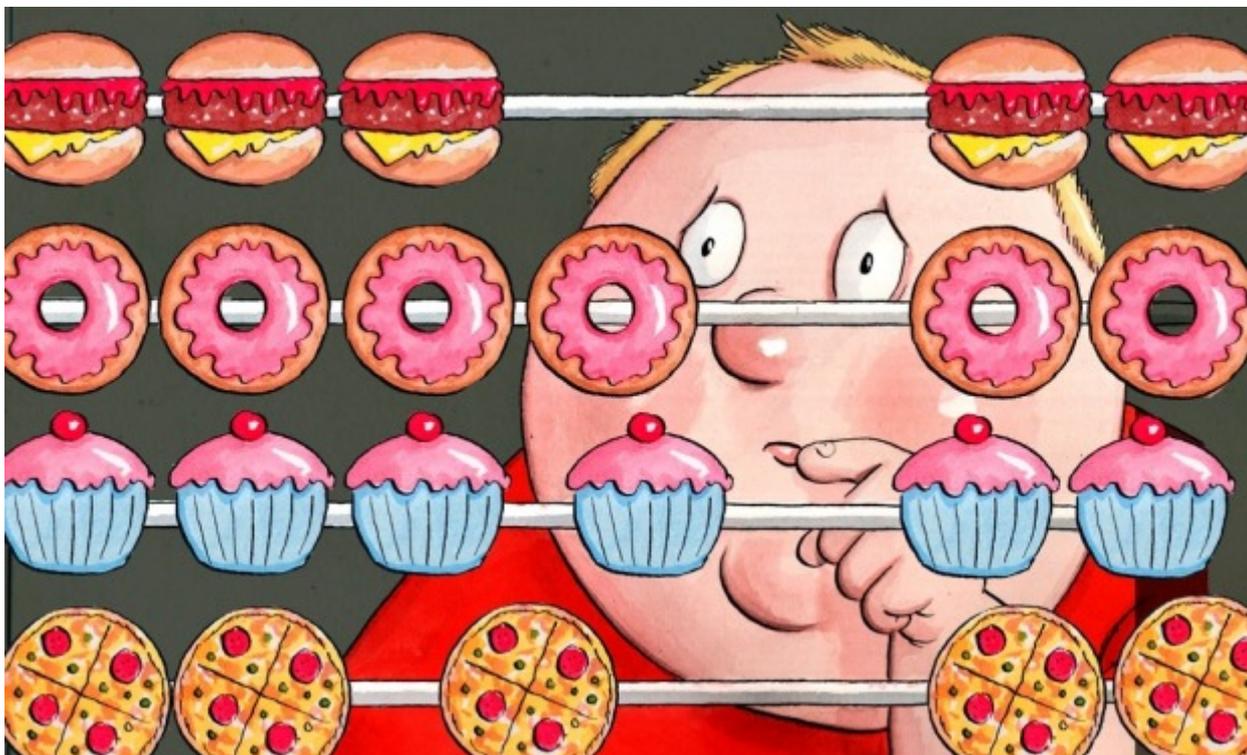
For women, the surgery can make childbirth easier. For men, it can raise their level of testosterone. With this, men's libido usually goes up but research shows their sperm quality doesn't improve and for unknown reasons it sometimes worsens. About 90 per cent of bariatric procedures are now performed in private hospitals and it is not uncommon for people to raid their superannuation funds to cover the gaps.

Nearly three-quarters of the \$290 million in superannuation funds released on compassionate grounds in 2016-17 was spent on medical treatment and transport. Of that, most was spent on bariatric surgery to help people lose weight, and on in-vitro fertilisation.

Can't afford private surgery

While there is more obesity in the lower socioeconomic strata of society, many people can't afford private surgery and have to wait for scant services in public hospitals.

Professor Brown says out-of-pocket expenses in the private sphere range from \$3000-\$6000 depending on the surgeon, the inclusions and an enrolment fee in the aftercare package.



"There's no operation in the world that will get past a diet of chocolate, chips and lollies."

These packages draw on services of a range of specialists and are often bulk billed in the follow-up.

To track the successes and failures of these operations, in 2012 an Australian Bariatric Surgery Registry was started. It currently captures about 65 per cent of procedures and aims to reach 95 per cent and to follow the patients over the long term.

In its latest annual report to June 2018, the registry showed most people having these operations are in their mid-40s and almost 80 per cent are female.

Women are always over-represented in weight-loss programs. This may be because men have a lower psychological burden from obesity, or it might reflect their reluctance to act until a serious health issue arises.

Eventually the register will include medical, emotional and social side effects and will analyse the health economics too.

MT Outdoors Southern Lakes Half Marathon & 10k, Wanaka, New Zealand.

6 April 2019

This is a good run in a nice area. Check it out www.highlandevents.co.nz

Run the West

31 March 2019

<http://www.runthewest.com.au/>

A major one-day community event of various distances in Western Sydney