

# March 2019 Newsletter

Turramurra Trotters  
Running since 1974

## Contents

Re-cap of the month, plus announcements: .....	2
Some future runs. ....	2
Lindfield Rotary Fun Run    7 April.....	2
Canberra Running Festival, Marathon etc    13/14 April .....	2
Great NOSH Footrace (#44)    2 June.....	2
The 2 <sup>nd</sup> Trotters Aged Handicap Race .....	3
Saturday, March 16, 2019 .....	3
1 <sup>st</sup> Phil South .....	3
2 <sup>nd</sup> Michael Morrissey .....	3
3 <sup>rd</sup> Michael Fortune .....	3
What Your Exercise Habits Might Say About How Long You'll Live.....	4
The Fitness Plan for Serious Schmoozers.....	6

# The Newsletter

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

Dear all

During March Richard Clough has done a great job with the drinks, thank you Richard. April drinks will be done by Roger Mail.

Richard did buy some Staminade powder (Berry Rush I believe) which will be made up each week by Richard this Saturday, then by Roger until it runs out.

The results of our second annual TAH race are attached. I did notice that most participants ran their fastest 10 km course this year, some ever, because there was a "race day" feel about it.

There is an article about Osteoarthritis from Keiser, it is attached.

Keiser also is having a "Running Information. Night" on Wednesday, 24 April 2019 starting at 7:00pm and it is expected to go until about 8:30 pm. Drinks and Canapes will be provided. Please note it in your diary if you intend to go and advise Hazel on 61 2 8459 9999. There will be a presentation on preventing running injuries and maximising performance plus time for a Q&A.

A note from Les Bryce.

"Hi Alan,

My wife Robyn has asked if there are any retired lady Trotters would like to join a social tennis group that play at 9:30 on Tuesday mornings at South Turramurra.

Thanks

Les Bryce

0429 813 351"

## Some future runs.

Lindfield Rotary Fun Run

7 April

Canberra Running Festival, Marathon etc

13/14 April

Great NOSH Footrace (#44)

2 June

Regards

Alan

---

# The 2<sup>nd</sup> Trotters Aged Handicap Race

Saturday, March 16, 2019

1<sup>st</sup> Phil South

2<sup>nd</sup> Michael Morrissey

3<sup>rd</sup> Michael Fortune

Numbers were down this year, due largely to the rain. Nevertheless, we had 13 starters and 12 finishers.

Results are:-

Age on Race Day	Head Start Mins before 6:35 am	Run Time Mins	Finish o'clock	Position
49	4	43	07:14:19	1
61	5	45	07:12:04	1
51	5	46	07:16:28	1
51	5	47	07:17:07	1
54	6	50	07:19:20	1
65	10	55	07:26:15	1
70	12	58	07:27:28	1
51	12	59	07:28:49	1
47	3	51	07:29:03	(
77	17	71	07:29:04	/
59	7	66	07:34:38	1
65	18	86	07:43:12	1
			DNF	(

This run is based on the famous Dipsea which is an aged handicap race in California with a history going back to 1905. (Google it!)

Their run is an A to B over some rough and hilly terrain. Although it is a trifle longer at 11.8 Km the top runners take about 47 minutes, 4 mins slower than our Phil South. Comparing their head start table to ours, theirs is similar for men up to 55. The older they get the more generous it is. For women of all ages it is much more generous. As they have been fine tuning their handicaps for many years I plan to align our starts with theirs. This will really help the stronger older guys like Roger and Nick, and the ladies such as Catherine and Lyanne. And I'm planning a midnight start for 78 and older to give myself a chance :-)

For those curious as to how I computed this year's handicaps, here is a brief summary.

As a benchmark I took Quentin Morley's record of 31:50 for our 10.2 Km course.

Then, using the 10 Km subset of the WMA tables (see <https://runscore.com/Alan/AgeGrade.html>) I calculated the start a runner of each age would need to match that time. For example, a 60 y.o male has a factor of 0.8043. This is equivalent to running a flat 10 K in 32:48 which is the world record for that age and distance. (World record for a young fellow is 26:43). However, I used Quentin's time, not the world record. So, dividing his 32:50 by 0.8043 I get 40:49, which is an 8 minute start over a 25 y.o. Quentin. And so on for all the other ages.

For the women I applied the same male adjustment, then divided by another factor which is the ratio of women's winning times to the men's times; 0.8808.

All of which is great in theory, but looking at the TAhRace results it is clear that the women and the men over about 55 are getting a rough trot.

So, it will all change next year!

Cheers and happy running

Alex

P.S. Don't forget the Great NOSH Footrace on June 2<sup>nd</sup>. Places are limited and it's filling fast. See <http://thegreatnoshfootrace.com.au/>. It's not on our web-site yet. I'll get Donald to put up a link.

## What Your Exercise Habits Might Say About How Long You'll Live

If people start to exercise in midlife, even if they have not worked out for years, they can rapidly gain most of the longevity benefits of working out.



A new study offers both hope and a subtle nudge to anyone who has slacked off on exercise in recent years. It finds that if people start to exercise in midlife, even if they have not worked out for years, they can rapidly gain most of the longevity benefits of working out.

But the reverse is also true, the study finds. Stop exercising and those longevity benefits shrink or evaporate.

We already have plenty of evidence that exercise affects how long and well we live. I've written about studies showing that older athletes develop and retain stronger [bones](#), [brains](#), [hearts](#), [muscles](#) and [immune systems](#) than people of the same age who rarely work out.

On a broader scale, epidemiological studies yoke frequent exercise to prolonged life spans, underscoring that active people are much less likely than the inactive to die prematurely.

But most of those studies have looked at people and their exercise habits only once in their lives, rarely delving into what happens as someone's workout routine waxes or wanes across the decades.

So, for the new study, which was [published this month in JAMA Network Open](#), researchers with the National Cancer Institute and other agencies turned to data from the N.I.H.-AARP Diet and Health Study, which helpfully had long pried into how people occupy their leisure time.

The N.I.H.-AARP Diet and Health study began in 1995, enrolling hundreds of thousands of men and women between 50 and 71 years old and asking them to complete a series of questionnaires about their health.

One of these went into detail about the volunteers' physical activities throughout their lives, asking them to recall how frequently they had walked, played sports, jogged or otherwise worked out. The questionnaire focused primarily on deliberate exercise, but also covered incidental physical activity like household chores or yardwork.

The questionnaire covered almost all points of the participants' lives, asking about their teen years, then young adulthood from 19 to 29, fuller adulthood during their 30s and, finally, the past 10 years, when the volunteers would have been between 40 and 61.

In the new study, the researchers drew the records of replies for 315,059 of the men and women, most of whom had completed their questionnaires about 13 years before. They checked answers and categorized people according to their reported exercise habits and whether and how they had altered over the years.

Some of the men and women said they had been unwavering in their workout routines, spending about as many — or few — hours exercising in midlife as when they had been teenagers.

Others had been active when young but tailed off as adults, remaining mostly sedentary during middle age. And a few had exercised often as teenagers and young adults, slowed or stopped as adults, but returned to regular exercise later in life.

Finally, the researchers checked the National Death Index for deaths and their causes among the participants in the years since they had joined the health study and compared the risks of dying among the different groups. (They controlled for body mass, smoking and other health factors.)

Not surprisingly, those men and women who had been sedentary throughout their lives were the most likely now to have died, particularly from heart disease.

But those people who always had been active, exercising consistently for a few hours a week, were about 30 to 35 percent less likely to have passed away from any cause and about 40 percent less likely to have died of a heart attack than the consistently inactive people.

More buoying, people who had stopped exercising for a decade or two but begun again during their 40s or 50s, working out then for a few hours a week, shared the same relative protection against premature death as the people who always had exercised.

On the flip side, people who had been active and in shape as teenagers or young adults but sedentary in middle age seemed to lose any longevity benefits. They were as likely as the always-inactive group to have died.

Of course, this study relied on people's recall of their past behavior, which can be notoriously unreliable. It also is observational and can tell us that exercise in middle age is associated with a longer life, but not whether exercise causes us to live longer. Other factors are likely to be involved, including our diets, wealth, weight, general health and genes.

Still, the message of the findings is twofold, says Pedro Saint-Maurice, a postdoctoral fellow at the National Cancer Institute who conducted the study with Charles Matthews and others.

"If you are active now, keep being active," whatever your age, he says. "And if you have not been active lately, it seems that it is not too late, even if you are in midlife" to start exercising and reap the benefits for longevity

## The Fitness Plan for Serious Schmoozers

A county official in Pennsylvania found a way to shake off all those evening events by falling in with a group of early-morning exercisers



When Michelle Kichline was appointed chair of Chester County Board of Commissioners, she had to swap post-work yoga for early-morning fitness classes.

**Being an elected** official can feel like attending a wedding six days a week. As chair of the Board of County Commissioners in Chester County, Pa., Republican Michelle Kichline says it's common for her to sit down to the

equivalent of a wedding feast almost daily. “When every day of your life is a special event, you will put on weight,” she says.

Ms. Kichline is responsible for a county west of Philadelphia that’s almost two-thirds as large as Rhode Island. “I might get asked to attend a breakfast on the border of Maryland and then speak at a lunch near Lancaster County,” she says of the job she’s held since 2014. After six months on the job Ms. Kichline was feeling anything but the model of wellness.

Her dedicated yoga practice fell to the wayside as classes overlapped with evening work events and the combination of extensive driving and large meals started to take a toll. “The constant eating and lack of exercise was zapping my energy,” she says. She’d just turned 47 and was also struggling with perimenopause.

Despite not being a morning person, she found a gym near her home in Berwyn, Pa., that offered early classes. At the time, her children, now 20 and 17, were old enough that she could leave them sleeping and get back in time to wake them up for school. “The first few months felt like I was in a constant state of jet lag,” she says. “It was like resetting my biological clock to wake at 5 a.m. and go to bed by 9:30 p.m. But you adjust. It sounds ridiculous, but I have more energy waking up that early.”

Ms. Kichline, 52, also got extra disciplined about her eating habits, avoiding bread and dessert. “There’s almost always chicken breast,” she says. “In fact, I keep a running tally of which restaurants have the best chicken.”

- His Gym Class Turns Into a Bollywood Musical

A New Yorker builds up a serious sweat dancing to the music of his youth in BollyX classes that incorporate the moves of the Indian films.

In a profession where she’s in high demand, she’s learned to prioritize her own well-being. “When you’re working in the public sector, it’s your job to say yes,” she says. “But to be my most effective, that means taking time for myself, too.”

The gym near Ms. Kichline’s home offers boot camp, spin, boxing, barre and more, so she started to mix up her old routine of running, weights and yoga. “As I get older, I realize I need variety not just to prevent boredom, but in order to recover,” she says. “If I just run long distance every day, I feel it in my knees, or if I just lift weights it strains my joints.”

Two to three mornings a week she takes a high-intensity interval training class that combines rowing, running, kettlebells and TRX exercises. “I feel like I get the most bang for my buck with that workout,” she says. Twice a week she joins a weight-training class and occasionally she attends spin.

“I thought I would hate group-fitness classes,” she confides. “But those early-morning classes feel like a family. Everyone knows you got up very early and are there to focus. We don’t talk a whole lot, but it feels supportive.”

Once a week she attends a vinyasa yoga class. She keeps a foam roller by the TV in her living room and a strap for stretching is always in the car.

On days she can’t make it to the gym, she makes a point of taking the six flights of stairs to her office and walking her two dogs.

When Ms. Kichline can control her meals, she eats a Mediterranean-inspired diet of fish and vegetables. Mornings begin with a cup of English breakfast tea and a green protein smoothie. She’s given up sandwiches.

“At events, I just eat the protein and vegetables off the bread,” she says. But she’s not carb-free. “I snack on popcorn and my husband is an amazing cook, so if he makes spaghetti and clams, I’m enjoying it.” On Sundays, the family makes a big pot of food, like turkey chili or chicken soup, which can be used for leftovers. She says avoiding cocktails at events is easy. “All I have to say is, ‘I’m an elected official and I have to drive. I’m sure you understand,’ ” she says.

Ms. Kichline pays \$145 a month for her annual membership at a Gym, which includes unlimited classes. She has a pair of Asics Gel-Nimbus 21 running sneakers (\$150) and Asics Gel-Quantum 180 TR cross trainers (\$120), as well as a pair of Shimano RP2 bike shoes (\$90). She shops sales for Lululemon , Under Armour , Nike and Athleta apparel. She wears a Schosche Rhythm+ heart rate monitor (\$80). She spent around \$20 for her foam roller.

"My guilty pleasure is classic rock," she says. "When 'Bohemian Rhapsody' comes on, it really gets my blood rolling when I'm running."

We all know long periods of sitting are detrimental to our health. According to a 2015 study published in the Annals of Internal Medicine prolonged sedentary periods increased the risk for cancer and cardiovascular disease and almost doubled the risk of diabetes, regardless of physical activity.

"You really need to make an effort to counteract the effects of sitting for eight hours a day," says Donald Hensrud, director of the Healthy Living Program at the Mayo Clinic in Rochester, Minn. "Just being active won't cut it. You need to dedicate about an hour of exercise a day."

Dr. Hensrud says those who log hours behind the wheel have it tougher than desk jockeys. "You can't just stand up from driving," he says. He suggests trying to break up long drives with stops to stretch and walk around and using red lights as a chance to do twists or upper-body stretches. Having proper posture in the car or having your driver's seat ergonomically analyzed can help prevent aches. Parking farther away to get in extra steps also helps.

Diets can also fall victim to drive-through window meals. Dr. Hensrud suggests always having a healthy, filling breakfast like egg whites or peanut butter and toast before a long morning commute. He always keeps nutritious snacks like nuts and fruit handy for long drives to prevent having to scavenge for food