

THE STARTING LINE

MARCH 2007



WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

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Comments and Suggestions are always! Welcome

Please feel free to contribute your thoughts in our next "Starting Line" newsletter.

Send your email to admin@wracc.org

Tread rightly: Avoid treadmill mistakes

You may be making several mistakes on the treadmill that you aren't even aware of. The most important thing to keep in mind is to walk or run on the treadmill the exact same way you would without the treadmill. You want to mimic what you would do when you're outside. Here are the top five mistakes people make on the treadmill.

1. **Hanging on:** That's the biggest one. When you hold onto the rails, you're holding your weight up, and not using your legs to hold your weight up. In that case you aren't getting your heart rate up, and you're not burning enough calories. If the workout is so tough you can't do it without holding on, take it down a notch and work at your level.

2. **Not working hard enough:** Just getting on the treadmill isn't enough. You have to push yourself and work at a good intensity. If you're going to do it, get something out of it. Maybe you need to go at a faster speed or a higher incline. If you can read on the treadmill, you probably can pick up the intensity. 90 percent of treadmill users don't use the incline and just a little incline makes a huge difference in intensity.

3. **Stepping off the treadmill:** Another common mistake is jumping off the treadmill belt and onto the sides to rest, towel off or get a drink of water. It would be better to just decrease the speed. Stepping off can be bad for the joints and disrupts the natural flow of your workout. Plus, it's often just an excuse to take a break; don't get in that habit.

4. **Not knowing your pace:** Don't be fooled into thinking that the eight-minute mile you're doing on the treadmill is the same as an eight-minute mile outside. More than likely you're not going the speed it says

you're going, because the belt is moving, and that's doing part of the work for you; in addition, there's no wind resistance. Because of that adding a one- or two-percent incline to your run to get a pace more like an outdoors pace is suggested. For instance, a 10-minute mile on a treadmill is equivalent to a 10:43 mile of "free-range" or outdoor running. A 10-minute mile on the treadmill with a one-percent incline translates to a 10:13 free-range mile, and a 10-minute mile with a two-percent incline is a 9:46 mile.

5. **Changing your stride:** That moving belt can play tricks on your stride. Some people are afraid of falling off of the belt; they make up for it by running too close to the front of the treadmill, causing them to shorten their stride. You don't want those short, choppy steps. On the flip side are runners who subconsciously think they have to reach and keep up with the belt, so they over stride. You don't want that either, strive for a relaxed, normal stride, whether you're running or walking.

Tips to eat well:

Vegetables and Fruit:

- eat at least one dark green and one orange vegetable each day;
- choose vegetables and fruit prepared with little or no added fat, sugar or salt;
- have vegetables and fruit more often than juice.
- Learn how to Colour Your Choices with Vegetables and Fruit.

Grain Products:

- make at least half of your grain products whole grain each day;
- choose grain products that are lower in fat, sugar or salt;
- enjoy the true taste of grain products – when adding sauces or spreads, use small amounts.

Milk and Alternatives: Milk, yogurt and cheese provide protein, vitamins including vitamins A and D, and minerals including calcium, phosphorus and magnesium.

- drink skim, 1% or 2% milk each day;
- have 500 mL (2 cups) of milk every day for adequate vitamin D;
- drink fortified soy beverages if you do not drink milk;
- select lower fat milk alternatives;
- compare the Nutrition Facts Table on yogurts or cheeses to make wise choices.

Meat and Alternatives: Foods in this group provide a variety of important nutrients including protein, iron, B vitamins and zinc.

- have meat alternatives such as beans, lentils and tofu often;
- eat at least two servings of fish each week
- select lean meat and alternatives prepared with little or no added fat or salt.

Oils and Fats:

- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines or vegetable oils that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.
- Include a small amount – 30 to 45 mL (2 to 3 tablespoons) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Water:

- Satisfy your thirst with water and drink water regularly.
- It's a calorie-free way to quench your thirst.

- Drink more water in hot weather or when you are very active.

Canada's Food Guide recommends that you limit foods and beverages that are high in calories, fat, sugar or salt (sodium). This includes foods such as cakes, pastries, cookies, granola bars, muffins, doughnuts, ice cream, frozen desserts, chocolate, candies, French fries, potato chips, nachos, and other salty snacks, fruit flavoured drinks, soft drinks, sports and energy drinks, sweetened hot or cold drinks and alcohol. Having too many servings of these foods and beverages can contribute extra calories, fat, sugar or salt (sodium) to your daily intake.

For most people, eating a variety of foods from the 4 food groups of Canada's Food Guide will provide the necessary nutrients, however vitamin and mineral supplements may be recommended in some situations.

Just a reminder to all Members to renew your membership for 2007

If anyone is interested in driving the WRACE VAN we are still looking for volunteers please contact either May or Jeff Tuck

WRACE Members please note that at the following locations you receive:

Running Factory will give members of WRACE a 10% discount on their purchases. National Sports will also give 15% discounts, and the Tortoise and Hare will give a 15% discount

**Penguin Chronicles: Tied in "nots"
By John Bingham**

I recently received an email from a person who wanted to become more active. They wanted to start walking, running and maybe even compete in a few local 5K and 10K races. They thought that being more active might be a good way to lose some weight and feel better. So far, not a

bad plan. But, they went on, they were not willing to change their eating habits, they were not willing to drink less and they were not willing to quit smoking. Their question to me was how much activity did I think they would need to overcome the rest of their lifestyle. I didn't know how to answer. You'd think that this approach would be unusual, but it isn't. I can remember coming in from my early runs and sitting on the sofa and lighting up. It made my son crazy. "How can you do that?" he would ask. Easy. Like my email friend, in those days I was tied in knots.

I want this but not that

I was angry that I was 43 years old and 100 pounds overweight, but I was *not* going to change any more than I had to. I was angry that it was getting more and more difficult to walk up steps, mow the lawn or wash the car, but I was *not* going to stop doing the things I enjoyed. I was angry that I couldn't live an irresponsible lifestyle and still be thin, fit and healthy. So, when it finally occurred to me that I would have to be more active, it wasn't as though I relished the idea and jumped in with enthusiasm. Sure, I liked the idea that I was wogging (my combination of waddling and jogging) several days a week. I liked the idea that I was actually running in running shoes. And, I liked the idea that I had a few race t-shirts in my closet. But, I was not ready to give in to the idea that my life was going to have to change. I was not ready to start thinking like an athlete. I was not ready to be a runner when I wasn't running. I was *not* going to become one of *those* people.

No...not me. I was going to be the one who found the way to be both decadent AND fit. I was going to be the one who could over eat AND over train. I was going to be the one who was *not* giving in to the benefits of being more active. And for the better part of a year, I

managed to be both what I had been and what I was trying to be.

Appreciating good change

Eventually, though, I began to realize that my priorities were changing. The more miles I had behind me, the more I began to think about the miles ahead of me. The more I ran, the more I was a runner. It became more and more difficult to *not* be an athlete -- not by design but by default. I wasn't all that happy about it at first. Standing at a starting line in sub-freezing temperatures one Saturday morning, I found myself questioning my own sanity. Surely there was another way. What happened to the person who drank hot coffee and smoked cigarettes on cold weekend mornings? Where had he gone? Surely he had enough sense to stay inside.

I was not that person anymore. I was a runner. I was one of those people who ran in the cold and rain and heat and humidity. I was one of those people who wore shorts and tights in public. I was one of those people who stood in line at the grocery store and stretched. Even now that I have been running for eight years, I'm still amused at all the things I am. But more, I'm amazed at all the things I'm not. I'm not angry anymore. I'm not fighting with my own destiny. I am not afraid to find out where my limits are, and I am not afraid to accept those limits. But more than anything, I am not afraid to change, to learn, to grow and to look past all the things I can't be to those few that I can.

Waddle on, friends.