

# intraining

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**Featured on the front cover:**

**Matt Horsten, intraining club member (Park 2 Park 2011)**

## Running at the mouth: Roads for runners too

After running the Sydney Half Marathon on September 19th and the Melbourne Marathon on October 9th, I am jealous.

The Sydney Marathon closed the Sydney Harbour Bridge for most of the day as well as many of the city streets - Circular Quay and the Rocks. The Melbourne Marathon ran down St Kilda Road to Beach Road closing the cities major arterials to the south.

When we try to close even a minor street in Brisbane there is blanket refusal. We want to turn Brisbane Marathon into a major city marathon but without a course on the roads this will not be possible.

This year's Mother's Day Classic was prevented from running straight ahead along Grey Street to Peel Street at the start because they would have to cross Melbourne Street and might delay a bus. Instead the 8000 entrants were forced to follow a twisting narrow course at the start and multiple people fell because of the congestion.

The Bridge to Brisbane was forced to start at 6am which meant that entrants had to wake up at 3am to get to the start on time. In contrast, the Sydney City to Surf starts at 10am and the last runner does not even cross the start line until after 11am. Most people are able to take public transport in the many races through the Sydney and Melbourne CBD each year because the races are able to start at a reasonable time.

At the time of print we do not know the outcome of the Cool Night Classic however the great course we had designed to run down Dock Street and Lower River Terrace

was knocked back by the Police. It would have been closed for only 25 minutes and there would have been a maximum of 70 parked cars that may have had to have delayed leaving for a short time. We had many procedures in place to let them know in advance to delay their departure and procedures to deal with the parked cars when they wanted to leave. Instead we have been told to run on the footpath that is not even closed to the public.

When we asked why a minor side road could not be closed - the State Governments Open Roads Policy was quoted. When asked why Sydney and Melbourne could close roads when Brisbane could not - we were told that they had better infrastructure. When we said we thought that forcing thousands of runners onto narrow pathways was dangerous - we were told that closing any road at peak hour was more dangerous, even a minor side road only used for parking.

I simply do not buy their argument. The open roads policy from what I could find was about clearing break-downs quickly on major roads only. I can not believe that the infrastructure in Brisbane is so much worse than Sydney and Melbourne that a minor road can not be closed for just ten minutes?

I believe that there is a culture of refusal that has developed in Brisbane. The safety of participants in races is being compromised so that **NO** road vehicle will be inconvenienced. I do not think this is a policy of the police. It is a political value to have no congestion at all costs. The solution also needs to be political.

[Join our facebook page](#) "Brisbane Roads for Runners Too". Staying healthy should outweigh the interests of a few motorists. With your help we can retake the roads and the values of thousands of runners.

By Steve Manning



# Footwear Matrix



Motion control		M Evolution Foundation	M Beast W Ariel Addiction	Alchemy	940		
Moderate Stability	Adistar Salvation* Supernova Sequence 	2160	Trance Adrenaline Vapor	Nirvana Inspire	1260 860	Equalon* Structure Triax 	Hurricane Omni* Guide 
Mid Stability	M Adizero Tempo	1160	Ravenna* 	Elixir	870	Lunar Eclipse Lunar Glide* Lunar Swift Lunar Elite 	Mirage
Firm Neutral	Adistar Ride Supernova Glide	Nimbus* 	Glycerin* Dyad 	Creation Rider 	1080	Pegasus Atlas	Triumph* Ride 
Flexible Neutral		Landreth Cumulus	Ghost	Ultima		Vomero	
Racer-Trainers	Adizero Tempo 	DS Trainer	Ravenna	Elixir Precision	1090* 890 870 	Lunar Elite	Mirage
Kids	Supernova Glide Supernova Sequence Response Cushion	Kayano Nimbus 2160	Adrenaline* Ghost 	Nexus Wildwood	760 759	Jana Waffle* Waffle Racer 	Guide Ride
Trail		Trabucco Trail Sensor	Cascadia Adrenaline ASR			Pegasus Trail* M Structure Triax Trail 	
Road Racing	Adizero Adios Adizero Rocket	DS Racer W Tarther Diva Hyperspeed* 	T7 Racer Racer ST	Ronin Universe* 	907	Lunar Racer Lunar Spider R Lunar Spider LT Zoom Speed Spider Zoom Speed Lite	Kinvara 
Track Spikes	Adizero Cadence Adizero Avanti	Hyper Rocket Girl SP Hyper Rocket Girl LD Hyper LD Hypersprint Japan lightning		Tokyo Osaka		Victory Mamba Matumbo Rival Zoom Superfly Forever XC	Endorphin MD Endorphin LD
Minimalist	 fivefingers®		Green Silence		Minimus	Free Run Free 3.0 Lunar Fly	Kinvara

# Muscle injuries: a guide for runners and triathletes

by Doug James

Podiatrist: B.HlthSci (Pod) (Hons), M.APodC, M.SPQ  
Physiotherapist: M.PhtySt, M.APA



The human body has an amazing potential for endurance activities. From our ancient ancestors who could run all day when hunting, to Dean Karnazes' extraordinary effort in completing 50 marathons on 50 consecutive days, humans have the potential for incredible stamina. Endurance training creates changes in muscles which helps them adapt to the requirements of prolonged exercise. With time and proper training, muscles become stronger and more efficient at using energy enabling us to run faster and further. In performing endurance activities however, runners and triathletes will occasionally develop a muscle injury. A list of common muscle injuries follows.



## Muscle strain

Muscles strains can occur at any time when exercising, but are more likely when you are fatigued (especially if you have been over-training), overexerting, or have tight muscles. They usually feel like a sudden sharp pain when they occur and make using the muscle uncomfortable. Muscle strains are actually tears in the muscle which are classified based on the amount of pain, disability and degree of damage to the muscle. Minor strains can take a few days to a few weeks to recover while a full muscle tear may take months to heal. It is important to allow muscle strains time to recover as returning to sport too soon may result in a greater muscle tear and slower healing. Strengthening the muscle is also important to reduce chances of reoccurrence.

## Muscle cramp

Exercise induced cramping is when painful and involuntary contractions occur in your muscles either during or after exercise. Muscle cramps are usually quite painful and make using the muscle very difficult due to tightness. Cramping is more likely to occur when you are exerting yourself at a greater intensity than usual, if exercising in a hot and humid environment or if dehydrated. When muscle cramps occur it is advisable to gently stretch the muscle for 30 seconds before resuming exercise at a reduced intensity. If the muscle continues to cramp, where possible, you should stop exercising to avoid causing greater tears in the muscle.

## Muscle contusion + Myositis Ossificans

A muscle contusion (also known as a 'cork' or 'dead leg') can result from a direct force impacting a muscle (usually in the thigh). Even though running and triathlons are non-contact sports, there are occasions when an athlete may receive a muscle contusion (e.g. tripping over when running, getting kicked in the leg when swimming, or falling from your bike). A contusion will usually be sore from the moment it happens, with possible swelling or bruising forming in the first few days. The muscle will be sore, and often feel heavy and weak with recovery taking anywhere from a few days to a few weeks depending on severity and immediacy of treatment. If you suspect you have a muscle contusion, it is a good idea to see a Physiotherapist for treatment.

In severe cases where a muscle contusion has received improper care, Myositis Ossificans may develop. This is a condition where the damaged muscle becomes calcified and bone begins to form in the muscle at the injury site. Myositis Ossificans is particularly difficult to treat and should be avoided through proper care of a muscle contusion.

## DOMS

Delayed Onset Muscle Soreness (or 'DOMS') is commonly felt in the following days after starting a new activity or competing at a higher intensity than usual. It is mostly associated with eccentric (lengthening) muscle activity which occurs in the quadriceps muscles when running. Unlike a muscle cramp, strain or contusion, you generally won't experience the discomfort of DOMS until 1-2 days after the causative incident. DOMS usually ceases after 3-4 days and is not considered a serious injury.

## Managing muscle injuries

Most muscle injuries respond well to a period of rest, gentle stretching and the use of cold packs in the first 72 hours. Sports massage can also be used to help encourage an injury to heal. Proper rehabilitation (including stretching and strength work) should be undertaken as the muscle heals to avoid the injury reoccurring.

As with any injury however, the best treatment is always prevention. The following tips can help prevent muscle injury:

- Always warm up at a comfortable pace on an easy terrain
- Where possible avoid exercising when tired, or in hot and humid conditions
- Maintain your hydration and electrolyte levels before, during and after exercising
- Allow adequate recovery time between training sessions, if you are sore – it may be smarter to rest
- Training distance and intensity should be increased at a gradual rate to allow adaption
- Reduce muscle tightness through stretching and regular sports massage
- Compression garments may possibly help reduce injury risk and improve healing time
- If you have a muscle injury it pays to seek early treatment to avoid a potentially long term or more serious injury

In cases of a recurrent or slow healing muscle injury, it is recommended that you see a health professional such as a physiotherapist or podiatrist to correctly diagnose and treat the injury. Podiatrists are able to assess your running gait to identify and address faults and potential causes of injury. A physiotherapist can help to correct muscle strength imbalances which may cause injury and offer rehabilitation advice and therapy to improve healing time.

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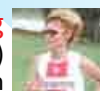
### OPEN 7 DAYS

Mon: 9 to 5:30  
Tue: 9 to 5:30  
Wed: 9 to 8  
Thur: 9 to 9  
Fri: 9 to 5:30  
Sat: 9 to 5  
Sun: 9 to 2

# Children's Running Form

by Margot Manning

Podiatrist: B.HlthSci (Pod) (Hons)  
Running Coach: Level 2 Athletics Coach



There is a belief that children are natural athletes. However if you go to a school sports day you will see this is often not the case. There are the naturally talented children but there are also children who struggle to put one foot in front of the other. It is not always visible to the naked eye but growth has a significant impact on running form, performance and injury risk.



Clumsiness and tripping are common symptoms in the growing preteen and adolescent. Inactive children can easily be labelled as "lazy", when often it is due to poor muscle tone. Unusual running styles, such as the "duck-like runner", may be due to a structural anomaly, such as flat feet. All of these are different mechanisms, but all are related to proprioception. Proprioception is sense of position and movement of the body in space. The transmission of this information is by receptors found in muscles, joints and ligaments. Good proprioceptive awareness helps a child to feel confident in movement activities. When this is impaired, the normal neuromuscular activity is unable to respond to sensory changes, particularly with movement.

Children with low muscle tone are at a huge disadvantage. Their proprioceptive receptors do not respond quickly to changes. They then develop poor posture, and will avoid exercise. This leads to a decrease in strength and power, and ultimately a more sedentary lifestyle.

Growth spurts are when there is a sudden lengthening of a bone. Problems occur when the muscles and ligaments do not lengthen at the same rate. For an athletic child, this can lead to injuries and a drop in performance. A child may become more emotionally vulnerable due to 'failure' and drop out from their regular activity.

Research has shown that children can gain strength through neuromuscular activities. A structured training program using balance and co-ordination is used to improve their body awareness and retrain the neuromuscular receptors. Running drills, co-ordination and



balance activities form the basis of these programs. Making them fun for the younger children, and sport specific for the older ones is essential in maintaining their interest.

## Types of Activities

### Motor patterning

Motor patterning involves consistent and repetitive sequence of movements. This is particularly useful for children who fatigue easily due to lack of fitness or concentration. This focus is on correct technique until the activity becomes a natural movement pattern.

### Running Drills

Running drills have a more specific focus on form with balance and co-ordination as the key elements. Movement is performed quickly over a short distance. They need to begin as simple actions such as high knees, bum kicks. This can then progress to a more complex movement requiring greater co-ordination, for example, a combination of bum kicks and high knees, and the grapevine (sideways netball drill).

### Plyometrics

Plyometric is when a muscle is forcefully stretched prior to a contraction. This is used to develop power through speed and strength. Plyometric training is generally used to improve performance therefore used with trained athletes or at a later stage in a proprioceptive program.

### How to start a program.

If you are concerned about your child it is worthwhile having them assessed by a podiatrist or physiotherapist. Their general posture, joint movement, and running form should all be analysed. From here, a program is devised for the child to do under supervision by the practitioner and also at home. The program would be tailored to their individual capabilities, and interests, with a progression in difficulty of movement tasks.

### Conclusion

If you find your child is reluctant to exercise, or is struggling with their performances, then consider a proprioceptive program that will be tailored to their needs. One of the best indicators of the success of a program is how much a child enjoys exercising. They will tell you if they are enjoying themselves and they will want to be out and about moving.

At Intraining we have always had children's running groups with a focus on improving running form, speed and endurance. These are available on Monday & Wednesday afternoons from 4- 5pm. The podiatrists and physiotherapists are now offering sessions that are specifically dedicated to create individual programs for children of all ages and abilities.

**For more information and session times please visit us online at [www.intraining.com.au](http://www.intraining.com.au) or give us a call on 07 3367 3088.**

**"Running drills have a more specific focus on form with balance and co-ordination as the key elements"**

## CASE STUDY

### 12 year old hockey player.

Loves hockey, cycling, tennis, but hates walking and running. Would rather ride bike to corner shop then walk the two blocks. Child presented as low muscle tone, and with poor balance and running form. An exercise program was developed over four weeks, utilising his hockey stick. It always began with a 1km easy warm up run/walk. First week, the child struggled and grumbled while walking and running the warm-up. After week four, the child chatted the whole way and remarked on how quickly and how far he ran.

# MY 20th marathon experience:

*Run free and enjoy every moment*



By Steve Manning

My 19th and last marathon was the 2000 Sydney Olympic Trials race. While I had planned to run another marathon in the following ten years, even entering a few, I was unable to even start due to injury, illness or inability to train. I did not want to finish on a prime number so needed that 20th marathon.

My many excuses for not running just kept piling up. This year I felt that I had to do a marathon or I might never run another one. What I needed was a change in attitude towards the race itself.

I ran my very first marathon 30 years ago as a 16 year old. It was the university marathon in 1980. I remember seeing a poster for a marathon and thinking that it seemed like a great challenge. I had no idea how hard it would be having only run up to 90 minutes in training for the school cross country and fun runs. The only race of distance I ran before the marathon was a 20km organized by Andy Semple in the precursor to what would be the QMRRC and later the BRRC.

I had no fear and no expectations and no pressure to perform. There were not a lot of people running marathons back then and even fewer at my age. My goal was just to finish and become a "marathoner". Having no idea of pacing I set out at around 3 hour pace before slowing dramatically at around 15km. Things progressively got harder from that point on.

The course was a 5km loop course with an extra bit at the start. After five laps I was reduced to walking and despite a few short half-hearted efforts to run I basically walked the last 15km of the race. They were doing the award ceremony when I had one lap to go. I kept going, finished in 4:20 and was hooked.

The greater the challenge you overcome - the greater is the joy of achieving it. Over the next two years I ran six more marathons while still at High School. I did not really do that much more training but each subsequent marathon was experience gained for the next challenge. I kept running PB's finishing with a 3:02 marathon at Gold Coast in August 1981.

After school I became focused on running faster at shorter races on the track. I ran fewer marathons, trained more and got faster. The first marathon I ran where I actually trained for it was the 1983 University marathon and I broke the 3 hour barrier for the first time with a

2:40:36. I ran my PB marathon in 1984 with a 2:33 but never really trained specifically for the marathon again as I got much better at 10km and 5km. My focus also changed from my own running to coaching.

The Sydney 2000 marathon would be my first marathon for a few years. My own running had become a secondary priority to coaching and the business.

I was still running well on talent and experience but in the two months before the Sydney race had not run at all and knew I was in for a great challenge. I ran a BRRC 10km the week before Sydney and was so sore afterwards I could not run the whole week before the race. I even tried running the day before and was too sore to get beyond 2km. So I covered my calves with Voltaren and flew down to Sydney - again with no expectations.

Rather than run with a watch I just ran easy trying to save something for the last 10km when the hills started. I was running around 5 minutes a kilometre and just kept waiting for the wheels to fall off. They never did and I finished in 3:33 passing thousands of other runners in the last 10km. Afterwards I was less sore than after running the 10km the week before.

So with the Melbourne Marathon looming and my training again being inadequate I decided that I would run no matter what excuse I might have. Organising Brisbane Marathon in August prevented me from training consistently. I then got sick when I should have been doing my hardest training. What I was able to do was the Gold Coast Half Marathon in July in 1:57 and the Sydney half Marathon in September in 1:52. The only other long run I ran was a 25km with my running friend Greg Scanlon averaging around 6 minutes per kilometer.

However I was through with excuses and I was going to run regardless of my training or lack of it. I again ran a 10km the week before the marathon and ran 48 minutes in windy conditions winning the BRRC handicap.

Unfortunately I picked up another

injury from that race with a very sore heel that hurt even to walk on it. So once again I found myself unable to run the week before my marathon. I was icing the heel and using Voltaren Gel but it only got marginally better over that week.

The day before the marathon we went to the film museum in Melbourne and my heel was aggravated a bit. I went to bed the night before the race thinking that there was little chance I would be able to finish.

So as I dozed off I decided to eliminate all negative self-thought and only focus on the positives of enjoying the marathon experience once again. I remembered the naivety of my first marathon and tried to channel my 16 year old self. I remembered my last marathon 10 years ago and drew confidence in overcoming injury and running well regardless of fitness.

On race day I woke up at 3am to have a bowl of cereal and took some Voltaren. I met up with Bernard Shyne who would be trying to run around 4 hours which was about the best time I thought I could expect. We set off on pace and ran together to nearly 10km when I had to stop for the toilet. After waiting in line for about 3 minutes I was back on the course and went through 10km in just over 60 minutes. My heel pain was there but not really bothering me. I just tried to stay relaxed and smooth.

I ran unencumbered with any

*"I ran unencumbered and free of any performance expectations"*

expectations of my performance. I did not really care about my pace or finishing time. I knew it would get harder at some point and I just wanted to be enjoying it all until that happened. The lack of kilometer marks made it impossible to pace anyway. I just found some big people to run behind into the headwind.

At about 34km the hills began and that is when my legs stopped working as well. I went from a shuffling stride to something more akin to skating with neither of my feet leaving the ground at any time. My pace went from sub 6minute/km to 8 minutes

plus. But I was feeling OK and I stayed positive even if my legs were hurting a lot.

People started passing me as I slowed but I was just happy to have got so far without walking. With 3km to go I knew I would finish and so just kept running. With 1km to go I picked up the pace within what my unusual running style would allow. Up the last hill to the finish and I was once again a marathoner.

4:23:41 and my slowest marathon ever. If not for the toilet stop I would have run the same time as my first marathon. But I had finished while

overcoming as many challenges as I had in any of my previous 19 marathons.

The moral of my story is to run for the enjoyment of the challenge and not let worries of what you "should" be able to do get in the way of even participating. The way I see it is that I have just begun my second marathon career. My goal for my next marathon will be to run as fast as my second marathon that I ran 30 years ago in 3:57.

# RUNNER GIFT IDEAS

## GIFTS UNDER \$20



### Gifts under \$20 (Above)

Spibelt Wrist Pocket	15.00
Yankz Elastic Laces	16.95
Gu Chomps	5.95
Eyeline Black Max Goggles	17.95
Running Socks	from 12.95

## GIFTS \$40 - \$80



### Gifts \$40 - \$80 (Above)

Fuelbelt R20 Revenge	54.95
Fuelbelt OSFA 2 Bottle	54.95
Puresport Hydration cannister	from 48.00
Halo Headphones	54.95
Running Backpacks	from 69.95
ITB Roller (Full length)	79.95

## GIFTS \$80 - \$100

### Gifts \$80 - \$100 (Above)

Nike Sportsband	89.95
Vibram Sprints (colours)	99.95
Womens Skins Shorts	94.95
Womens Half Tights	99.95

## GIFTS \$20 - \$40



### Gifts \$20 - \$40 (Above)

Spibelt Standard	29.95
Spibelt Reflective	39.95
Small ITB Roller	39.95
Nathan 700ml Stainless Steel Bottle	29.95
Endura Rehydration 800g	39.95

### Gifts over \$100 (Below)

Adidas Eyewear	from 159.95
Suunto Quest	269.95
Garmin Forerunner 610	from 449.95
Garmin 910XT	449.95

## GIFTS OVER \$100



## November - April 2011/12

**1**

Country	Population (millions)
China	100
USA	25
Germany	80
France	60
Italy	55
Spain	40
Japan	120
Sweden	9
Belgium	10
Canada	30
South Korea	45
India	10
UK	6
Australia	18
New Zealand	4



Year	Male	Female
1990	10.5	11.5
1991	10.5	11.5
1992	10.5	11.5
1993	10.5	11.5
1994	10.5	11.5
1995	10.5	11.5
1996	10.5	11.5
1997	10.5	11.5
1998	10.5	11.5
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2006	10.5	11.5
2007	10.5	11.5
2008	10.5	11.5
2009	10.5	11.5
2010	10.5	11.5
2011	10.5	11.5
2012	10.5	11.5
2013	10.5	11.5
2014	10.5	11.5
2015	10.5	11.5

## 1

**Figure 1**

Age Group	Smartphone (%)	Tablet (%)	Feature Phone (%)
18-24	90	60	10
25-34	85	70	5
35-44	75	55	15
45-54	65	40	25
55-64	55	30	35
65+	45	20	45

15

**Abstract**

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A large crowd of spectators is gathered for the Sunday November 13 event. The image shows a dense group of people, many wearing white shirts, standing in front of a backdrop that reads "L'Espresso". The date "Sunday November 13" is printed vertically on the left side of the image.

**Chowdhury**



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**By Linda Sperlich**

**THE  
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ENTERTAINMENT**

**Have You Got What It Takes?**

**18 MARCH 2012**

**The Big Fish**

**The Big Fish**

[illegible]

**Everyone is a member of the club for a running club for everybody...**

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

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## Music to my ears

Theresa Fabian



I've always loved listening to music when I run but just could not find earbuds that wouldn't fall out the minute I got any faster than a slow walk. The only way around it was to elastoplast them in which made it hard to hear any background noise, and on longer runs, or humid days, or rainy days they would come unstuck.

The Australian designed Halo Headphones were the answer to all my problems. The speakers slide inside a headband, you can adjust the position of them for a personalised fit. The quality of the sound is as good as, if not better than, what you get from the earbuds etc that come with iPods or other mp3 players.

The headband itself is made from a moisture wicking fabric, and so absorbs perspiration. I sometimes wear the headband on its own (without the headphones inside) just to keep the sweat out of my eyes.

Perhaps the biggest plus for the Halo is you hardly know you have it on. There are no plastic buds putting pressure on your ears, and you can wear it for long periods of time (even while sleeping) with zero discomfort.



Claire Miller

## Running clothing - Where to begin?

Think proper running gear is only for the elite? Think again! Quality running clothing and socks are essential for all runners, particularly during the warmer months of the year.

The right running clothes can make your next run even more enjoyable, encouraging your progression towards your running goals. During the summer months, old cotton shirts simply don't match their 'technical' clothing counterparts. Sports bras, tights, and shirts made of technical fabric are designed to wick away moisture, keeping you cool and comfortable as you run.

Quality running clothing contains fibres that you will leave you wondering how you ran in your old clothes before. While prices for such garments might be higher, it will be worth it in the long run. Another quick recommendation, if you are buying clothing for an event, remember to wear it during training first to avoid any discomfort come event day.

### *Claire recommends for feet:*

Most people think socks won't make much of a difference, until they try a quality running sock.

Australian made Lightfeet socks are 75% COOLMAX for maximum moisture management and are designed to keep your feet cooler. The airflow venting and mesh lets fresh air in to circulate between the toes and forefoot. Support in the arch keeps the sock in place and has padding in all the areas which are prone to blistering.

For those who suffer from bad blistering, the double layers of Wrightsocks prevent friction between your foot and the shoe as it is absorbed between the thin layers of the sock. The socks regulate temperature and keep your feet dry and prevent painful blisters forming.

## Staying hydrated and fueled

Jackson Haigh



As we all know staying hydrated and refueling our bodies is essential to achieving our best performance. When starting out, buying supplements can be quite daunting with so many to choose from all claiming to be the best.

The most important thing to remember when looking for a supplement is to gather as much information as possible. Seek advice from someone who knows the products they stock. Remember to always read the products packaging as this can also help in making the right selection. Depending on your activity, you may need a caffeinated product or perhaps you are prone to cramping, then you may be best suited to something that has magnesium. Selecting the right nutritional needs for your activity can be the deciding factor in how well you train and subsequently recover.

### *Jackson's two tips to getting started*

1: Gels: Purchase a gel that your stomach can handle and that you will look forward to consuming. These give you a quick energy boost and usually have a high carbohydrate component and many also have caffeine too. My personal pick is the Gu Chomp Watermelon flavor. Give it a go, refreshing and does the job.

2: Hydration: Hydration is probably the most important element in reaching your sports ambitions. Keeping hydrated can help keep your body going, especially helpful when we are sweating so much in the summer months. My choice of the lot are the Puresport range of recovery and workout flavours. An ideal blend of scientifically formulated protein to electrolyte ratio, not only helps with replenishing muscle stores but replaces lost fluids from perspiration. They come in handy little one serve packs, so you can try a few out before you find the taste that tickles your tastebuds.



# Barefoot Running

*Get back to your natural instincts*

New ideas, technologies and training methods are constantly revolutionizing and advancing sport, and running is no exception. These changes enhance running experience and performance for beginners and seasoned runners alike. The contentious and revolutionary concepts of barefoot and minimalist running are dominating current discussions and intriguing running communities all over the world.

Whether you're new to running or have been pounding the pavement for many years, barefoot running can provide benefits to everyone. If you're willing to take up the challenge and take a somewhat primitive approach to your running, you will gain a more intimate relationship with your body and the earth and reap the rewards. If you're looking to improve your running efficiency, alter your gait or simply reinvigorate your tired training regime, then barefoot running may be just what the doctor ordered.

Conventional running shoes have a lot of structure, support and cushioning to protect our feet from the harsh reality of running. We're drawn to these features when looking for the 'best shoe'. Most shoes encourage runners to strike heel first as they incorporate a differential of approximately 12mm from heel to forefoot (meaning your heel sits higher in the shoe than your forefoot). Conversely, barefoot shoes such as the Vibram Five Fingers are designed without a heel-forefoot drop, to mimic the human foot. They provide functional support by promoting good posture, enhancing muscle balance and activation throughout the legs and feet. This improves proprioception (your perception of where your body is within space) and sensitivity.

Eliminating the heel lift encourages natural posture by reducing anterior pelvic tilt and decreasing pressure on the lumbar spine. This improves the balance and function of lower back and pelvic muscles like the gluteal, tensor fascia latte and iliopsoa. It can also reduce the risk of suffering posterior muscle tightness in the hamstrings and calves, which is relatively common amongst us runners.

Encompassing the true notion of barefoot, Vibrams separate the toes into their own pockets. This allows the toes to spread naturally, which promotes good proprioception and activation

of the intrinsic foot muscles, and better balance both in stance and during gait. These benefits are not exclusive to runners, but are worthwhile to everyone. This can promote good health and well being in later life by reducing posture-related injuries and allowing prolonged participation in physical activity.

More specific to running, the primary benefit of using Vibrams is a reduction in peak forces. Braking forces transmit shock up the legs through the various structures and joints, which are common contributors to overuse injuries. These forces are typically greatest at heel strike and are exacerbated by overstriding and striking the ground in front of the body's centre of mass.

Vibrams are not cushioned and don't have an elevated heel. Therefore they encourage a mid-forefoot strike and shorter, faster stride, which distributes force and allows the muscles and joints to attenuate shock through more natural motion. For many people, running is a quadriceps-dominated exercise. However, running in Vibrams generates a different strike pattern and challenges this notion with much more emphasis on pulling with the hamstrings during swing phase. Following on from this, a majority of runners making the switch to barefoot running will experience long-term gains in efficiency and cadence.

It is important to realize that not everyone can run effectively when forefoot striking, especially over long distances. However, incorporating barefoot running into weekly training can result in a range of benefits. It can improve gait and provide alternative muscle stimulus, and initiate many other changes. Plus it adds a bit of variety to help boost interest and motivation for training.

Come to intraining Running Centre and talk to our staff about getting the best fit for your feet. We will observe your running style and help you select the right pair of shoes for your feet. Don't be afraid of evolution. After all, shoes haven't been around forever. Give barefoot running a try and get back your natural instincts.



*By Emily Donker (podiatry student, runner and coach)*



*Womens Bikila*

*Mens KSO Treksport*

*Womens Komodo Sport*

*Vibram Kids KSO*



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# New to Running?

## Taking those first steps (PART ONE)

By: Linda Watson (intraining coach)

It can be daunting for first timers when they start to run to get fit. I know when I first started, “those runners” were a little intimidating, so it can be hard to take those first steps. A question we have from so many first time runners is “where do I begin”.

First of all, think about what you want to achieve. For many people its weight loss or toning up, but we urge you to think further into the future. Ask yourself this, how do you want running to change your life? Some years ago, even after I had been a runner for quite some time, what I wanted from running crystalized in my mind. I wanted to be someone who rose before dawn and

experienced life. I wanted to feel invigorated and energetic. I wanted to be the person who, at the Sunday barbecue, was so relaxed because of the amazing early morning run in the forest (when everyone else was hung over). So I set about making that happen.

I recognise now, over the years, I have become what I wanted to be. I have confidence in myself and my ability to change. As I sit here writing this morning I have already run around Mt Coot-tha at dawn. I feel like I have a secret that I have shared with my running buddies this morning. So while weight loss and muscle tone are part of the package, you have so much more to gain from running.

It takes time for the body to adapt to the demands of running. In the beginning the “toughness” of starting running isn’t always much fun. After a while though, you come to enjoy the challenge and develops into pleasant and fun way of life. It is getting through the first six weeks that is the real challenge. The saying ‘Rome wasn’t built in a day’ springs to mind.

Start slowly and conservatively. Depending on your current fitness level you might need to walk, with intermittent jog breaks of 30 seconds. I

believe getting out for 30 minutes four times a week is a great place to start. It doesn’t matter how much walking is required in the beginning. Everyone is different and we all have a different starting point. We also all adapt differently to training. Gradually increase the run periods and reduce the walk periods. Others might be able to run for 5-10 minutes with intermittent walk breaks and then gradually link the run sections together. Try to finish your run feeling as if you could have done a bit more if needed. Ensuring a happy memory of your run will make you want to experience it again. Pushing too hard is counter-productive. You want to do enough to get a training effect but not so much that you experience anxiety at the thought of doing it again.

When you start running, run slowly. Most people who take up running try to run too fast and end up either too puffed, injured or develop the wrong energy systems to best increase their fitness. If you feel that you cannot run for more than a minute or so without becoming too breathless, try running slower – it can make all the difference. You have plenty of time to increase your speed down the track. If you have been very inactive for a long time your ability to recover from training will be a little slower. It is important to listen to your body - but don’t listen too hard to your head.

If you feel very tired I always suggest just doing five minutes of your planned session. If you still feel tired after this “tester”, it may mean you need an extra day off. Usually though, you will find that once you begin your exercise, you will feel less tired and go on to finish. I’m always amazed at how fresh I can feel after training than before, I feel invigorated! Going for a run



Visit our coaching section online at [www.intraining.com.au](http://www.intraining.com.au) for a **FREE** training program. Why not try the **Couch to 5km** - a gradual approach to help make you a runner



always involves effort, there is no hiding from it. Each morning my alarm goes off and I don't want to get up – a very common battle between the mind and body. When facing this dilemma, I ask myself, "how do I want to feel at breakfast time?"

#### Running gear – What do I need to start?

The beauty of running is that you do not need much to get started. However, I would recommend that you visit intraining and have one of the trained staff help fit you up in the right pair of shoes for your running style. This will help reduce the risk of injury and help in your fitness progression. It is a relatively minor expense when you consider how much use they will get. Good running shoes will typically last up to 1000km and start at around \$159 - that is less than 20cents a kilometre.

The second item you will need are comfortable running shorts and shirts made of a moisture wicking fabric, these will help keep you cool & dry and limit chafing. There are also anti-chafe products available if chafing is an issue for you. Hats, glasses and sunscreen are all good options depending upon the time of day that you run, but are not essentials. Good running socks will help prevent blisters

and there is a wide range now available to choose from. The guys and girls at intraining can help you choose something which will meet your needs.

If you are looking for motivation to get out give it a go, come along to one of intraining's beginners groups on Mondays, Wednesdays and Saturdays. The coaches will help guide you to becoming a better runner but best of all, you will develop wonderful friendships. We really pride ourselves on providing an environment that is supportive and cooperative rather than competitive and intimidating. Sharing a journey like this with others is very, very special.

**Look out for "Part Two"** of our training series in our March edition of Love 2 Run magazine 2012. If you have any questions about running or you are looking to start running, feel free to contact Linda Watson our coaching coordinator at [coaching@intraining.com.au](mailto:coaching@intraining.com.au)



## When those shoes just don't fit!

### - Avoiding blisters

Blistering in a race can be very painful and will usually reduce your performance and at times even force a DNF. Blisters on your feet and toes are usually the result of pressure or friction inside your shoes.

The two most important factors affecting this are a shoe that is fitted properly and socks that wick away moisture. However sometimes shoes need to be modified to reduce pressure spots that only become significant on longer runs. The other thing you can do is use some of the products available in the market such as BodyGlide, Striderm or Sports Shield which help reduce friction. I use BodyGlide in areas of sweating and chaffing. However I use the silicon lubricants like Striderm inside my shoes because I find them more comfortable.

I used both at the Melbourne Marathon that included high humidity, rain showers and changing temperatures and I had no chafing or blisters the entire race. So if blistering or chafing is stopping you from enjoying your running, give these products a go. You should be pleasantly surprised. If you continue to experience discomfort, book in to see a podiatrist who can identify the cause of the pressure or friction and how to relieve it.

By Steve Manning



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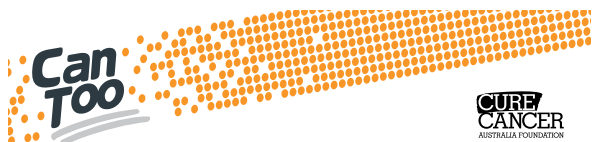
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<b>Event (circle your event)</b>	<b>11km Adult / 5.5km Adult / 11km Child (15y+) / 5.5km Child (15y+)</b>
<b>Gender (circle)</b>	<b>Male / Female</b>
<b>D.O.B</b>	
<b>Address</b>	
<b>Email</b>	
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