



eROADRUNNER

Clubblad van de Road Runners Club Korsou

19^e jaargang Mei 2003



Bestuur	Naam	Telefoon	Cellulair	Fax nr.	e-mail
Voorzitter	E. Calmes	767-8910	511-0133		ercal@cura.net
Vice-voorzitter	D. Messerschmidt	864-7035			
Secretaris	P. Nipius	864-7305			
2 ^e Secretaris	F. Hodge	767-8126		767-8126	
Penningmeester	M. Eekhof	868-4102			
2 ^e Penningmeester	R. Genaro	868-5881		869-3142	genaro@attglobal.net
Materiaal Commisaris	W. v. Heyningen	465-3263			
Commisaris	P. Herrewijn	736-6997			
Commisaris	H. Westerhof	461-7305	569-7242	461-9520	h.h.west@cura.net

Rekening nummer MCB 848.65.300

Postbus: 3643

Port Betaald

Racekalender 2003

Evenement	Km	Datum	Tijd	Lokatie
Moddercross	3.5	4 jan	17.00	Jan Thiel
C.S.C walk-a-thon	5/10	12 jan	06.30	C.S.C Chuchubiweg
Kareda Cerilio Maduro	10	26 jan	07.00	SDK
Amstelloop	2.7/5.5	16 feb	07.00	Amstelbrouwerij
Klip Kleun	5	9 mar	07.00	Abrahamsz
Pepsi Colaloop	5/8	13 apr	06.30	Barbara beach
Koninginneloop	10	30 apr	07.00	Gouvernementsplein
Jeugdloop	2.2/3.2	18 mei	07.00	SDK
Kareda di B.riba	10	1 jun	06.30	Barbara beach
Schottogatloop	12/17	15 jun	06.00	Wilhelminaplein
Olympic Day run	5/10	22 jun	06.30	SDK
Benefit Run	5/7	3 aug	07.00	Koredor
Kana ku RRCK	15	7 sep	05.30	SDK
Warwaru	2.5/5/10	14 sep	06.30	Brievengat
Refineria di Korsou	8/12	5 okt	06.00	Palu Blancu
ING-Fatum loop	10	26 okt	06.30	Cas Coraweg
RRCK Estafette	5/4/3/2/1	9 nov	06.30	SDK
Cur. ½ Marathon	21	7 dec	05.30	SDK
Cur. Marathon	42	7 dec	03.30	Dr. Hugenholtzweg
Breakfast	4/7	14 dec	07.00	SVB

Training: Elke donderdag van 19.30 - 21.00 u.

Clubtrainer	Telefoon	Koredor	SDK
Edwin Lopez-Ramirez	Tel: 868-2317	Jun 5-12	Jun 19-26
Monique van Meerwijk	Tel: 737-6763	Jul 3-10	Jul 17-24-31
		Aug 7-14	Aug 21-28

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Colofon

<u>Redactie</u>	<u>Telefoon</u>	<u>Cell nr</u>	<u>Fax nr.</u>	<u>E-mail:</u>
R. Genaro	868-5881		869-3142	genaro@attglobal.net
G. Adriaansen	888-0265	662-2465	465-7826	gerryadriaansen@ hotmail.com

Coca-Cola

E K A M P E O N

Van de redactie.

Beste lezers.

Het april nummer van de eRoadRunner is klaar en ligt voor u. Wij hopen dat deze editie in de smaak valt.

Heeft u "nieuwtjes" voor het blad stuur deze naar ons toe en wij zorgen er voor dat deze geplaatst worden (als ze de toets van de "screening" commissie doorstaan natuurlijk).

Veel leesplezier en tot de volgende keer.

De redactie

Lopen is de beste medicijn.

(Runner's World)

Endocrinologen van het Long Island College Hospital in New York hebben ontdekt dat diabetes type 2, de explosief toenemende vorm van suikerziekte die tot voor kort werd aangeduid als 'ouderdomssuiker', berust op te weinig of slecht functionerende mitochondriën. Deze cellen zijn de energiecentrales van het lichaam. Dagelijks hardlopen is volgens onderzoeksleider dr. Edmund Gecherich een prima methode om die energiefabriekjes voor vroegtijdige sluiting te behoeden.

In het tijdschrift *Science* van 16 mei leggen Gecherich en collega's uit dat het spierweefsel van mensen die insulineresistent zijn - en die daardoor de glucose in hun bloed niet optimaal kunnen benutten - altijd relatief veel vet bevat. Ook als ze niet overduidelijk dik zijn. 'We weten al lang dat zulk 'vet' spierweefsel een slecht teken is, maar het was onduidelijk of die vetcellen zelf de glucosehuishouding frustreren, of dat ze een teken zijn van een onderliggend probleem. Of beide.

Ons onderzoek heeft aangetoond dat er in elk geval óók een stevig onderliggend probleem is. Mensen met veel vet in het spierweefsel blijken zonder uitzondering een fors verlaagde mitochondriale activiteit te hebben. Dat betekent dat hun vermogen om glucose en vet via oxidatie om te zetten in energie drastisch is beperkt.'

De endocrinologen menen dat hun ontdekking de weg vrij maakt voor compleet nieuwe farmacologische strategieën om de pandemie van diabetes type 2 in te dammen. Gecherich: 'Maar het is onwaarschijnlijk dat we op korte termijn een pil vinden die zo effectief is als dagelijks hardlopen, fietsen of zwemmen. Dat blijkt het aantal mitochondriën en hun activiteit spectaculair te verhogen.'

De waarde van aërobe lichaamsbeweging als preventief middel tegen tal van welvaartsziekten wordt regelmatig bevestigd. Voor de Zweedse artsenvereniging was dat twee jaar geleden aanleiding om fysieke activiteit tot serieus therapeutisch instrument te verheffen. 'Aanvankelijk was de scepsis bij veel collega's groot, maar aan een doktersrecept blijkt nog een ouderwetse autoriteit te kleven', zegt een woordvoerder. 'Als ik "1 x daags 45 minuten hardlopen" voorschrijf - en dat doe ik een paar keer per week - kopen de meeste mensen in elk geval een paar loopschoenen.'

Luxe haas.

(Runner's World).

Deena Drossin, de kersverse Amerikaans recordhoudster op de marathon, heeft zich reeds gekwalificeerd voor de Olympische Spelen in Athene. In de marathon van New York wil zij haar collega's naar de limiet hazen.

Het gebeurt niet vaak dat lopers van de eerste garnituur zich opwerpen als tempobeul. Moet de actie van Drossin nu worden opgevat als een onbaatzuchtige daad om andere loopsters aan de felbegeerde olympische kwalificatie te helpen?

Misschien is dat deels het geval. Door te starten als haas kan Drossin meedoen aan de marathon van New York zonder haar voorbereiding te verstoren, bij wijze van een veredelde trainingsloop.

Tegelijk zorgt de 30-jarige ervoor dat haar wedstrijdervaring niet wegzakt, ze kan haar concurrentes observeren

en wat nieuwe ideetjes uitproberen. En misschien kweekt Drossin nog wel de nodige sympathie bij haar concurrentes ook.

Hoe het ook zij; de kwestie illustreert dat atleten die van hun bond in een vroeg stadium zekerheid hebben gekregen over hun uitzending naar een toernooi, zich uiterst comfortabel kunnen voorbereiden.

Deena Drossin geldt als Amerika's hoop in bange marathondagen. Tijdens de laatste marathon van Londen loste zij met een tijd van 2.21.16. Joan Benoit Samuelson na bijna twintig jaar af als Amerikaans recordhoudster.

Mijn naam is haas.

(Runner's World)

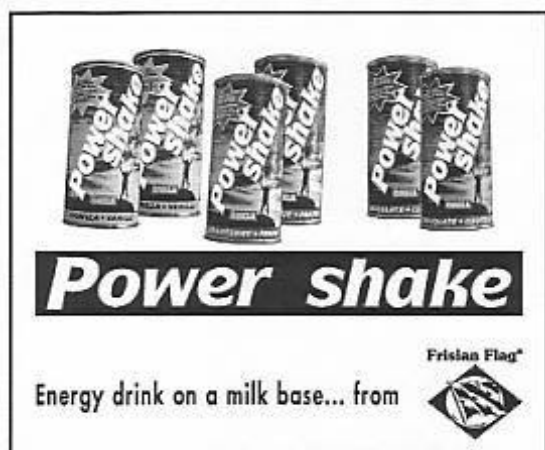
Grote marathons zijn booming business geworden. Elke zichzelf respecterende stad organiseert er een, en wil nog kunnen pronken met een snelle tijd ook. Daarvoor zijn niet alleen duurbetaalde toplopers nodig, maar ook goede hazen. En die hazen incasseren inmiddels zelf óók vette premies. Gaat u maar na: een goede haas put zichzelf niet uit, weet dat er wereldwijd volop vraag is naar zijn diensten, en kan dus ongeveer wekelijks starten. De sportieve aspiraties van de haas, vaak zelf niet de minste loper, worden maar al te graag ondergeschikt gemaakt aan het grote geld.

Achter de rug van een haas loopt het gewoon veel makkelijker, daar zijn alle toplopers het wel over eens. Een haas volgt de ideale lijn, plaagt niet met tempowisselingen, en loopt zo regelmatig als een uurwerk. In Rotterdam hebben in totaal zo'n 25 hazen meegelopen om hun diensten te bewijzen aan de verschillende groepen toplopers bij de mannen en de vrouwen.

Tegla Loroupe wordt het liefst door landgenoten gehaasd. In de marathon van Berlijn in 1998 stelde manager Volker Wagner haar maar liefst drie tempomakers uit de eigen renstal ter beschikking: Jacob Losian, Clement Kiprotich en Joseph Ngolepus. Het kostte een stevige duit, maar Loroupe kreeg er dan ook een wereldrecord (2.20.47) voor terug. Plus een slordige 100.000 euro in contanten. Kassa! En kwam dat nou echt door die hazen? 'Da's duidelijk,' antwoordde Loroupe. 'In zo'n lopersmassa kon ik best drie bodyguards gebruiken. Ze beschermen me, en zorgen ervoor dat ik niet onder de voet wordt gelopen. Maar het belangrijkste is dat ze beschikken over een extreem goed tempogevoel.'

Een goede haas is duidelijk zijn gewicht in goud waard. Een slechte haas daarentegen kan zijn kopman over de kling jagen. Of misschien erger nog: hij pleegt halverwege een coup, en ontpopt zich tegen alle afspraken in als tegenstander van zijn kopman! 'Haas' Simon Biwott wist zich na zijn zege in Berlijn (2.07.42, 2000) van de prins geen kwaad: 'Ik had mijn opdracht toch goed uitgevoerd? Ik heb tot 28 kilometer gehaasd, maar ik voelde me zo lekker, dat ik besloot door te lopen.' Biwott, die zondag in Rotterdam als een van de favorieten van start gaat,

mag hopen dat haas Kamiel Maase hem niet op dezelfde manier bij de neus neemt. Dat Maase daartoe in staat is, bewees hij in 1999, toen hij na dertig kilometer besloot door te lopen, om uiteindelijk te finishen in een fraaie 2.10.08. Dit jaar schijnt de 'Maashaas' dat vooralsnog niet van plan te zijn.



8 reasons to walk

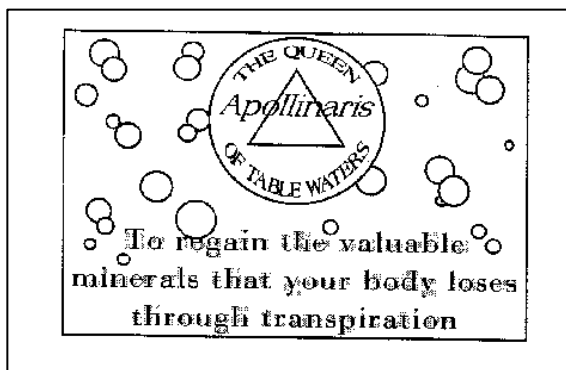
by [Terry Mackintosh](#)

Battling to get out there and walk? Time for a motivation boost

Here are eight good reasons why you need to haul out those walking shoes from the bottom of your cupboard and get going.

1. **You'll get fitter.** Walking is a great cardiovascular activity, requiring only thirty minutes three times a week to obtain a good level of cardiovascular fitness. Numerous studies have shown that walking regularly can result in a significant reduction of the so-called heart risk factors, such as high blood pressure and high cholesterol. Surely you have 90 minutes a week to spare? Your heart will definitely thank you for it.
2. **You'll lose weight.** It has been conclusively shown that walking is effective in burning up calories and increasing metabolic rates and in so doing, helps you lose weight. And, it's a lot more fun than dieting! A study done at the University of Massachusetts Medical School found that walking most definitely helps you trim fat as well as tone up flabby muscles. In this study, it was found that walking four times a week for a mere 45 minutes each time, resulted in an average weight loss of 17 lbs. a year without any form of dietary changes!
3. **It's simple.** Walking is an easily accessible activity that can be done anywhere, anytime, anyplace. And, other than a pair of decent walking shoes, no fancy equipment, special clothing or expensive paraphernalia is required.
4. **It's sociable.** Walking in a group is sociable and fun. Not only will you get fit but you will meet many interesting and fascinating people too.
5. **You'll be less stressed.** We are all subject to stress, but not all of us are capable of finding safe and effective ways of relieving it. Going walking is definitely better than going the cigarette, booze or drugs route. And in addition to stress reduction, you will also gain a greater sense of well-being, better productivity at work and a more intensely experienced sensual life.
6. **It's flexible.** You have a great freedom of choice as a walker. You can choose to walk alone, with a group, with your dog, with the maid or with your family. You can walk in the morning, the evening or during lunchtime. You can walk in the rain, the sunshine or indoors on a treadmill. You can walk on the streets, in the park, in the countryside or at the gym. The choices are many and varied.
7. **Everyone can do it.** Unless you have major health problems, walking is open to everyone from the very young to the not-so-young. Everyone knows how to walk -- no specialized training or techniques are required unless you opt for race walking.
8. **You will develop exceptional muscle tone.** Muscles get more of a workout during walking compared to most other aerobic sports, particularly the leg muscles from the calves to the hamstrings. The gluteals also get a particularly good workout, and it has been said that the tightest and best-looking butts in the sporting world belong to the race walkers. The arms, back and shoulders are also used extensively due to the vigorous arm swing that is required for correct and effective walking.

So, what are you waiting for? Dust the cobwebs off those trusty old shoes and get to it!



Common Questions about Walking

by [Maggie Spilner](#)

The most frequently asked walking questions

Q: What's the best time of day to walk?

A: It varies from one person to the next. To me, any time of day is perfect!

In the summer, I love to walk in the mornings, when it's nice and cool and the sun is up early. In the winter, I usually try to walk on my lunch hour, since that's the warmest part of the day. The fresh air revitalizes me for the afternoon, plus I get a healthy dose of vitamin D from the sun's rays.

The question is, when are you most willing and able to walk? That's the best time for you.

Q: Should I eat before I walk?

A: Again, it varies from one person to the next. I almost always eat something before I leave on my morning walk. I just feel better. But if I'm planning to go at a brisk pace or to do some interval training, I'll keep my breakfast small and simple -- maybe a piece of fruit and a glass of juice, or some low-fat or nonfat yogurt. The human body doesn't particularly like digesting food and exercising hard at the same time.

That said, a leisurely stroll after a large meal may enhance digestion and burn a few extra calories. But walking before a meal works just as well, provided you don't have any problems with your blood sugar.

And if that meal happens to be breakfast, be sure to drink a nice, tall glass of water before you head out. Your body may be somewhat dehydrated after a night's sleep.

Q: What's the simplest way to determine how fast I'm walking?

A: The easiest way to gauge your speed without wearing a pedometer -- or getting in your car and measuring mileage, which can be pretty difficult unless you walk along a street -- is to count your number of steps per minute. The experts use this number to calculate pace, based on an average stride length of 2 and 1/2 feet. (Stride length is the distance from the heel of one foot to the heel of the other foot when you're taking a step.) They've already done the math for you.

?? 70 steps per minute equals 30 minutes per mile, or 2 miles per hour.

?? 105 steps per minute equals 20 minutes per mile, or 3 miles per hour.

?? 140 steps per minute equals 15 minutes per mile, or 4 miles per hour.

If you pay attention to your steps, after a while, you'll be able to estimate your pace fairly accurately without bothering to count. You'll just know what a 20-minute mile or a 15-minute mile feels like.

Q: How many calories do I burn by walking a mile?

A: The average 150-pound person burns between 80 and 100 calories per mile. That number can change depending on your height, your weight, your fitness level, whether you're walking on hills or level terrain, what you're wearing, the outside temperature, and many other factors.

If your goal is to lose weight, forget about the numbers. Instead, develop a healthy eating plan that you can live with, and incorporate as much physical activity into your daily routine as possible. Walk for at least 1/2 hour a day. If you can do more, great! Maybe you can squeeze in 1/2 hour in the morning and another 1/2 hour in the evening. Then during the day, take as many short walks as you can, indoors or out.

Become aware of how much time you spend sitting, and make an effort to fill some of those minutes with physical activity. At work, for example, pace around while you're talking on the phone and use the restroom on another floor or in the farthest corner of your building. That way, you know you're burning more calories throughout the day. The exact number doesn't really matter.

Shoe Savvy

Q: My walking shoes have two sets of eyelets. Which should I use?

A: That extra set of eyelets allows you to fine-tune the fit of your walking shoe. If you have a narrow heel, lace both sets of eyelets to tighten the top of your shoe. This keeps your heel from slipping, so you don't develop blisters. You may have to experiment to get the lacing just right.

Q: I walk early in the morning, so my walking shoes always get wet. They're still damp the next day when I go to put them on. Any suggestions?

A: Ideally, you should have two pairs of walking shoes, so you can alternate between them. That said, stuffing newspaper inside your wet shoes can help soak up moisture, so they might be dry by the next day. Just don't put wet leather shoes near the heat. Drying them too fast causes them to shrink or crack.

Q: When should I get new shoes?

A: Replace your walking shoes every 6 months or 600 miles, whichever comes first. At that point, it doesn't matter if the shoes still look great. They've lost a lot of their cushioning power. Be kind to your feet, and you'll keep walking forever.

Focus on Fitness

Q: How can I evaluate my fitness level as a walker?

A: James Rippe, M.D., author of *Dr. James Rippe's Complete Book of Fitness Walking*, has developed a special formula to help walkers assess their fitness. Find a flat 1-mile loop. Warm up for 5 minutes, stretching your calves and hamstrings. Then walk the mile as quickly as you can without running out of steam. Compare your time against the benchmark for your age group.

- ?? Under 30: If you can walk a mile in 13 minutes, you're in great shape.
- ?? 30 to 39: Doing a 14-minute mile puts you in the "great shape" category.
- ?? 40 to 49: Cover a mile in just under 15 minutes (14 minutes, 42 seconds), and you're at the top level of fitness for your age group.
- ?? 50 to 69: Doing a 15-minute mile is excellent.
- ?? 70 or over: If you can walk a mile in 18 minutes, 18 seconds, you're very fit for your age.

If you exceed the ideal time for your age group by 3 to 6 minutes, you're not in the best shape aerobically. But don't worry -- just keep walking. Regular, consistent exercise can lower your time.

Q: Is it possible to do too much walking? Can I overtrain?

A: If you're new to walking, build up your time and mileage gradually. After all, you want your feet to toughen up and your muscles to get used to the exertion. You may not actually hurt yourself, but if you feel stiff and sore, it may keep you from going out again.

If you're walking regularly and you're really picking up your pace, you can just as easily overtrain. Here are some indicators that you may need to reduce your intensity or distance or even take a day off once in a while.

- ?? Your daily walks seem to be getting harder instead of easier.
- ?? You feel more tired than usual during the day.
- ?? You have difficulty springing out of bed in the morning.
- ?? You have trouble falling asleep or sleeping soundly.
- ?? You begin eating less or eating irregularly.



If you cut back on your walking routine and your symptoms persist, see your doctor. There may be an underlying medical problem that's making you feel bad.

Staying Injury-Free

Q: My hands swell when I walk. Is this a problem? It feels funny, and I don't like it.

A: Swelling in your hands is normal. When you swing your arms, the blood rushes down into your fingers. It isn't harmful, but it could be uncomfortable, especially if you wear rings. It's a good idea to take off your rings before you go walking.

If the swelling bothers you, try squeezing your hands into fists from time to time while you walk. This helps push blood back from the fingers. Some people carry small rubber balls to squeeze. Keeping your elbows bent as you swing your arms can also minimize swelling. But unless you're racewalking, the bent-elbow technique can feel rather silly.

Q: Whenever I start walking, I get side stitches. What causes them, and what can I do about them?

A: A side stitch -- a sudden, stabbing pain in your side -- results from a spasm of the diaphragm, the muscle that separates your chest and abdomen. It's crying out for oxygen because your expanded lungs and contracted abdomen are blocking normal blood flow. This sounds serious, but it's not a big deal.

At the first sign of a side stitch, stop walking. Using three fingers, massage the area where the pain is most severe until you feel relief. Do not hold your breath. As your breathing slows to its normal rate, the pain should subside. Then you can resume your walk. Like any muscle, your diaphragm cramps when it isn't warmed up properly. So remember to warm up before you head out. Walking slowly should do the trick.

Q: Help! I'm having pain in the front of my lower legs. What is it?

A: It sounds like shin splints, a common problem among beginning walkers. It results from doing too much too soon. Your shin and calf muscles cramp from overuse, and you notice a burning pain in your shins.

To avoid shin splints, increase your distance and pace gradually, and always take time to warm up before doing any speedwork. If you've already overdone it, try slowing your pace. If you're still in pain, try stretching your calf muscles. Stand facing the nearest wall or tree, then lean forward, putting your palms against the wall or tree and keeping your heels flat on the ground. Or sit on a bench with your legs straight out in front of you and flex your feet toward you. Still in pain? Hobble home and apply ice for 15 minutes. Be sure to wrap the ice in a towel, to protect your skin from the cold.

Q: I have heel pain. What should I do?

A: Heel pain becomes increasingly common with age, especially among the over-40 crowd. Often it results from a condition called plantar fasciitis -- that's inflammation of the plantar fascia, a sheath of connective tissue that runs along the bottom of the foot. As this tissue becomes overstretched and inflamed, it produces sharp pain, especially first thing in the morning when you get out of bed. The pain eases as you walk around, but it can come back, especially if you sit for a long time.

As you get older, your body's tissues become less pliable. That's why stretching is so important. For heel pain, stretching your calf muscles may help. If it doesn't, you may need better walking shoes or special shoe inserts (called orthotics) to keep your ankles from rolling inward (overpronating), which may overstretch and inflame the plantar fascia.

If simple stretching doesn't relieve your pain within a week or two, schedule an appointment with a podiatrist. You need to find out what's causing your pain. If you keep stretching and tearing your plantar fascia, you may develop heel spurs, painful bony protuberances from the heel bones.

Whatever the source of your heel pain, it needs time to heal. Just be patient. Your podiatrist may want to give you cortisone shots, but they're only a temporary solution. Getting them repeatedly may cause tissue damage over time.

Q: How can I avoid blisters?

A: A bad case of blisters can knock a beginning walker right off her feet. More experienced walkers who step up their workouts or switch to hiking can encounter problems, too. Here's how to keep your feet blister-free.

?? When you feel a "hot spot" on your foot, act right away. Take off your shoe and apply moleskin or an adhesive bandage over the affected area.

-
- ?? Make sure that your shoes fit both feet. Often one foot is larger than the other. The friction created by wearing the wrong-size shoe -- whether it's too small or too large -- can lead to blisters.
 - ?? Wear high-tech socks made from fibers that wick away moisture. Skip the cotton and look for synthetic blends such as CoolMax or Wonderspun.

Safety First

Q: There are some nasty-looking dogs in my neighborhood, and they're not always chained or fenced in. What can I do to protect myself?

A: You're right to be concerned. Even dogs that seem friendly around their owners can become aggressive when they're protecting their turf from strangers. If you can take another route, do so. Or call local authorities -- either your town's animal-control officer or the police -- to find out the provisions of municipal leash laws and to report any violations.

If you must walk by a property with potentially dangerous dogs, be sure to carry something for protection. Tie a sweatshirt around your waist, wear a fanny pack, carry an umbrella or a walking stick -- anything that you can put between yourself and a dog, in case one tries to bite you. The dog won't care if he gets you or the object in your hand. As he bites down on the object, keep tension on it and back yourself to a place of safety, like inside a car or behind a fence. Then let go and wait for him to leave.

Never stare down a dog. Instead, stand still and try to stay calm. Say, "No!" in a deep, firm voice. If the dog stops in his tracks, yell, "Go home!"

If a dog knocks you down, curl into a tight ball and protect your head and neck with your hands. Wait for the animal to leave, then slowly move to safety. Running will only attract the dog's attention.

Report any attack to your local animal-control office immediately. Even if the dog bit your fanny pack and didn't harm you, he's dangerous, and his owner should be notified.

Q: I like walking on an outdoor track near where I live because I don't have to contend with dogs or cars, but I get bored. Any suggestions?

A: An outdoor track can be lots of fun for walking. It's a great place to interval train -- speed up for one lap, slow down for the next. You can listen to music during your workouts since you're out of harm's way. (If you're completely alone, you might want to keep one ear free, so you can hear a stranger approaching.) You can practice special techniques, like walking with your feet parallel to one of the white lane lines or crossing each foot over the line to stretch out your hips.

Wear a watch or a stopwatch to monitor your pace. If you walked a 15-minute mile last week, can you shave a few seconds off your time this week? Write down your times, so you can track your progress.

When you're on a track, you can really let your mind wander since you shouldn't have to watch for obstacles. Carry a little tape recorder to record your brainstorming or to make tapes to send to relatives or friends. If you're comfortable walking with someone, just having a buddy can distract you from the monotony of going around in circles.

Pairing Up to Work Out

Q: My wife and I like to walk together, but she has trouble keeping up with my brisk pace. I don't want to give up our time with each other, but I do want to get a workout. What should I do?

A: Your situation is quite common among walking couples. Each person has a different pace or a different stride, so one gets bored slowing down or the other suffers trying to keep up. There isn't any perfect solution, but since you're the faster partner, you could wear a weighted vest or backpack while you're walking. Or you could try using a PowerBelt. It's a device that you wear around your waist, with handles to pull for an upper-body workout. Just pumping your arms helps to rev up your heart.

Perhaps the best suggestion is for you to do most of your workout first, then join your partner for your cooldown. You'll be relaxed and in a great mood by the time you're finished walking, ready to share quality time with your partner.

Q: I want to start a walking club in my area. Where do I begin?

A: My first question to you is, do you really want to add this kind of complication to your life? Most people I know prefer to walk either alone or in pairs. Getting an entire group together on a regular basis is just too difficult.

On the other hand, you may find some interest in walking classes. Many people are willing to pay a nominal fee to have someone motivate them to walk. If you're willing to lead a class, all you need is a watch, a cell phone, CPR certification, and

some enthusiasm. You don't have to know racewalking technique, although good posture is definitely a plus.

To find your recruits, place an ad in your local newspaper or post a notice at your church or YMCA. Explain that you'll lead walks at a particular time, from a designated starting point, a set number of times a week for a fee of \$3 to \$5 per session. (If you're experienced in racewalking technique or you have some sort of training certification, you may want to charge more.) You'll have the walking group you wanted in the first place, and as a bonus, you'll be getting paid for your efforts.

The catch is, you're responsible for everything, including getting your walkers back to the starting point on time, making sure that they stay within their target heart-rate ranges, and leading them in stretches before and after every workout. You may want to have water bottles or light snacks available, too.

Treadmill Tips

Q: Do I get as good a workout when I'm on my treadmill as when I go outdoors?

A: All treadmills are different. Some give very accurate indications of your speed, while others don't. On my treadmill, I feel like I'm walking 4 miles an hour even though the speedometer reads 2.5.

What's more, when you're on a treadmill, the walking surface is continuously pulling away from you. As a result, you're not getting the solid push-off from your back foot that you do when you're walking outside.

But the real issue is that you're probably using the treadmill for a certain reason. Perhaps you don't feel safe walking outside, or the weather is keeping you inside. What's important is that you're moving your muscles, burning calories, and getting a great workout.

Personally, I wouldn't want to do all my walking on a treadmill. The benefits of walking outside in nature are just too great to ignore. So make sure that you exercise outdoors whenever you can.

Q: I feel dizzy when I get off my treadmill. Is there something wrong with me?

A: Absolutely not. When you're walking on a treadmill, your body gets confused because it's moving but the scenery isn't changing. So once you return to terra firma, your body thinks it should keep going, even though you're standing still. To minimize dizziness, try slowing your treadmill to a very easy pace before you hop off. Then walk around for a few minutes until your sense of equilibrium returns.

Cathy Freeman

by [M. Nicole Nazzaro](#)

<http://www.runnersworld.com/home/0,1300,1-0-0-4956-1-0-P,00.html>

Cathy Freeman, the 2000 Olympic gold medalist at 400 meters, has made 2003 her comeback season after two years of frustration and setbacks



Cathy Freeman at the Sydney Olympic Games Victah Sailer / Photo Run
Cathy Freeman, the 2000 Olympic gold medalist at 400 meters, has made 2003 her comeback season after two years of frustration and setbacks. Freeman, 30, won her Olympic medal under the most pressured of circumstances: in her home country and having been pegged as the sentimental favorite after lighting the Olympic torch at the opening ceremony. Currently training in the San Francisco Bay Area, she competed at the Prefontaine Classic in Eugene, Oregon on Saturday, finishing fifth in the 400 meters.

Runner's World Daily: You've said this is your comeback year. What do you feel you're coming back from?

Cathy Freeman: I'm coming back from a long time of not being an athlete, of not having that passion and desire that I had in the lead-up to the Olympic Games in Sydney. I'm enjoying the challenge, and I'm loving my running more than ever, and if anything I have the desire to be really patient because I think if I wasn't patient, I would have been injured by now. I would have pushed myself way too hard wanting everything yesterday.

RWD: What do you do the morning after you win an Olympic gold medal?

CF: I didn't do anything special. After the race that night, I went and warmed down, I got a drug test, press, media conference, went and got a massage, got driven back to the apartment, and got a take-home Indian meal with my brothers and cousin and parents.

The next morning I forced my husband to go shopping. I went and got a watch, a Cartier watch. We just had fun.

RWD: Was there a letdown after that race?

CF: Yeah! It was a childhood dream of mine since I was ten to win an Olympic gold medal, so when I finally crossed the line, I think I just...(exhales)...Because when you push yourself that hard, every day, for years, it's going to make you tired. And when you feed off the expectations of people around you, that makes you tired as well.

RWD: What's your most recent race coming into the Prefontaine this weekend?

CF: A 300-meter race in Mexico City on May 3. Ana Guevara won in a world-record time [35.30], and I got a PR [36.42]. When I lined up for the race, I wasn't very confident!

RWD: Tell us about your goals for 2003.

CF: I'm thinking about what I'm able to do, more than ever, which is something I'm certainly not used to. I'm trying to be really low-key about my goal, and of course when it comes to going public about them I'm going to be even more low-key! I'm looking just to get fit, looking to improve on every performance, I'm obviously wanting to become more competitive with the leaders in the event at this point, like Ana. She's the best in the world right now--she's the hunted. And it's fun being the hunter for a change. I understand so well what it's like to be the hunted. So now I'm the hunter! And I'm enjoying myself.

Peace on the run

By JEFF TUCKER

Sun Staff Reporter

05/29/2003

http://www.azdailysun.com/non_sec/nav_includes/story.cfm?storyID=66908

Last night, Reza Baluchi sat in a cramped RV in a Flagstaff campground, wrapping his blisters.

It's routine for Baluchi. He carefully wraps his blackened toenails and the remnants of large blisters he earned in the sweltering Mojave Desert just two weeks ago. He gets some food, rests and, depending on the evening, jumps rope and rides a stationary bike.

"It helps to keep me in shape," he said.

To the casual observer, such a regimen seems like overkill, given the fact that the Iranian-born cyclist has spent every day for the past 18 days running a marathon distance of 26 miles a day, often over harsh, unforgiving terrain of blacktop and desert.

Baluchi began this trek on Mothers Day -- May 11 -- in Los Angeles and will end it in New York City on Sept. 11. The date is purposeful.

The cross-country run is part of a tradition for Baluchi that began years ago in the wake of the Iran/Iraq war.

He began a campaign of cross-country cycling trips to promote peace, and to date he has cycled in 55 different countries.

Last year he wanted to bike across the country, but wasn't able to get a visa to enter the U.S. and spent four months in an INS jail before he was finally allowed into the country.

Unfazed, Baluchi decided that rather than bike across the country, he would run. Besides, during his four months in custody his only exercise was to run around the small recreational yard.

"He certainly wasn't preparing the way one would expect," said David Hyslop, a California businessman who quit his job to follow Baluchi and provide the necessary support for him on the road.

When Baluchi first started his run, he was carrying a pack with all of his belongings with him.

But by Barstow, Calif., Hyslop decided to provide support for Baluchi, and now he drives a donated camper filled with donated goods and bandages to help the runner on his way.

Baluchi keeps a scrapbook of his tours and his super marathon, complete with photographs of the places he's been and the people he meets.

There are pictures of doctors who helped him with various ailments. He survived a bout with malaria in Africa and doctors here helped repair his blistered feet.

There are pictures of Hyslop and others. There are maps of his routes. He points to a photo of him in Mexico and jokes that while some people camp close to the road, he moved his camp further away just to be safe.

He doesn't accept money from people. The trained mechanic stopped his run Wednesday to help an stranded motorist, but politely declined payment.

He struggles with the language and Hyslop helps him along or speaks for him, but the scrapbook tells the real story.

His goal isn't much different this time than when he made his first trip in the wake of a decade of war between his home country and its neighbor.

"I like everybody to go together," he said. "Every religion should go together and be separate from politics."

He wants peace, Hyslop said. And current tensions between the U.S. and Iran are not lost on the two men.

"I think what Reza would like the people of the U.S. to know is that Iran has a population made up of good and decent people, beyond the actions of their government, just like the U.S.," he said. "In its simplest terms, what he'd like to show is a guy who is willing to come here and run the length of the country as a gesture of peace."

Clydesdale triathlete and runners

What is a Clydesdale Triathlete or Runner?

A Clydesdale Athlete is any runner or triathlete usually over 200lbs(women over 145lbs are called Athena's). Each weight group will be divided into 2 age groups: an open category for those 39 and under and a masters division for those 40 and over.



Weight Class Competition is the fastest growing segment in the Sports of Triathlon and Duathlon.

<http://www.usa-clydesdale.com/News/Story12-1-02.htm>

Created by Steven T. Koleno USA Clydesdale Athlete www.usa-clydesdale.com

Weight Class Competition is the fastest growing segment in the Sports of Triathlon and Duathlon. In 2002, over 13,800 athletes competed in over 640 events worldwide. Larger athletes are now being given the opportunity to be competitive with the addition of

"Clydesdales" as a category for many multi-sport races. Weight classes in recreational sports, such as running and triathlons, have been extremely popular in recent years. This is due to weight classes helping to "level the playing field."

In most of the sports with weight class divisions, they are provided to level the playing field, because a larger competitor often has an inherent advantage in sports in which size and strength directly affect successful performance. But in the sports of Duathlon and Triathlon, which involve moving the body weight over the ground or the body through the air or water, the larger athlete is at an inherent disadvantage in these competitions. Part of the acceptance of Weight Class Competition is the recognition of weight classes in several Olympic sports, which has helped the development of the "Clydesdale Movement". Six of the 28 Summer Olympic Sports are weight based, the latest being the addition of a lightweight event with the Olympic Rowing competition in the 1996 Olympics. So the precedence for weight class competition has existed for years and is now being accepted in the sports of Duathlon and Triathlon.

FACTS YOU SHOULD KNOW ABOUT CLYDESDALE COMPETITION

- Over 640+ Multi Sports Events (Duathlon and Triathlon) supported Clydesdale Division in 2002 · An amazing 13,800 Clydesdale Athletes competed at those 640+ events. · Events with Clydesdale Divisions took place in 2002 in Austria, Bahamas, Australia, Canada, Mexico, United Kingdom and the United States. · Over 2,300 Clydesdale Athletes competed in an International Distance Triathlon in 2002. · Over 4,500 Clydesdale Athletes are ranked in 2002 Clydesdale World Ranking at five different ranking disciplines. · Athletes from at least 12 different countries have competed in a Clydesdale Event in 2002 including USA, Canada, Austria, United Kingdom, Germany, Ireland, Switzerland, Barbados, Cayman Islands, Denmark, Mexico, and Venezuela. · The largest one-day event in 2002 had over 350+ Weight Class Competitors. · At the 2002 ITU Triathlon World Championship in Cancun, 52 Clydesdales competed from ten countries.

At this year's ITU Triathlon World Championship in Cancun, the ITU demonstrated their fairness for competition by awarding a World Champion in 11 different physical challenged divisions as well as awarding age group athletes up to the age of 85-90. In fact this year, Roman Jerek from Canada at the age of 88 won the Male 85-90 age group World Championship. The ITU has always been an innovative organization and has always looked for ways to be fair and "level the playing field" for a variety of athletes. During the ITU Congress that took place in Cancun, Mexico in November, the ITU Technical Committee agreed to continue to work with Clydesdale Athlete for inclusion at future ITU World Championship. Currently, leading weight class organizations have teamed together to create a Weight Class Standards plan that will be submitted to the ITU Technical Committee in early December, per their request. A decision on the future of the "Clydesdale Division" is expected late December or early January.

Weight Class Athletes have had a great representation the past two years; the ITU has had Clydesdale Athletes compete in five ITU World Championship events. The last two ITU Duathlon Long Distance World Championship in Vernay, Holland and Weyer, Austria were as full medal divisions and the ITU Duathlon World

Championship in Alpharetta, Georgia as an "exhibition" division. Also the past two ITU Triathlon World Championships in Edmonton, Canada and Cancun, Mexico, had weight class divisions. For additional information on the History, Growth, Standards, Future Plans and more, please visit <http://www.usa-clydesdale.com/News/ITU-Cancun-Doc.htm>. This supplies a link to a document created for the ITU Technical Committee to assist with the advancement of Weight Class Competition at future ITU World Championship. Statistics provided by www.usa-clydesdale.com. The Clydesdale Community is looking forward to becoming an official category for the 2003 ITU World Championships

'Clydesdales' get their moment

By John Welch
San Antonio Express-News

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Clydesdales are proud of their large stature.

If you ask most people how much they weigh, you're likely to raise a few hackles.

But a Clydesdale marathoner states his weight proudly, like a badge of courage.

Sunday's San Antonio Marathon hosted the USA Clydesdale and Filly Racing Association's 2002 National Championship.

Clydesdale men weigh in excess of 190 pounds, and Filly women tip the scales at more than 140 pounds.

More than 60 Clydesdales and 12 Fillies competed in the event.

The top Clydesdale finisher on Sunday was Eric Kobrine of Irvine, Calif. Kobrine, a 32-year-old competitor in the 190-210 pound division, covered the 26.2-mile route in 2 hours, 49 minutes, 42 seconds.

Scott Birk, 39, of Austin, was second overall and first in the 211-225 pound class at 3:23:06.

While Clydesdale competitors easily stand out in a sport clearly dominated by svelte runners, most of them want to be noticed for both their athleticism and their tenacity.

"Clydesdale events like this one make it possible for guys like me to compete against other people instead of just running for a specific time," said Kobrine, an office manager. "So it added a whole new dimension to the race for me. I've done several other marathons before, but never a Clydesdale race."

Kobrine learned of the event from his girlfriend, Kathy Smith of San Antonio.

Smith, a 1984 Churchill graduate, set the University Interscholastic League record in the 5A girls 3,200-meter run at 10 minutes, 30.0 seconds in 1983. The record stood until 1997 when it was broken by Amani Terrell of Flower Mound Marcus in a time of 10:29.72.

Smith, who graduated from Stanford in 1988, also competed in three U.S. Olympic Marathon Trials.

But despite Smith's stellar influence, it was an immediate family member, who spurred Kobrine into running marathons.

"My dad has run 23 straight Boston Marathons," said Kobrine, a former high school runner, who only started running again six years ago. "Before I started running again I was a beach volleyball player, and I also surfed a lot."

Kobrine jumped to a quick lead over the other Clydesdales.

"My strategy was to start fast and make sure none of the other Clydesdales passed me," Kobrine said. "We all had our weight marked on our calf, so if any of them had passed me, I would have known."

"This event was like a race within a race for me," Kobrine said. "I felt like what elite runners would feel like, because I was running against other people instead of just going for a time."

Trinity graduates and Tigers track teammates Alicia Mein, 23, of San Antonio, and Sarah Lough, 23, of Austin, crossed the line together to share the Filly national title in 3:59:59.

"We didn't know anyone else, who was in our division," Mein said. "But Gene Johnson (San Antonio, Clydesdale event promoter) rode up to us on his bike and told us that we were in the lead. This was also our first marathon today."