

BOOTCAMP TRIATHLON SAT 28TH FEB 2015

We kicked off the Triathlon at 8.30am Saturday morning. Well done to everybody who came along. It's fantastic that you gave it a go ☺ . It was designed as an exercise session which everybody was invited to join. The swimmers took off with the observers cheering them on from the banks of Lysterfield Lake Park. A special mention to Laura E who was the sole female in the swim leg. Laura started the event feeling a little unwell but was determined not to let that stand in her way.

Congratulations to Tim Grimes who came 1st with an overall time of 41min 53sec, 2nd place was Marc Weiner at 47min 57 sec 3rd place was Craig Milligan with a time of 48min 01 sec.

Thanks and well done to ALL of you



TRAINING TOPS FOR SALE

We have decided to bring summer into the gym. FitnessNRG T shirts, singlets and tank tops in bright fresh colours will be on sale for one week only.

For one week only you can purchase 2 tops for \$50 or pay the usual \$30 for one

These are all one offs so be quick!!! There are limited sizes and styles.

Please try on tops before your training session so they are kept clean for someone else who may purchase it if you choose not to. Thanks. We hope you like them ☺

BOOTCAMP NEWS

The February Bootcamp ends Monday 2nd March. If you would like to continue your Bootcamp training please let me know. The March Bootcamp starts on Wednesday 4th March at 7pm. The cost is \$150 to be paid before or on March 4th. For all the Unlimited NRG members you can resume with no further action. I will have a timetable out soon. The fitness test is scheduled to be repeated on Sat 21st March.

Running Might Protect Against Knee Osteoarthritis

HERE'S SOMETHING to cite if you find yourself being told "running will ruin your knees": Regular running at any age not only doesn't increase your risk of developing osteoarthritis in your knees, but might prevent the condition, suggests research presented last week at the annual meeting of the American College of Rheumatology.

Researchers at Baylor College of Medicine in Texas analysed data on 2,683 participants in a long-term study known as the Osteoarthritis Initiative. Eight years after the study began, the participants reported on their main form of activity during four stages of life: ages 12-18, 19-34, 35-49 and 50 and older. If the participants reported running as one of their three main activities during one of the periods, they were classified as a runner at that time of their lives.

The researchers also collected knee x-ray information and participants' reports of symptomatic pain. Knee x-rays were taken again two years later.

Using these diagnostic criteria, the researchers classified 22.8 per cent of the participants who had been a runner at some point (including currently) as having knee osteoarthritis, compared to 29.8 per cent of those who had never been a runner.

The finding is even more meaningful when you consider that the average age of the participants in the study was 64.7.

"Non-elite running at any time in life does not appear detrimental, and may be protective" in regards to developing knee osteoarthritis, the researchers concluded.

This study adds to the already strong evidence against the belief that regular running causes and/or hastens knee damage. A large study published last year reported that runners had roughly half the incidence of knee osteoarthritis as walkers. One theory suggests that runners' average lower body mass index places less strain on the knee. Other research published last year suggested that running's shorter ground contact time resulted in less overall force on the knee when covering a given distance compared to walking.