



THE FINISH LINE



Athletics Manitoba - Masters Athletics

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Photo by Brook Jones

Masters runner Brandy Adolphe competing on the track in the women's 1,500 metre race at the 2023 Bison Grand Prix No. 2 at the James Daly Fieldhouse in Winnipeg Feb. 15.

Hello fellow

masters athletes,
The 2022/2023 Indoor season has come to an end.

Track and field meets in January, February and March attracted several masters athletes. It was great seeing a few new (okay, old) faces competing both on the track and in the field. While it is sometimes a challenge to understand the rules and protocols of track and field events as well as racing against much younger athletes, it has been awesome seeing more masters athletes (including some road runners) participate in both individual and relay events for fun and excitement.

In addition to local events, there was a group of six Manitobans competing at the Canadian Masters Indoor National Championship in Toronto at York University, Feb. 25 to 26, 2023, with some great results.

One masters athlete attended the USATF Masters Indoors in Louisville Kentucky, March 10 to 12.

One athlete from Manitoba competed at the 2023 World Masters Athletics Indoor Championships in Poland from March 25 to 31.

There is lots of opportunities for masters athletes to compete and we are looking forward to a great outdoor and road racing season.

Check the Athletics Manitoba and MRA websites for up coming events.

We are continually looking for ways to grow this community and provide opportunities for masters athletes to train for and compete in Athletics events. There are numerous clubs and coaches willing to work with masters athletes. In this newsletter, based on our initial research, we have provided a summary of training options. The Manitoba Runners' Association continued their indoor track training program Wednesday evenings and had more than 50 registered participants.

We hope you enjoy this edition of our masters newsletter. If you have ideas or suggestions, please reach out to the program director at Athletics Manitoba.

See you on the track or on the roads at the Finish line.

Greg Athayde,
Athletics Manitoba - masters committee chair

Canadian Masters Athletics - provincial director

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Manitobans finish strong at Canadian Masters Indoor National Championships

A group of six Manitobans competed with great results at the 2023 Canadian Masters Indoor National Championship at York University in Toronto from Feb. 25 to 26.

RESULTS

Omena Babalola: W50 - 1st 50 metres / 2nd 60m / 2nd 200m

Greg Athayde: M60 - 1st 400m / 2nd 800m / M55 1st 4x800m relay (Canadian record)

Ken Friesen: M65 - 1st 800m

Gordon Flett: M60 - 3rd 800m / 4th 1,500m / 3rd 3,000m / 2nd 400m

John Coffin: M40 - 3rd 800m / 1st 1,500m / M40 1st 4x800m relay (Canadian record)

Michael Morris: M45 - 2nd 60m / 2nd 200 / 2nd 400m



Photos Courtesy of shaggysphotos.com

Masters athletes from Manitoba competing in the 2023 Canadian Indoor National Championships at York University in Toronto from Feb. 25 and 26. Clockwise from top left: Omena Babalola competing in the women's 200 metre dash, Greg Athayde competing in the men's 800 metre run. John Coffin competing in the men's 1,500 metres. Michael Morris competing in the men's 400 metres.

Manitobans competing at Canadian Masters Indoor National Championships



Photo by Courtney Friesen

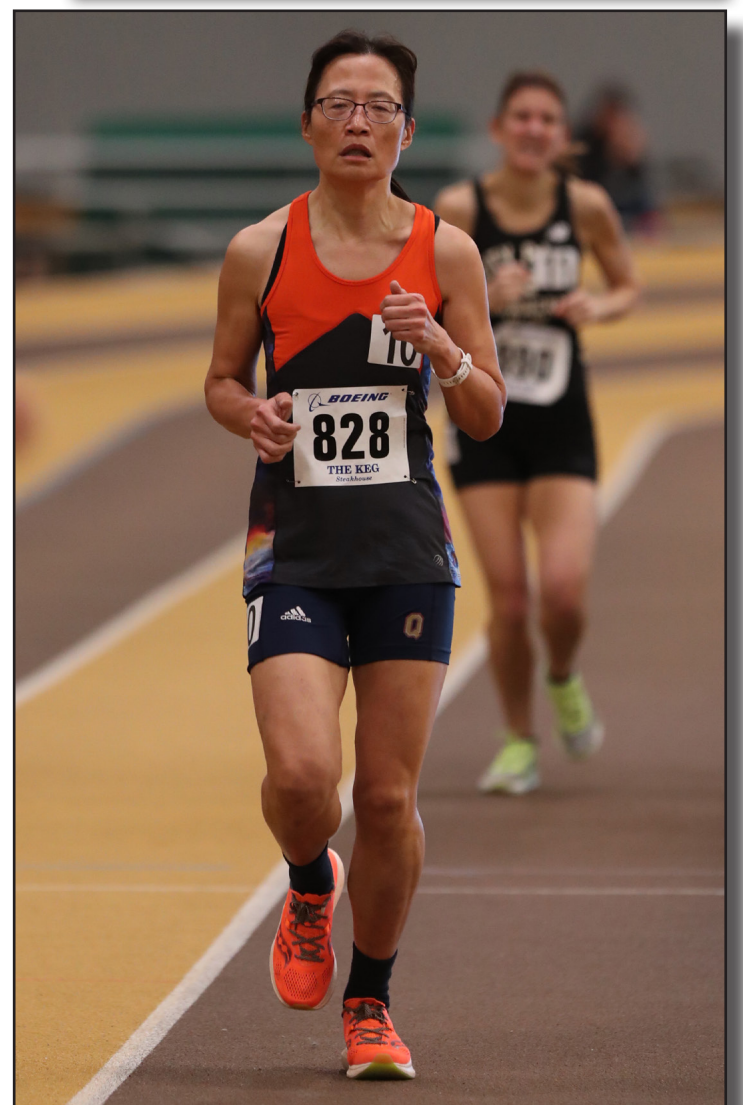
Masters athletes from Manitoba celebrate with the provincial flag at the Canadian Indoor National Championships at York University in Toronto from Feb. 26. L-R: , Greg Athayde, Gord Flett, Michael Morris, Omena Babalola, John Coffin and Ken Friesen.



Photos Courtesy of Olu.Vision.Media

Masters athletes from Manitoba competing in the 2023 Canadian Indoor National Championships at York University in Toronto from Feb. 25 and 26. L-R: Gord Flett competing in the men's 1,500 metre race. Ken Friesen competing in the men's 800 metre run.

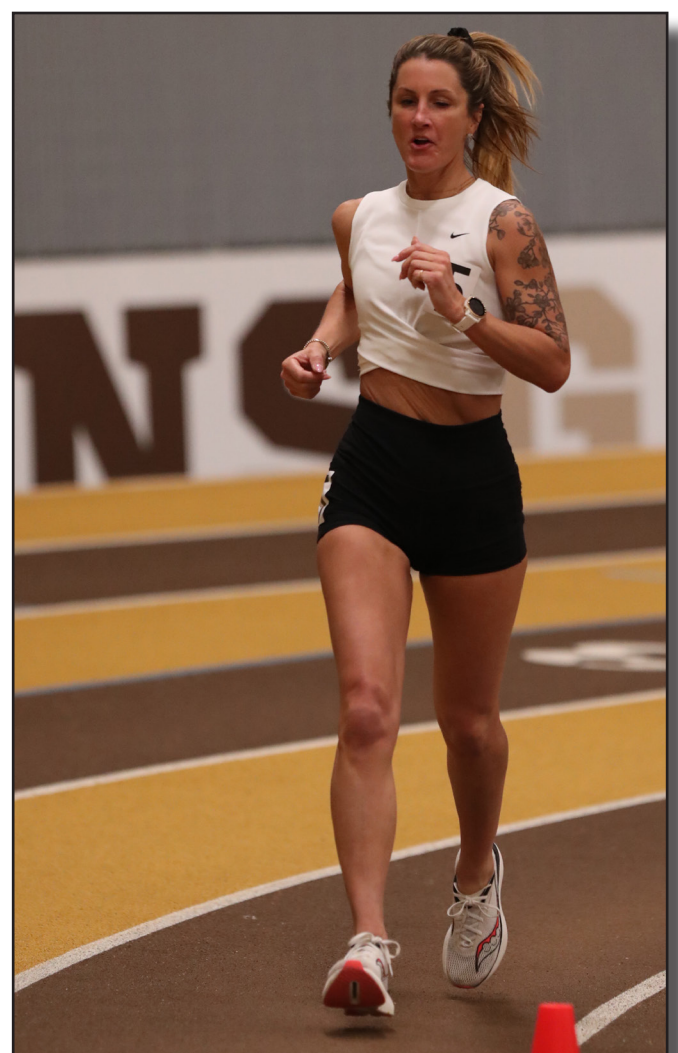
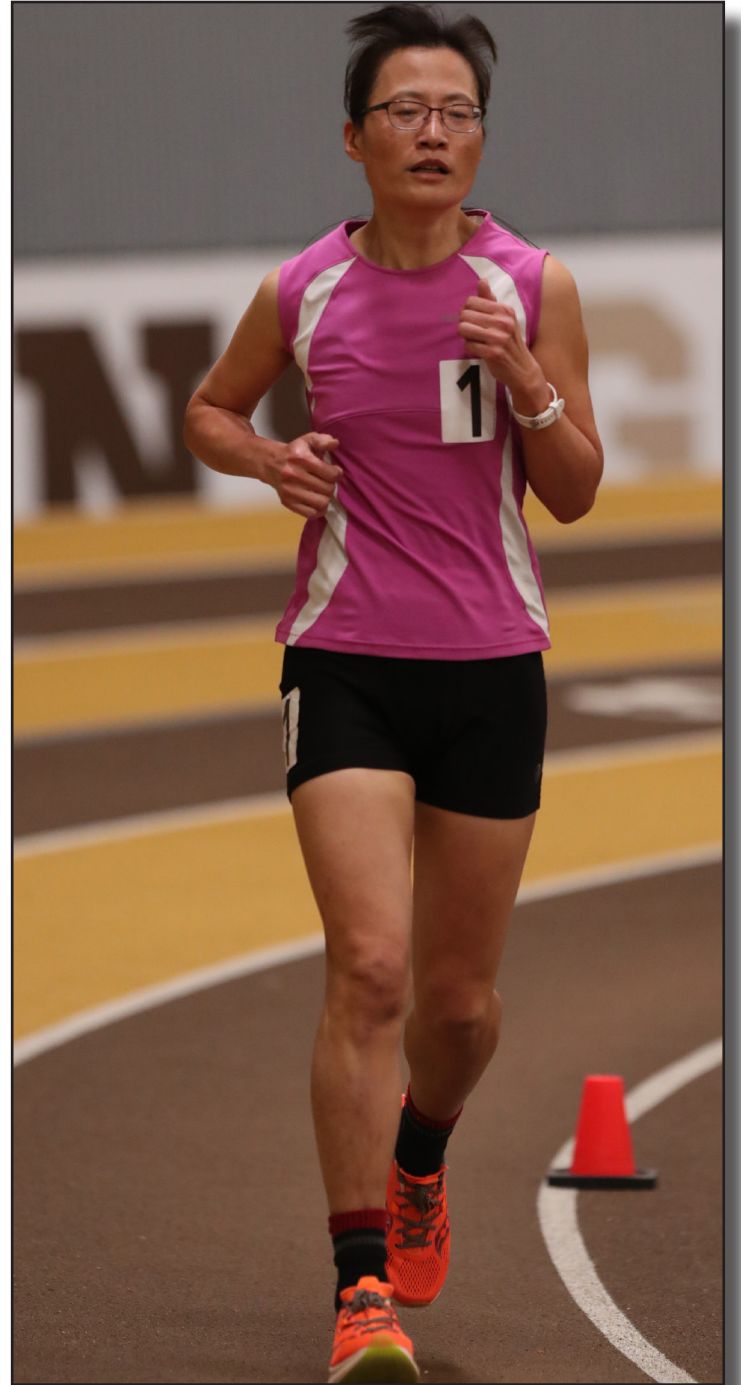
Masters athletes in action at Boeing Indoor Track & Field Classic



Photos by Brook Jones

Masters runners competing at the Boeing Indoor Track & Field Classic at the James Daly Fieldhouse in Winnipeg March 3 and 4. Clockwise from top left: Omena Babalola competing in the women's 60 metres. Carolyn Coffin competing in the women's 3,000 metre race. Mingdi Zhao competing in the women's 3,000 metres. Andrew Ferguson competing in the men's 1,500 metres.

Masters athletes in action at Bison Grand Prix No. 2



Photos by Brook Jones

Masters runners competing at the Bison Grand Prix No. 2 at the James Daly Fieldhouse in Winnipeg Feb. 15. Clockwise from top left: Darcy Harder, Bo Huang and Luis Escobar competing in the men's 1,500 metre race. Mingdi Zhao competing in women's 1,500 metre race. Lindsay Boyko competing in the women's 1,500 metres. Masters athletes (Andrew Ferguson, Brook Jones, Allen Ortega and Darcy Harder) celebrate setting the provincial record (35 to 39) in the men's 4x200 metre relay.

Competing in athletics at 35 and older

By Claude Faucher

Getting older doesn't mean that you need to give up your sport. Many older runners are now turning to masters' athletics as a way to remain fit and competitive with age. "Masters" are defined as men and women 35 and older, competing in 5-year age groups. As many already know, in most sports, athletes reach their peak in their twenties and early thirties. As such, the aging athletes find themselves facing an inevitable decline in physiological functions with time.

Adapting to this new reality is key, if you are looking for longevity in your favorite sport.

I think that we can all agree that starting and maintaining a healthy and active lifestyle will prove invaluable as we age. If you've had a lengthy break from competitive running - most track athletes abandon racing right after high school or university - it would be advisable to check with your healthcare provider before starting a new rigorous training program. Running track in your 40s and beyond can certainly still be both fun and beneficial, if planned correctly.

Learning to manage your expectations is key. For many aging athletes, failing to fully understand how their body responds to training stimulus and adjusting their workouts accordingly will often result in over training, an injury, or quit the sport altogether. As we keep aging, we are faced with many different physiological changes.

We can expect to experience a drop in bone density - at an earlier age for the female athletes - and a steady decline in muscle mass and strength, mainly due to type 2 "fast-twitch" muscle fibers shrinking in size and numbers. The sprinters rely heavily on this type of muscle fibers that produce stronger and faster burst of power. The type 1 "slow-twitch" muscle fibers, which are used during prolonged, steady-state exercises decrease at a much slower pace. This can enable the aging endurance runner to remain competitive for a few more years.

We also see a reduction in hormonal concentration, which can affect recovery and adaptation to training. Because the growth hormone is



Photo by Brook Jones

Middle/long distance masters runner Claude Faucher competes in the 1,500 metre race at the Bison Grand Prix No. 2 at the James Daly Fieldhouse in Winnipeg Feb. 15.

secreted in the body during sleep, the aging athlete must be sure to get enough of it. Adding additional rest days between workouts is also a good recovery strategy. Running every day may become more difficult, so supplementing your routine with cross training will engage different muscle groups and avoid overuse that could lead to injury.

We can also expect a drop of our maximal oxygen uptake (VO₂ max) - a huge factor for endurance athletes - which declines at a rate of approximately 10% per decade after age 30. You will also notice that your muscles and tendons lose some elasticity with time, if you don't work on it. Essentially, older athletes respond more slowly to the same training load than younger athletes. This can certainly make athletics gains a bit more chal-

lenging and create the conditions for injury. Avoiding accepting this simple fact will only result in frustration and disappointment.

The good news is that maintaining a tailored training plan that includes moderate to high-intensity exercises and muscle strengthening activities will slow down this degeneration. A focus on quality over quantity might be preferable for some. A slower progression and adequate recovery periods may also be warranted. Equally important, an older athlete must know when to slow down and back off, or risk more serious injury. Just remember to set training goals that are appropriate for your age and fitness level, rather than what your younger self used to accomplish and don't be afraid to be creative in your attempts to achieve higher fitness.

For More Information visit: athleticsmanitoba.com

Masters athletes competing at Jim Daly Bison Classic



Photos by Brook Jones

Clockwise from top left: Lindsay Boyko competing in the women's 3,000 metre race at the Jim Daly Bison Classic at the James Daly Fieldhouse in Winnipeg Feb. 3. Bo Huang competing in the men's 3,000 metre race. Allen Ortega competing in the men's 4x800 metre relay. John Coffin leaning at the finish line in the open men's 1,000 metre race.

Training options for masters athletes

By Greg Athayde,

Are you new to Athletics or looking to get back into the sport? Not sure what to do or where to go?

There are numerous options to get (back) into Athletics. There are benefits to working with a coach either individually or as part of a club. If you are new to the sport, a knowledgeable coach will be key to your long-term success and enjoyment of the sport.

In looking for a club or a coach, you should consider your circumstance:

- Are you a recreational athlete looking for a train for life program or a competitive athlete looking for a train to compete or train to win program?
- What discipline are you looking to train for? Throws, Jumps, Sprints, Distance, Walks, Road, etc.
- Do you like/want to train by yourself or with a group?

If you are looking for a club or a coach, here are some specific questions you should ask:

- Where and when can you train? Does your club have a coach for my discipline?
- Does your club have a coach or group geared specifically towards the masters athlete? I have (fill in the blank) injury. How do I find a coach/club who can help me safely work around this injury?
- How many days a week would the group train? Where/when does the training occur?
- Does the coach or club teach the basics (proper warmups, training routines, using blocks, strength/conditioning exercises).
- How much does it cost to join your club?
- Are there volunteer time commitments for a Masters athlete who joins a club?

In the province, there are a few clubs registered with Athletics Manitoba that offer training options for Masters Athletes. The following is a summary of information provided by clubs with respect to Masters Athletics. Please visit the Clubs page under resources on the Athletics Manitoba website for club contact details and contact the clubs for more information. Most clubs will offer a free “try it” period to ensure their program is the right fit for you.

Bison Athletic Club: While the pri-

mary focus of this club is the University of Manitoba Bisons athletics program, they have provided competitive masters athletes opportunities to train with the club. Dennis Lang, for example, trained with Claude Berube for numerous years resulting in Dennis setting numerous Canadian Masters Records. The Bison program covers disciplines including throws, jumps, sprints and Distance. Claude’s distance group is for athletes, who run 400 metres and up. They meet on Tuesdays and Thursdays at 4:30 p.m. and Saturdays at 10:15 a.m. for workouts.

Dash Athletics Club: Dash Athletics Club is currently focused on younger, middle school age athletes, Adam Penner has coached high school and university athletes. Adam trains adult athletes of all ages (18 to 75 plus). This is offered both individually and in small groups. Quality over quantity has always been important to him and is demonstrated in his coaching philosophy. It is for anyone who wishes to run. Adam has coached athletes in all track distances, as well as road races, triathlon (the running part), or just for moving and getting fit. The club currently trains on Tuesdays and Wednesdays, as well as weekends. During the winter, training is usually done at the James Daly Fieldhouse at the University of Manitoba, or at a location of the persons choice (some prefer to run outside year-round). In spring, summer, and fall, we train outdoors, as competitions are all outdoors for road races, as well as outdoor track season and cross country.

Roadkill: Roadkill Running Club started in 1993 and is coached by Manitoba Runners’ Association Hall of Fame inductee Ken Perchaluk. The training focus is on distance and middle distance. Everyone is welcome, from beginners to elite athletes. Most of the members are masters athletes, but all ages are welcome. Kids 14 and under must be accompanied by an adult, at least for the indoor sessions. Training is done in a relaxed atmosphere, and members of the club will get-together during the year at Boston Pizza.

Roadkill trains at the Grant Park track oval on Tuesdays at 6 p.m. from April to October, and indoors at 7 p.m. on Tuesday evening at the James Daly Fieldhouse from January to April. In November the club does

hill training, with tempo runs in December. The club has no coaching for field events, but with some members competing in these events have a limited amount of throwing equipment (javelin, discus, shot put) available to train with at Grant Park.

Tough Track: While the primary focus of this club is School and University age athletes, Tough track is building a competitive elite masters athletics program. Athletes come to Tough Track for many reasons, such as, to get fit, to learn proper running technique, to increase their power and speed, and to build endurance. Athletes of all ages and genders train alongside each other based on ability. Tough Track is based on the Long-Term Athlete Development (LTAD) program. Athletes are provided with the tools to grow and develop their skills and aid in their overall development and wellness as an athlete and individual. The Club meets on Tuesdays and Thursdays and Saturdays for workouts.

Winnipeg Optimists Athletics: The Winnipeg Optimist Athletics Club offers programs to recreational, competitive, and elite athletes at most ages and in most event areas: Jumps, throws, sprints, and distance. The club has masters training in all these areas.

WOA has 18 coaches working in small groups in different event areas. WOA supports their coaching education and development to best serve their athletes. They invite new athletes to come out and try a few practices with a group before registering to see if this is the best group and coaches for their development. As a club they ran nine competitions during the past year and provided volunteers for a similar number to Athletics Manitoba meets.

MRA Track Club: While not an official Athletics club, the MRA has been offering Indoor and outdoor track training sessions for Road runners.

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By simply learning some of the basic fundamentals of running, along with a proper warm-up, you can become a faster runner and incur fewer injuries.

The MRA, in association with Athletics Manitoba (AM), has developed a program of workouts specifically designed for road runners, whether you're new to the sport or have been training and racing for years. For this past indoor season, workouts were held once a week on Wednesdays from 7 to 8:30 p.m. at the James Daly Fieldhouse, Max Bell Centre at U of M). They started Jan. 4 and ran until April 5. Clinicians were Calvin Reimer and Noel Kendle, middle distance specialists with the U of M Bison Track Team.

We were not able to collect information from all clubs registered with

Athletics Manitoba, so please refer to the Clubs resource page for club contact information on the Athletics Manitoba website at athleticsmanitoba.com

In addition to Athletics clubs, there are other training and coaching options available. Here are some options that you may want to consider:

1. Internet/Online coaches - There are a number of training plans and subscription-based services online that are an easy way to get coaching and training services for both beginners and seasoned veterans. Not all services are alike, and you may have to do some research to determine whether this could work for you.

2. Personal trainer/coaches - Manitoba has several skilled personal trainers or coaches who work with individual athletes or in small groups. Again, not all trainers and coaches are alike, and you should do some

research to ensure that the coach you choose is someone who understands your goals and is someone that you can work with.

3. Running store programs - There are a few running stores that offer running programs typically geared to road runners. Programs can be for beginning runners (Learn to run) to more advanced runners wanting to run half or full marathons.

Regardless of your ability, there are a lot of options if you want to get into the sport or improve your performance. A lot of Masters athletes are self coached, so do not feel that you have to join a club or have a coach to start (or continue) on this journey.

We hope that we have provided you with some ideas, but the one last bit of advice is to do some research to make sure what you choose is right for you

Good luck.

To run solo or not to run solo?

By Carolyn Coffin

There is a longstanding debate on whether it's better to run alone or with others, with valid and compelling arguments on each side. In fact, here's a great podcast with former Inspired Soles guest, Chris McClung, that goes deep into the case for each type of training.

If I had to choose, my preference would be solo training. I probably ran 95 percent of my 2022 miles alone and it seems to be working well. Mostly I love the convenience of going out my front door whenever the time is right for me.

However, lately I've been meeting up for quite a few group runs and I have to say, there is something pretty special about sharing miles with friends. The time flies by and I leave feeling connected to people in a way that I can't get from listening to a podcast.

Regardless of your preference, why not shake things up from your usual routine and see how it impacts you?

Running During Cold & Flu Season: Yay or Nay?

Cold and flu season is officially upon us, so I thought I'd take this opportunity to remind you that I do not support running when sick.

Runners tend to be very dedicated individuals who are excellent at following a plan. In other words, it can often be harder for a runner not to do the run on their schedule than to do the run on their schedule. They worry about falling behind, seeming like a "wimp," or not hitting weekly mileage targets.

Running while sick only digs a deeper hole. The smart thing to do is to take a few days off now to allow your body the time and space to recover, and gradually return to running once your symptoms have resolved.

This is 100 per cent non-negotiable if you have a fever.



Photo by Brook Jones

Carolyn Coffin is a running coach with City Park Runners. The middle/long distance masters runner writes a regular feature for the Finish Line.

Masters athletes in action at Bison Grand Prix No. 1, WOA Winter Open



Photos by Brook Jones

Clockwise from top left: Andrew Ferguson competing in the men's 1,500 metre race at the WOA Winter Open at the James Daly Fieldhouse in Winnipeg Jan. 20. John Coffin competing in the men's 1,500 metres at the WOA Winter Open. Coffin starting to accelerate as Daryl Fillion approaches with the baton for the relay exchange in the men's 4x200 metre relay at the Bison Grand Prix No. 1 at the James Daly Fieldhouse in Winnipeg Jan. 11. Greg Athayde competing in the men's 4x200 metre relay at the Bison Grand Prix No. 1.

CALENDAR

Masters Athletics

Track & Field Meets and Dates - Designate masters events

- Friday, May 12 to Saturday, May 13 - AM Spring Open at University Stadium.
- Saturday, May 27 - Tough Track Open at University Stadium.
- Thursday, June 1 - Bison Twilight No. 1 at University Stadium.
- Thursday, June 27 - Bison Twilight No. 2 at University Stadium.
- Friday July 7 to Saturday, July 8 - Manitoba Age Class Provincial Track & Field Championships in Selkirk, Man.
- Friday to Sunday, Aug. 11 to 13 - Canadian Masters Championships in Langley, B.C.



For More Information visit: athleticsmanitoba.com