

The StarPhoenix Bridge City BOOGIE 5

walk • run • boogie • 2k • 5k • 10k

SUNDAY,
JUNE 12, 2011

Register online at
www.bridgcityboogie.ca

Registration deadline
is June 10!



Warm-up your Boogie bod and don't forget to cool it down

By Jenn Sharp
of The StarPhoenix

Along with proper nutrition and training techniques, incorporating a warm-up and cool-down into your workouts is one of the best things you can do for your body, especially on Boogie Day.

Lindsay Wolfe, a physiotherapist, personal trainer and fitness enthusiast at Mackie Physiotherapy says a proper warm-up and cool-down "plays a major role in injury prevention." Warm-ups help "open up your blood vessels, ensuring that your muscles are well-supplied with oxygen." Along with raising your muscles' temperature, a warm-up aids with muscular flexibility and efficiency, while "helping to minimize stress on your heart when you begin your run or walk."

She emphasizes a cool-down is just as important as a warm-up. "It helps to keep the blood flowing throughout your body, allowing it to slowly return to a resting state." Stopping exercise too quickly can cause light-headedness or faintness as your heart and blood pressure drop too quickly. Cooling down also helps to reduce the risk of muscular soreness the next day.

Wolfe recommends five to 10 minutes of light aerobic exercise to "loosen up and heat up your body." Jo Berry will be leading a fun, aerobic warm-up on the Boogie stage (behind the starting line) so make sure you don't miss it.

Wolfe says it's not a good idea to stretch cold muscles but if you have a pre-existing injury or muscular tightness, you can stretch those muscles after your warm-up. If you're going to be running in the Boogie, she recommends a few 30 to 100-metre runs at your race pace to help prepare your nervous system.

Once you've finished the Boogie (or any workout) walk or slowly jog for five to 10 minutes at a considerably easier intensity. Stretch fully after your cool-down, which should be easy because your body will be warm.

Stretch out your neck, lower back, quadriceps, hamstrings, glutes, calves and groin and hold each stretch for up to one minute. "A stretch should never feel like you're hurting yourself. If it does, stop!"

Leading up to Boogie Day, Wolfe recommends you prepare by eating and hydrating well and getting lots of sleep: "Sleep is important to allow adequate recovery from all of that training you've been doing."



My favourite stretches:

From Lindsay Wolfe, physiotherapist and personal trainer at Mackie Physiotherapy

Hip flexor:

Kneel in a lunge position with right leg back. Press the right hip forward until you feel a slight stretch.

Lower back:

Lie on your back and pull both knees into chest, rocking back and forth while hugging knees. Drop knees to one side and slide top leg forward over bottom leg. Place arms out straight from body. Press the top knee down toward the floor with opposite hand.

Glutes:

Lie on back with feet flat on floor and knees bent. Place right ankle on the opposite knee. Push the right knee away from body. Keeping leg at a 90-degree angle, pull the right knee toward centre of chest. Next, bring the knee of the top leg to the ankle of top leg and bring it down toward the floor with the opposite hand.

Hamstrings:

Place one foot out in front. Keep heel on ground and pull the toes up. Bend the opposite knee and bend forward from the hips.

Groin:

In a lunge position, step front leg out to a kneeling side lunge. Slide front leg out to the side, allowing knee to straighten. Lean body forward and relax hips.

Calves:

Stand three feet away from a wall. Lunge forward, slide one leg back and bend the front knee. Rest hands against wall. Slowly bend back knee, press hips toward wall, keep back knee bent with heel on floor. Then allow back knee to straighten.

Learning how to fuel our bodies for Boogie day and beyond

By Jenn Sharp
of The StarPhoenix



The importance of proper nutrition should not be underestimated, says Heather Hynes, a sports dietitian for the Sport Medicine and Science Council of Saskatchewan.

"Once you've invested so much time into the physical aspect of training, it doesn't make sense if you're not fueling and hydrating your body properly," she says.

She says an improper diet can easily lead to muscle breakdown and you may find your energy levels will dip if you're eating the wrong foods for your body.

Hynes, who has been a sports dietitian for more than nine years, works with a variety of high-performance athletes at the provincial, university and national levels. She says nutrition should be basic and we can all benefit from eating simple, healthy and good-tasting foods, especially those of us who are training for the Boogie.

She recommends Boogiers start paying attention to their diet tomorrow for the lead up to June 12.

"Focus on what and when you will eat and start each day with a really good breakfast." Her ideal breakfast consists of cereal with milk or soy milk and fruit or juice. An egg and toast or fruit and yogurt are also great options. The key is to eat something that sits well with your stomach and will help begin fueling your body for the rest of the day.

"Ideally we should be eating every three hours throughout the day. . . . If we do this, we don't get too hungry and make bad choices," she says. Two snacks consisting of yogurt, fruit or veggies and dip, along with a well-balanced lunch and dinner are perfect. Leading up to the Boogie, "don't overdo anything. The more frequently you have moderate portions, the more comfortable you will feel."

She says people often run into problems with energy levels when they skip breakfast, have a big, late lunch followed by an equally large dinner and evening snacks.

Don't eat anything with a lot of fibre the night before the Boogie because you don't want to have anything that may upset your stomach or is hard to digest. She recommends a dinner of chicken, rice, veggies and glass of milk or soy milk. If you have an uneasy stomach and are unable to eat breakfast the morning of the Boogie, you can have a light evening breakfast before bed, which will help fuel your body the next day. Top it off with a banana or toast and fluids on Boogie morning.

If you're OK with breakfast on Boogie morning, ideally you should be eating around 6:30 a.m. — two hours before race time. Yogurt with fruit or juice, half a bagel and an egg or toast with peanut butter or jam are perfect. Make sure to include two cups of water.

Try to increase your water intake this week if you haven't already. Carry a water bottle and sip throughout the day. Hynes says sports drinks can be useful and are best used during your race.

After the race, your body needs four things: Protein, carbohydrates, fluids and electrolytes (potassium and sodium). Chocolate milk combines all four of these, while a meat and cheese sandwich or yogurt or cottage cheese with fruit are also great options.

Once you've run or walked your race, keep the momentum of healthy living going for the rest of the year. Hynes says for a good nutrition plan to work in the long term, it has to be realistic. You also need to have a plan for what you're going to eat during the day. When you buy groceries, make a list of the foods you want to be eating and make sure you buy enough fruits and vegetables for the week.

And don't swear off any foods, recommends Hynes. "A big part of food is the enjoyment factor. If you take that away, you lose the enjoyment and stop healthy eating altogether." So take pleasure in an occasional treat and take time to reward yourself for a job well done.

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My favourite foods:

From provincial sports dietitian,
Heather Hynes

- Plain rice cakes with peanut butter and sliced banana (gluten-free)
- Rice crackers with hummus (also gluten-free)
- Fruit and yogurt smoothies
- Veggies and dip
- Mini-bagel sandwiches
- Homemade trail mix made with dry cereal, sliced nuts and raisins or dried cranberries



Heather Hynes - sports dietitian for the Sport Medicine and Science Council of Saskatchewan

Arrive early on Boogie Day!

Please arrive at Griffith's Stadium before 8 a.m. on June 12 so you can familiarize yourself with the site, including the washroom and gear check areas. And don't miss the opening ceremonies and warm-up with Jo Berry! Racing starts promptly at 8:30 a.m.

Bike to the Boogie!

The StarPhoenix and Bridge City Boogie sponsors encourage participants to carpool or take an active form of transportation on Boogie Day. A bike valet service provided by Roadmap 2020 will be on-site, as well as a gear check area.



Jo Berry
Certified Running
and Life Coach

Running is simple.

Shoes, socks, shorts, shirt (and a sports bra for women).

That's all you need, right? Let's not get into body-glide, nipple tape, hat, watch, HRM. This is probably why we love running so much. There is always something new to try, new to learn and a new experience to have.

Running is simple, yet always new. The learning never stops, or the personal growth. Every year we run, we change. We are new. We are different. We have grown. Movement is change.

We are six sleeps out now until the Bridge City Boogie. It is year five for this fabulous event and this year, like all the others, will be a different and a new experience for each of us. You've gone through the nine-week training program and are signed up for your 2K, 5K or 10K. You may be running or walking. You may be trying to reach a PB (personal best). You may be coming out purely to run for fun, health and wellness. You may be overcoming a difficult passage, change or loss of a loved one. Each reason for running Boogie is equally important. Equally potent.

Yes — congratulations! You did it! All of your physical efforts over the past nine weeks are about to come full circle as you celebrate the absolutely amazing body you have been given. Some of you may be elite runners. Others of you may have never run a step in your life before starting this program. You have all learned the important aspects for the race (nutrition, shoes, weather, clothing, form, pacing and more).

Don't worry if the day before Boogie you don't sleep well. Most of us don't sleep much the night before an exciting goal run. Don't worry if you are nervous, anxious or have a case of the jitters. I still get nervous and super excited on race day morning.

The year it has taken to get back to beautiful Saskatoon has been a challenging one.

Each year running, and life brings us closer to discovering our authentic selves. Running truly was my therapy the past 12 months and a healthy escape from difficult passages and losses that I needed to face. My life has changed on many levels and so has my running. This past year, I ran my fastest times in my entire running journey. I rediscovered skiing and a huge passion for mountain biking. I ran more destination runs than ever. I travelled, laughed, cried, grieved and celebrated being alive.

I hugged my kids more than I ever have and held their hands in mine every single day. I marvel at the differences. Their hands are soft, slender and wrinkle free and I wonder what they will create in their lifetimes. I look at my own hands and there are the tell-tale signs of aging and experience. And same goes for my running.

So what does this have to do with our big Boogie day fast approaching? Everything. There is much more to running than just the physical parts of the training. There is experiencing Boogie as a process of living. When you cross the finish line you will be different. You will be embracing life while letting go. Savour every step of it, from today to the finish line. You are about to run your own personal Boogie. What will the experience mean to you?

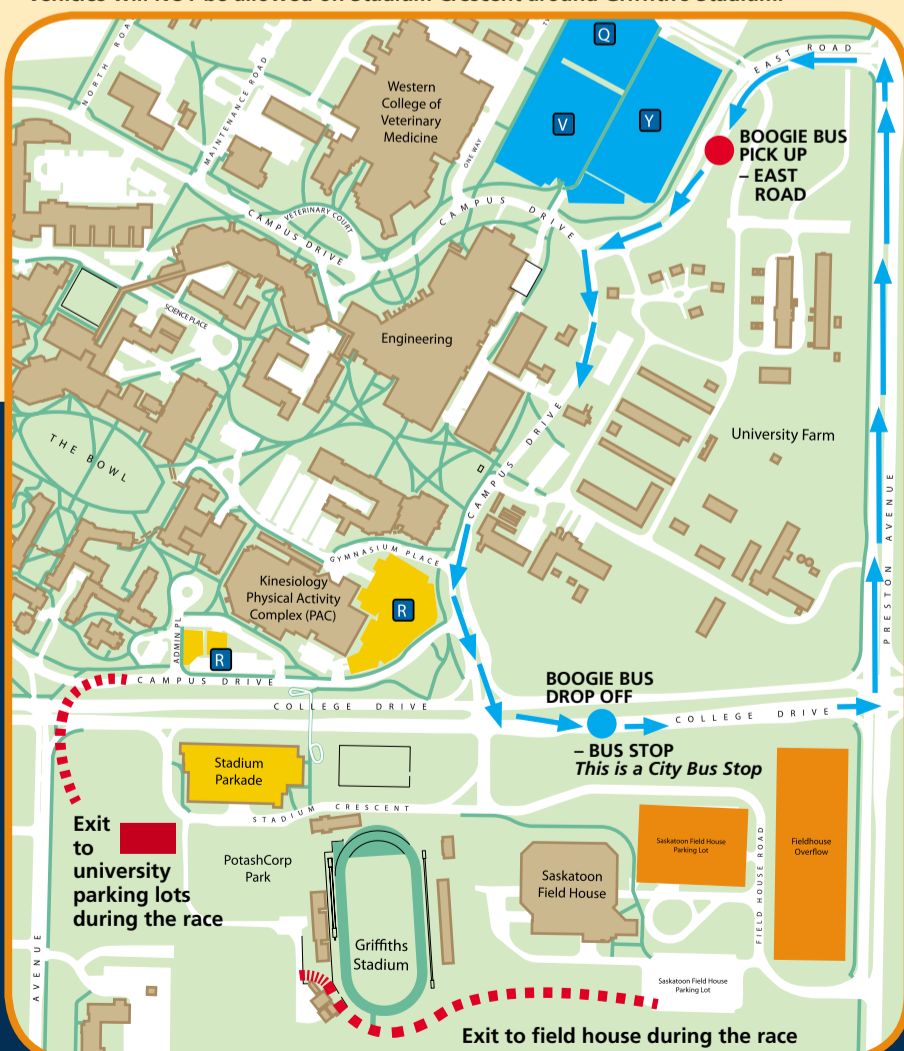
I can't wait to see your beautiful faces and experience Saskatoon and the fifth Bridge City Boogie. I can't wait to high-five you at Griffith's Stadium and cheer as loud as I can when you cross the finish line. I am so grateful to be part of your journey and to have a new experience with you again this year! See you in six sleeps — can't wait!

Bridge City Boogie Parking

- FREE SHUTTLE WITH FREE SHUTTLE** Free Shuttle Parking - Free parking available in Q, V and Y lots with a free shuttle provided to the event from 7 - 8:15 a.m. Please note that shuttle service will not be available back to the lot after the event.
- FREE PARKING** Free parking available at the Fieldhouse and in the Fieldhouse Overflow lot
- \$4 PARKING** \$4 parking available in the stadium parkade and R lots at the Physical Activity Complex (PAC)
- FREE BIKE VALET** Free bicycle valet - the bike valet will provide you with a free, secure and convenient area for your bike

The parkade will close at 7:15 a.m. and reopen at 9:00 a.m. Once the Fieldhouse lots are full there will be parking only available in Q, V and Y lots off of east road (follow the signs)

IF YOU ARE BEING DROPPED OFF, THE DROP-OFF AND PICK-UP AREA IS ON THE SOUTH SIDE OF COLLEGE DRIVE BETWEEN STADIUM ROAD AND PRESTON AVENUE. Vehicles will NOT be allowed on Stadium Crescent around Griffith's Stadium.



9 WEEK TRAINING PROGRAM WEEK 9

Coach Jo Berry and The StarPhoenix offer you a homework guide so you can follow along at your own pace, at home.

3 QUICK TIPS FOR PRE-BOOGIE WEEK

1. Stay with clothes you are familiar with.
2. Stay with food you have eaten before your workouts.
3. Stay with your positive mind set and focus on all the excitement that's coming up.

WONDERFUL WALKERS • GOAL: 2K, 5K or 10K boogie-walk		
DAY	HOMEWORK ONLY 1 WEEK TO GO!	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60
2	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40
3	Easy walk for 5 / Walk stronger for 20 / Easy walk for 5	30

TIP: Come to the Boogie start line rested and ready. Walking is just as great as running for keeping your body and mind healthy and happy.

BEGINNER RUN 5K • GOAL: 5K Boogie		
DAY	HOMEWORK ONLY 1 WEEK TO GO!	TOTAL MINS
1	Walk for 2 / Run for 5 / 7 times + 5 minute walk	54 - LSD
2	Walk for 2 / Run for 4 / 5 times	30 - TAPER
3	Walk for 2 / Run for 3 / 3 times	30 - TAPER

TIP: Time to taper (chill out). Reduce your running, get lots of rest and arrive at the start line energized and healthy.

RUN 10 K • GOAL: 10K Boogie		
DAY	HOMEWORK ONLY 1 WEEK TO GO!	TOTAL MINS
1	Walk 2 / Run 8 / 6 times + 5 minute walk	9-10k Approx. Boogie Dry Run - LSD
2	Walk 2 / Run 8 / 3 times	30 - TAPER
3	Walk 2 / Run 8 / 3 times	30 - TAPER

TIP: Healthy running means tapering before your goal run. The training is done and now it's time to rest. Boogie is the icing on the cake and a day to feel proud of your commitment to yourself.

EXPERIENCED RUN 10K • GOAL: 10K Boogie		
DAY	HOMEWORK ONLY 1 WEEK TO GO!	TOTAL MINS
1	Walk 1 / Run 9 for 10k	LSD
2	Walk 1 / Run 9 / 4 times	40 - TAPER
3	Walk 1 / Run 9 / 3 times	30 - TAPER

TIP: Eat well this week (but light) and especially the day before Boogie. No rich sauces, greasy foods or heavy proteins.

ACRONYMS: LSD - Long, steady distance EZ - Easy MED - Medium

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