

# Tempo Newsletter

**This quarter's edition of the Tempo newsletter, features:**

- An interview with Ironman Champion Matthew Russell
- The challenge of 52 marathons in 52 weeks
- Key winter strength exercises
- The Blazeman
- The rise of the MAMIL

## Matthew Russell: Ironman Champion and 2 x National Duathlon Champion



Matt was born and raised on a small farm in Lisbon, NY. He played soccer, basketball and baseball when he was little, as those were the only sports his K-12 school offered. As a junior, he merged with another school (Canton) where we ran cross country and track. When Matt was 8, his mom became ill with ALS, Lou Gehrig's disease. Throughout the five

years that she battled the disease, he learned many valuable lessons from her, including how important determination and carrying a positive attitude are. Matt has raced in over 45 full Ironmans winning the 2012 Ironman Canada and Ironman 70.3 Raleigh.

### **1. What made you first get into triathlon?**

I used to volunteer at Ironman Lake Placid back when I was in high school and that inspired me.

### **2. What is your biggest/ proudest achievement to date?**

Having a baby! My son was born this year and it's by far my biggest/proudest achievement to date.

### **3. What are your aims and goals for the season ahead?**

The season is almost over but I would like to improve on my 12th place finish from last year at Kona. A top 10 finish would be great!

### **4. What motivates you to get up early in the morning and train?**

To be my best and to support my family.

### **5. What food is your guilty pleasure?**

I don't feel guilty at all eating anything.

**6. If you could stay injury free and have an excellent 6 months training, what time do you think you could do for a 5k run?**

My personal best in the 5k is 14:46 that I ran back in college. If I was to dedicate myself to just running, I'd try to set a new personal best and run around 14:30.

**7. Who is your role model or inspires you and why?**

My father. However anyone who has a positive attitude and a great work ethic. You want to surround yourself with people who are positive.

**8. Have you ever suffered an embarrassing moment during a race/ training?**

Once I forgot to take off my swim skin in an Ironman and I rode the whole bike in the swim skin.

**9. If you could race against anyone who would it be (can be anyone) and why?**

I'm looking forward to race my son when he gets old enough to swim, bike and run.

**10. What is the best bit of training advice you have ever been given?**

Best training advice is to be consistent in your training.

Since completing the interview with Matt, he sadly suffered a terrible incident at the Ironman World Championships in Kona. Matthew Russell struck a van about four hours into Ironman Kona on Saturday, suffering serious injuries including a concussion and a laceration to the neck. He was brought to North Hawaii Community Hospital in serious condition, and is now expected to recover. We wish him a speedy and full recovery.

## **52 Marathons in 52 Weeks!**



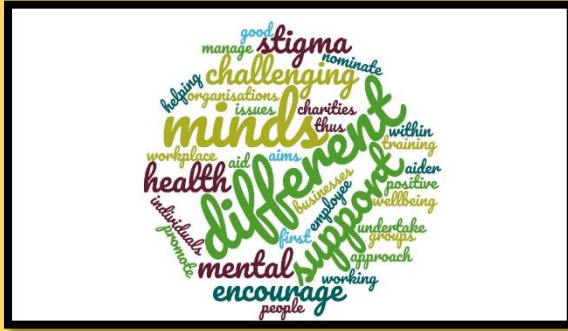
### **ADRIAN IS RAISING MONEY FOR DIFFERENT MINDS ZERO TO 5K**

Adrian Smith is currently undertaking the incredible challenge of running 52 marathons in 52 weeks to raise funds for the charity he has set up "Different Minds". Here's his fascinating story...

Based in Hailsham (my home office for the moment) the charity has been launched as an extension to my work to raise awareness around mental health issues and combat the stigma linked with mental health.

My own journey through mental health issues has brought me to my most recent challenge where I'm running 52 marathons in 52 weeks to raise awareness and to bring the charity to life, I've currently run 24 marathons since April 30<sup>th</sup> this year, including a 100km run in September. I reach the half way stage on 14<sup>th</sup> October at an event in the beautiful Ashdown Forest, aptly named Eeyore Expedition.

## Quarter 3 Edition



The aim of the charity which launched on October 10<sup>th</sup>, World Mental Health Day 2017 is;

*“To promote and protect the good health of those with mental health issues by training people in mental health first aid, predominantly by working with businesses to nominate an employee to be a mental health first aider and thus helping individuals to manage their mental health within the workplace and encourage businesses to undertake a more positive approach to mental health or by working with such other organisations, groups or individuals to support the charities aims.”*

Mental health in the workplace is a growing issue and the stigma associated has significant impact upon individuals and those close to them.



I'm also thrilled to say that the community of Ninfield has come together in several different pledges. Firstly, on the charity launch day, world mental health day I will be receiving a £500 cheque from the Ninfield Carnival Association and on 18<sup>th</sup>

October I will be receiving donations of £350 from Ninfield Bonfire Society and its members. This alongside our initial fundraising does mean that we are already at 20% of our target in our 'Zero to 5K' Campaign needed to complete our first mental health training sessions within businesses.

We have also been accepted to the November/December Tesco Boags of Help scheme where local stores will vote on three projects for funding, this means we could receive a minimum £1000 or the full funding of £4k to appoint our first Mental Health First Aid Trainer and start to deliver courses in local businesses and the community.

If you'd like to know more please visit the following sites:

<https://www.totalgiving.co.uk/donate/different-minds>

<https://www.totalgiving.co.uk/mypage/52in52formentalhealth>

Adrian can also be contacted on 07584906061 to interview or for local news opportunities/photographs.

## Get strong in the winter

The winter is fast approaching and it is during these dark and cold times that runners can hit the gym or carryout exercises at their home to focus on S & C (strength and conditioning). Research has shown that by correctly performing a strength routine on a consistent basis will help reduce the chances of getting injuries and can improve overall performance.

## Quarter 3 Edition

Here are a few key exercises which are a staple of any workout for runners and triathletes alike.

### 1. The bodyweight squat.

To start off with, this exercise can be completed using your own bodyweight with reps of 12-25. Stand with your feet hip distance apart with your toes facing forward. Sit back like you are sitting in a chair behind you without allowing your knees to drift beyond your toes. Sit back until you feel your glutes, quads and hamstrings engage (about a 90 degree angle in your knees) and come back up to standing.



### 2. The Lunge

Lunges are a great way to strengthen the muscles you'll need during running. The faster you run, the greater the range of motion in your stride, and the more you'll rely on your glutes, hamstrings, and hip flexors — are the muscles that lunges focus on.

In the forward walking lunge, you lunge forward and then step back up into a standing position over your front leg. In doing a series of forward walking lunges, you move forward in a straight line. This lunge is great for targeting the glutes and hamstrings:

1. Start from a standing position and step forward (with either foot), shifting your weight to your front foot's heel. You'll want to step far enough forward that both knees are bent at approximately 90-degree angles. Engage your core by pulling your belly button back toward your spine.



2. Keeping your weight balanced on the heel of your front foot, use the muscles in your front leg to pull yourself back up into a standing position.
3. Continue forward alternating between lead legs.

### 3. The Bridge

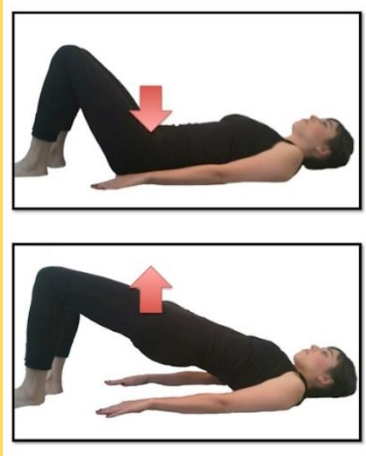
The bridge exercise is a great way to isolate and strengthen the gluteus muscles and hamstrings (back of the thigh). If you do this exercise correctly, you also will find that it is a good core stability and strength exercise that targets the abdominal muscles as well as the muscles of lower back and hip.

1. Lay on your back with your hands by your sides, your knees bent and feet flat on the floor. Make sure your feet are under your knees.
2. Tighten your abdominal and buttock muscles.



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3. Raise your hips up to create a straight line from your knees to shoulders.
4. Squeeze your core and try to pull your belly button back toward your spine.



5. If your hips sag or drop, lower yourself back on the floor.
6. The goal is to maintain a straight line from your shoulders to your knees and hold for 20 to 30 seconds. You may need to begin by holding the bridge position for a few seconds as you build your strength. It's better to hold the correct position for a shorter time than to go longer in the incorrect position. (Aim for 10-12 repetitions and two/ three sets).

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## THE BLAZEMAN

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In recent years the likes of the Legendary Chrissie Wellington completed the



*On Cloudventure: For tackling the off-road*



Blazeman upon finishing the Ironman or Long course triathlon. The question being asked is why are these triathletes performing this roll?

Jonathan Blais vowed he would finish the Kona Ironman 2005 race before the cutoff, even if he had to roll across the finish line. It was close, but shortly before midnight he dropped and rolled across the finish line, starting the Blazeman roll, which continues to be done in his honor at races around the world—including by many of the top finishers at this year's race. Jonathan Blais suffered with amyotrophic lateral sclerosis (ALS) in the prime of his life, but managed to complete the Ironman 2005 championship. In the year since he had completed this grueling race he had deteriorated to the point where he was confined to a wheelchair and his speech was difficult to understand. He felt that it was his mission to raise awareness of a disease whose treatment and prognosis had not changed since the time of Lou Gehrig. He died the next spring at age 35. The Blazeman Foundation was set up to carry out the vision of its namesake and founder, the late Jonathan "Blazeman" Blais.

The mission of the Blazeman Foundation for ALS is 1) to raise awareness about ALS

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by leveraging the energy, commitment and compassion of the multi-sport community and 2) to raise necessary funds to be directed into cutting-edge scientific research to find treatments and an eventual cure for ALS... "So Others May Live®". For more information on the Blazeman foundation, please visit: <http://waronals.org/>

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## The Rise of the MAMIL

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In recent years, more and more of the MAMIL species have been spotted darting up and down the busy roads. More of a recent phenomenon, the MAMIL numbers have been on a rapid increase. MAMIL which stands for "Middle-Aged Men in Lycra" has also seen a rise in men shaving their legs and chests.



Chris Hoy has been identified as someone who may have inadvertently kicked off the

MAMIL phenomenon, when he rode to the gold medals in London 2012. Chris's skin tight suits helped with his aerodynamic efficiency on the bike and it also showed off his athletic physique.



The term "Mamil" was actually coined in 2010 by – who else? – a Mintel marketing employee, named Michael Oliver. His report found that this new market segment comprised; "ABs in their 30s and 40s, with a decent income, who read broadsheet newspapers (well, they did then; now they have the app) and who shop at Waitrose and would now spend their money on a flashy bicycle". Source: <https://www.theguardian.com>

Many a partner has found their other half shaving their legs with the excuse of; "I'm going cycling, that's what the pros do!".

So, join the revolution, be a Mamil and be proud of wearing lycra and maybe go for the razor to gain that competitive edge!

