

WESTIN WORKOUT SPEAKS OUT



SEPTEMBER 2009

2ND ANNUAL NORTH SHORE RUN – SEPTEMBER 2009

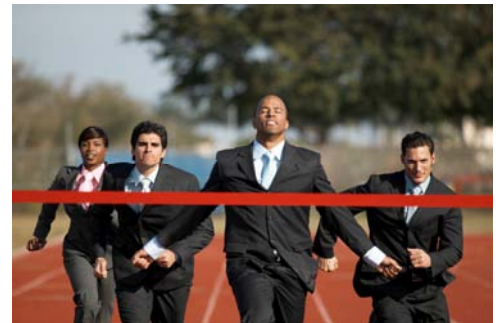
September Event: Come and join us for our 2nd Annual 6 mile run on the North Shore on Tuesday at 6:30am September 15th and Friday at noon on September 18th. We will proceed to the North Shore and 9th street bridge. The course will head out past the 31st street bridge proceeding to the 3 Rivers Rowing Association Boathouse (there is a tree in the middle of the path– 2 mile mark,) pass this and go until you pass the stop sign next to the skateboard park, (2.5 mile mark) continue on this path until you hit the turnaround on the dirt path (3 mile mark) you will turn around there and then head back to the 9th street bridge on the North Shore Trail. Contact Chris if you are planning to attend one or both of these runs. This is the last of our runs, getting you ready to run the Great Race 10k on the last Sunday in September. See Chris for more information and/or if you are interested in joining the group.

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Results from the August 18th –5 miler

Bob Ostrowski– 32:40 (6:32)
 Chris Gibson– 33:39 (6:44)
 Bill Ehling- 37:27 (7:29)
 Audrey Burgoon–37:40 (7:32)



Results for the entire 2009 series:

(2008 times are in parenthesis) (* new course record)

	5k (20:37)	4mile (26:31)	5mile (32:26)	6mile (38:49)
Bob Ostrowski–	19:39 (6:19)*	25:51 (6:28)*	32:40 (6:32)	
Chris Gibson–	20:16 (6:31)	26:17 (6:34)	33:39 (6:44)	
Audrey Burgoon–	22:25 (7:23)	30:23 (7:38)	37:40 (7:32)	
Bill Ehling–	23:11 (7:28)	Did Not Run	37:27 (7:29)	
Nico Glorieux–	19:39 (6:19)*	Did Not Run	Did Not Run	
Mark Pierret–	19:45 (6:21)	Hotel Guest		
Tom Mitchell–	21:10 (6:49)	Did Not Run	Did Not Run	
Jerry Conner–	23:23 (7:32)	Did Not Run	Did Not Run	
Mohammad Naderi–	24:49 (7:59)	Did Not Run	Did Not Run	
Leigh Ann Bishop–	27:47 (8:56)	Sheraton Employee		
Frank Rondinelli–	Did not Run	26:40 (6:40)	Did Not Run	

HOURS OF OPERATION CONTACT INFORMATION

- Club Hours
- Weekdays– (Mon-Fri)
- 5:30am-10:00pm
- Weekends–(Sat & Sun)
- 7:00am- 8:00pm
- Contact Us:
- 412-560-6406
- chris.gibson@westin.com

Labor Day/Back to Work Party- Wednesday 1030am-3:00pm September 16th

Come join us and fellow members for some treats, as we will celebrate in the pool area. We will give you an update on the G-20 at this time.

We really appreciate your support at our facility.



WESTIN WORKOUT MEMBER REFERRAL PROGRAM

At this time we are not accepting any new memberships for the summer. There will be a temporary freeze on new members. By October 1st, however, there should be some drop off. If you'd like to leave your contact information, I will notify you when we are available again. We are sorry if you have any referrals that will be impacted by this decision. Please see Chris if you have any questions about this new procedure.

2ND ANNUAL HEART WALK-SUPPORT THE TEAM!

What: The American Heart Association's main fundraiser—the 2009 Start! Heart Walk (3 miles)

When: Saturday, October 17th, 2009—8am until 12pm

Where: Heinz Field

Why: Join this event to raise funds to help fight heart disease and stroke, and walk to promote heart health!

Donate and/or walk: www.americanheart.org/pittsburghwalk and Sign up with the Westin Workout team or with Gabrielle at the Westin Workout. Our Goal: 20 walkers and \$1000 .00

G20 CITY OF PITTSBURGH IMPACT ON WESTIN WORKOUT

20 days and counting: the G-20 will be here in Pittsburgh, and it looks like many of the companies around the area do not want to subject their employees to the inconveniences of the security that will be present. Transportation down to the city will not be easy, and it looks like many services will not be available to the constituents of downtown Pittsburgh.

We have made a decision that we will not be open on Thursday or Friday (9/24 or 9/25). The Westin Workout will have a staff to accommodate our hotel guests during this period of time. I know that many of you are disappointed for the disruption that having the G-20 will cause. But we all hope that our fine city of Pittsburgh will be able to pull off a very safe and productive meeting for so many heads of state visiting

Pittsburgh, many for the first time. We are sorry for any inconvenience of this change to our normal operating schedule. We will resume back to our normal schedule on Saturday, September 26th.



STARTING OVER, AGAIN. AND AGAIN. AND AGAIN...

BY JACK HOLCZER

I sometimes hear from members, especially after they spent a week at the beach on vacation, that starting over again is difficult. Being off a week for vacation is actually a good thing for those members who work out as much as four to five times (or more) a week. Rest ought to always be a part of a vigorous exercise program. However, more frequently, this statement is made after being away for over a week or two. Truth be told, it's good to lay off the treadmill and/or weights for that long as well. Sometimes, taking a month off to be yourself is good too; especially for competing athletes. You may need that much rest.

Realistically, taking a week or two off from exercise every year is a good thing. Coming back to exercise after such a short layoff ought not to be dreadful and off putting. I am comfortable in saying that most everybody returns back to at least 90%, or better, of their fitness ability within 2 to 3 workouts. If you workout 5 times a week, that's really not so bad. In less than the same amount of time, fitness levels can be re-established, Putting your mind into the task will get you through the workout.

Now, what is dreadful is what I did. I haven't had a structured workout in four years! Now that's not just rest, that's being lazy and I'll be the first to admit it. I had allowed my head to rule my body; the brain enjoys being lazy whereas the body prefers exercise. So to use the term "starting over again" is measured in months and years to the last structured workout.

There was a reminder that appeared in the gym to demonstrate how far back my "slide" took me. When I started my third week in the gym, it was a Monday, I noticed a hotel guest working out. He possessed a physique I once had. I need not discuss what seeing this could do to anyone's ego let alone my own. I will say, understandably, that I was annoyed with myself because I am the one at fault for being lazy. Should this interfere with starting over, again? It's good to admit short comings. It will tell where I am and where I must go. It is only then starting over, again, that I may be successful.

The important thing is that I've returned with many of our long time members as well as new ones. I've been recording all my work and am satisfied with my progressing.

The first week consisted of the one set of the exercises I've outlined in last month's newsletter. It truly was a matter of coming in to the gym and "just doing it." By the end of the week, I felt as though my physical self was "awakening" and my energy levels jumped higher over the first weekend. I also completed my rowing in three workouts instead of the planned two. The first fifteen minutes yielded me 3144 meters on the first, 3240 on the second and 3418 on the third averaging 3264 meters---a little ways away from my goal of 3500 meters. But what I noticed the most was that it wasn't my aerobic capacity that kept me from rowing better, it was my endurance---my strength.

In the second week, I increased the volume of work doubling my sets

(from one to two); doing that a week ahead of schedule. I must say, it was tough at first. I noticed too that I wasn't eating enough calories having been on a reduced diet. Serious exercise demands an increase in quality calories. I conscientiously increased my protein consumption as well as complex carbs. I did do my required two rowing workouts averaging 3383 meters fro the week. At this point I have developed some consistency.

Beginning of the third week, all my weights increased a little. They increased again on a select few by the end of the week! I'm on a roll! My rowing hit my goal: 3519 meters on the first row and 3512 meters on the second row! This averages to 3515 meters.

On the fourth week, I progressed further on the weights but not on the rowing. My weights increased at a minimum of 20%. I didn't row that week because I allowed work and school to get in the way of my workouts. Which, in essence, will set me back in achieving my rowing goals. What to do now is to reorient myself and continue on. For the record, the rowing average is 3370 meters which needs a 4% improvement to reach the goal. It is also important to look back on past workout and assess where I stand.

In the coming month, the workouts are going to change. I believe volume work, light or medium, is a good thing right now because it raises the bar on developing some endurance. Guys as a whole like to hit the weights hard and heavy. Not a good idea because there is some basic development that needs re-established for all my tendons and ligaments. The heavy stuff can wait.

So, starting over again doesn't need to be like watching a train wreck ready to happen. All anyone needs to do is follow some objectives:

- Create a structured workout relative to your fitness ability.
- Record your workouts and be certain to plan workouts before the workout is executed.
- By returning to the gym at the same time and days creates consistency whereby individual physiologies adapt to be ready to workout when it's time too.
- Periodic and regular assessments on the past workouts will help keep focus on goals and the progress towards them.
- Never rush or delay progress. Keeping basic developments physically can guard against injury and injury can cause apathy toward maintaining good overall health.

I didn't know who that fit hotel guest was at the time but found out later he was here with a troupe of performers who wear life sized costumes. He had to be fit, it's his job. It reminded me as well that it is our individual jobs to keep our own bodies healthy. There are vast amounts of truth to Nike's trade mark slogan.

Manager's Corner— by Chris Gibson

A recent article in the Wall Street Journal (September 1st, 2009) created many responses to me, in the form of "What do you think of this article, titled "Older, Wiser, Slower"?". The subtitle was the controversial counter to my own personal behavior- "After 50, avid athletes find that to stay healthy, they must let go of the need to win". Okay, most of you know or could deduce that I am a very competitive athlete and of course many of you may not know that I am pushing 57 years old in a short 2 months. I am consistently encouraging our membership (not age specific) to participate in rowing events we sponsor, running events (monthly runs, local runs from the 5k to the marathon), air dyne bike sponsored events, and the triathlon sponsored event we traditionally do in November. I use a class structure to help those individuals who are interested in achieving their own personal goals within these sports, and it is interesting that the majority of these individuals are between the ages of 45-55 years old. So what drives them to do this? Is it the competition that they must stop the clock of aging? Is it the arrogance of attempting to compete against younger competitors? Is it the internal drive to use objective measurements to determine the results of their hard work? And really the big question is why don't these classes really interest the younger members? We have many younger members under 35 that have no interest in doing these competitions. There are members between the 35-45 age group that participate and do so competitively, but do not feel a need to have a structured method to encourage their improvement in these 'sports'. My observation on these members is that they may have their own personal philosophies of improving. Which is fine- there are many ways to achieve your goals.

I would like to analyze what the article stated and then summarize the pros and cons of the article.

The author began to speak of his recent experience at the Chicago Triathlon, as he decided at the start, based on his doctor's advice- "race all you want, but keep your heart rate below 120" - a low heart rate for a 50 year old competing athlete. This was due to the discovery of an aneurysm in the aortic root. An aortic aneurysm is an abnormal bulge in the wall of the aorta. If an aneurysm develops in the aortic root, the aorta can dilate and the aortic valve can leak.

Atherosclerosis, or hardening of the arteries can cause an aortic aneurysm. In this, the buildup of fat and cholesterol causes the aortic wall to break down and become weak. *

*www.uwhealth.org/heartcardiovascular/aboutaorticrootaneurysms/10965

So I immediately took a defensive position, as the author was making a statement that being competitive will contribute to stiffening joints, rigid muscles, hardening arteries and high-mileage hearts. There is much research out there with contrary

positions about being active.

<http://well.blogs.nytimes.com/2009/08/11/phys-ed-can-running-actually-help-your-knees/?scp=1&sq=running%20helps%20knees&st=cse>

This article showed that runners who trained normally actually had less degradation to the joints when compared to inactive persons over the same time period studied. The activity actually promotes adaptation. The problems that were observed occurred when there was a biomechanical deficiency that encouraged degradation. The key is that if there is a deficiency, get feedback immediately on treating the cause, not just the symptoms.

The author quoted a very famous ironman triathlete, Mark Allen, once classified as the world's fittest man. He indicated that if you have to go as fast at 50 as you did at 20, you will grind yourself into the ground and become stressed out, bitter and unhealthy. Wow, what a dictation about what he personally felt or what he has seen. Personally, I still have that feeling about going as fast as I did 30 years ago, when I started to compete. However, I look at relative performance and not absolute. A great comparison is the age-graded results that the running community utilizes. It shows any effort has a performance rating, and this can be compared to the effort of a normal age individual (basis of a 30 year old individual). For example, I recently ran the Steeler 5k for an age-adjusted 80.2% effort, or a sub 16:15 5k if I was 30 years old. An interesting observation: I ran a 16:17 pr when I was about 35 so it shows that I have been able to maintain my relative efforts over the past 20 years but I have been able to actually do it with much less running and more cross-training.

So, what is my position? Well, I don't believe that you need to throw out that competitive urge that you may have in attempting to reach goals— especially if the goals are more relative in nature. I do believe that sometimes feeling discomfort in your training is okay, but there is a fine line between discomfort and feeling pain. I don't believe in the philosophy of "no pain, no gain". There is nothing better than to complete a workout, persevering through the challenges, and having a goal and achieving the goal. I believe that is the catalyst to having a quality life. I would suggest you must reel in the competitive juices when you are exercising if you will deviate from your stated goals because you feel you have to do better than those around you.

In summary, the article had some good points, especially when it comes to the attitude of the individual to push at levels that are greater than what they did in their earlier life. Our older bodies just don't respond to the stress that we used to put on them when we were younger. You have to work out smarter, not harder. I think if you have goals, go for them, but keep the perspective that this is not the end of the world if you win or lose.