



HAPPY NEW YEAR!

This winter 2006 issue of **The Cool Running Times** will feature noteworthy information relative to the health, fitness, and welfare of our athletes and parents. Be on the lookout for speed conditioning opportunities throughout the winter-spring-summer-fall 2006. Remember that this newsletter will continue one source for Mercury Speed and Special Forces Track Club information and correspondence. Many thanks to Laura Lear and the National Conference Center, LYSA officers and staff, Ron Petrella of Heritage High School, Loudoun County Recreation and Parks, Officers and staff at the Leesburg Armory, and last but not least, the Special Forces TC, Mercury Speed participants and supporters.



Mercury Speed training continues at the **National Conference Center** in Lansdowne, Virginia. Many LYSA Soccer teams have recently gotten on board who believe in the concept. Evaluation sessions are always available. To repeat, evaluation sessions give you an opportunity to display your skills (or lack there of) and receive a critical analysis to improve conditioning, running form, agility, strength, and quickness. Get in touch!

SPOTLIGHT: Allen Simms-Olympian

Let's get right to the stats: **Event:** Long Jump, Triple Jump **Height:** 5-10 **Weight:** 170 **PRs:** TJ 17.26m/56-7.5 (2003) LJ 8.02m/26-3.75 (2003) **Born:** July 26, 1982 in Washington, D.C. **Current Residence:** Leesburg, Va.

High School: Roosevelt (Greenbelt, Md.) HS '00 **College:** Southern California '05 **Coach:** Ron Alice **Career Highlights:** 2004 USA Indoor TJ champion; 2003 NCAA Indoor triple jump champion; 2001 USA Junior long jump & triple jump champion.

Known as a talented long and triple jumper, Simms grabbed his first U.S. title in 2004 with his triple jump win at the 2004 USA Indoor Championships in Boston. As a USC sophomore in 2003,

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Foot Loose (excerpt from *The Sports Journal*—February 2002)

In exercise performed by many children and adults, music is a consistent part of the routine. Many people they feel it's easier to run or exercise while listening to music. One possible reason for this is that the music tends to allow a runner to take part in the beat or tempo of the music. When they concentrate on this beat or tempo, they may work harder to keep pace with the music. The music can also allow forging about the pain or strain, they are enduring during running and therefore record a better lap pace time. Other individuals have reported that music can excite them, which in turn increases blood pressure and heart rate up to the target heart rate quicker than if there was no music. Because of this, the body will warm up quicker, allowing athletes to get into the flow of the exercise and/or competition they are partaking more quickly.

Another benefit is that the music gives the ability to get into a rhythm during exercise to eliminate wasted motion. In general, many studies have related the usage of music in exercise to helping improve performance. The following researchers specifically stated that listening to music prior to or during exercise improves performance. The reasons stated are; music provides a pacing advantage, a form of distraction from exercise; mood may be affected, rise in confidence or self-esteem, along with motivating subjects to enjoy exercise more, thus boosting a human's interest in working out and the exertion rate at which they put forth during performance (Anshel & Marisi, 1979; Becker, Brett, Chambliss,

Crowers, Haring, Marsh & Montemayor, 1994; Beckett, 1990; Boutcher & Trenske, 1990). In addition, from research done by Thomas J. Pujol and Mark E. Langenfeld for their Wingate Anaerobic Test, they found that, "several studies indicated that music has a beneficial effect on submaximal physical performance" (Pujol & Langenfeld, 1999). To strengthen the statement that music has a positive effect on exercise, researchers have stated that, professional as well as recreational athletes use music to motivate and forget about mental and emotional fatigue.

SPOTLIGHT: Allen Simms-Olympian



Allen has much to be optimistic. Currently this triple jumper is ranked as one of the tops in the world. Raised, in the metropolitan DC area, it wasn't long before the lure of track and field had Allen in its grasp. During his college career at USC, Allen was a standout at USC, jumping against the best the Pacific 10 conference had to offer. Memories of USC are never far

away; as Allen proudly wears the USC embroidered sports wear or the smile that quickly flashes whenever asked if he was a student or alumni of the school. Moving forward, Allen prepares for the 2008 Beijing Olympic contest. He has every intention to represent his country proudly.

SPOTLIGHT: Allen Simms-Olympian cont. from page 1

Simms established himself as one of the nation's best triple jumpers with a win at the NCAA Indoor Championships, with his third-place finish at the NCAA Outdoor Championships and his fifth-place finish at the USA Outdoor Championships...Simms ended the 2003 season ranked #4 in the U.S. in the tri-

ple jump, earning the second national ranking of his career (#9 in 2001)...Simms transferred from George Mason University in 2001, where he was a three-time All-American...Simms' All-America long jump performance in 2003 was the first by a USC athlete since Ed Tave placed fourth at the NAAs in

1984...an outstanding competitor as a prep at Eleanor Roosevelt High School in Greenbelt, Maryland, Simms became the first male ever to sweep the long and triple jumps at the 2001 USA Junior Championships...he was a fine arts major while attending USC.

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Feel the Need for Speed!



Air tight?

One health concern that restricts the athletic activity of many is asthma. Asthma is a chronic (lifelong) disease that involves inflammation of the airways superimposed with recurrent episodes of limited airflow, mucus production, and cough. Anyone affected by asthma either directly or indirectly there are precautions runners, parents, and coaches can take to ensure take to ensure their efforts aren't discouraged. According to the site: www.healthfinder.com, it affects about 5 million children. It's a stat that makes asthma a real issue to be dealt with. However, asthma can be managed. Webmd.com cites the following as the common causes of asthma attacks:

- **Upper respiratory infections.** Cold and flu, bronchitis (infection of the large airways), or sinus infections can cause an asthma attack.

- **Inhaled allergens. Eighty percent of people with asthma have allergies to airborne substances such as tree, grass and weed pollens, mold, animal dander, dust mites, and cockroach particles.**
- **Medications.** Many people with asthma are sensitive to aspirin and other anti-inflammatory drugs like ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), ketoprofen (Orudis), and beta-blockers (used to treat migraine headaches, heart disease, high blood pressure, and glaucoma).
- **Food and food additives.** Certain foods contain substances that can trigger asthma symptoms.
- **Exercise.** Strenuous exercise can cause a narrowing of the airways in about 80% of people with asthma.
- **Irritants.** Many irritants, including

tobacco smoke, smoke from wood-burning appliances or fireplaces, strong odors from perfumes, and cleaning agents, etc., are all irritants that can trigger asthma. In addition, air pollution, occupational dust, or vapors can also trigger an attack.

- **Weather.** Cold air, changes in temperature and humidity can cause asthma.
- **Strong emotions.** Anxiety, crying, yelling, stress, anger, or laughing hard can trigger an attack.

Gastroesophageal reflux disease (GERD).

Avoiding early exits

For anyone that's recently maintained a workout schedule, chances are they've once been guilty of finding an excuse not to finish a workout or workout at

all. There are a host of reasons that present themselves daily for why we should cut a workout short or take the day off altogether. Skipping a day because of a forecasted thirty percent chance of rain or your workout schedule conflicting with your favorite show's season finale will at first seem like reasonable excuses, but chances are in the end feelings of guilt will haunt you. To commit to your intentions, here are a few suggestions:

Avoid being underdressed. Be sure to have extra clothing available whenever you are mobile. In case you (and should) have to dress in layers. The elements shouldn't discourage or become an excuse to modify your outdoor workout regimen except under extreme conditions.

Make a mental note of the gym's slow periods. It could mean the difference from being distracted from what you wanted to be accomplishing while working out and feeling ready to take on the world after your workout. Having immediate access to equipment will help maintain a workout rhythm. If you are unable to avoid these periods make the best of it perhaps dictating the pace and rotation the equipment will be used.

Be prepared. Having everything you need to complete your workout is half the battle. Getting started is often the hardest part of working out. If you have your clothes and gear ready to go, your workout planned, your bag packed and your snacks handy, you've taken away some of the reasons to skip your workout.

What a Difference a year makes? - Research by Melanie Tourneau, Psychology Today, July 2000

You survived the dreary winter--but did your New Year's resolution? If your resolve dissolved, you are not alone. A new look at research on dual or opposing attitudes explains why old habits tend to, well, die hard.

In a recently published article in *The Psychological Review*, a team of three psychologists proposed that the attitudes we seek to change often resurface because they're never fully forgotten. They suggest instead that new attitudes actually supplement the originals rather than replace them. In a sense, therefore, new and old attitudes coexist as opposing impulses that are constantly competing. So while one healthful thought--vowing to eat fewer sweets--may turn dominant, another, less healthful thought--one chocolate éclair is harmless--permanently looms in our subconscious.

So should we just give up? Not according to Timothy Wilson, Ph.D., co-author of the study and a professor of psychology at the University of Virginia, "Changing may be difficult, but that doesn't mean we can't do it," he explains. To disarm undesirable attitudes, Wilson suggests that we "break the cycle of behavior first." To change an attitude toward food, for example, start by altering eating habits. "If we find ourselves eating healthful food, we might eventually conclude that we like it," Wilson says. Since chocolate éclairs taste much better than broccoli, realizing that we still like broccoli may give it a fighting chance.

Injury update— Heat or Ice?

Ice packs and heat pads are among the most commonly used treatments in orthopedics. So which one is the right one to use, ice or heat? And how long should the ice or heat treatments last? Read on for information about treatment of injuries with ice packs and heating pads...

Ice treatment is most commonly used for acute injuries. If you have a recent injury (within the last 48 hours), where swelling is a problem, you should be using ice treatment. Ice packs can help minimize swelling around the injury. Ice packs are commonly used after injuries such as an ankle sprain. Applying an ice pack early and often for the first 48 hours will help minimize swelling. Decreasing swelling around an injury will help to control the pain.

Ice treatments may also be used for chronic conditions, such as overuse injuries in athletes. In this case, ice the injured area *after activity*. Never ice a chronic injury before activity. However, icing after activity will help control the inflammatory response.

Heat Treatment

Heat treatments should be used for chronic conditions to help relax and loosen tissues, and to stimulate blood flow to the area. Use heat treatments on chronic conditions, such as overuse injuries, before participating in activities.

Do not use heat treatments after activity, and do not use heat after an acute injury. Heating tissues can be accomplished using a heating pad, or even a hot, wet towel. When using heat treatments, be very careful to use a moderate heat for a limited time (be careful of burns). Never leave heating pads or towels on for extended periods or while sleeping.

Icing an Injury

Icing is most effective in the immediate period following an injury. The effect of icing diminishes significantly after about 48 hours.

Apply ice directly to the injury. Move the ice frequently, not allowing it to sit in one spot.

Keep the injured body part elevated above the heart while icing--this will further help reduce swelling.

Ice for 15-20 minutes, NEVER LONGER. You can do more damage, including frostbite, by icing for too long.

Allow area to warm for at least 45 minutes before beginning the icing routine again.

Ice as frequently as you wish, so long as the area is warm to touch and has normal sensation before repeating.

Tips:

Ice Option 1 -- Traditional: Use a zip lock bag with ice cubes or crushed ice. Add a little water to the ice bag so it will conform to your body.

Ice Option 2 -- Best: Keep paper cups filled with water in your freezer. Peel the top of the cup away and massage the ice-cup over the injury in a circular pattern allowing the ice to melt away.

Ice Option 3 -- Creative: Use a bag of frozen peas or corn from the frozen goods section. This option provides a reusable treatment method that is also edible.

When to Use

Ice Use ice after an acute injury, such as an ankle sprain, or after activities that irritate a chronic injury, such as shin splints.

Heat Use heat before activities that irritate chronic injuries such as muscle strains. Heat can help loosen tissues and relax injured areas.

How to Do It

Ice Read through the information on How to Ice an Injury

Heat Heating pads or hot wet towels are both excellent methods. Place a washcloth under hot tap water and then apply to the injured area.

For How Long

Ice Apply ice treatments for no longer than 20 minutes at a time. Too much ice can do harm, even cause frostbite; never ice excessively.

Heat It is not necessary to apply a heat treatment for more than about 20 minutes at a time. Never apply heat while sleeping.

