

August 2021

Wheelhouse News

Training tips and hacks, inspiring stories of trials and success, and information on being part of our adventures.

Classes, Events and More

A Wheelhouse News is long overdue, and that can only mean one thing: I am enjoying my summer and all the fun things we do in the great outdoors! Racing and endurance events are back on, and Team Pegasus athletes are participating in events of all distance, from sprint to Ironman, Gran Fondo to Century, 10K to ultra, and so on. As part of our training we are doing 6 **masters swim classes** per week at the Boys & Girls Club of Marshfield, a [Time Trial](#) every Thursday night, and 3 **Progressive Cycling**® classes a week at The Wheelhouse. Click below for more info or to sign up to play with us!

- The second session of **masters** starts Monday (sign up [here](#))
- Thursday Night **Time Trial Championship** August 19th (sign up [here](#)).
- **Progressive Cycling**® (sign up for next session and season pass coming soon)

Some of our athletes have been busy being new mommas: Cait gave birth to Fianna Beth Christly on April 18th, and Keryn just had her 2nd baby in less than a year: Ian Murphy Leonard joined Jane and the rest of the Leonard family on July 25th. Welcome to the world, babies!

*"A baby is
God's opinion
that the world
should go
on." —Carl
Sandburg*



OLYMPICS

Tokyo 2021 has been an Olympics like no other (IMO, Triathlon was the best so far), but previous years haven't been without drama. We all remember the Nancy Kerrigan-Tanya Harding saga. How many remember 49 years ago when Frank Shorter brought home the Olympic gold medal in the marathon? Watch this video where another male runner jumped onto the Olympic stadium track ahead of Shorter and tried to steal his glory. The video and color commentary from ABC at in 1972 is classic! "It's a fake, Frank!" "Throw the bum out!" Watch the video below.

<https://www.youtube.com/watch?v=MindDFatOmI>

About your metabolism

“The trouble with eating Italian food is that five or six days later you're hungry again.”
- George Miller

As endurance athletes, we tend to burn a lot of calories and most of those calories need to be replenished if we want to continue to do what we do without harming our bodies.

During the workout it's best to refuel with simple carbs. They provide energy right away and because they are processed so quickly, all that sugar doesn't get stored as fat. In an ideal world, once we are outside our 'recovery window' we stick to fruits, vegetables, lean protein, and healthy fats. But we've all been guilty of rationalizing too-frequent servings of pizza and ice cream as a 'reward' for all our hard work. But endurance athletes aren't completely protected from the results of unhealthy eating habits.

As Boston Marathon race director Dave McGillivray has explains, “I figured if the furnace was hot enough, it would burn everything.” Even an epic pavement pounder like [McGillivray learned the hard way](#) that the furnace won't completely burn the stuff that can lead to clogged arteries. Many of us rely too heavily on our furnaces and believe that our metabolism will keep us healthy and trim. We learned a lot more about how human metabolism works last week in this piece from the Cleveland Clinic: "[Anabolism vs. Catabolism: The Role They Play in Your Metabolism](#)." Anabolism takes nutrients, cells, etc., and bonds them to make bigger structures, promoting healing. Catabolism is akin to digestion, breaking down the foods you consume and using the fuel produced immediately while storing the remainder for later (fat).

Dr. Chih-Hao Lee of Harvard explains that you can trigger your metabolism to work harder in this article: "[The truth about metabolism](#)." Your personal metabolic rate and healthy weight loss is impacted by the "right" type of exercise (think intervals, weight training, and drinking green tea). Remember, you don't always want your metabolism to work harder. If you are doing an endurance event, you DON'T want to burn calories quickly since you will hasten the calorie deficit and bring on the bonk! It's important to combine steady endurance work for benefits like using stored fat as a fuel and increasing mitochondria plus high intensity intervals for revving the metabolism and improving lactate threshold/VO₂ max.

HOWEVER ...

Just in case you think clean living is for monks, not athletes, you might find support for that position. I have often said that I learned to drink beer because of road racing (an ice-cold beer after a hot run is almost as good as it gets), and it turns out, that might have been a good choice! Men's Health recently published this [article](#) explaining why a post-workout beer "might not be a terrible thing".

Longevity and Sleep

To some, living to 100 seems like an unrealistic goal. In some parts of the world, however, it's a fairly common occurrence. Researchers use the term "Blue Zone" to describe these regions and studying them can tell us a lot about how to live long, happy lives. To learn what sets these places apart from the rest of the world, check out "[Is Blue Zone Living The Secret To Happiness?](#)"

"There is no sunrise so beautiful that it is worth waking me up to see it." — Mindy Kaling,

If you want to 'live long and prosper', you will need more than good genes and house in the **Blue Zone**. Of the 6 keys to healthy aging identified by doctors, [sleep](#) is the most vital. The idea is that all the benefits of sleep manifest themselves in nearly every other part of your life. A good night's rest will give you more energy, letting you exercise more often. Sleeping well also helps you confront daily challenges, keeping stress levels down.

Most of us function better in our daily lives when we can stick to regular routines. Falling asleep is no different. Your body will have an easier time getting to sleep if you do the same things every night, so it knows what's coming.

Some of the research findings on sleep deprivation are scary enough to keep you up at night. Luckily, there's a way to combat the downsides of failing to get enough shut eye. Learn how in this new story: "[Vigorous exercise can offset poor sleep, according to this study.](#)"

High intensity exercises were most helpful, [according to the research](#). If you are too tired to workout, try adding music! In "[How music helps you defeat fatigue and run better](#)", the results of a detailed study on perception of effort are explained. It's no surprise that they found that listening to music might alter the perception of effort while working out.

Working out to alleviate sleep-related health concerns is great, but if you want to address the root of the problem, read these "[8 Tips for How to Get More REM Sleep.](#)"

While experts can tell you how much to sleep, but there's some fascinating new research explaining *when* you should sleep. "[Want to reduce your depression risk? Wake up an hour earlier.](#)" The story cites new research published in JAMA Psychiatry confirming that night owls are almost twice as likely to suffer from depression as early risers. This became an even bigger problem during the pandemic as people have tended to stay up later as their commutes were eliminated. Regardless of when you set your alarm, sometimes getting a good night's rest is easier said than done. One of the most important steps to take is regulating light exposure. That means getting as much sun as possible during the day, but limiting your exposure to blue light later on by turning on [night mode](#) on your devices. That extra daylight is part of the reason that early risers are typically happier and confirms research that [Vitamin D is good for your immune system](#).

Mental Health

“A sad soul can be just as lethal as a germ.” – John Steinbeck

Psychedelics earned a bad reputation from recreational misuse in the 1960s and from misinformation spread by those with competing interests. Unfortunately for those with depression, this stigma has impeded research efforts for decades. Now, this is beginning to change, and early findings indicate that psilocybin shows a lot of promise as a therapeutic tool. Here’s [“What science knows about psychedelic therapy”](#) so far. For those suffering from PTSD and anxiety, [this study](#) found that 65% of participants across 24 studies reported a reduction in anxiety when using psychedelic therapy. [This study published by the American Psychological Association](#) listed similarly optimistic findings regarding depression, anxiety, and stress levels of participants.

You’re probably wondering “How exactly do substances like psilocybin mushrooms work?” There’s no clear answer yet, but a new study done at Yale found an immediate increase in neuron connections. Check out their report in [“Psychedelic spurs growth of neural connections lost in depression.”](#) It’s been speculated that the formation of neural pathways allows a patient to approach their problems in a different way. It’s a catalyst for cognitive reframing, a technique commonly used already in a typical therapeutic setting. Read [“What is Cognitive Reframing?”](#) to learn more. Approaching your situation with an open mind and fresh perspective is key to working through depression. Of course, whatever method you choose should be done so under the guidance of a mental health professional. If you or someone you know struggles with depression, we encourage you to reach out for help as step 1 of your plan.

Nutrition

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need”.
– **Ayurvedic Proverb**

The **Mediterranean diet** is considered one of the healthiest, but it could be even better, according to [recent analysis](#). The meal plan tweaks are slight, but they can make a big difference in your health. First, the green version of the diet cuts out all red meat, which [has been linked to an increased risk of cardiovascular disease, diabetes, and certain cancers](#). Instead, fish and chicken make up the main source of animal protein. In addition, the diet calls for a few cups of green tea a day. Why green tea? Read [“10 Benefits of Green Tea - Why You Should Drink It Every Day.”](#) The antioxidants and other nutrients in green tea help reduce the risk of several diseases. An average cup contains 28 mg of caffeine, much less than the 100 mg in a typical cup of coffee. Having a few cups of green tea throughout the day gives you smaller energy boosts, rather than the caffeine jolt and crash which coffee can bring.

Calcium and vitamin D are well-known as [“Nutrients For Bone Health”](#), but be sure to consider your [phosphorus](#) intake as well. Your bones require a balance between these minerals and taking too much of one without the other can impede the absorption process. Women usually get a bone density test done by age 50, and some studies indicate that all endurance athletes regardless of gender should get a baseline test done.

Is Ultra-running now mainstream?

"If you aren't going all the way, why go at all?"

Joe Namath

According to the stats in this fascinating report from RunRepeat: [The State of Ultra Running 2020](#), the number of ultra-running participants has increased by 1,600% over the past 2 decades. In 2018, more than 600,000 people ran an ultramarathon, making it safe to officially classify ultramarathons as 'mainstream.' With more and more people running races longer than 26.2 miles, the NYTimes just raised the question: "[Where Do Ultramarathons Go From Here?](#)" The piece dives into the new fascination with the sport. Races are getting longer, more demanding, and sometimes more dangerous. China has recently [banned ultras](#) in the wake of their [recent race tragedy](#), which had a small silver lining when a [shepherd saved 6 runners](#) during the storm. Part of the growth is driven by a basic human instinct, as described a few years ago in Psychology Today: "[How Greater Challenges Help You Grow.](#)" As the article points out, "Hardships often prepare ordinary people for an extraordinary destiny." "There's room for everyone in our quirky and wonderful sport," writes Bob Crowley of the International Trail Running Association, "and our ethos isn't going anywhere thank you very much."

Products and Apps

"I want to put a ding in the universe." – Steve Jobs

- There's a new [app called Cadoo](#) where **you can win or lose money** while you join a fitness challenge. If you meet the challenge, you get your money back and a split pot of those who fail. It's been described as DraftKings for fitness.
- Ever try a [weighted vest](#)? (Kathleen and I have!) Read why **adding weight to your training** can provide a hybrid approach to weight training and cardio.
- Pinarello came up with a new [aero front hub](#) that was subsequently **banned by the UCI**.
- In part of their strategy to **steer users toward the paid version of their product**, Strava just [rolled out 2 new features](#): Personalized Segment Suggestions and Group Challenges. The app claims that users on the paid version of the app will see fuller functionality.
- I am old enough to remember when you could buy **decent running shoes for < \$100**. Now, as shoe manufacturers take a stab at developing their own version of the new carbon technology, it's getting a little confusing and a LOT more expensive. Enter Podium Runner with a helpful comparison of 10 great options you can choose from right now. See how the prices, support levels, and weights differ as you pick the perfect shoe to help you shave precious seconds off your mile splits: "[Super Shoe Showdown.](#)"

"Life is like a movie. Write your own ending." – Kermit the Frog

You might remember . . .

...when covid first became a reality in terms of shutdowns and closings, Team Pegasus did a 'Marathon-a-Month' where we walked as a group for 26.2 miles. I really enjoyed that. It was surprisingly hard but also a great way to get to know our fellow teammates. I have plans to start that again, and one idea that has always intrigued me was to walk up and down the alleys of Boston. Well, it turns out my idea isn't new. Gregg Lind, an ultrarunner from Minneapolis started doing his long runs using the alleyways instead of the streets. [Here](#) is his account of his discoveries while running through the unseen city.