



INDOOR TRIATHALON: RESULTS

An Indoor Triathlon was held in the Stephens Fitness Center and Dillon Pool on April 30. A total of 36 fitness enthusiasts competed as 3-person teams with one participant swimming roughly one-half mile, one cycling 7 miles and one running 4 miles. The event was won by Toto with a total time of 53:33. Team members were Doug Lennox '09, Steve Zoller '09 and Kerry Gruendel '12.

Here are the top individual male and female performers in the event:

- **Swim:** Doug Lennox '09 (8:30) and Kelley Taylor '11 (12:23).
- **Bike:** Nick Kattamis GS (19:27) and Anna Zhao '12 (20:28).
- **Run:** Joe Roy-Mayhew GS (21:29) and Kerry Gruendel '12 (25:35).

THINK YOU'RE BAD?

The 32nd annual Badwater Ultramarathon will be held from July 13 to 15, 2009. Known as "the world's toughest foot race," it covers 135 miles over paved roads with temperatures that can approach 130 degrees.

The race starts at Badwater, Death Valley, the lowest elevation in North America (elevation of 280 feet below sea level) and ends at Mt. Whitney Portal (elevation of 8,360 feet). It covers three mountain ranges for a total of 13,000 feet of cumulative vertical ascent and 4,700 feet of cumulative descent.

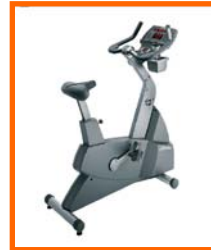


The average finishing time is about 48 hours; the overall time limit is 60 hours.

Last year's men's and women's winners were Jorge Pacheco, a 40-year-old machine operator from Los Angeles, with a time of 23:20:16 and Jamie Donaldson, a 33-year-old middle-school math teacher from Littleton (CO), with a time of 26:51:33. Donaldson's time set a new women's record – and she finished ahead of everyone in the race except for two men. The men's record of 22:51:29 was set in 2007 by Valmir Nunes of Brazil.

NEW BIKES!

In July, we replaced our five-year-old fleet of 10 upright and 4 recumbent bicycles with "Classic Series" bicycles from Life Fitness. The new bicycles have numerous features including a ratchet seat adjustment with 27 positions and a quiet belt-drive system.



If you're into trivia, our old bicycles were in use for 59 months. On average, each bicycle was pedaled for more than 5,600 hours. One was used for nearly 7,000 hours and registered more than 30.2 million revolutions!

CHERRY JUICE AND MUSCLE DAMAGE

Strange as it may sound, researchers have investigated the anti-inflammatory effects of cherry juice. In one study, 14 men consumed a 12-ounce blend of cherry juice and apple juice or a placebo (a black cherry soft drink that was sweetened with sugar) twice a day for eight days. On day four of this treatment, the subjects performed a bout of exercise in which one arm was exposed to eccentric (lowering) exercise. Two weeks later, the subjects switched to the other beverage and repeated the same protocol with their opposite arm.

In comparison to the placebo, the cherry juice produced significantly less loss of isometric strength and lower peak values for pain. However, there was no difference between the cherry juice and the placebo in loss of range of motion and muscle tenderness.

But the design of the study had a major flaw: The amount of eccentric torque that was administered to the subjects wasn't quantified; the researchers forced the subject's elbows into full extension by pulling down on a lever.

As well, it's important to note that the study was funded by a company with vested interests in the sale of cherry juice. In addition, the authors of the study disclosed that they each have 2.5% equity in the company.

Source: *British Journal of Sports Medicine*

EAT SLOWER, EAT FEWER [CALORIES]

In one study, 30 women were given a mixed-macronutrient lunch and water and told to consume as much as they wanted. When they ate quickly, they consumed about 646 calories in 8.6 minutes (or about 75.1 calories per minute); when they chewed their food slowly, they consumed about 579 calories in 29.2 minutes (or about 19.8 calories per minute).

Besides eating fewer calories, the participants reported greater feelings of satiety (fullness) and lower feelings of hunger. And they enjoyed their meal more.

So, take the time to really savor the flavor.

Source: *Journal of the American Medical Association*

OXYGENATED WATER AND PERFORMANCE

Another one of the countless products that's purported to improve performance is oxygenated water. Since oxygen is so critical to the muscles, having access to more of it would be highly beneficial. But can the body do anything with the additional oxygen?



In one study, 20 subjects were randomized into two groups that did an exhaustive test on a stationary bicycle. Group A drank 1.5 liters of oxygenated water and Group B drank 1.5 liters of untreated water every day for two weeks then did a second exhaustive test. Following a two-week "washout period" in which no experimental water was consumed, both groups did a third exhaustive test. This time around, Group A drank 1.5 liters of untreated water and Group B drank 1.5 liters of oxygenated water every day for two weeks then did a fourth exhaustive test.

The researchers found that oxygenated water had no effect on aerobic working capacity. Incidentally, researchers in another study noted that "a single breath of air contains more oxygen than a bottle of oxygenated water."

Bottom line: The belief that oxygenated water enhances performance is full of leaks.

Source: *International Journal of Sports Medicine*

GROUP FITNESS CORNER

Beginning July 1 you can purchase punch cards on-line for Group Fitness, Yoga/Pilates and Spinning. For more information, visit our website at Princeton.edu/campusrec/online-registration.

For more information about Group and Instructional Fitness Programs, contact Brian Mosen at 8-8549 or bmosen@princeton.edu.

LIFTING AND GRUNTING

Not too long ago, an individual was escorted from a commercial gym by local police for grunting, a violation of the gym's policy. In fact, the story was deemed so newsworthy that it made the front page of *The New York Times*.

Among other things, the incident triggered intense debate about whether or not a gym should have a "no-grunting" rule. Lost in the shuffle, though, is whether or not there's any merit to grunting while lifting weights.

One study involved 31 subjects whose maximal decibel level was measured and averaged for three maximal grunts. On a later day, they made three grunt and three non-grunt efforts while performing an isometric deadlift. In order to be characterized as a "grunt," the decibel level had to be more than 90% of maximum; a "non-grunt" was less than 25% of maximum.

Grunting produced a non-significant increase in peak force compared to not grunting. So it seems as if grunting does help but not as much as might be thought.

Source: *Perceptual and Motor Skills*

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Fitness Supervisors (part-time) and Personal Trainers: **Jake Dale '10, Tyrell Hall '12, Dick Hueber '55, Gordon Husth, Braeden Kepner-Kraus '10, John McGinnis, Joseph Mislan, John Pesce, Sharon Rodgers, PhD. *08, Jeanine Rosen, Regina Szczesniak and David Tubbs, Ph.D.**