

WOW WHAT'S UP

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We're into marathon training and there is laundry. Lots of laundry. It's been very cold and very snowy. This requires that the city throws salt everywhere so that we can get around in the snow. Then it warms

up and we're splashed by cars, trucks, and buses as the snow melts into small salty lakes. I feel like a giant wick soaking up the city's winter supply of road salt into my shoes, socks, and training pants. The road training for a marathon is just one part of the work, laundering all the winter gear is the other. But oh, yes, the effort is worth it. So, we keep doing the hard thing. Get out training. Week after week. Snowstorm after snowstorm. Laundry load after laundry load. (Out, out foul salt!) Of the many lessons I have learned from coaching - and I have learned much more than I have taught - is that this effort shall be rewarded greatly. That reward may be a personal best at a spring race. Or, it may be simply the feeling of exhilaration during the race knowing that we have given the training our best effort. There is reward enough in that alone.



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UPDATE

Classes. Oakville: Strength and Balance classes begin in Oakville on March 1 and 3 at 6am. These classes offer a perfect complement to your walking workout. Registration is available on the [website](#) and anyone who has a membership for the winter season can attend. Is there a way to describe the sense of satisfaction at getting up for these early morning classes? Heroic! Fantastic! Truly, it must be experienced! Feel free to [email](#), if you have any questions.

At all locations, the second half of the winter session begins the first week of March. If the bone-chilling days of January and February have kept you indoors, you can sign up for the 8-week session that begins in just over a week. We look forward to getting you in shape for spring!

Races. Entering races is one way to participate but volunteering at events is equally as rewarding. As in recent years, WoW Power Walking will be on point to offer participants of the Chilly Half Marathon (March 6) the best water station of the race! [Join](#) our most excellent and enthusiastic team for a day of fun and encouragement. Your efforts will be so appreciated and the

PERFORM: Staying upright while walking on the snow and ice makes us tense the muscles around our hip joints. This tension will result in restricted range of motion (ROM) at the hip. It feels good, and it will improve performance, to incorporate exercises that increase ROM around the hip. Here are some ideas which can be included in your weekly routine. Add them after two of your mid week walks.

Squat Series. Stand with both feet hip width apart. Clasp the hands behind your back at the base of the spine or in front of you at chest height. Keep the spine and ribcage lifted tall. Bend the knees to sit down as if there was a chair behind you. Sit back upon that imaginary chair going as far as possible without lifting the heels from the ground. Repeat this lowering and lifting 12 to 15 times. Take a recovery break from this set of repetitions.



For the next set of squats we will add a knee lift upon rising - alternating knee lifts upon each rise from the squat. Continue with 8 lifts per leg, alternating knees up.

Finally, we will squat adding leg abductions. As we rise out of the squat lift one leg off to the side pressing out as far as it will go. Again, like the knee lift, alternate this side leg press on each rise from the squat. For photos of these squat additions visit our blog.

Walking lunge. This is a WoW favourite. Our best tips for lunges include taking a big step so that the knee is not compromised. This means the knee finishes over the ankle, not over the forefoot. Make the heel on the front landing leg stick to the ground as you lower into the lunge. To confirm that the heel is sticking, try lifting your toes in your shoes. Keep the torso tall with no forward bend from the waist.



COMMUNICATE

We love to hear from WoW Power Walkers past, present, and future. Send us pics! Send us a story! Whether you are taking our classes or not, we love to stay in touch. Facebook is a great way for us to stay tuned to your walking adventures. Join in the fun!



reward from that appreciation is better than any medal.

By the way, there are still spots open in the [Chilly](#) for the walk division. The organizers have traditionally been good to walkers and they recently announced a separate start to follow the runners by 5 minutes. A lead cyclist will ensure that this start consists of walkers only.

Toronto: The [Achilles St. Patrick's Day 5k Race](#) (March 13) is a WoW FAVOURITE! We have entered a team for several years. Here are some tips for online registration as it can seem confusing. When you click on "Register" on the Achilles Site, you will be taken to the Running Room website registration page for the event. Choose to register as 5k Team [Additional Team Member Run/Walk](#). You will be asked to enter your team name. It is "WoW Power Walkers". After that, registration is straightforward as usual. We encourage you to add a \$25 donation to your registration. The Achilles Track Club does great work making athletic pursuits accessible to the physically and mentally restricted.

May 15 is a big day as both the [Mississauga Marathon](#) and the [Toronto Marathon](#) offer walking divisions in their half marathon events. The Mississauga organizers want to improve the walking division by ensuring that competitors are, indeed, walking. Brilliant! They have asked WoW to help them monitor the route. We need a few volunteers to help with this! Please [email](#) us, if you want to give back to the walking community.

Words to walk and live by:
Satisfaction lies in the effort, not in the attainment, full effort is full victory. - *Mahatma Gandhi. 1869 -1948*

VIEW FROM THE BACK. by Janet Cawley. "Hup!" I gasped. My eyes snapped open, and I was looking into another set of brown ones, inches from mine. Icky wet slop from The Dog's tongue had awoken me and now he was staring. At me. Intensely.

"Oh, maaaaannn, Smudge." I rolled away under my warm blankets, trying to ignore him. "Why does your bathroom have to be outside?" I thought our trek into the frosty, frigid, frozen outside was about Smudge's physical relief, but he knew better. Our walk was so much more.

It was -21 degrees and the light still dim. I was cold, perhaps a bit grumpy, and definitely sleepy. Smudge was none of those. He trotted eagerly ahead, happily tugging me toward the park. Once there and unfettered, he romped gleefully in the deep snow. He leapt like a small, thick and hairy fawn.

I laughed when he raced straight at me, stopping just short. He bowed, jumping back and forth just out of reach, taunting me. His eyes twinkled under the fringe of his hoary brows and I took up the chase, bolting after him as he sprinted around in circles. I warmed up quickly dashing after the cheeky, elusive fellow.

Tired of my ineptitude, Smudge dropped out of the game and began moseying around the perimeter of the playground.

"Not so fast, buddy!" I yelled. "I'm not finished with you yet!" I whipped a snowball by him. He delightedly ran after it, following its arc and paused, confused, when it thudded invisibly into the ground. He spent time nuzzling into the snow, smelling unseen things, emerging with tiny mountains of flakes on the tip of his nose. He meandered about, sniffing and digging. He spent some time puzzled by the stubbornness of a stick under ice.

It was lighter out now and I felt lighter within. The cold didn't bother me. I liked the feel of my air-chilled cheeks and was amused by the puffs of warmed air from my nostrils. I walked slowly, enjoying the pinched squeaks from beneath my boots. I felt good. Really good. If I were to remain inside for the season, zipping in and out of home and car for necessities only, I would miss so much.

Watching my playful, curious friend revel in the outdoors has taught me that outings can be fantastic adventures. Smudge experiences our surroundings with close, maybe-lengthy inspections using every available sense. Happiness comes down to something so simple: living in the moment to appreciate our ability as a living being for pure and essential joy.

WoW Power Walking coaches are pleased to wear New Balance shoes and apparel.

