

THE NORDIC POLE

May 2011



Sara's Spring Treats! Sara loves to "egg us on" with her Easter treats!

Getting the "SPRING" back in your step!

Welcome to the Spring session of Nordic Walking! Despite occasional showers and puddles, we don't let the change of season dampen our spirits or our enthusiasm for Nordic Walking. Please check your email before you leave home in case the meeting spot for a class has to be changed (i.e. construction) or a class has to be cancelled due to weather conditions (i.e. thunderstorm or lightning).

This spring, many of us are noticing the growing number of people in Kanata who are out walking with Nordic Poles! Many of our classes are full again this session due to the popularity and benefits of Nordic Walking. When you are participating in a group class, it's so easy to exercise and work at your own level!

There are many benefits to the Nordic Walkfit program including improved endurance, strengthened muscle groups, improved or maintained body weight, a positive outlook, new friends..... and the list goes on! It should also be noted that when you enjoy an outdoor activity such as Nordic Walking, it is much easier to maintain a routine for regular exercise.

We are so fortunate to have a network of pathways and parks in Kanata and area! Each week's classes take advantage of the variety of terrain at the different meet up spots (you all know the Kanata Hill at Walter Baker Park!). The weekly change of venue adds variety to the classes and offers opportunities to vary the challenges and to improve overall fitness levels.

At the end of each class, it is most important to take time to stretch in order to reduce the risk of injury! Stretching helps to bring the shortened muscles back to their original length to avoid post exercise stiffness. During this cool down time, your heart rate also has a chance to return to its resting rate.

To sustain the benefits of your Nordic Walking class, it is recommended that you "do your homework" and get out and walk at least two more times a week. So enjoy Nordic Walking as you get the "spring" back in your step!

Urban Poling/ Nordic Walking In the News!

Urban Poling #1 on the CSEP Canadian Physical Activity Guidelines for Older Adults!

The Canadian Society for Exercise Physiology (CSEP) has listed urban poling first on its list of activities for older adults (65 years and older), as part of its Canadian Physical Activity Guidelines.

CSEP is the principal body for physical activity, health and fitness research and personal training in Canada and is dedicated to getting Canadians safely active. It provides the highest quality customized and specialized physical activity and fitness programs, guidance and advice based on extensive training and evidence-based research to health and fitness professionals across Canada.

We're thrilled to have Urban Poling as part of CSEP's much respected Activity Guidelines!

Canadian Physical Activity Guidelines for Adults 18–64 years**

- To achieve health benefits, adults aged 18–64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- It is also beneficial to add muscle- and bone-strengthening activities using major muscle groups, at least 2 days per week.
- More physical activity provides greater health benefits.

**Check out the complete CSEP Guidelines for Adults 18-64 years on the ParticipACTION and CSEP websites:

<http://participaction.com/en-us/GetInformed/PhysicalActivityGuidelines/Guidelines-for-Adults-18-64-years.aspx>

<http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-adults-ENG.pdf>

Canadian Physical Activity Guidelines for Adults 65 Years and Older***

- To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- It is also beneficial to add muscle- and bone-strengthening activities using major muscle groups, at least 2 days per week.
- Those with poor mobility should perform physical activities to enhance balance and prevent falls.
- More physical activity provides greater health benefits.

***Check out the complete CSEP Guidelines for Adults over 65 years on the ParticipACTION and CSEP websites:

<http://participaction.com/ecms.ashx/PhysicalActivityGuidelines/CSEP-InfoSheets-ENG-OlderAdults.pdf>

<http://csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-older%20adults-ENG.pdf>

Spring Blooms in the Woods



WILD GINGER



COLTSFOOT



BLOODROOT



ANEMONE

It's amazing what you can find when you go out for a spring walk! Under the leafless canopy of the Beaverpond pathway, I recently found the beauty of spring emerging from the forest floor. Fortunately, the warm spring sunlight has given support to the rebirth of many of the early wild flowers along the path. In fact, my little pink camera couldn't snap fast enough to capture all the blooms!

Preparing this newsletter has been an exciting exercise of putting names to flowers, many of which seemed familiar, but their actual names needed refreshing in my mind! With my *Field Guide to North American Wildflowers*, I rediscovered the names of many of the flowering plants which I had found.

I hope these photos will inspire you to become reacquainted with wild flowers and the beauty of spring as you take time to look carefully and discover the blooms along the pathways where you walk!



DOG VIOLET



TROUT LILY



TRILLIUM



RED TRILLIUM



DUTCHMAN'S BREECHES

The Care and Cleaning of Gore-Tex Garments



Penny Shurson

This winter, several Nordic Walking members encountered some difficulty with jackets and rain pants that had lost their water repellency. This was the case for Penny Shurson, who made inquiries at a local sporting goods store and

reported back to us with her findings. The clerk with whom Penny spoke recommended NIKWAX products: Tech Wash, the wash-in cleaner (gets rid of the detergent some of us have already used) \$9.50 for 10 oz (300 ml) and TX Direct Wash-in for the waterproofing \$13.00 for 10 oz (300 ml).

Penny reported that these products do seem to have helped. The jackets by this time are "old" so her numerous detergent washings have probably done

more damage than can be 100% improved. Penny also advised, "Don't put any towels in with your load otherwise they will never soak up water again! - and put a complete hot water cycle through afterwards to rinse your washing machine."



For more on NIKWAX products including

- Tech Wash,
 - TX Direct Wash-in waterproofing,
 - TX Direct Spray-on waterproofing spray,
- follow this link to find out how you can best treat your garments. <http://www.nikwax.com/en-us/activity/index.php?activity=OUTDOORS>

Gore-Tex - The Inside Scoop

excerpt reprinted from: *A field report* by Steven Cross, owner of *Threads Lifestyle*
<http://www.getouttheremag.com/goretex.php>



Steven Cross

"A third source of confusion stems from the lack of understanding around DWR and the care and cleaning for Gore-Tex garments. Durable water repellent coating (DWR) is a factory finish that is applied to the surface of all waterproof garments. This finish enhances the surface beading of rainwater so it runs off the fabric easily. Without this finish in place breathability is impacted because face fabric holds on to water within its fibers. Interestingly enough most

people who experience a DWR failure do not sense it as a breathability issue but rather as a waterproof issue. This is because they interpret the "wet spot" which is discolored and cold, as a leak, which it isn't. The good news is that the DWR finish can be easily restored with either a wash-in product or a spray-on product. The spray, while a bit less convenient, is the better performance choice for it ensures application where it should occur. The wash in product works but it can end up applying DWR to the inside of your garment thereby impacting breathability. For Gore-Tex® product to work well it must be frequently washed and then dried in a dryer. Keeping it clean prevents pores from being plugged and the DWR finish needs heat to reactivate and redistribute

itself over the garment. (If you are seeing "wet out" spots on your garment, be sure to wash and dry it prior to spending the time and money on reapplying a DWR finish. The factory DWR might not be evenly distributed rather than gone.) The Gore-Tex® membrane itself is inert and unaffected by temperatures from as low as -148F to as high as 324F. So washing and drying in a dryer is certainly okay and will not harm the membrane. Most of the customers I have helped with Gore-Tex® complaints over the years have not followed the care instructions. By the way, dry-cleaning does not affect Gore-Tex® but it won't reactivate the DWR and it might damage the face fabric. For those reasons dry-cleaning is not recommended."

Nordic Walking And The Care Of Your Feet

From time to time, Nordic Walkers may experience the discomfort of foot blisters.

Here is some information which may help you in preventing or in coping with blisters.

This information is taken from <http://www.sportsinjuryclinic.net/cybertherapist/front/foot/blisters.htm>

The Causes of Foot Blisters:

Skin blisters are a common problem caused by friction from shoes or clothing which rubs repeatedly on the skin causing friction burns. As the outer layer of skin separates from the inner layers the space between fills with lymph fluid. Causes of blisters most frequently include athletes wearing in new shoes, as well as athletes or walkers who take part in exceptionally long events such as marathons or long hill walks.

Preventing Foot Blisters:

- Ensure that shoes fit correctly.
- Protect the potential 'hot spots' by applying a second skin and /or taping. [Click here](#) for details of how to tape the foot.
- Keep feet as dry as possible. Wet shoes, boots and socks will cause blisters far quicker than dry ones.
- Wherever possible change socks regularly and use foot powder to help keep them dry.

Products That May Help:

- **Body Glide**- a cream you apply between toes/ ball of foot/ heel to reduce friction. Available at The Running Room and Shopper's Drug Mart
- **Anti-blister socks**- double layer socks to prevent friction. Available at The Running Room, MEC and reputable sporting goods stores.
- **Blister Pads** such as "2nd Skin Blister Pads" help to cushion blisters and promote healing. Available at Shopper's Drug Mart.
- **Foot Powder**

Upcoming Events!

Ottawa Race Weekend - May 28 and 29, 2011.

Nordic Walkfit members who have registered in the 10km walk on May 28th and in the 1/2 Marathon on May 29 need to remember to pick up their race kits at the Pfizer Health and Fitness Expo to be held at the new Ottawa Convention Centre next to the Rideau Centre.

Race kit pick up times are:

- May 26, 4:00- 8:00 pm,
- May 27, 10:00-8:00 pm,
- May 28, 9:00-4:00 pm.

All participants must pick up their race kits prior to their event. You will only be able to pick up your kits at the Pfizer Health and Fitness Expo during the posted expo hours. Runners unable to pick up their race kits prior to their event may have a friend or family member pick it up for them. Photo ID is not required.

Please follow the links for

- information: <http://www.ncm.ca/index.php/en/race-weekend-info>
- course maps: <http://www.ncm.ca/index.php/en/course-maps>

Important Link to Calendar for Ottawa Charity Races

All you need to know about upcoming races/walks for 2011!

Let your enthusiasm for Nordic Walking be shown by participating in one of these walks!

<http://www.ottawacitizen.com/news/todays-paper/Ottawa+charity+race+calendar/4601778/story.html?id=4601778>

EAT, SLEEP, NORDIC WALK!

If you have any ideas, suggestions, photos or contributions to offer to this newsletter, please drop Mary Tregunno a line at tregunno1@sympatico.ca.