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## MET-Rx 'The Original' Meal Replacement Powder



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### Who is MET-Rx®?

MET-Rx is a premier brand of sports nutrition products designed to meet the needs of those seeking to build muscle, endurance, lose weight or just improve and maintain their fitness levels, in conjunction with a diet and exercise program.

### What is MET-Rx Original®?

The MET-Rx brand was started with one product, the 'Original.' The Original was the first meal replacement powder (MRP) comprised of a blend of both 'fast' and 'slow' absorbing proteins, which help optimize its anabolic and anti-catabolic properties.

**The Metamysyn® Story...** The Metamysyn protein blend was developed by a physician who used the product on patients to help maintain muscle mass. He found that after surgery, the body often loses lean body or skeletal muscle mass. However, consuming high-quality protein (e.g., Metamysyn) can lessen the loss of lean body mass. >The application of this special blend of proteins can also be applied to active individuals. MET-Rx protein blend is the product that serves as the foundation for endurance or aerobic athletes.

### Why use MET-Rx Original?

MET-Rx Original contains the proprietary blend of proteins called Metamysyn®, it includes milk, casein, and whey proteins. This combination provides the essential amino acids needed to feed your body and assist your muscles in the recovery process.

MET-Rx Original is superlative nutrition for endurance athletes.

### When Should you use MET-Rx Original?

MET-Rx Original is best used as a meal replacement (e.g., first thing in the morning, mid-afternoon healthy snack) or after exercise.

"The high nutrient content in all MET-Rx products makes them an invaluable part of my training. I am able to make the most out of my workouts, especially the higher intensity sessions. My overall recovery has improved since I began using MET-Rx. Often it is really tough after a hard workout to consume enough nutrients and protein. Because MET-Rx is easy to digest and tastes great, I no longer have a problem."

> MICHELLIE JONES  
Triathlete



### Daily Training Favorites

**Before Training** ~ Favorites include eating either a MET-Rx Protein Complete Bar, or a MET-Rx BIG 100gm Bar.

**After Training** ~ Favorites include either drinking a MET-Rx RTD 40, or 2 scoops of MET-Rx Original Powder, or 2 scoops of the MET-Rx Supreme Whey Protein Powder.

### Favorite MET-Rx Recipe

- ~ 1 packet MET-Rx Original Powder (Original Vanilla)
- ~ 1 Banana
- ~ Handful of strawberries
- ~ 2 Scoops of yogurt
- ~ 200-300mls Water
- ~ Add ice and mix in blender



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MET-Rx SPORTS NUTRITION

## STRIDE FOR THE CAMERA

*How videotape can help you set a new PR*

BY CYNTHIA WASHAM

Aside from nosesdives over roots and slides from ice, running injuries don't happen without a reason. Many aches, tears and strains occur because we're unbalanced—sometimes, just a quarter-inch difference in the length of our legs will do it. Or perhaps it's a hip weakness caused by an old ski injury. Often, it's simply muscles that have grown so tight that our legs can't fully extend.

Most of these flaws are too subtle for us to detect on our own. Viewed in slow-motion replay by a trained clinician, though, they're as apparent as the calluses on our toes. We're talking about video gait analysis, a fast-growing service designed to help us uncover and correct our biomechanical flaws. Video gait analysis can minimize running injuries, improve our stride, and maybe even lead to a PR.

Like most gait analysis clients, South Florida triathlete Will Glover sought help after a series of overuse injuries. Sometimes it was shin splints. Another time, it was runner's knee; then IT-band strain.

"I had run eight marathons and got injured training for all of them," recalls the 32-year-old.

Therapist Bryan Graham of Oceanside Physical Therapy in Stuart, Fla., began Glover's assessment with a structural evaluation. He pushed each leg forward and back, side to side, checking for flexibility, tightness and weakness. Then he had Glover walk barefoot on a treadmill while video cameras recorded his movement from the front, the rear and both sides. After a couple min-

utes, Graham had him speed up to a comfortable running pace. He finished by having Glover run on the treadmill in his running shoes.

As he played the videotape in slow motion, Graham showed Glover how weak pelvic muscles let his hips slip out of alignment. That strained his lower legs, leading to recurrent knee and shin pain. Graham prescribed a series of exercises to strengthen Glover's hips. He also recommended he get a massage every two weeks. Finally, he suggested Glover switch to lightweight stability shoes.

**Analysis more than film session.** Graham's assessment was everything a video gait assessment should be. He starts his clients on the treadmills barefoot to spot biomechanical problems such as excessive pronation. Then he tapes them in their running shoes to see if the shoes correct or compound the problem. Graham also scans runners above the waist, looking for hunched shoulders, bobbing heads and other movements that reduce running economy.

Just as important as the videotape is the hands-on structural assessment. This is where clinicians can pinpoint muscle imbalances. Some therapists feel the structural assessment is so important they call the entire process a biomechanical analysis, to downplay the videotaping. Whatever they call it, clinicians should always end their analysis by prescribing exercises to correct imbalances. Often, they'll also recommend a shoe type. Some problems might also warrant heel lifts or orthotics. One of

the most valuable suggestions they can make is a follow-up visit. Only then can athletes see if the recommended exercises are correcting their weaknesses.

"I recommend a follow-up assessment one month, six months and one year down the road, particularly if you have orthotics," Graham says.

Ask any physical therapist the purpose of video gait assessment and he'll say injury prevention. Running without pain certainly is nice. But, deep down, we want more. We want a personal best, and video gait assessment just might help.

Improved gait brings PRs. Shortly after his video gait analysis, Glover knocked 20 minutes off his marathon PR, to finish in 3:10. He completed his first Ironman a year later and plans to do his second this fall.

"I'm able to push myself harder knowing that biomechanically, I'm fine," Glover says.

Triathlete Matt Espey of Meridian, Miss., is equally convinced that video gait analysis made him faster. The 20-year-old triathlete had his gait assessed by Janet Hamilton of Stockbridge, Ga., after suffering through a year of recurrent IT-band problems.

"She told me I had tight calf muscles and weak hip flexors," he says. "She recommended strengthening and balancing exercises using my own body weight, not machines. I'll spend an hour a day now stretching. I hardly ever stretched before."

A year after starting Hamilton's program, Espey's running stronger than ever.

That's no surprise to Dr. Robert Wilder, medical director of The Runner's Clinic at the University of Virginia and co-author of the *Textbook of Running Medicine*.

"If runners exercise to correct muscle imbalances, we generally see their form become more efficient," he says.

Many therapists are comfortable prescribing exercises that encourage greater running efficiency, but draw the line at

telling runners to alter their stride.

"I don't tell people to change their gait," Hamilton says. "It may correct one problem and create 10 others."

Wilder, though, believes runners are amenable to change. That's particularly true of younger, less-experienced runners. The more you repeat a movement, the more ingrained it becomes.

"If I see abnormalities that appear to be putting someone at risk for injuries, I'll make recommendations to change things," he says. "I might say, 'You need to stride your legs out a little more.'"

For any runner who's been told to alter his stride, follow-up videotaping sessions are critical.

Some of the most convincing evidence that runners can indeed alter their form comes from Dr. Irene McClay Davis, director of the Running Injury Clinic at the University of Delaware. Davis has published several studies demonstrating that runners can be taught even difficult gait changes such as reducing their hip rotation.

"If you're running injury-free, I don't fix [your stride]," Davis says. "People develop their own compensations. But if you have pain and a new pattern relieves it, you will change."

Davis retrains runners over a 10-week period with a sophisticated computer system that indicates in Real Time how closely their gait comes to the ideal.

**Choose gait analyst wisely.** Unless you live near a major university, you probably don't have access to a lab as advanced as Davis'. But there's a good chance you have easy access to one and possibly several providers of video gait analysis. Most are physical therapists, podiatrists, athletic trainers and other skilled professionals. Beware, though: they don't have to be. Anyone with a video camera and a treadmill can offer the service; there is no required license. You might even find video gait analysis

touted at your favorite running store. Their quick, free assessments are fine if you want general advice on shoes. Just don't expect the comprehensive analysis you would get from a professional.

"We call it videotape analysis, but it really isn't," says Bruce Wilk, a physical therapist and owner of The Runner's High store in Miami. "It's just a tool for getting athletes into the proper shoe."

The best way to find a skilled gait analyst is word of mouth. Talk to members of your local running club, runners you meet at a race, or track coaches at the local college.

"Runners tend to be a pretty astute crowd," Wilder says. "If someone is good, their reputation certainly will grow."

Look for someone with several years experience analyzing runners' gaits. Better yet, find an experienced analyst who's a runner himself.

"I would get in touch with an orthopedic and sports physical therapy center," Davis says.

Ideally, an assessment should be done in person and include a hands-on test of strength and flexibility. For those who can't get to a provider, there is long-distance analysis. Hamilton is among the providers who assess runners' gaits from videotapes they send her in the mail.

A complete biomechanical analysis, including structural assessment and videotaping generally costs between \$50 and \$100. Hamilton charges \$35 to assess clients solely from the tapes they send. To triathletes like Glover, video gait assessment is worth every penny.

"It's made me a much [more well-] rounded runner," he says. "I can't imagine any runner who wouldn't benefit from it." ▲

*Cynthia Washam is a knock-kneed pronator who, thanks to video gait assessment, managed to complete seven marathons and one sprint triathlon. When she's not running, she works as a freelance writer at her home in South Florida.*



A proper, balanced run gait, as demonstrated here by Australian Craig Alexander, can be gained by a videotape session and analysis.

John Segesta

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added to the official collegiate program. Permission granted, she stayed to play as the founding member of the now bustling water polo program.

Her true love, however, was bike racing, participating with the IU racing team in The Little 500, popularized in the movie *Breaking Away*. "I was never a swimmer or runner," but enjoyed mixing the disciplines with her cycling, competing sporadically at area events with solid results. She got more serious in 1997, making more visits to the tri podium around her road events.

But prizes of racing flats and bike shop gift certificates don't pay the rent. A year later, she moved to the San Diego area, began working with Active.com, then moved up to L.A. to work with Speedo a year later, fading away from competition in the process. But at least she was staying within the industry. "I was working, staying fit and wanting to race," she says.

The fact that her heritage might net her an Olympic chance with the Greek Olympic Triathlon Team always ticked in the back of her mind, but seeing herself as a decent age-grouper and nothing more, it was frivolous at best. But her family pressed. "It came up several times. I would joke about it and blew it off. Like 'yeah, like I'm gonna leave the States and move to Greece.'" But the truth was, if Greece had an athlete within the International Triathlon Union's top 125, they would be issued a spot on the pontoon as the host nation. And the Greek women's contingent wasn't terribly strong.

Lekas' L.A.-area job at Speedo afforded her contact with the company's sponsored athletes, Taormina, Michael Smedley and Barb Lindquist, so she bounced the idea off them, as well as off retired pro Sian Welch, whom she met at a UCLA swim workout. "It would be amazing to not work, to put everything into training," Lekas said. "I so admired the pro athlete lifestyle." But she always downplayed whether she was of the caliber to earn an Olympic spot. "I'd always joke that I'd come dead last, but Sheila said it didn't matter what place anyone came in." Taormina's reminder was that it wasn't about the result, but rather the journey. "She said what she remembered was being at mass with all the other athletes wearing their warm-ups," Lekas says. "It was so beautiful to her, to see all these people who have worked so hard, all the cultural differences. Everyone in that room had sacrificed something in their life, no matter where they

finished. They put lifestyles and relationships aside."

"After talking to them, I realized, that's what life's all about," Lekas says. "It doesn't have to be about working at a desk 9 to 5." She was sold, and inquired with the Greek Triathlon Federation.

Early last year, federation General Secretary Andreas Arvanitis rang Lekas. "I hung up with them at 4 a.m., and they said I should start paper processing," she says. "I had two hours of sleep. I had made up my mind. I was gonna do this, and I was so excited." She wasn't sure when they would call on her to train in Greece, but she quit her job at Speedo, researched coaches and, starting with exactly zero ITU points, assessed who held spot No. 125 on the ITU athlete list to see how many points she needed to accrue to make the cutoff.

Full on into training, a roller coaster turn of events took place within a two-day span months later. On May 21, 2002, while on a bike ride in Chicago, a motorist dove left in front of her, colliding with Lekas as she headed through an intersection. The tally: pain up and down the left side of her body, broken ribs and a totaled bike. She'd be out for at least a month and went from a soaring optimist to a mortal pessimist in a hospital bed. "I took it at the time as a message that I should be working," she recalls. "I mean, I wasn't finding the money for a coach and had found it hard to train. I was done."

A day later, a strange bit of opportunity knocked. "I got an e-mail from a Greek company, United Trading & Shipping Co. of Greece. They're interested in sponsoring me. Then I was like 'OK, I'm back in!'" She recovered from the collision, rehabbed and was back to training.

Now she had some funds to get more serious. Seeking more coaching advice, she looked up another of her Speedo contacts, Barb Lindquist, who invited Lekas to train with her at her Victor, Idaho, home. It was an eye-opener. "Rest, diet, work hard, focus, talent, science... I was like, *wow*," she said. Lindquist's husband, Loren, performed video sessions and assembled a training program for Lekas before she headed to San Diego to train. For what or when, she didn't know.

Then, in late December came another call from the Greek Federation.

The proposal: The Greek National Championships was in seven days. If she could jet over the Atlantic and place in the top two, she would make the national team. "I got an emergency ticket, and had

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