

Westcoast

OUTDOORS

Super
Dave
facts

Check out one of the most beautiful marathon courses at the 27th annual Royal Victoria Marathon. For details check out royalvictoriamarathon.com. Dave's hot sites this week are: tbcir.ca, cinemaclock.com, lesleywhite.com

METRO VANCOUVER



Dave Norona really knows how to take time out and relax. Knowing when to rest your body is something you have to teach yourself, he says.

Body needs downtime

Rest can help you recover from stress and prevent injuries

By DAVE NORONA
for Metro Vancouver

I HOPE YOU ALL HAD A wicked summer that included as many adventures as you could fit in. After a busy summer of riding, running, or whatever else you got up to, it is important to give your body some downtime to recover before you ramp up your training for winter.

Although rest is the most important piece of the puzzle of getting and staying healthy, it is surprisingly the one thing most people

think they don't need. Knowing when to rest your body is something you have to teach yourself; however, I am often surprised how many people need nagging injuries and sickness to make them take a break.

Getting fit challenges the body and rest is needed to allow it to build up its resources so it can handle the bigger days that you will put it through in the future. Once you have pushed your body for four to five months, it is important to taper off the duration and intensity that you have been well accustomed to and allow your body to relax and detune.

People often don't believe me when I say that I am taking time off, as I am

addicted to training and it is what I do every day. However, I have learned the value of time off and enjoy other things that keep me busy. By taking time off, you allow your body to recover from the stresses you put it through everyday.

Suddenly you will have more time to take little cat-naps or catch up on a good book. The important thing to remember when you get the itch to go out and train hard during this time is that it takes two steps backwards to move three steps further forward! Keeping this phrase in mind will allow you to stay on the right path and take it easy.

I usually like to take at least two to three weeks completely off after each

race season. For me, this usually comes in October when all the racing is done. After the two to three weeks off it is important not to just start up with big mileage or hard intensity right off the bat. Instead, focus on slow easy shorter workouts that focus on efficiency and fun. Then add no more than 10 per cent each week to your workouts until you are at your desired workout length.

By being smart and learning to rest effectively, you will stay injury free and be stronger for your efforts.

Remember, if you can stay away from sickness this winter you are way ahead of most and trained and rested correctly!

GEAR guide

SALOMON HYDRO BELT

Description: Keeping hydrated during the day is important whether you are out on an adventure or sitting at your desk. The Hydro Belt is comfortable, lightweight and the bottle sits at 45 degrees, which makes it easier to grab and more comfortable to wear.

Price range: \$39.99 **Where to find it:** salomonoutdoor.com



ORGANIC FRUIT

Description: There is no better way to thank your body for all the things it does for you than by giving it some fresh organic fruit. It tastes great, regenerates, gives you more energy and is loaded with enough good stuff to keep you healthy.

Price range: Priceless!
Where to find it: Your favourite neighbourhood organic market.



BLOCKBUSTER MOVIES

Description: When I want to relax I turn off all the lights, curl up with a warm blanket and watch some fun, easy-going movies. One of my favorite examples is 50 First Dates with Adam Sandler and Drew Barrymore. The perfect way to rest!

Price range: \$5
Where to find it: blockbuster.com



SPA UTOPIA

Description: One of the best ways to enjoy some downtime is to take yourself to the spa. Spa Utopia has a number of different treatments, from massage to full body wraps and rejuvenating therapies, that will melt any tension away.

Price range: \$100-250
Where to find it: spautopia.com



KEVIN BARTKOWSKI - WHISTLER, BC | PHOTO: STERLING LORENCE

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