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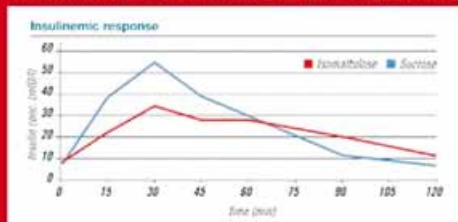
The Engineered Energy Source: More Glucose with Less Insulin!



Carbohydrates provide the best and most readily available source of energy for your body during intense training or competition and are vital for keeping your muscles and mind operating at peak performance. Just as recovery and muscle repair are important, carbohydrate intake ensures that event fatigue does not set in. Training and post-exercise nutrition are essential for consistent performance, but to prevent and delay event fatigue carbohydrate replenishment is equally important. Carbohydrate loading helps endurance athletes to avoid "hitting the wall."

For the past two decades, research has confirmed that carbohydrates ingested during exercise can improve endurance performance. During activity lasting longer than 60 minutes glycogen levels begin to diminish and there is a progressive shift from muscle glycogen over to blood glucose as the body's primary fuel source. When muscle glycogen levels are low the consumption

Isomaltulose Sweetener vs Sucrose; note lower insulin spike and longer moderation.



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of carbohydrates serve to maintain proper levels of blood glucose and delay the onset of fatigue. In addition to this system, carbohydrate intake also exerts its benefits at higher intensities of exercise by delaying and/or preventing muscle glycogen depletion (otherwise known as glycogen sparing).

Depending on the chemical composition and the rate of digestion and absorption, carbohydrates differ in their ability to raise blood glucose level. Thus, foods containing the same quantity of carbohydrates can differ markedly in effects on raising the blood glucose level. The glycemic index (GI) concept was introduced as a means of classifying different sources of carbohydrates that are present in the diet. This method was assumed to apply to foods and drinks which primarily deliver available carbohydrates (available refers to completely digestible). Accordingly, low-GI carbohydrates are classified as those which are digested and absorbed slowly and which lead to a low glycemic response, whereas high-GI carbohydrates are rapidly digested and show a high glycemic response.

Athletes have been cautioned that eating carbohydrate foods in the hour before exercise may alter exercise metabolism by

stimulating insulin production, which in turn increases the rate at which the muscles burn carbohydrate. As a result of this faster rate of carbohydrate oxidation, blood glucose levels may actually fall (a condition known as hypoglycemia) shortly after exercise begins. Many guidelines for athletes now recommend that endurance athletes choose low glycemic carbohydrate foods for their pre-event or pre-training meals. The low-glycemic food does not cause a high rise in insulin, so muscle burns more fat, preserves their stored sugar supply and can be exercised longer.

Carbo Booster contains Isomaltulose, a novel slowly-digestible sugar sweetener, which can help reduce both the glycemic and insulinemic response in foods and beverages. Isomaltulose is absorbed more slowly and metabolized slower than other sugars, is tooth friendly and well-tolerated without side effects. Isomaltulose is the first slow digestible sugar that, like sucrose, delivers both glucose and fructose but results in a low sugar and low blood insulin response.

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Inkomplu noholqu aktar kuxjenza favur l-Isport



Robert Cutajar
Sindku tal-Mellieha

Il-Kunsill Lokali Mellieha rega` hass il-bzonn u l-obbligu li jerga` jaghti s-sapport tieghu lill-Mellieha Athletic Club biex ikun jista` jerga jtella` din l-attivita` sportiva fil-lokal taghna. Attivita` li tilqa` fil-Mellieha numru sabih ta` atleti Maltin u Ghawdxin . Dan apparti wkoll li din il-maratona dahhlet fil-kalendarju annwali ta` dan l-isport f`pajizna, u li ghalina bhala Mellehin ifisser ukoll sodisfazzjon li ghaqda mill-lokal taghna tkun kapaci torganizza attivita` b`mod professjonali u li tigbed ukoll l-attenzjoni tal-aqwa atleti f`pajizna.

Konxji min-nuqqas ta` facilitajiet ghall-isport tal-atletika fil-Mellieha, il-Kunsill Lokali Mellieha se jkun qed jinvesti fi progett li se jkollu wkoll spazzju fejn dan l-isport ikun jista` jigi pprattikat. Il-Park tal-Familja li se jkun qed jinbena fiz-zona Ta` Brag se jkun attrezzat bi track apposta minbarra multi purpose court biex sport iehor bhal m`huma netball, basketball, volleyball u tennis jistghu ukoll jigu pprattikati. L-atletika kienet ukoll fost il-hafna dixxiplini sportivi prezenti waqt l-attivita` poplari ta` "Iljeli Mellehin". Ma rridtx ninsa li nsemmi li fost il-finalisti tal-ewwel edizzjoni "L-Isportivi Mellehin tas-Sena" kien hemm ukoll dawk li kienu gejjin mill-Mellieha Athletic Club. "L-Isportivi Mellehin tas-Sena" kien ukoll esperiment gdid inniedi minn dan il-Kunsill, li nemmu li mrexxa u li ghalhekk anke din is-sena fl-Lulju li gej se tkun qed tigi organizzata it-tieni edizzjoni.

Hija x-xewqa ta` dan il-Kunsill li fix-xhur li gejjin inkomplu nibnu aktar fuq ir-relazzjonijiet tajba li nbnew tul is-snin bejn il-Kunsill u l-Mellieha Athletic Club. B`hekk flimkien inkomplu nahdmu ghall-gid tal-isport fil-Mellieha b`risq ir-residenti tal-lokal. Ma niddeju xejn jekk flimkien nistghu noholqu attivitajiet godda biex permezz tal-atletika inheggu aktar nies jipprattikaw dan l-isport.

Dan kollu qed isir ghax il-Kunsill jemmen fl-importanza tal-isports kif ukoll il-beneficji li wiehed jista` jiehu meta jipprattika xi forma ta` sports, irrespittivament mill-eta` tal-persuna. Irridu nkomplu nirsisitu biex iva fil-Mellieha inkomplu noholqu aktar kuxjenza favur l-isport.

Naghlaq dawn il-ftit hsibijiet billi filwaqt li nifrah lil organizzaturi ghal din l-attivita` success, ippermettuli wkoll nifrah lil dawk l-atleti kollha li ppartecipaw fil-maratona ta` dalghodu. Intenni maghkom ilkoll li kien ta` pjacir ghalina nilqghukom fil-lokal tal-Mellieha ghal dan l-avveniment sportiv.



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Welcome to

Mellieha Road Races



Robert David Vella
Mellieha AC President

Congratulations for participating at the Mellieha Road Races. This means that you are an active person. Being physically active is a very important aspect now a day that we're no longer obliged to struggle to satisfy our famine. Our bodies originally were designed to be active and diet on natural and unprocessed foods.

With such a rapid progress and development of new commodities everyday we lost our roots when it comes to nutrition and physical activity. We are nowadays becoming victims of the so called 'developed countries' diseases' such as obesity and diabetes. Don't get me wrong I'm really excited about new tech and modern gadgets that makes our lives much easier; but we must keep in mind our basic requirements for a healthy lifestyle. We must replace the physical activity that once was a must for survival!

Physical activity is also a great stress buster. 'Stress' has become a buzz word; every body seems to be stressed out! Certainly we are conditioned to be stressed out; watch the news and you'll know what I mean. From so many wonderful miracles happening around us every minute, we only hear about the war, about a murder or car accident during the news! Most of the time we are stressed or worried about stuff that does not even belong to us or on matters of which we have no control of. Certainly worry or doubt has never ever solved anything; if you want to fix anything just be concerned and take action!

Running brings along an array of benefits; so lets all of you who made to this line take a challenge to introduce at least one person to running by the end of the year 2009. Do it; you will be grateful you took up this challenge. You could save a life!

Sincere thanks goes to all sponsors that despite of the current challenging economic scenario have once again supported these events. Thanks also to the Mellieha AC committee members and athletes for their dedication, support and commitment. Finally I want to thank all participants for making these events successful.

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Mellieha AC *Success story*

Manfred Borda
Mellieha AC Secretary

Without any doubt last March's Malta Marathon was a huge success for the Mellieha Athletic Club. Not to mention the Malta Marathon of the previous four years in which our club made a huge success. For the last five years Mellieha Athletic Club always won the team events as well as our athletes won a lot of personal honors.

The 1st of March 2009 was a historic day for the club as the first three local runners are all Mellieha AC members. No other club has ever achieved this success. With Jason Martin, Richard Chetcuti and Johann Galea amongst the other athletes, the club has managed to be on a level of its own. As well this year we managed to win the 3rd team in Malta Marathon.

Apart from the mentioned achievements of this year, we also have to mention the success in the Malta International Challenge in which our club placed first in the overall team for the fourth consecutive year. The Mellieha AC also finished second in the MAAA Road Relay, second in Zurrieq Half Marathon and until we went for publication, we also occupy the second place in MAAA Road League.

Most of Mellieha AC runners train under the instructions of the club coach Has Kesra. We, as a club, are thankful for all his assistance. Jason Martin and Richard Chetcuti train under the instructions of Has Kesra. More than 15 other athletes follow his professional training program. We also would like to thank the other coaches who train the rest of Mellieha AC athletes.

Finally but not least, we have to be grateful towards our sponsors for their continued support. On a personal note, I would like to thank the Club President and the committee members for their cooperation in organizing our Club activities. As well, on behalf of all the committee members, I would like to thank all Mellieha AC athletes because without them we wouldn't have obtained these results.

Wishing you all success in the Mellieha AC race. Anyone willing to join our club may contact us on email address - manfredborda@gmail.com

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RACE PROGRAMME

3rd May 2009

Starting Time:

10km Walk: 8am
10km Road Race: 8.30am
2km Road Race: 10am
1km Fun run: 10.20am

10km Walk & Road Race: Start in front of Shoppers Discount Supermarket and Finish at Mellieha Parish Square
2km & 1km Races: Start and Finish at the Mellieha Parish Square

Transport will be available from the Start to the Finish Area.
Transport for athletes will be provided from Mellieha Parish Square (Finish) to Shoppers Discount Supermarket (Start).

Route

You can find a Road Map in this leaflet. During all races, the route will be heavily marshalled and marked every kilometre.

Water Station

There will be one water station along the route and one at the Finish. At the Finish there will also be a feeding station.

Goody Bags

Goody bags can be collected at the Finish Line.

Presentation

Presentation will be held at the Mellieha Parish Square at 10.30am.

Medical Assistance

Medical Officers will be following all races.

Information

If you still have any enquiries, please call
Julian Borg – 9988 3577 and Robert Vella – 9945 3951.
Email: borg.julian@gmail.com



START

1km

2km

3km

4km

5km





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Running, Career Development, Family, Lifestyle ...

Julian Borg

I remember the day when I was filling in an international assignment application to work on an assignment in the UK and one of my chiefs asked me "Did you write down that you are a long distance runner?" and my immediate answer was "No!" and I asked "Is this relevant for the assignment I'm applying for?". My boss who was very much keen in sports replied "Of course, being a runner and participating in long distance running contributes towards mental stamina to stay focused, in power and determined to achieve goals within target timeframes".

From then on I started to appreciate that the benefits of running go beyond the obvious health factors. Running now features on the CV as one of my main strengths. Thinking more profoundly about the personal development characteristics brought about through running, one can easily identify a runner as a person who is goal orientated, sets challenges to test and extends his boundaries. A runner is determined and has the mental power, besides the physical strength, to succeed in unfamiliar territory. A runner is therefore a person who will face change be it at work or in his or hers personal life. A runner is also capable of managing multiple objectives.

The fascinating aspect of being a runner is to lead a well balanced work-life relationship and concurrently succeed and progress in your work career. Dare say that a runner has a competitive advantage over other potential employees vying for a new career opportunity.

How does running develop the person you are?

Looking back at any stage in my life I would be able to see where being a runner has influenced the person I am today. It seems like I am now known as 'Julian the Runner'. It was a gifted moment, the minute I decided to bring a change to my lifestyle. Running has contributed towards building my confidence and gave me experiences that have broadened my world and shaped my thinking. Balancing athletics with career and family has made me more focused and decisive in my daily life.

Running has offered me a remarkable array of opportunities: travel and visitation to fascinating places, meeting new and wonderful people and maintaining a healthy active lifestyle.

But how do I manage to achieve multiple objectives?

A key success factor to manage time to achieve multiple objectives is to streamline your life. This means being capable of identifying the activities, people and things that do not support your main goals. The challenging exercise is to do away with the non-value adding activities whilst setting very clear plans for the activities that deliver the set goals. To be most effective and deliver results, all activities pursued should have a clear purpose and tie back to your set goals.

The next key success factor is to be effective – getting the activity done well to deliver your goals. To optimize each activity carried out, one must be focused, giving full attention to the activity engaged in at a specific moment. When at my desk I will strive to give my full potential to deliver results to my superiors. During running time I shift into athlete mode and clear my head so that I can focus 100% on the training schedule facing me. When its family time, I make sure to be home surrounded by family members, focusing on maximising quality time and keeping away outside world distractions. Be it running, home-life or work, I try to determine what the most critical activities are (those that truly deliver results) and focus on executing those activities.

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Running? Why?

Anthony Vella

Mellieha AC PRO

Why running? This is a question which at times I ask myself and wonder why I did indulge in running. Basically the beginning of my running was due to quitting smoking.

I was an avid and a convinced smoker, often smoking more than a packet of cigarettes a day. I tried several methods to stop smoking and had a number of attempts, but somehow never really managed. Until 3 years ago when I decided to start practising a sport so that it would aid me quitting smoking once and for all.

I just set a date and prepared myself psychologically to throw away my 22 years old 'killing' partner. Apart from setting the date I also promised myself to start an outdoor sport.

It had to be an individual sport since the time left available from a 24 hour day, was and still is very limited due to other personal commitments and involvement apart from work. So I went for jogging since you can jog at any time of the day and night. I started waking up very early and often at awkward times.

In the beginning it was a tough game. However with the increased satisfaction of not smoking, came the increased involvement in jogging and eventually running.

After a year and a few months I then decided to join a running club so I may receive professional advice and be part of a team. I decided with no regrets to join Mellieha AC. I say no regrets because I found a lot of encouragement from all athletes at the Club. Today they form part of my list of sincere friends. I also found technical and professional assistance both from the athletes at the club and in particular from our professional coach.

As they say everything comes at a price. But the price I paid for quitting smoking definitely had an excellent payback. I encourage others to try to do the same, just push yourself to achieve what you set as goals and with determination you will definitely succeed. Just remember the other golden saying 'no pain no gain'.

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