

SUPER BOWL SUNDAY MEANS SUPER INDULGENCE

By DON SIKORSKI
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I really hope that both teams suffer a slow, painful death this year. A 0-0 tie, game called on the count of incompetence, would be just fine with me. But I know that, despite the lack of the presence of a team I can stand to look at in this year's Super Bowl, I will be watching every play. And I will be eating and drinking plenty. Because quite simply, that is what Americans do on Super Bowl Sunday.

There are a few days where people who count calories are in over their heads. Today is right up there with Thanksgiving Day as one of those days of indulgence. Watching football on television, especially the Super Bowl, usually means pizza, Buffalo wings, nachos, beers, potato chips, and anything else that we Americans can get their hands on to keep us nourished during the big game. For those concerned with physical fitness, today can spell disaster to the waistline if we don't make an effort to do something about it.

The best way to offset the negative effects of these additional calories is to exercise. Make an effort to lace up the shoes and get a few quality miles of running in anytime before the big game. Studies have demonstrated that not only do we burn calories while we exercise, but we actually can increase our metabolic rates while we are sedentary. How cool is that? This means that runners will burn more calories watching television with a remote control in hand than a lazy person does when they perform this very same feat. This scientific fact makes exercise that much more appealing. Despite any claims made by Adkins and South Beach diet supporters, the maintenance of body weight comes down to a simple formula of calories in versus calories burned. And since we now calories in will be at a premium today, the effort of heading out the door for a run sometime before kickoff will insure that we have offset the effects of too much Super Bowl partying.

Be disciplined in making the effort to exercise sometime before the big game. Your body will thank you for it later. It pains a very long-time Dallas Cowboys fan to predict....Giants 23, Patriots 20. Dolphin fans everywhere celebrate the lack of perfect season duplication. Enjoy the game.

Racing Roundup

Track fans within driving distance of Boston that were lucky enough to get a ticket to the 13th Annual Reebok Boston Indoor Games on January 26th were treated to some outstanding performances by some of the world's best athletes. Ethiopian runners Meseret Defar and Tirunesh Dibaba again were on hand to take a stab at world record marks, and Craig "Buster" Mottram was again the clear fan favorite in the Men's 3,000meter run which concluded the festivities. Overall, the Reebok Indoor Games has become one of the premiere track events in the country and counties to produce outstanding performances.

With separate races of 3,000 meters and 2 Miles set up for the Ethiopian ladies who preferred to race the clock as opposed to each other, Tirunesh Dibaba, paced by her sister Ejegayehu, would run 8:33.37 to claim the 3K win in the evening's first long distance event (Ejegayehu would hang on for 2nd in a very respectable 8:36.59). Meseret Defar and former Providence College standout Kim Smith of New Zealand later treated the crowd to a duel over the 2 Mile distance, with both eclipsing Regina Jacob's former indoor world best. With Defar leading from the gun and Smith hanging on valiantly, the crowd cheered the leaders on to their word record effort, reeling off sub 70 second quarters en route to a 4:38.4 mile split with Smith in tow. Defar stepped things up a notch to gap Smith a bit, hitting the finish tape in a world's best of 9:10.50, 13 seconds better than Jacobs's record. Smith would finish close behind in 9:13.94, also well under the former record.

The Men's Mile, while lacking the prestige of the following weeks' Wannamaker Mile at the Millrose Games, was still competitive, with Mexico's Pablo Solares, a 5th year Senior at Rice University, fending off Rob Myers for the win, just missing the 4 minute barrier in 4:00.34. NCAA XC runner-up Galen Rupp a competitive 6th in 4:02.02. Rupp will face even tougher competition next week at Millrose as both Mottram and world record holder Bernard Lagat plan to compete in New York. Craig Mottram would keep the excitement on a high note to end the night in the next race, running the fastest indoor 3,000 meter race ever on American soil to conclude the show. Reeling off 60 seconds quarters in complete control, Mottram appeared impatient right from the guy and soon found himself along in front. New Zealand's Nick Willis led the chase pack in their attempt to keep things close, but Mottram had simply too much for his competitors. With Haile Gebrselassie's meet record of 7:35.24 clearly on the ropes, Mottram continued to ramp up the pace to hit the finish tape in 7:34.50. It was the faster 3,000 meters race ever runs on American soil.

In other events, the high school mile races featured top notch talent and entertaining races, with New Jersey's Jillian Smith claiming the Girl's high school mile by a comfortable margin in 4:48.83, and Luke Puskedra getting past Footlocker champion Michael Gout down the final stretch to win the Boy's race in 4:08.77.

Overall, the Reebok Indoor Games continue to offer a world class track event in a spectator friendly format.

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