



This newsletter is brought to you by a quick trip to Spain, cycling with an Olympic gold medalist, and end-of-football blues. If you enjoy it, I'd be grateful if you could share with one or two others!

A [recent article](#) in *Environmental Science and Technology Letters* reported high levels of PFAS in several watch bands. If you have a watch band made of fluoroelastomer or "synthetic rubber," you might want to consider switching to pure silicone.

## Perseverance at Black Canyon and the Super Bowl!

Perseverance is continuing to do something despite difficulty or delay in achieving success.



At Black Canyon 100k, Riley Brady and Joe McConaughy (trail name: Stringbean) epitomized perseverance over the long-term. Riley won the women's race and set a new course record by 30 minutes after many years of working themselves to the top of the trail ultra scene. Stringbean finally won a spot to Western States on his 8th try in 8 years.

The Eagles lost to the Chiefs in the Super Bowl two years ago. They won the rematch this past weekend. Eagles quarterback Jalen Hurts [reflected](#). "It's been a long journey, it's a journey of ups and downs and highs and lows... The effort, sticking to the script, and always trusting the process is what got us here."

There were a few indoor world records set at the Millrose Games. I recommend [watching the men's 3k](#), which was a great battle to the finish between two Olympic medalists.

## Coaching snapshot: glutes!

Full disclosure, I solicited this question stream by asking an athlete what questions they had about the glutes. *What is the function of the glutes? Can I have glute injuries? How do I strengthen them?*

The glutes are three muscles in the hip/buttock region (circled in yellow below) that are essential for power generation and stability in running, cycling, swimming, rowing... you name it. The muscles originate at the iliac crest (circled in orange, the back part of your hip bone) and insert into the greater trochanter (the top of your femur bone that you can feel on the side of your leg) and the IT band (circled in orange, a long piece of fascia that ends on the outside of the knee).

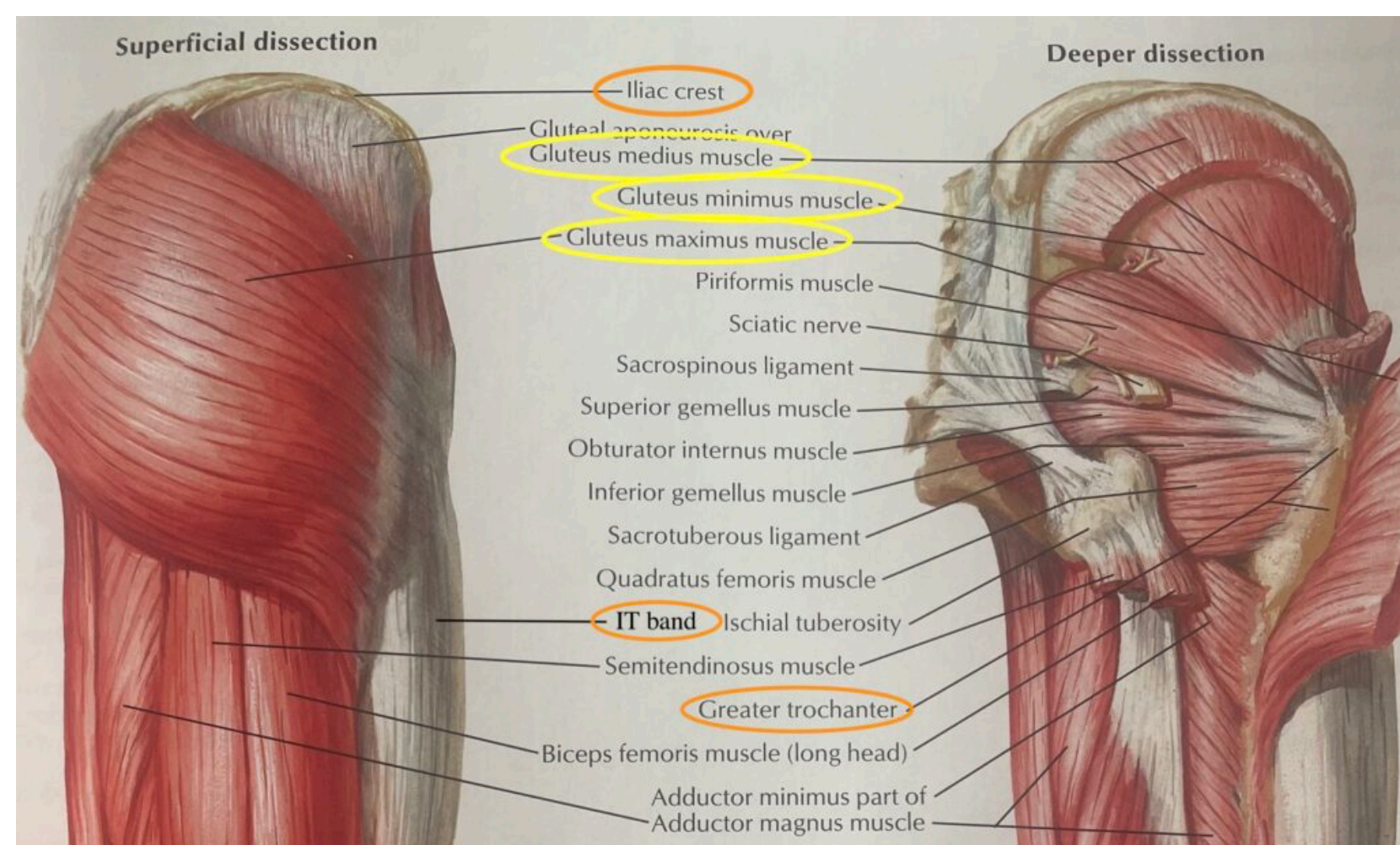


Image from "Atlas of Human Anatomy" 6th edition, Frank H. Netter, p. 482.

Like with any muscles, the most common glute injuries include muscle strains and tendonitis/tendinopathy (inflammation or weakness in the tendon that attaches the end of the muscle to the bone). There are many downstream injuries that can tie back to inactive or weak glutes, however, including back, knee, shin, and even ankle or foot pain. Not only will strong and active glutes make you a more powerful athlete, but they will also help protect you against injuries.

There are several key movements that help strengthen these glute muscles:

1. [Deadlifts](#), [glute bridges](#), or a variation of a "hip hinge" exercise. These mostly work the large glute max muscle, for power generation. You can also see this [Muscle & Motion website](#) for tons of weight-lifting demos and common mistakes.
2. Lateral leg movements, like [side-lying leg raises](#), [banded side-walks](#), and [hip pikes](#). These mostly work the smaller glute med and glute min muscles, for improved hip and leg stability.

I also recommend doing a few of these movements before starting a training session, just to get the muscles firing.

Reply to this newsletter or [email me](#) with questions, and I'll answer one in a few weeks!

**Let your friends know that I'm taking more athletes! Send them to my [website](#) to submit an inquiry or just pass along my email. Thank you so much!**

## Oat pancakes!

These pancakes are good not just at breakfast but also on the go. I love them with jam or almond butter on trail runs and on road trips.

Ingredients: 1 cup oat flour, ½ cup all purpose flour, 1 tbsp sugar, 1 tsp baking powder, ½ tsp baking soda, 1¼ cups buttermilk (or milk + squeeze of lemon or vinegar), 1 egg. (Can try replacing egg with 1 tbsp ground flax seeds + 3 tbsp water.)

Mix together dry ingredients, then add buttermilk and egg. Cook on buttered frying pan until the top starts to bubble, then flip and cook on the other side.

[Full recipe!](#)



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