



Ludington Daily News

2009 NEWSPAPER OF THE YEAR, MICHIGAN PRESS ASSOCIATION, CLASS D

WMC HOOPS! MCC boys handle Hart, Ludington wins. **B1**



SNOWSHOEING: Columnist says give sport a try. **C1**

BRRR: Scenes from winters past. **A4**

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NOTABLE SOMEONE TO KNOW

A big help

She started helping out at the Ludington Area Center for the Arts because her mother Marty Cupp did,



Emily Cupp

and Emily Cupp has done about everything a volunteer can do at the center. Cupp, a recent graduate of Grand Valley State University with a degree in psychology, has been a volunteer since spring 2009 and helps out wherever she is needed. While she was in college, she returned to Ludington and helped as much as she could.

Dietitian a media hit, an athlete's health friend



Julie Upton

INSIDE:

A look at her book
Columnist says the program works, See page A2

Ludington native Julie Upton fashions a career helping people keep healthy

BY PATTI KLEVORN
NEWS EDITOR

Turn on the "Today" show, open a "Health" magazine or read the New York Times and you may see Ludington native Julie (Walsh) Upton featured giving advice about food's affect on one's health.

The Ludington native is

one of the nation's most recognizable dietitians, having served as a spokesperson for the American Dietetic Association. She's the expert the media turns to when it comes to nutrition.

Google "Julie Upton" this week and one of the sites to surface is the ABC Web site with a story about Upton giving tips "to spice up your sex life and increase fertility with the foods you eat."

She's been featured on CNN Headline News, Fox News' Fox & Friends, CBS Evening News, MTV, Access Hollywood, E! Entertainment News and has written more than 1,000 articles for national newspapers and magazines, from Rolling Stone to Parents, Fitness, Redbook

'I try to match my energy output with what I eat. If I'm not in training for something, I cut back my calories significantly.'

and more.

Upton now lives in Tiburon, Calif., outside of San Francisco and is not only helping the country eat well, she's using her own advice to train for endurance events, marathons and triathlons, including the Ironman World Championships.

Next up? A six-day Trans

Rockies Run in Colorado in August.

To complete her distance events in good stead, she knows there is a critical link between performance and nutrition.

"I try to match my energy output with what I eat. If I'm not in training for something, I cut back my calories significantly," she said. "The other thing I do is try to keep a notebook and track what I eat at least a couple days a week. I find this helps make sure I don't eat a lot of snacks and junk food during the day."

She has always been involved in sports, she said, and went to college thinking she would be an exercise physiologist.

SEE JULIE UPTON, A2



Fueling your body for life

BY PATTI KLEVORN
NEWS EDITOR

Julie Upton tells you precisely what to eat and when to eat it to get the best performance from your body.

Following instructions and adapting them to your taste, body's response and exercise regimen is up to you.

Upton (nee Walsh) — a Ludington native — co-wrote "Energy to Burn: The Ultimate Food and Nutrition Guide to Fuel Your Active Life" with Jenna Bell-Wilson, and the book was published last year by John Wiley & Sons. It offers 228 pages of answers to athletes' questions, calculations suggesting how much of what food type to eat, recipes and, in general, a how-to for people serious about sports.

The two dietitians take on energy bars, supplements, the truth about carbohydrates, vitamins, water vs. energy drinks and more.

To the athlete, it's a must-read. To anyone willing to consider how nutrition and health are intertwined, it's interesting and worth consideration.

Be warned. The co-authors are not telling you a story. It's a how-to book/reference guide and likely won't be read multiple chapters at a time. It will, however, likely get curled edges and stained from regular use — as it will be regularly referred to as needed — in the kitchen, on the nightstand, on the way to a race as a reminder and more.

Some of the tips could and probably should be used by the masses. For example, "Give Your Menu a Fiber Makeover."

This listing shows typical foods on the left and similar but higher fiber foods on the right. For example, instead of:

- drinking orange juice, eat an orange
- pretzels, eat popcorn
- white rice, choose brown rice
- Honey Bunches of Oats, eat Honey Nut Cheerios
- crackers or potato chips, eat carrots and celery

Making these simple changes reduces calories and saturated fat and increases fiber almost twofold.

The authors add in dozens of comments and tips from professional athletes that help drive home their points and let the reader know they're for real. For example, in Chapter 8, "Optimal Recovery: Replenish, Repair, and Rehydrate," they share quotes from three-time Ironman world champion Peter Reid, such as, "For me, the difference between being a hard-working age groupier



JULIE UPTON: First sports nutrition book

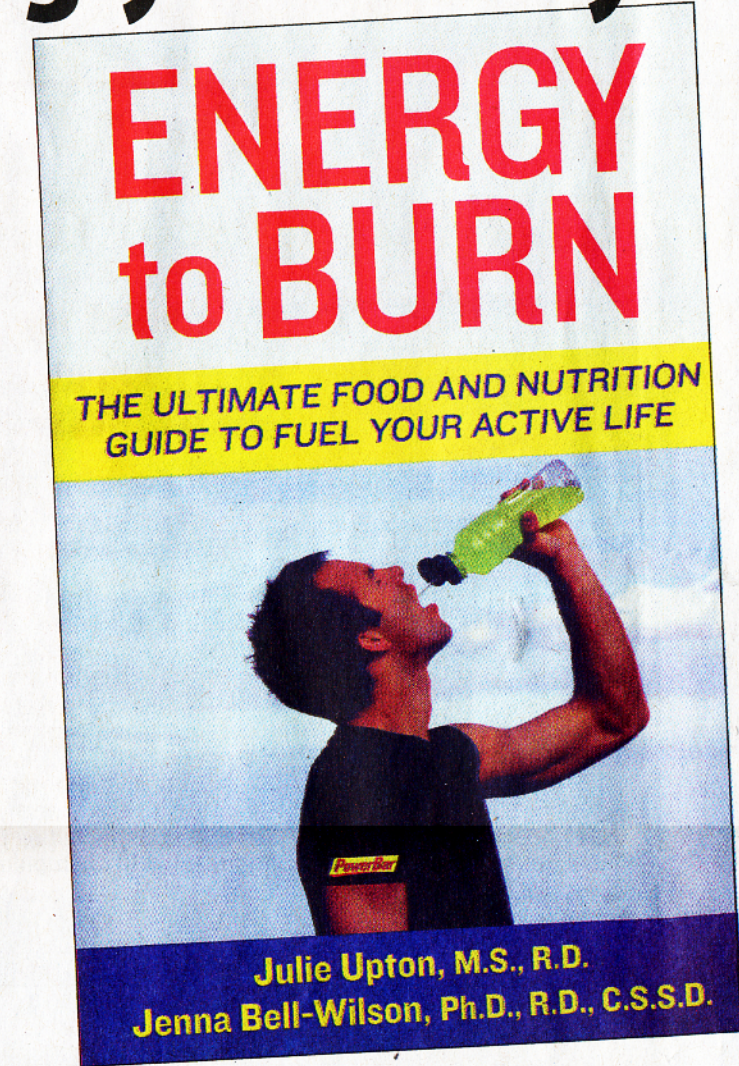
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"But when I took my first collegiate nutrition course, I decided nutrition seemed more interesting than exercise sciences," Upton said.

She is a journalist and registered dietitian who earned a bachelor's degree from Michigan State University and a master's degree from Boston University. She landed her first position in the field in New York City.

"New York provided me ample opportunities in both print media and broadcast that I could not have found in any other city," she said. "It provided so many opportunities that I am always grateful that I lived in New York City for more than 15 years."

Adding to her already multi-faceted career, Upton had her first



IRONMAN CHAMP

SHARES WHAT SHE EATS

THE AUTHORS bring in other dietitian/athletes as well, including Kelly White, a registered dietitian and Hawaii Ironman World Championship 2007 finisher, who shares exactly what she eats when in a race:

Per hour on the bike	Per hour on the run
20 ounces Endurance Beverage	20 ounces of water
1/2 PowerBar Performance Bar	6 oz. cola
12 ounces of water	6 oz. Endurance Beverage
1 PowerBar Gel	Handful of pretzels

and an Ironman world champion was proper recovery."

They pull out and highlight such advice as "It can take twenty-four hours to replenish glycogen stores after depletion by exercise." The book provides a calculation to tell you how much you need to eat at certain times after an event, based on your weight. It goes so far as to give specific examples: 1 cup wheat (bran) flakes cereal sprinkled with 1/4 cup ground almonds, 1 cup of skim milk and 1 cup of strawberry halves, which has 392 calories, 59 grams of carbs, 18.4 grams of protein and 13.6 grams of fat.

The book also explains why it's all so necessary.

Common among athletes are gastrointestinal problems. The authors write that many athletes use Imodium on race day, when GI

problems are at their height due in part to anxiety. They also write that many problems can be avoided by trial-and-error during practice. Test out a variety of foods and see which ones settle in the stomach well.

One might be tempted to avoid food to avoid problems, but then the athlete will run out of energy fast. Food is necessary for endurance sports, so the authors help show how to manage it.

"The stomach and GI tract work best when there is some fluid and food in them at all times.

If you're planning on using electrolyte supplements during the race, make sure you have practiced with them beforehand," the book states, adding too much sodium and potassium can cause GI troubles.

program, "Appetite for Health," which airs most locally in the Traverse City area.

"I also continue to write for national magazines like Cooking Light and Prevention," she said. "I have another book proposal with my agent in NYC so hopefully we will find a publisher that likes it."

Upton does return to Ludington most summers, usually around the Fourth of July.

"I like to stay on Hamlin Lake, go swimming and do some hiking in the state park and just recharge," she said. "I visit with family and friends from high school. I also enjoy the espresso drinks at Read-Mor (now BookMark) so I go there every day to get a good dose of caffeine (and the antioxidants of the coffee!)"

TO LEARN more about Julie Upton, visit www.julieupton.com.

It works!

2010 is here. I've been anticipating the arrival of this year not so much with anxiety but with a realization — it is the year I will turn 40. I don't want it to sneak up on me, so I've set about preparing for it. Welcoming it, almost — grateful for the



PATTI KLEVORN

wisdom I've gained in adulthood.

In order to fully accept this middle-age business, or whatever one might call it, I've decided to do what I can to feel good about where I'm at in life.

Julie Upton had no idea the book she sent was coming at such an opportune time. I was working toward accomplishing some physical goals while still in my 30s, and having her guidance in this way made all the difference.

The big goal: a half-marathon, a 13.1-mile running race, completed in October with my friend and running partner Sara Kronlein.

Having this nutritionist/athlete's advice on fueling up and hydrating properly made the race not only doable but fairly easy. Of course Sara and I trained. We ran 5:15 a.m. training weekday training runs for months, plus long weekend outings at Ludington State Park. The hills along some of the trails made anything we had to take on during the flat, mostly road race in Thompsonville seem relatively simple.

My husband, Andy, a 10-year endurance athlete, supported me in more ways than I can count, taking care of our daughter and helping me feel less guilty about leaving her while training, providing a schedule for what to run when, dropping off water and food for us along our training runs, bringing our daughter out to cheer us on, and on and on.

Still, I do not think I would have finished the race without a good breakfast, the right amount of water, vanilla and chocolate Clif Shot gels full of carbohydrates along the way, and more water.

Upton's book helped me see it was not only OK to stop and have something to eat and drink, it was recommended. We finished strong and even ahead of plenty of folks who ran without stopping. There were two pre-half marathon events that also challenged me physically, a triathlon and a 7-mile race through the vineyards starting in Suttons Bay. Both were physically as difficult as the half-marathon. I can vouch for the helpfulness of the book, and I can think of dozens of people off the top of my head who would enjoy this as a way to begin reaching their fitness goals for the year.

Weekend!

SATURDAY

SECOND ANNUAL outdoors show, 9 a.m.-7 p.m., Mason County Eastern School, 18 S. Main St., Custer
MAREK MUSIC Makers, 2:30-3:30 p.m., Oakview Medical Care Facility, 1001 E. Diana St., Ludington
FREE GUIDED snowshoe walks, 3 p.m. and 7 p.m. (moonlight walk), Ludington State Park, North M-116, Ludington. Weather permitting
SOUP-ER SUPPER to raise funds for Carla Wilson's ministry to India, 6 p.m., First Baptist Church branch building, First Street at Rutledge, Pentwater

SUNDAY

SNOWSHOE MAKING class, 9 a.m.-5 p.m., Ludington State Park

NEWS IN BRIEF

FROM OUR AREA

LAAC volunteer potluck

Volunteers, past, present and future of the Ludington Area Arts Council are invited to attend the monthly potluck from 6 to 7:30 p.m. Tuesday, Jan. 12 at the Ludington Area Center for the Arts, 107 S. Harrison St. Table service and beverages will be provided. Attendees are encouraged to bring a creative item to share for the program. Questions, call Mana Mohr at 843-0937.

Writing workshop

Ludington Visiting Writers presents a four-week creative writing workshop focusing on fiction and personal essay with George Dila on Wednesday mornings - 10 to noon, Jan. 13, 20, 27 and Feb. 3 or Thursday evenings - 7 to 9. Jan. 14, 21, 28 and Feb. 4

Open to all experience levels. Workshops will consist of writing exercises to ignite your creative spark, discussions of fiction technique, study of published stories to see how they do it, discussion of your work. Cost is \$40.

Workshops take place in the Judith Minty Writers Room, Ludington Area Center for the Arts, 107 S. Harrison St.

See www.ludingtonwriters.com for details and printable registration form.

Alzheimer's meeting

A meeting for caregivers of people with Alzheimer's or related dementia is scheduled for 1 p.m. Thursday, Jan. 14 in the Zonta Room at the Mason County Library, Ludington. For more information, call the Alzheimer's Association at (800) 272-3900.

Elks casino cruise

Ludington Elks Lodge No. 736 will sponsor a casino cruise Thursday, Jan. 14. The bus departs from the lodge at 11:30 a.m. and departs the Little River Casino Resort at 4 p.m.

The cost is \$8 per person and participants will receive \$18 in casino credits on arrival. The bus is handicapped accessible and the public is welcome. Call 843-9455 for more information.

Kids can create gumdrop structures

SCOTTVILLE — Young engineers are invited to create a gumdrop structure at the Mason County District Library in Scottville at 3 p.m. Thursday, Jan. 14. Participants may drop by the library any time between 3 p.m. and 6 p.m. to create their gumdrop structures. (Yes, you can eat the gumdrops.) Children under age 8 must be accompanied by an adult at all times during the event. Call 757-2588 for information. All Mason County District Library events are free of charge.

GETTING IT STRAIGHT

Sen. Gerald Van Woerkom, R-Norton Shores, had a perfect voting record in 2009. A story in Wednesday's Daily News incorrectly listed 25 missed votes. Van Woerkom has missed 25 votes since being elected District 34 Senator in 2002, and hasn't missed a vote since 2007.