



Honiton Running Club Newsletter

Race Report

Geel! Was March quiet or what?

It was, but the Grizzly attracted some attention, congratulations to:-

Heather finished 1st Lady (89 o/a) in 2:53:31 accompanied by Kevin (a husband & wife team).

Warren for the first attempt finished in 4:12:21 (placed 1025th). Total finishing the race - 1476.

Now I know some of you are partaking in races, duathalons etc., so please let me have placing/results or I'll come back & haunt you one day. It can be a great incentive to others to see your progress or participation.

Anyway, at least the training is going well. Sunday mornings have been well attended, and what's more the weather has been dry. In fact the past two or three weeks have been beautiful, Sunny, warm & just right for an early run. If you don't already attend, why not join us.

News

Club email - HonitonRC@btinternet.com

Club Subscriptions are now overdue;

payments Cash or Cheque (£12 to Honiton Running Club) as our bank account is finally open. If you have any fund raising ideas please let us know, also if you have ideas on things we might need sponsorship for e.g. coaching courses etc., let us know.

Club Colours - Black, White & Red,

As mentioned last month, a suitable amendment of our Logo will be made to make it visible when printed on our kit. If you would like to try your hand at a new "Wile E" design, or an alternative, I can let you have a copy of the file for amendment if required. Come on you artists, **A BOTTLE OF WINE IS ON OFFER FOR THE CHOSEN DESIGN.**

Training for the Great West run is well under way and seven members along with two juniors, who will enter the fun run, will represent us.

Committee meetings are normally held bi-monthly. As we have plenty of things to do, we will

have an extra meeting on April 17th to arrange our contribution to the sports hall open event. Our next two "normal" scheduled meetings are on: -

"Tuesday 2nd May 2000 @ 7:30 p.m.

"Tuesday 4th July 2000 @ 7:30 p.m.

Meetings are primarily committee meetings but if you have something you wish to contribute please come along, but try to let Paul know if you wish to attend.

Club Kit

Casual club kit will be available soon. Prices are approx £11 for a sweatshirt and £4 for a tee shirt. Both items are in black and sport our club logo (Wile-e-Coyote). See Dave Dunn, Geof or myself (Paul) for firm prices and sizes.

Marshals

A big thank you to all that helped with Marshalling the Grizzly, i.e. Maggie, Jo, Joyce, Louise, Alan & Dave. Any one of the competitors could have taken the wrong route if not for your help & encouragement. Our name will be mentioned in post race dispatches that will ultimately be circulated throughout the country. Our willingness to help with these events does our club a great deal of good, publicising our name and good reputation throughout Devon. A number of acquaintances in Devon clubs, as far a field as Plymouth, are already aware of our existence and willingness to get involved.

Keep up the good work!

Short (ish) Races & Fun Runs

(Distance is in brackets).

I've selected these because of they are relatively easy to travel to and the longest race is 6.5 miles. There are a number of fun runs associated with these so the "other half" (whoever he or she is!) can go as well. If anyone would like to give some of these a try let Paul know.

18/04 - Hilly - Summer six - Woodbury (3)

24/04 - Easter Bunny - Yeovil (10k)

30/04 - Glastonbury Road (guess where) (5)

30/04 - The Second Cowpat canter - Midsommer Norton (6.5) - *(I liked the name).*

07/05 - Killerton Kanter (6)

10/05 - Ide time trial
14/05 - Court Canter - Barnstaple (10k)
14/05 - Necroche School - Ilminster (10k)
14/05 - Woodbury Fun run (5 & 10k)
16/05 - Hilly - Summer six - Sampford Peverell (4.5)
29/05 - Burrow Hill - Hambridge (Langport) (4)
03/06 - Talaton Trotter (6.5)
08/06 - Coastal Dash - Dawlish (4)
13/06 - Hilly - Summer six - Knowle (4)

Groan!

I was in my car, and I was driving along, and my boss rang up, and he said 'You've been promoted.' I swerved. And then he rang up a second time and said "You've been promoted again.' I swerved again. He rang up a third time and said 'You're managing director' and I crashed into a tree.

A policeman came up and said 'What happened to you?' And I said 'I careered off the road.'

Crutchless

GENERAL PROBLEMS AND DISORDERS

They're not injuries, but any of the conditions below can affect a runner:

(Now I have to be honest, I'm not trying to frighten you all away from running, but these conditions do exist. As always, symptoms are often confusing/confused, so where there is any doubt; consult a G.P. - DL).

ANAEMIA

Any reduction in either the number or volume of red blood cells can produce this condition.

Causes Iron deficiency caused by blood loss covers only a minority of cases of anaemia. If you are anaemic, you may be suffering from a vitamin or nutritional deficiency, or a disease of almost any organ within the body. In short, anaemia needs medical investigation.

Prevention A well-balanced diet will only prevent certain forms of anaemia.

Anorexia Nervosa and Bulimia

These are both psychiatric conditions: anorexia is self-starvation and an intense fear of becoming fat, while bulimia is usually characterised by binge eating and self-induced vomiting. Both disorders are more common in women. The medical implications include the possibility of starvation, dehydration and brittle bones. Both these illnesses require psychiatric and medical help.

ARRHYTHMIA

Arrhythmia, i.e. an irregular heartbeat, is a common complaint, even among healthy individuals.

While it may be a symptom of disease, it appears to be more common in fit athletes with slow pulse rates.

Symptoms A slight shudder over the chest in minor cases, extending to dizziness, blackouts and chest pain in more severe ones, indicates a condition which requires urgent medical investigation.

Causes Some runners who ingest large quantities of caffeine in tea, coffee or cola may benefit from reducing their caffeine intake. Two other common causes are an overactive thyroid gland and alcohol use. *(None of us use alcohol, do we?)*

ATHLETE'S FOOT (*I'll never get this - DL*)

A contagious fungal infection of the foot.

Symptoms Initially there may be a few spots and redness, particularly between the third and fourth toes, but these may spread, and you may experience burning, itching and loss of skin.

Treatment Anti-fungal creams and powders will cure most infections, but won't work if the feet aren't clean and dry. Frequent changes of socks and shoes are essential.

Prevention As fungi thrive in a hot, damp atmosphere, clean, dry socks will limit their opportunity to colonise.

CHRONIC FATIGUE SYNDROME (*YAWN!*)

A recently described phenomenon, also known as M.E. (myalgic encephalomyelitis) and yuppie 'flu, among other things.

Symptoms Usually, some form of infection - probably a virus which causes a sore throat, lymph-node swelling, muscle weakness and headaches - fails to resolve itself, leaving the sufferer with debilitating fatigue whenever they undertake any exertion. It sometimes occurs in epidemics.

Although viral studies will sometimes indicate a cause, they prove negative more often than not. Many sufferers become clinically depressed.

Treatment Running must be drastically reduced. While there is no set pattern of treatment which is uniformly successful, gentle exercise to sub-exhaustion levels, combined with treatment of the clinical depression, appears to offer the best compromise. However, many sufferers experience setbacks before a full recovery is achieved. Good-quality sleep is also important.

DEHYDRATION

Running in any weather can cause excessive sweat loss, though this is more likely in hot weather, and the resulting loss of body fluids and minerals causes dehydration.

Symptoms A dry mouth and thirst in the early stages may be followed by dark-coloured urine (and eventually, no urination at all), low blood pressure, dry skin and confusion. Dehydration can be fatal.

Treatment The sufferer must be given fluid, but if the condition is severe, this must be done intravenously.

Prevention Not only should runners drink frequently while running, they should start before they even feel thirsty, especially on hot days. Diarrhoea can cause severe dehydration and should be treated with electrolyte replacement drinks.

Grrrrroan 2!

A man goes to the Doctor with a lettuce growing out of one ear. He says to the Doctor "Do you think it's serious?"

The doctor replies, "I'm sorry to say that this is just the tip of the iceberg."

DIMINISHED SEX DRIVE (eeeeek!)

Trials have shown that over training lowers body testosterone levels. The lowered sex drive is attributed to fatigue, but may well have a deeper cause. **(All training must stop immediately and will only resume when we find a cure for this terrible malady - DL)**

EXERCISE-INDUCED ASTHMA

This condition appears to be on the increase, though that may simply be because it is better diagnosed nowadays. The sufferer will probably suffer from chest tightness, shortness of breath, wheezing and coughing after even minimal effort. This may be related to a family history of allergy. Exercise-induced asthma is reversible with rest, but most sufferers require treatment using inhaled broncho-dilators, or even steroids. Children may find a substance called sodium cromoglycate more effective. These drugs are banned in tablet or liquid form by the International Olympic Committee and can only be taken through inhalation.

Prevention Cold and dry conditions or mouth breathing may worsen the condition, so sufferers may benefit from wearing a mask. Many Olympic champions have been asthmatics, but have learnt how to treat the condition by using suitable medication.

EXERTIONAL HEADACHE

This tends to occur immediately after a run and may cause nausea and vomiting as well as pain. Treated like a migraine, i.e. with aspirin or paracetamol, it will usually subside rapidly. Exertional headaches are especially likely to afflict those running at altitude. ***** Electrolytes*****

FLAT FEET

A flat foot is one whose longitudinal arch drops towards the ground. In runners this leads to over-pronation, which alters the movement of the bones within the feet and contributes to foot and leg injuries.

Symptoms You may experience pain under the arch and/or on the opposite outer side of the ankle during running, which can worsen the condition.

Causes Flat feet are frequently inherited, but may be worsened by poor footwear and training.

Treatment After a time, most runners with flat feet will experience pain. Orthotics and anti-pronation shoes are undoubtedly the best treatment, and physiotherapy can strengthen the small muscles of the feet.

CONVEX BLUES

Blues (also known as "Pinkies") are commonly known as the meta-tarsals. These frail appendages form part the essential biological springboard for most (if not all) athletes. Convex Blue "Disorder" is found mainly in the Far East although a few cases are reported in Europe each year; it is a distant relative of non-contagious Leprosy. Blues are caused by a voracious bacterium (*Bipedium Artificialis*) that unsurprisingly resides in sweaty trainers & socks.

Symptoms The symptoms are Blue toes (not unlike severe bruising). If left untreated the toes become inflamed (Pink) and in extreme cases (*of indifference to pain & discomfort*) ultimately "Peripheral Circulatory Syndrome" sets in and the toes literally drop off.

Causes. The main cause is lack of enthusiasm for personal hygiene, but on a grand scale. Also opinions (rumours!) abound of excessive bursts of speed aggravating if not causing the ailment.

Treatment - Fortunately the remedy is fairly simple. Upon discovery, one should embark upon frequent cleansing of the affected area, with rubbing alcohol (even Scotch, Brandy etc will have the desired effect). This cleansing process should be maintained until all symptoms have disappeared. The healing process can be assisted further by regular consumption of alcoholic beverages. This

consumption supplements the external treatment but can perpetuate the indifference to cleanliness (*but it makes you feel Jolly Nice!* - DL). Enjoy the rest of April.

(To be continued next month)

A Grizzly day with Axe Valley Runners.

I recently had the pleasure of a day giving a hand marking the course for AVR's Grizzly 2000. You no doubt have heard of this race, it one of the largest multi-terrain races in the country, possibly Europe. We meandered around the lanes and bogs of Branscombe, tying marker tapes, canes, and signs with cryptic comments (courtesy of Dave Kelf) along the route of the race. The morning was particularly cold but everyone was in good spirits for the occasion. Trekking around the lanes & tracks was, in the main, a beautiful & breathtaking experience. However, I couldn't help but imagine 2000 pairs of very wet, muddy legs getting stuck in one of the three boggy areas that are a pre-requisite of the race. During the marking of the bogs, we chanced upon the odd trainer, or two, that were lost during previous races. A reflection then, for those that ran to the finish with one shoe. Following lunch at the Fountain Head (the race passes through the pub car park) we continued along the west cliff of Branscombe, depositing marking tapes nearly everywhere. It was quite daunting, when the route from the village became apparent. The ascent of around 400 feet, at walking pace was a struggle, more so after the lunchtime generosity. It became more apparent as we progressed that the poor fools that compete in the race must be at the very least "a sandwich, or six, short of a picnic." Many of the competitors have taken part more than once!

Seriously, for a moment, the prospect of partaking in such an event is something we could all aspire to. If you would like to achieve something "that bit special," I believe entries are already being taken for the 2001 race. One applicant phoned while we were marking the course.

Think about giving this race a try. It's an event that will change your perception of life. Your sense achievement and self-esteem will soar to new heights. Finally remember it's not the winning, but taking part. You can win the race for personal achievement, you CAN do it, and you have over a year to prepare.

FINISHING POST

1. For email copies of this newsletter send your email address to HonitonRC@btinternet.com
2. Useful or Interesting Websites, for **Chiropractic matters** <http://www.chiropractic-uk.co.uk/> For **sports medicine** <http://www.nsmi.org.uk/> for **happy feet** <http://www.feetforlife.org/> general **running** <http://www.runnersworld.co.uk/> <http://www.coolrunning.com> (loads of running stuff like an online magazine) <http://www.pponline.co.uk> - everything you ever wanted to know about sport and you.
3. Discounts - **Iron Bridge Runner & Whose Sport** in Exeter will give a 10% discount on all purchases of running kit. Unofficially the "**Honiton Sports Shop**," near the Post office, offers a similar discount. **ASK** prior to making your purchase.
4. No new contact names this month, but for the benefit of new members: -

NAME	TELEPHONE
Alexis Kay	01404 - 850109
Bruce Tones	01404 - 44988
Ceri Simpson	01404 - 46899
Dave Dunn	01404 - 44058
Geoff Waller	01404 - 42735
Heather Hawker	01404 - 45917
Jerry Evans	01404 - 861515
Jill Harrison	01404 - 44028
Jo Lowman	01404 - 43013
Karin Crow	01404 - 850357
Linda Pike	01404 - 43294
Louise Cray	01404 - 41394
Maggie Dillon	01404 - 861515
Mary Thompson	01404 - 44078
Paul Lowman	01404 - 43013
Rachel Menday	01404 - 46514
Sam Cray	01404 - 41394
Sandy Marriott	01404 - 44238
Tom Pady	01297 - 553040

**Anon
Dame Luck.**