

Wile E's World - Honiton Running Club Newsletter - April 2001



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News & Information

Club email - HonitonRC@btinternet.com

Spoken word or bits of paper to Paul. For those of you receiving this newsletter by email, just click on the links (web addresses) and you'll be taken to the web page described, assuming you're already online, if not then "dialup" will connect you.

A thank you from AVR to those of you that volunteered to Marshall the Grizzly, they hope you will all be available for the re-scheduled event on October 21st.

Social Event

Following on with the success of last year's events, a Skittles night has been booked at the Sidmouth arms - U pottery on 28th April 2001. There are many menu alternatives from Bar Snacks to Full meals all at "reasonable" rates. We will need to know the numbers attending so that we can arrange transport or car sharing. Further details will appear, mysteriously, on the notice board. Please let Alan know if you will be attending.

The Barbados trip is now fully subscribed, but don't worry I'm sure you'll all hear more about it when we get back (hee! hee! hee!).

More discounts on trainers & clothing.

UP AND RUNNING is an independent mail order company specialising in running kit. They have been advertising in Runners World for a number of years (certainly for as long as I've been running) and sell virtually all of the leading brands; they usually have a quite few special deals available. The company website is www.runningshoes.co.uk and whilst

the website is still under development it is worth a look. All of the staff are keen runners themselves, which is reflected in the knowledge and advice you get when making a purchase. If that isn't enough, Up & Running are now offering "registered clubs" 10% discount on their purchases, also there is an additional discount, 5%, if you visit the Website and register individually. You can also get 5% off clearance offers. Once I get the Club registration number I will include it in these pages. Finally, I have made a couple of purchases from "U&R" and can confirm that my experiences have been good & trouble free.

If you have problems accessing the Website or finding a product give them a call on their mail order line, 01423 562162, or email dennis@beerandcurry.supanet.com (now that's what I call a proper email address)

Correspondence

Could you please pass this message to your Club Road Running members.

Taunton Marathon & Half Marathon scheduled for 8 April has been cancelled due to the Foot & Mouth outbreak.

This is a cancellation not a postponement as there is no foreseeable end to the current crisis, and the calendar for September onwards is becoming increasingly congested. Any date we pick will conflict with an established event and we think that would be unfair to the organisers. We also have the Deane DLO Taunton 10K on 30 September.

The Marathon & Half Marathon will be back in April 2002.

John Lewis (*Taunton Carnival Committee*)

New this month, a "For-Sale" section, and ongoing if there's demand. If you have any item surplus to requirements or you would like to make space by clearing out the darkest corner of your home. How about trying to sell the item through this newsletter. Of course the club can accept no responsibility or liability for any problems you might have with a purchase. But as we have to live together I'm sure our "dealings" will be beyond reproach. See the last page for the first item.

SUBSCRIPTIONS

"Subscriptions Are Still Due" - £12 & a snip at that price.

Just a reminder that for £12 you get reduced rates when you enter any SEAA/U.K athletics "permit" events, free entry to our club races, your race kit will be printed free of charge (Fastrax charges are around £10 per garment) the monthly newsletter & there must be more except I, still, can't think of anything. please pay up as soon as you can. Hand your cheques/cash to Dunny.

Please leave a message???

This is not an answering machine - this is a telepathic thought recording device. After the tone, think about your name, your number and your reason for calling, and I'll think about returning your call.

The Committee Members for 2001-2002 have had their first "taste of business."

The first club annual race, The Fun Run, was due to take place on 13/5/2001. Unfortunately due to the ongoing foot & mouth disease

problems we have decided to postpone the event until further notice. In the event that the foot & mouth disease continues to cause major problems & public footpaths remain closed, then we may have no alternative but to cancel the event for this year. We hope to have a better idea what we can do towards the end of April.

I decided to pass on the following information as it will be relevant when the event takes place. The run is 5k which takes in a stretch of public footpath from the outskirts of Coomb Raleigh village, through the Otter valley and along the river path (there is small route map, thanks Alan, at the end of this newsletter).

Race Report

Thanks to the Foot & Mouth outbreak, the majority of races have been postponed & some cancelled. Please remember to check with race organisers before you travel to an event as you may not be able to access the area, or the race may have been postponed or cancelled. If you need a contact number check with the Rundown or alternatively give me a call.

Again, the effect of the foot & mouth outbreak & subsequent re-arrangement of many other events means our second race date

has been changed to October 28th 2001. The event will cover distance of approximately 12½ kilometres. The course has yet to be finalised & measured, but it will be a mainly level course and is likely to provide some fast times. The course is all road with only one significant, but short, hill. I will include a map as soon as the course has been confirmed & measured.

Groan 1

There was a man who entered a local paper's pun contest. He sent in ten different puns, in the hope that at least one of the puns would win. Unfortunately, no pun in ten did.

Or,

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

"But why?" they asked, as they moved off. "Because," he said, "I can't stand chess nuts boasting in an open foyer."

March 2001 Handicap Report & Results

Eleven runners braved the start of the March handicap. A very pleasant evening ideal for running a fast time which resulted in five P.B.'s. being run.

Dave Dunn sprinted home in the lead with a stunning time of 23.03, all the secret training and the new shoes definitely paid off as Dave improved his P.B. by 50 seconds. Well-done Dave. (Rumour has it that Dave will buy the beers next month if he improves his time again).

Second home was Paul Lowman who benefited from some solid training in the last month and belted around in 22.13 a PB for Paul by 69 seconds. Jamie Crisp was third home with a 95 second improvement on his debut time. Pete Lyus was next in with a solid 26.57 followed by Lyn Pike in 26.27, which was a PB for Lyn by 2

Hobby?

I need to find myself a new hobby.
I used to collect badgers, but now I've got the sett.

Geof has collected the first batch of vests for printing, by the time you read this they should be finished.

Alan wrote the following article, which appeared in the June Newsletter last year. As many of us are trying to "up" our performance I thought a second look was worthwhile, particularly for our newer members.

HOW TO IMPROVE YOUR RUNNING - THE FIRST STRIDES.

Alan Nicholls (BAAB coach)

People have many different views on running and how to get fitter and faster. It depends a lot on what you want to get out of your running.

Why have you joined a running club? To get fitter? To lose weight? To run a marathon or a 10k or just to survive a fun run? Some even join a club to give support and to help organise fundraisers or to coach, officiate or run the day-to-day functions of the club. There is room for everyone.

Most people who join a running club have at least a little fitness and aim to compete, the idea of joining a club is to raise their level of fitness and hence their running speed. A beginner needs to start by running, or by walking and running, a set course until they can run about three miles continuously. Merely turning up on club nights won't turn you into a better and faster runner. If

you plod around a flat 4 miles every session then you will be able to plod around four miles on the flat. Your running regime can become very boring. You won't necessarily become

faster, it just won't hurt so much and you may possibly lose some weight and feel generally better within yourself. The number of times that you run per week and the type of running that you do determines the progress that you make.

So, what do you aim for and how do you attain your goals? How hard and how often to exercise is the question. Make your running a bit more fun and much more interesting. To improve your speed and fitness significantly you should aim to run at least seven times a fortnight to start with. Each of these runs should have a different emphasis. There should be at least two long steady runs. At least one run should incorporate some hills, either short sharp hills or long steady hills. Two sessions should work on speed. There should be at least one fast run of one or two miles distance. Run with a friend or a group if possible. It is very difficult to improve significantly without the help and support of others. The only way to run faster is to practice running faster. There is a vast difference between running and racing. The only way to get race fit is to race at least once a month. It is far better to race frequently over 5 or 10k than to run a half marathon every three months. There is a strange idea that to call yourself a runner you have to run marathons or half-marathons. This is completely wrong. There are hundreds of good short distance events that are wonderful races and they have the advantage that they do not sap all your energy and that you can incorporate them into your training.

A suggested speed session is:

1. Warm up, bringing the heart rate to 120 beats per minute.
2. Run 200 metres fast to bring the heart rate up to at least 150 beats per minute.
3. Wait until the heart beat returns to 120 beats per minute, then run the next 200 metres.

Name	Feb Time	March Actual Time (c-b)	position
Dave Dunn	25.43	23.03	1
Paul Lowman		22.13	2
Jamie Crisp	20.07	18.32	3
Pete Lyus		26.57	4
Lyn Pike	27.02	26.27	5
Alan Nicholls	22.49	22.43	6
Mike Hayes		23.27	7
Dan Brown	22.46	22.46	8
Jenny Sleeman	25.35	25.37	9
Peter Pengelly		28.19	10
Steve Pengelly		26.59	10
Joyce Curtis		36.48	12
Gerry Evans	26.20	29.58	13
Maggie Dillon	40.15	dnf	14

seconds.

Alan Nicholls was next home with his first improvement for five races closely followed by Mike Hayes who posted a PB by 2 seconds. Dan Brown, last month's winner, had a quick start to his run but unfortunately got a stitch half way around and suffered to the finish. Jenny Sleeman was next, closely followed by Joyce Curtis, Gerry Evans and Maggie Dillon. It was nice to see the Pengelly brothers, Peter & Steve running their first handicap in 28.19 and 26.59. Lets all see what we can do next month, Alan.

Club Colours - Race Vest

To start with run six times 200 metres. When you get fitter run two sets of four times 200 metres with a ten minute rest after the first set. You are supposed to run each 200 metre repetition fast but you should aim to run all your repetitions at the same speed.

If the runs can be done on the country, either on playing fields or on footpaths then do so as there will be less stress on your body. Listen to your body, if it tells you that you are exhausted or injured then rest. If it says, "I'm OK", then exercise. The hardest part of a training session is to get changed and get through the front door.

Alan also produced some "matchstick" sketches to illustrate a set of stretches to keep everything supple, if you would like a copy let me know - Paul.

Groan 2

The perfect husband?

There are several men sitting around in the locker room of a private club after exercising. Suddenly, a mobile phone on one of the benches rings.

One of the men picks it up and the following conversation ensues:

"Hello?"

"Honey, it's me. Are you at the club?" "Yes."

"Great! I am at the mall two streets from where you are. I just saw a beautiful mink coat. It's absolutely gorgeous!! Can I buy it?"

"What's the price?" "Only £10,500."

"Well, OK, go ahead and get it, if you like it that much..."

"Ahhh, and I also stopped by the Mercedes dealer and saw the 2001 models. I saw one I really liked. I spoke with the salesman and he gave me a really good price... and since we need to exchange the BMW that we bought last year..."

"What price did he quote you?" "Only £60,000..."

"OK, but for that price I want it with all the options."

"Great! But before we hang up, something else..."

"What?"

"It might look like a lot, but I was reconciling your bank account and I stopped by the estate agent this morning and saw the house we had looked at last year. It's on sale!! Remember? The one with a pool, formal garden, acre of woodland, beachfront property..."

"How much are they asking?" "Only £650,000 - a magnificent price... and I see that we have that much in the bank to cover..."

"Well, then go ahead and buy it, but just bid £620,000. OK?"

"OK, sweetie...Thanks! I'll see you later!! I love you!!!!"

"Bye...I do too..."

The man hangs up, closes the phone's flap, and raises his hand while holding the phone and asks to all those present:-

"Does anyone know who this phone belongs to?"

Coaching

You must be getting fed-up with the promises but as always, "News is imminent" so as before, watch this space. But until UK athletics/SEAA get their act together we are not likely to see those elusive courses. We have been given provisional dates ranging from November 2000 to January 2001, then February and the report was for March so don't hold your breath.

"Local" Races

(check the event hasn't been cancelled before you leave)

(m/t = multi terrain)

This is just a selection of events that are held. Most are within half an hour travelling time. More information is available from "Roundup," alternatively give me a call.

08/04/01 - Earlybird Duathlon - Dawlish 600m swim + 5k run.

06/05/01 - Great West Run (half marathon) our team event.

27/05/01 - Plymouth Half Marathon (no entry on the day)

14/10/01 - Provisional Date! Honiton RC 10K+ Full details as soon as the course has been agreed and measured.

21/10/01 - The Grizzly (20m) rescheduled after "Foot & Mouth" outbreak.

28/10/01 - Honiton RC 12k Road Race. The details are being finalised (F&M, again), This is a fast course & fairly level. There will be more information when it's available.

MIND BITES! (Food for feet?)

MASOCHISM? A follow up to my comments last month.

No sooner than last month's newsletter went to print Sod's Law went into over-drive. The cushioning in my DMX6's failed (after around four months of regular, but not heavy use) and almost instant discomfort followed (the Achilles tendon) until I realised

New Discovery - "A duck's quack does echo" contrary to last month's gem, I heard a duck quack and it did echo!

what had happened. That said, I would still recommend the shoes for the remarkable cushioning and mild support. Also, a new Reebok range is ready to hit the streets and as yet I have not seen an equivalent to the DMX6 or Circle DMX6.

My replacement is the ASICS Nimbus, it also has good cushioning and medium/light support (suitable for mild pronators). Initial impressions are of a comfortable, light & well-balanced shoe but the cushioning "ain't a patch" on the Reeboks.

Another piece of information I came across while trawling the World Wide Web.

Achilles tendonitis can be exacerbated by shoes with loads of cushioning, one possible aid is to use heel pads in your shoes. The object of this exercise is to raise the heel, and consequently the tendon above the back of the shoe giving some relief at least until the tendon has a chance to recover. I seen Sorbothane heel pads in the shops an there are likely to be others (Noene?).

Have you had a good, or bad, experience with a particular piece of foot ware, clothing or a retailer? If you have, why not share your experience through this newsletter & let others benefit from your experiences. One or two shorts paragraphs will suffice & anonymity, if you wish, is guaranteed.

Groan 3!

A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt and is named "Amal." The other goes to a family in Spain, they name him "Juan". Years later, Juan sends a picture of himself to his mum. Upon receiving the picture, she tells her husband that she wished she also had a picture of Amal. Her husband responds, "But they are twins. If you've seen Juan, you've seen Amal."

For Sale

One Computer workstation on castors and in excellent condition. Construction is in a cream metal frame, retractable keyboard tray with storage for pens, clips etc., retractable printer shelf, document rest, cd-rom rack. You can store all of your computer related bits & pieces on this beast. The same item, in the Argos catalogue (which is where I bought it) sells for around £80 (I think), asking price £40 o.v.n.o. Telephone Paul on 01404 43013.

FINISHING POST

Axe Valley Runners Website, worth a look to find out what's happening locally - <http://www.perratt.f9.co.uk/avr/>, we will have a mention on this site in the near future.

Barbados <http://barbados.org/do.htm> no more clues!

If you are coming to Barbados in December? Keep a check on the weather at:-

<http://www.bbc.co.uk/weather/5day.shtml?world=0292&links>

(It'll be Hot & Sunny, Hot & Cloudy or Hot & Rainy).

Discounts - Moorland Rambler in Fore Street Exeter have agreed to give a 10% discount on purchases from their large range of outdoor clothing, footwear & equipment. Whilst this is not a specialist running shop, it is surprising what a large stock they

Japan has today banned all animal movements after discovering nibbled beds in Tokyo They think it could be an outbreak of futon mouse disease

carry that will be of use for running, as well as other outdoor leisure activities.

Iron Bridge

Runner & Whose Sport in Exeter will give a 10% discount on all purchases of running kit.

Up & Running, from Runners World Magazine, online at <http://www.runningshoes.co.uk> or by phone 01423 562162, ASK for your discount before making your purchase.

I will continue to re-issue the contact list so; if you would like your details to be included/excluded/amended please let me know.

At last, an updated contact List for those of you receiving this by email.

Name	Telephone
Alexis Kay	01404 - 850109
Bruce Tones	01404 - 44988
Ceri & Warren Oak	01404 - 46899
Dan Brown	01404 - 42465
Dave Dunn	01404 - 44058
Geoff Waller	01404 - 42735
Heather Foundling-Hawker	01404 - 45917
Jamie Crisp	01404 - 850356
Jerry Evans	01404 - 861515
Jill Harrison	01404 - 44028
Jo & Paul Lowman	01404 - 43013
Karen Crow	01404 - 850357
Kevin Hawker	01404 - 45917
Linda Pike	01404 - 43294
Maggie Dillon	01404 - 861515
Mike Hayes	01404 - 45108
Nikki Gigg	01404 - 41393
Peter Pengelly	01404 - 47527
Sandy Marriott	01404 - 44238

Steve Pengelly	01404 - 44029
Sue Jones	01404 - 831850

The Last Groan

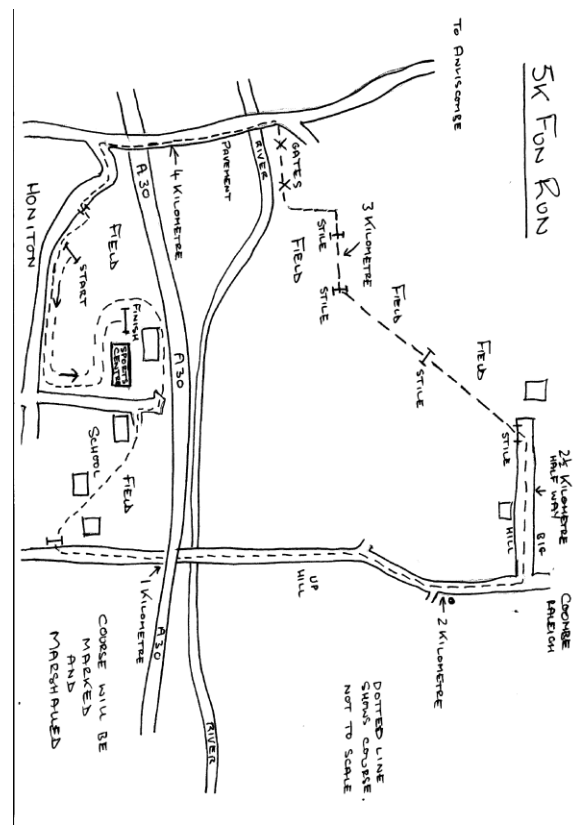
Japanese banking crisis!

The Japanese banking crisis shows no sign of letting up. Origami Bank has folded, Sumo Bank has gone belly up and Bonsai Bank plans to cut back on some of its branches. Karaoke Bank is up for sale and going for a song.

Meanwhile shares in Kamikaze Bank have nose-dived and 500 back office staff at Karate Bank have got the chop. Analysts report something fishy going on at Sushi Bank and staff there feel they may get a raw deal.

Arrrrrrrrrrrrrrrrrrrrrrgh!

The Promised (proposed) Fun Run Map, Don't forget that if the Foot & Mouth crisis causes the event to be cancelled, we will use this route next year. All the measuring has been done so you can get some advance/secret training (Dave).



PLEASE let me have your articles, anecdotes, and thoughts for inclusion.

Bon chance,
Dame Luck.

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