

Wile E's World - Honiton Running Club Newsletter - August 2000



Race Report

- Golden Cap - Alan
- Geoff
- Three Peaks Challenge
- Heather
- Kevin

News & Information

Club email - HonitonRC@btinternet.com

Warren & Kerry - MARRIED ON JULY 29TH

Committee meetings are normally held bi-monthly. Our next two "normal" scheduled meetings are on: -

"Tuesday 5th September 2000 @ 7:30 p.m.

"Tuesday 7th November 2000 @ 7:30 p.m.

THE SEPTEMBER MEETING WILL BE AT GEOFF'S HOUSE.

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.

The July 23rd Barbecue at Branscombe - The day looked like one of those typical cold & cloudy days. Around 10:00 am I started phoning around with a view to re-arranging the venue as it was so cold and breezy. After a few words, with Sandy, I thought let's just go irrespective of the weather. Just as well, we arrived at Branscombe at around 2:30 and within half an hour the first glimmer of sunshine appeared and stayed with us for the duration. What ensued was a delightfully sunny social event. The whole setting was enhanced by the end of Branscombe festival, hog roast, bar & music on the beach. So for those of you that missed that one, another is planned for Sunday 20th August, DON'T MISS IT!

How about a week in BARBADOS - I am thinking of organising a trip to Barbados for the Half Marathon (or full if you prefer). Without numbers it is difficult to give prices but the general details are:

WHEN - DECEMBER 2001 (LOT'S OF TIME TO SAVE UP)

PRICE - I WOULD HOPE TO BE ABLE TO ARRANGE ACCOMODATION & FLIGHTS FOR AROUND £500-600 EACH (FOR AT LEAST ONE WEEK, POSSIBLY TWO), IT COULD BE A LOT LESS DEPENDING ON THE DATE

WE DEPART. UNTIL I HAVE NUMBERS OF THOSE INTERESTED I CAN'T BE SURE.

FOOD - EAT OUT OR IN LOT'S OF TROPICAL DELIGHTS TO TEMPT YOU, AND IT DOESN'T NEED TO BE EXPENSIVE.

CLIMATE - DRY IN DECEMBER.

TEMPERATURE - IN DECEMBER TYPICALLY 80°F & HUMIDITY RELATIVELY LOW.

CURRENCY - BARBADOS \$, APPROX \$3 = £1.

VIRTUALLY EVERY WATER SPORT YOU CAN THINK OF IS AVAILABLE FROM JET SKIING TO SNORKELLING & SURFING.

IF YOU ARE SERIOUSLY INTERESTED IN THE HOLIDAY OF A LIFETIME PLEASE LET ME (PAUL) KNOW BY THE END OF AUGUST (2000).

Groan!

A man walking along a California beach was deep in prayer. All of a sudden, he said out loud, "Lord grant me one wish."

Suddenly the sky clouded above his head and in a booming voice the Lord said, "Because you have TRIED to be faithful to me in all ways, I will grant you one wish" The man said, "Build a bridge to Hawaii, so I can drive over anytime I want to."

The Lord said, "Your request is very materialistic. Think of the logistics of that kind of undertaking. The supports required to reach the bottom of the Pacific! The concrete and steel it would take! I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of another wish, a wish you think would honor and glorify me."

The man thought about it for a long time. Finally he said, "Lord, I wish that I could understand women. I want to know how they feel inside, what they are thinking when they give me the silent treatment, why they cry, what they mean when they say 'nothing', and how I can make a woman truly happy"

After a few minutes God said, "You want two lanes or four on that bridge?"

Crutchless

Treatments - concluded.

Massage therapy ranging from the gentle, soothing strokes of Swedish massage to the deep, cross-friction strokes of the Cyriax method. Shiatsu massage, or

acupressure, uses pressure on specific trigger points to relieve areas of biomechanical stress. All forms of massage can speed athletic recovery by soothing tense muscles and speeding the flow of healing nutrients (through the bloodstream) to the injured areas; the latter also helps to flush lactic acid and other metabolic waste products out of the system. The Cyriax method works deep into the muscles to break up scar tissue and adhesions. Massage also has psychological benefits.

Microcurrent therapy A technique which uses a low-level current of electricity to restore electrical balance to injured tissue. It is based on the theory that since all tissues have electrical charges, there is an optimum electrical balance which is disturbed by injury. Microcurrent therapy is an acupuncture-type stimulation achieved using electricity instead of needles.

Orthotics Devices which are custom-made by a podiatrist or orthopaedic surgeon and inserted into shoes to protect and support the foot, and to correct musculoskeletal misalignment (caused, for example, by flat feet or leg-length discrepancy). Over-the-counter 'foot supports', in contrast, are not necessarily corrective, although their added cushioning and support may be beneficial.

Pneumatic braces Air-filled braces which were used initially in the treatment of leg stress fractures, but are now being used for sprains as well. With these braces, it is possible for the athlete to continue training runs while healing; the brace allows flexion and extension of the foot, while prohibiting lateral movement.

Rehabilitative exercise bike An isokinetic machine used for rehabilitation. It offers 'accommodating resistance' - you set the speed of the bike, and it provides resistance which relates directly to the energy you invest. You can find these machines at many sports medicine clinics and fitness centres.

RICE (Rest, Ice, Compression, Elevation - you should know this by now) The basic first-aid measures which are recommended for most running injuries. The acronym RICE makes it easy to remember the formula: rest, ice, compression and elevation. Generally you should stop and rest as soon as you realise that an injury has taken place. Use ice (ice bags, commercial cold packs or ice massage) to control pain and swelling, on and off in 15- to 20-minute periods throughout the next 24 hours. Compression (preferably from an elasticised bandage) helps to control swelling by inhibiting internal bleeding and fluid accumulation. Elevate the injured limb above the level of the heart to help control swelling and pain.

Transcutaneous Electrical Nerve Stimulation (TENS) In this treatment, a device sends electrical signals to nerves near an injury site; the constant neural stimulation masks or blocks pain signals so that an athlete can go on with

rehabilitation exercise. TENS usually consists of two small electrodes connected to a hand-size dual channel stimulator; the athlete can adjust the amplitude, gradually increasing it to a comfortable intensity. TENS reportedly reduces muscle atrophy, joint stiffness and the need for narcotic pain relievers.

ULTRASOUND USE OF HIGH-FREQUENCY SOUND WAVES OUTSIDE THE NORMAL RANGE OF HUMAN HEARING TO PRODUCE DEEP HEAT WHICH IS APPLIED DIRECTLY TO AN INJURED AREA. ULTRASOUND SENDS HEAT DEEPER INTO THE TISSUES THAN ANY OTHER TREATMENT. THIS DECADES-OLD PROCEDURE, WHICH IS GIVEN IN A SERIES OF SIX- TO 10-MINUTE TREATMENTS, IS AMONG THE MOST COMMONLY PRESCRIBED HEALING STRATEGIES. IT IS PAINLESS AND ACCURATE.

Grrrrroan 2!

A man is shopping in the local supermarket. He selects some milk, some eggs, a carton of juice, and a packet of bacon.

As he unloads his items at the cash register, a woman standing behind him in the queue watches him place the four items on the

belt and states with assurance,

"You must be single."

The man looks at the four items on the belt, and seeing nothing unusual about his selection says,

"That's right. How on earth did you know?"

.
She replies, "Because you're ugly."

Comment!

We all pick up useful snippets of information from time to time, and we think everyone else already knows it, Not the case.

Thanks to Geoff for this one:-

Measure your resting pulse rate, best first thing in the morning. Once you are happy that the rate is consistent, over a few days, use that as a measure of your general state of well being. If you find one day that your resting pulse rate is 10%, or more, higher then don't embark on any hard training. The chances are that you have an ailment, however minor, that is upsetting your metabolic rate. You may already feel slightly unwell anyway, but to undergo hard training won't make you feel any better and may possibly do you harm! **Listen to Your Body** (where have I heard that before).

If you know of any items you think every one knows, tell me, then I'll make sure that everyone does know by putting it in print.

FIXTURES/EVENTS

(m/t = multi terrain)

5/8 - Shave Cross mini marathon - 10k (Bridport)

9/8 - Haslebury Plucknett - 5 miles (Crewkerne)

12/8 - Bowermans Nose - 5 miles (Manaton)

15/8 - Hilly summer six - 3 miles m/t (Exmouth)

26/8 - Dartmouth Regatta races 5m/2.3m/1.5 approx.

FINISHING POST

For email copies of this newsletter send your email address to HonitonRC@btinternet.com

Useful or Interesting Websites, for Chiropractic matters <http://www.chiropractic-uk.co.uk/> For sports medicine

<http://www.nsmi.org.uk/> for those happy little feet

<http://www.feetforlife.org/> if you're after general running

information then <http://www.runnersworld.co.uk/> is for

you, <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.

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.

If you would like your name added to the list of contacts

please let Paul know. There are no new contact names this

month, but for the benefit of new members: -

Anon

Dame Luck.