

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



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News & Information

Club email - HonitonRC@btinternet.com

Spoken word or notes to Paul.

We now appear on the Web (internet), click on the link below to visit the main page of the site at <http://www.timeoutdoors.com/>.

Once at the main page you can use the clubs/search facility to find our page.

Freebie (Last reminder) - If you have a BT telephone line you are now entitled to their new "BT Answer" service and it's FREE, so don't buy an answering machine. When your line is engaged or you're not home messages will be recorded for retrieval when you are available. DON'T MISS ANY MORE CALLS, phone 150 for details.

Race Report

Yeovil Town RRC - 5k Series (July 11th 2001)

Well done to those of you that attended the event.

If you are interested in taking part in the next event on Wednesday 8th August, speak to Alan.

Unfortunately, no-one kept details of finish times or attendees, so alas there is no report.

Email from Kev, intercepted by me 24/7/2001.

Just to let you know I ran the British Open 10k yesterday. I

finished in 35:39 by my watch, which is my slowest ever time but I was still happy as it was my first race for 8 months.

Cheers, Kev.

Also, Kev not wishing to bathe in glory (or just keeping it quiet) came an astounding 2nd in the Littleton Primary School Sports day 70M sprint for Dad's, who was first? Heather alas, with all that potential, having entered the Mum's race missed the start whistle but still managed 5th place.

The shock result in the Mum's race, revealed that the Dunn family are continuing the secret training, Sarah came home in second place. Well done Sarah, don't forget it's club night on Wednesday's.

Another snippet, Karen has been caught out on a "secret" training run, beware the competition increases.

PLEASE, all club members benefit from knowing what is going on in local events. Also, if we want to maintain the club's viability, publicity is essential to encourage new members and to maintain numbers when members stop running or leave the area.

WE CAN ONLY GET PUBLICITY BY TELLING PEOPLE WHAT WE ARE DOING AS A CLUB!

So please when you travel to an event, get someone to keep a record of the individual results & pass them to me as soon as possible so that I can put a report in the local newspapers. If your times/positions are not available before you are ready to leave the event, get a contact name & telephone number of an official so that I can contact them myself.

I went to a bookstore and asked the saleswoman where the self help section was...
... She said if she told me it would defeat the purpose.

Thanks to you all for flying the flag for Honiton RC!

The Club Fun Run.

The fun run will take place on 16/9/2001. We will be making a donation to the charity Hospice Care from profits received from the event. Please encourage your family & friends to take part and "see the notice-board" for further details.

Our nominated charity for 2001-2002, Hospicecare, work in the local community "Looking after people with life threatening illnesses."

They have 23 nurses caring for the patients in their own homes and are supported by other healthcare professionals & trained volunteers. There is also a Day care unit, offering 15 places each day. And there's more, a 12 bed in patient unit offering 24hr specialist care, a hospital support team giving advice and support to patients, their families and also to hospital staff.

Most important, in my personal opinion, is that there is a dedicated nurse for Honiton & District which means that our donation will offer some support for local people.

A short list of the main expenses of Hospicecare follows:-

Homecare visits- £49 each, 15372 visits last year. A day care place £56, 3890 places last year.

One "in patient" bed, £184 each day. There are twelve beds in use 365 days of the year. Last, but not least, the monthly electricity bill is £750 per month.

I shall be handing out a few leaflets with more information but, if you would like to offer direct support please contact Hospicecare,

Dryden Road, Exeter. EX2 5JJ or telephone 01392 402555.

Handicap Report July 2001

The July handicap was run in hot and humid conditions with a field of only seven runners. The run was very competitive with Bruce Tones heading the pack home for a victory in his third run in the handicap. He reduced his last time by a whopping 3 minutes 8 seconds to put in a performance of 21.44 which is more in keeping with his usual fitness levels. Last months winner Maggie Dillon was second home with a 57 second improvement showing that her injury problems are behind her. Third home was Gerry Evans who ran a canny race to Tesco and then blasted away down the hill to the finish. Fourth place saw Sue Jones finish her eighth race of the series but she is now finding it difficult to improve her times after a long run of P.B.'s. Maybe she now needs to do a bit more speed work to complement her endurance. Sue finished 14 seconds slower than last month. Fifth home was Lin Pike with a 21 second decline followed closely by Alan Nicholls 25 seconds slower. Karen Crow came in seventh with a 57 second deficit from last month. Two runners have now completed eight races to qualify for the points trophy. Sue Jones heads the competition on 43 points with Alan Nicholls on 57 points. With

just three races to go there are only six others who can win the points competition. Mike Hayes, 30 points, Ceri Oak, 33 points, Dave Dunne, 38 points are all on 6 races. Joyce Curtis, 26 points, Lyn Pike, 32 points, Nikki Gigg, 41 points are all on 5 races. The person with the lowest total points from 8 races will be the winner.

The next Committee meeting will be at 7:30 p.m. on September the 4th. The venue, Geoff's house.

Coaching

The debacle continues? Well hopefully not I have booked 4 places on the course at Plymouth on Saturday August 25th (it changed again this week) places have also been allocated. If you are interested in taking up a reserve place then speak to Paul soon, if anyone drops out you will have first choice.

The cost of the course is £45 per person, this fee will be met by the club. You can repay the club by helping other club members and by assisting with courses/coaching and giving advice.

Social Events

An August Barbecue will be held at Paul & Jo's on Saturday 18th. You are all invited, the usual "rules" apply, that is "you bring it, we'll cook it." We will discuss who's bringing what a little nearer the event.

Discounts on trainers & clothing etc. (see last page).

Correspondence

All race application forms are now being put on the notice board, help yourselves to whatever you want.

When buying new trainers for running, if they fit snugly then they are too small. A general rule is that you should allow at least an extra half size. When you run your feet get hot, they expand by more than you might realise. The extra "room" allows for expansion & movement as you run.

Tight shoes will cause Injuries, as a rough guide if you can insert your thumb between your heel and the back of the shoe the fit it about right.

The "For-Sale" section? Due to no sale items is DEAD! Should there be a need I will include any items on request.

"Subscriptions are always Due if you haven't paid" and at only £12 & a snip at that price. Please hand your cheques or cash to Dunny (Dave).

It's a few issues since I started the column on Injury & Physiology and I had decided, until now, that we had had enough on "health."

However, over the past few months my interest has been rekindled by those of you have made passing comments about your appearance in relation to diet and also the abundance of injury conversations, including my own.

Some comments related to the "swimsuit time of year" & others just general conversation. While people's first thoughts spring immediately to a little widening of the waistline that isn't the specific aim of this article. The whole thing is intended to be running related and hopefully will dispel a few of the myths that we pick up in the course of daily life.

This month a few questions & answers but; over the next couple of months more information on nutrition & metabolism for YOU! **Groan 1**

Far away in the tropical waters of the Caribbean, two prawns were swimming around in the sea - one called Justin and the other called Christian.

The prawns were constantly being harassed and threatened by sharks that patrolled the area. Finally, one day during a tropical storm, Justin said to Christian "I'm bored and frustrated at

being a prawn, I wish I was a shark - then I wouldn't have any worries about being eaten..."

As Justin had his mind firmly on becoming a predator, a flash of lightning hit the water and, lo and behold, Justin turned into a shark.

Horrified, Christian immediately swam away, afraid of being eaten by his old mate. Time went on (as it invariably does...) and Justin found himself becoming bored and lonely as a shark. All his old mates simply swam away whenever he came close to them. Justin didn't realise that his new menacing appearance was the cause of his sad plight.

During the next tropical storm, Justin figured that the same lightning force could change him back into a prawn. Lightning never strikes twice except in stories like these, but while he was thinking of being a prawn again, a flash of lightning struck the water next to Justin and, lo and behold, he turned back into a prawn. With tears of joy in his tiny little eyes, Justin swam back to his friends and bought them all a cocktail. *(The punch line does*

not involve a prawn cocktail - it's much worse). Looking around the gathering at the reef, he searched for his old pal. "Where's Christian?" he asked. "He's at home, distraught that his best friend changed sides to the enemy and became a shark" came the reply.

Eager to put things right again and end the mutual pain and torture, he set off to Christian's house. As he opened the coral gate, the memories came flooding back. He banged on the door and shouted, "It's me, Justin, your old friend. Come out and

see me again". Christian replied, "No way, man. You'll eat me. You're a shark, the enemy. I will not be tricked". Justin cried back "No I'm not. That was the old me. I've changed. I'm a prawn again Christian...!!!!"

Nutrition (Part 1)

Put it to the test

Runners are a pretty nutrition aware bunch of individuals. Often you'll find them devouring food labels and news reports about diet, health and the latest nutrition news in print. They realise that their nutrition knowledge enables them to make the food choices that translate to better running and a healthier lifestyle. How clued-up are you? Here's a quiz on food, health and performance that will help you find out what you already know and what you need to learn more about. Mark the following 10 statements true or false, then check your answers at the end of this issue. Good luck (as if you need it!).

True or False?

1. As a runner, you should aim to eat around 200g of carbohydrates a day.
2. Before a work-out, stay away from sugary snacks and drinks, as they'll inevitably give you an energy low during exercise.
3. Runners and other endurance athletes need more protein than other people.
4. Vegetarians must eat beans and grains at the same meal for complete protein nutrition.
5. Following exercise, you are better off eating a tuna sandwich than plain bread.

6. As a runner, you probably need more antioxidants, such as vitamin C and beta-carotene, in your diet.
7. The Recommended Daily Allowances on food labels show minimum nutrient levels you should try to meet or exceed.
8. Someone consuming around 2800 calories a day should eat nine servings of fruits and vegetables.
9. Frozen vegetables are as nutritious as fresh ones.
10. Regardless of your gender, for optimum health and body weight your waist measurement should equal your hip measurement.

P.T.O for the answers.

Groan 2

An aeroplane was about to crash, and there were 5 passengers left, but only 4 parachutes.

The first passenger, George W. Bush said, "I am President of the United States, and I have a great responsibility, being the leader of nearly 300 million people, and a superpower and I am also the Smartest president ever." So he takes the first parachute, and jumps out of the plane.

The second passenger, said, I'm Antoine Walker, one of the best NBA Basketball players, and the Boston Celtics need me, so I can't afford to die." So he takes the second parachute, and leaves the plane.

The third passenger, Hillary Clinton, said "I am the wife of the former President of the United States, I am New York's Senator, and I am the smartest woman in the world."

So she takes the third parachute and exits the plane.

The fourth passenger, the Old man, says to the fifth passenger, a 10 year old Boy Scout, "I am old and frail and I don't have many years left, so as a Christian gesture and a good deed, I will sacrifice my life and let you have the last parachute.

The Boy Scout said, "It's okay, there's a parachute left for you. The world's smartest President took my backpack."

"Local" Races

(As the Foot & Mouth outbreak seems to be under control in this area the "Races" section is now resumed but still 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 "Rundown," alternatively give me a call.

04/08/01 - Shave Cross (Marshwood, Bridport, 7:00 p.m.) 5 miles (m/t) *

05/08/01 - Totnes 10k - Scenic River Dart, along footpaths.*

12/08/01 - Plymouth 10k, Central Park, Plymouth (undulating)*.

15/08/01 - Haselbury Plucknett (Crewkerne) trail 10k. # *

26/08/01 - Torbay Regatta 10k.*

01/09/01 - Dartmoor Dash 5 miles. Tracks, Bogs etc.##^(15:30)

09/09/01 - Seaton Half - Get your trainers ready.*

16/09/01 - Coyote Chase Family Fun Run, Honiton

14/10/01 - North Devon 10k (new date) South Molton.

21/10/01 - The Grizzly (20m) rescheduled. Entries closed. #

28/10/01 - Teignbridge 10k & County Championships.

* - Entry on the day is OK

- Due to F&M disease check it's "still on".

MIND BITES! (Food for feet?) Want to air a view or experience regarding running kit, retailers, an experience you've had or a

miracle cure for an injury? Why not share your experience through this newsletter? Read on . . .

This month, and running out of time, I had the idea that in view of our contributor's comments, a couple of issues back, regarding running vs. jogging I'd investigate further.

Well, alas, what I thought would be a quick job to fill a few lines has surprised even me.

For example the verb "RUN" ignoring synonyms, has 73 senses, whilst "JOG" has a mere 7 senses and that's only the Collins Dictionary. I scared myself with a quick look at the "Oxford Concise" and the situation looked even worse, therefore I decided that the most practical solution was to accept that people have different views on what people mean when they say Run or Jog. I'm no-one ever means to use either in a disparaging way, but be careful!

Finally my interpretation is:-

Running - a brisk/fast walking motion which, during each cycle, both feet are momentarily off the ground.

Jogging - similar to running but at a pace where one foot, or both feet, are in contact with the ground at any given time during the cycle.

I think that's it, but I'm prepared to listen to your ideas!

Groan 3!

Three turtles, Joe, Steve and Raymond, decide to go on a picnic. So Joe packs the picnic basket with beer and sandwiches. The trouble is, the picnic site is 10 miles away, so the turtles take 10 whole days to get there. By the time they do arrive, everyone's exhausted. Joe takes out the sandwiches and then the beers, one by one, and says, "Alright, Steve, gimme the bottle opener." "I didn't bring the bottle opener," Steve says. "I thought you packed it."

Joe gets worried. He turns to Raymond. "Raymond, do you have the bottle opener?"

Naturally, Raymond doesn't have it, so the turtles are stuck ten miles away from home without beer.

Joe and Steve beg Raymond to turn back home and retrieve it, but Raymond flatly refuses, knowing that they'll eat everything by the time he gets back. After about two hours, the turtles manage to convince Raymond to go, swearing on their great-grand turtles' graves that they won't touch the food. So, Raymond sets off down the road, slow and steadily. Twenty days pass, but no Raymond. Joe and Steve are hungry and puzzled, but a promise is a promise.

Another day passes, and still no Raymond, but a promise is a promise.

After three more days pass without Raymond in sight, Steve starts getting restless. "I NEED FOOD!" he says with a hint of dementia in his voice.

"NO!" Joe retorts. "We promised."

Five more days pass. Joe realizes that Raymond probably skipped out to the diner down the road, so the two turtles weakly lift the lid, get a sandwich, and open their mouths to eat.

But then, right at that instant, Raymond pops out from behind a rock, and says, "I knew it! I'm not B~#!* going!"

Nutrition - The answers

1. False: At least 400g of carbohydrates a day should be your goal. During running and other endurance exercise, stores of glycogen dwindle. Rebuilding these supplies for the next day's exercise takes some serious consumption of breads, cereals,

grains, fruits and other high-carbohydrate foods - at least 10-12 servings daily. Even the non-exerciser who eats 2000 calories a day should be taking in more than half of his total calories as carbohydrates. This works out as 250g daily.

2. False: A dose of sugar before a training session or a race has long been thought to sap an athlete's performance by causing fluctuations in blood sugar levels: first a high, then a low, with resulting performance degradation. But research shows that a chocolate bar or sugary sports drink consumed 30 minutes before exercise does not hamper performance and may even improve it. Blood sugar levels do rise and then fall shortly below normal after you eat a sugary bar, as a result of insulin's effect on carbohydrate metabolism. Yet this dip is only temporary: your blood sugar level will return to normal during exercise.

3. True: Research on endurance athletes strongly suggests that standard recommendations for protein aren't enough. During exercise, small amounts of protein are used as an energy source. Add up this protein-burning over long bouts of exercise, and your need increases. Also, bear in mind that some endurance athletes, particularly women runners, skimp on calories in general. This causes more protein to be used as an alternative energy source, which in turn boosts protein need. So how much extra protein do you need? On to a standard recommended level of 0.36g per pound of body weight as a starting point, add 25-50 per cent more, depending on your training load. (Someone who runs five or more miles every day should aim for the higher percentage.)

4. False: You do need both beans and grains for their complementary proteins, but there's no need to combine them at the same meal. Protein metabolism is such that you can have grains at breakfast, then beans at lunch, and this won't interfere with your body's protein production.

5. True: After a workout, muscle stores of glycogen need replenishing, and eating carbohydrates within 15-30 minutes helps to do this. But according to recent research, a post-workout combination of protein and carbohydrates (a tuna sandwich, for instance) speeds glycogen rebuilding even more. The protein stimulates greater action of the hormone insulin, which helps to replenish glycogen.

6. True: When you run, you breathe heavily, and heavy breathing causes oxidative damage, which is a type of cellular 'rusting' that can disrupt cell function if left unchecked. Typically, your body's antioxidant system of vitamins C and E and other nutrients can keep this oxidative damage isolated. But heavy, muscle-taxing exercise such as running downhill causes muscle damage that calls for extra antioxidant reinforcements.

Experiments with vitamin C have shown that this vitamin may decrease oxidative damage and muscle soreness caused by heavy exercise. So keep yourself from rusting with a diet rich in whole grains, fruits and vegetables, and consider a supplement containing at least 100 per cent of the RDA for vitamins C and E.

7. True: The RDA's on food labels serve as minimums for a healthy diet (levels you might want to surpass).

8. True: People who take in only 1600 calories daily should eat a total of five fruits and vegetables a day. But nine servings is recommended for someone more active, such as a runner eating 2800 calories a day. (NB: a serving of fruit is the size of a

medium apple. For vegetables, a serving is equivalent to a cup of raw leafy varieties and half a cup of all other vegetables.)

9. True: Picked fresh and then frozen soon after harvest, vegetables retain their goodness. In some cases, frozen vegetables contain more vitamins and minerals than fresh produce, which can lose its nutritional punch if it sits for several days in storage or on display. Misting helps fresh food to retain vitamin content. Purchase fresh produce that looks crisp, not wilted or discoloured, and always store vegetables away from light, either in the refrigerator or in some other cool, dark place.

10. False: Your hips should be larger around than your waist. If they aren't, this means that your waist is sporting unwanted fat that may spell impending health trouble. Abdominal obesity puts people at increased risk of heart disease, high blood pressure, diabetes and certain types of cancer. And since fat appears to shift to the abdomen with age, watch those body measurements - and keep exercising.

FINISHING POST

<http://www.entryforms.org.uk/forms.htm> a new web site to get your race application forms.

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!](http://barbados.org/do.htm)

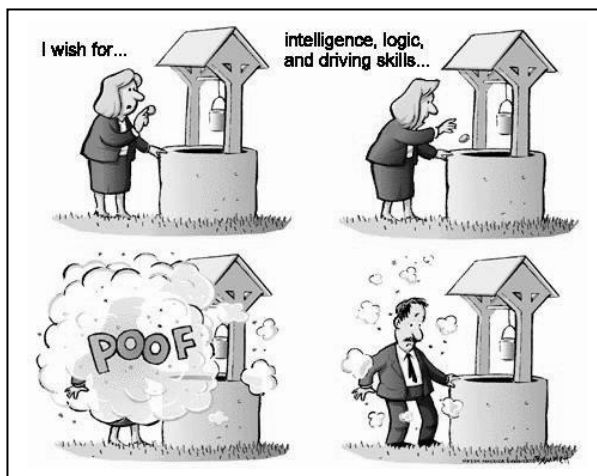
Discounts - Moorland Rambler in Exeter agreed to give a 10% discount on their range of outdoor clothing, footwear & equipment.

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

Up & Running, from Runners World Magazine (amongst others), online at <http://www.runningshoes.co.uk/> or by phone 01423 562162. Club registration numbers

Extra Club code = R-2-14-6-2001

Running Club code = C-2-14-6-2001.



When placing your order pop the codes in the appropriate boxes and your discount is calculated automatically.

ASK for your discount before making your purchases.

Contact List or Ring 4 a run

Have we got a contact list without errors? Only you can tell. I will re-issue the list as necessary.

If you don't like the articles, jokes, comments, opinions etc., or if there's an item you would like more information about, let me know. Have your say, anonymously if you wish, send your articles, anecdotes, and thoughts for inclusion.

Bon chance,
Dame Luck.

Any views expressed in this newsletter do not always represent those of the editor, typist, printer, graphic designer, Coyote or club cat (when we get one).
[Email the Coyote](#)