

# Wile E's World - Honiton Running Club Newsletter - January 2001

**HAPPY NEW YEAR TO OUR READERS**

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## **News & Information**

Club email - [HonitonRC@btinternet.com](mailto: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.

**Our AGM** will be upon us soon, Wednesday 14<sup>th</sup> February after the club run. If you would like to take an active part in the day-to-day organisation of the club, please let us know. It doesn't need to be a full time job, the more of us that are helping the lighter the workload for everyone. If you have an hour a week free, then let us know and we will find you something productive to do. The agenda will be included in the next newsletter and will also be published on the notice board.

**The first club annual race, The Fun Run, will take place on 13/5/2001. More details soon.**

### **DON'T FORGET!**

**THE CLUB HANDICAP FOR JANUARY IS ON THE 10<sup>TH</sup>.**

### **BARBADOS MARATHON 2001 - A reminder**

A "get-together" to discuss and make plans & provisions for the trip in December. To those of you that have decided to make the trip I intend to have a gathering at my house on Saturday 20<sup>th</sup> January 7:30, please come along with your questions & ideas (also bring bottle of wine, we might as well enjoy ourselves). If you have only just developed an interest in going, please come along.

### **Tee & Sweat Shirts**

Geof is trying to arrange printing for our race kit, watch this

Thought for the Day!

If quitters never win, and winners never quit, what fool came up with, "Quit while you're ahead"?

space " \_".

Dave Dunn has now taken over all club kit orders. If you would like a tee shirt, sweatshirt or race kit, speak to Dave.

All outstanding orders for Kit have now been fulfilled and new orders can now be taken.

We now have new stocks of tee shirts & sweatshirts in stock.

Tee Shirts a Gift at £5 each.

A Sweatshirt for the winter or keeping warm before a run? A steel at £12.50. See Dave for yours today! (Or tomorrow)

### **SUNDAY RUN?**

Our race commitments permitting, regular Sunday runs will continue in January. Bear in mind that the Cross-Country championships will take place at Bicton on Sunday 7<sup>th</sup> January.

### **Coaching**

No has spoken up yet? Let's have your names for those coaching courses; even if you previously expressed a wish to attend please put your name forward again as confirmation.

Whilst details are still sparse we have been advised that the courses will be more "worker friendly." They will be held at weekends and, hopefully, last one day with some additional locally

supervised coaching sessions within the club. Put your name forward now if you are interested.

### **Training Program**

#### **Got any Ideas for some Variation on Wednesday nights?**

We now have a handicap night, and have started some hill training. If you have tried some other routes or exercise that we can incorporate into our Wednesday sessions please share your experience with us. It will make the long winter nights of training more enjoyable.

### **CROSS COUNTRY CHAMPIONSHIPS**

#### **Fact of Life**

A bus station is where a bus stops. A train station is where a Train stops. On my desk, I have workstation.

The Devon Championships take place at Bicton College on the 7<sup>th</sup> January 2001. We are intending to send at least one Ladies & one Men's team. While you may be approached anyway, please speak to Alan, very soon, if you would like more information.

### **LONDON FLORA MARATHON 2001**

Alan was the only member to express an interest in the club entry. The allocation was made by default. Alan will be raising sponsorship for the club, all proceeds will be split between the club and a charity (beneficiary & percentage to be decided) will receive a percentage of the profits.

### **Race Report & Results**

A quiet month with nothing to report for race meetings, Alan's handicap report follows.

#### **December Handicap Report**

Only ten runners braved a windy and wet night for the third running of the Club Handicap.

Mike Hayes came home as the winner by improving his previous time by one minute twenty nine seconds. Mike was fifty-one seconds clear of a course record debut for Kevin Hawker who blasted around the five-kilometre course in sixteen minutes and twenty seconds. Pete Lyus was thirty seconds better and then Paul Lowman with a seventeen second improvement. Ceri Oak finished eight seconds better, the only runner to have improved in each run. Geoff Waller was next to finish with a five second improvement.

Last months winner Joyce Curtis finished just two seconds slower with Tom Pady nine seconds off the pace, Sue Jones twenty one seconds slower and Alan Nicholls suffering a fifty eight second retreat.

Next months handicap will be held on the second Wednesday of the month.

Thanks once more to Heather & Louise who did all the timing checks for us & also, to Alan who analysed the data & produced the report.

Don't forget the next event is January 10<sup>th</sup> and here's where you start -

Name	a. Oct	b. Nov.	c. Dec	d. Jan.
Sandy Marriott	35.55	dns	dns	00.00
Rachel Menday	35.47	35.21	dns	00.34
Maggie Dillon	dns	34.25	dns	01.30
Joyce Curtis	35.55	34.22	34.24	01.31
Ross Summers	29.51	dns	dns	06.04
Marion Broom	29.51	dns	dns	06.04
Karen Crow	30.58	29.42	dns	06.13
Sue Jones	29.06	28.06	28.27	07.28
Sally Bowey	Dns	28.08	dns	07.47
Jenny Sleeman	Dns	28.06	dns	07.49
Jo Lowman	26.26	26.37	dns	09.18
Pete Lyus	26.58	Dns	26.28	09.27
Lindy Bennett	dns	dns	dns	09.29
Alexis Kay	dns	Dns	dns	10.29
Gerry Evans	dns	dns	dns	10.29
Alan Rowe	Dns	24.51	dns	11.04
Nikki Gigg	24.30	24.47	dns	11.08
Dave Dunne	23.55	24.42	dns	11.13
<b>Mike Hayes</b>	<b>25.29</b>	<b>Dns</b>	<b>24.00</b>	<b>11.55</b>
Paul Lowman	23.22	23.44	23.27	12.28
Geoff Waller	dns	23.20	23.15	12.40
Ceri Oak	22.46	22.34	22.26	13.29
Alan Nicholls	21.28	21.28	22.26	13.29
Tom Pady	22.54	21.32	21.41	14.14
Warren Oak	dns	Dns	dns	14.27
Bruce Tones	21.13	dns	dns	14.42
Jill Harrison	19.17	dns	dns	16.38
Martin Fullard	17.41	dns	dns	18.14
Shane Wallace	16.58	17.30	dns	18.25
Kevin Hawker	dns	dns	16.20	19.35

**POINTS SYSTEM - The Last Reminder.**

This is where I try to describe the points system. After much prevarication at last month's committee meeting, I will now try to put into words what we finally agreed (e. & o.e.); I thought that was one abbreviation I'd never need. Points will be awarded to each Handicap entrant on the following basis,

Please try to remember we are competing in this event, even if only with ourselves at times. Take it seriously if you want, but don't take it to heart, so

1. THE TIMEKEEPER'S DECISION IS FINAL.
2. Each entrant will be awarded a number of points that will equal his/her finishing position, for example the person in first place is awarded 1 point, second place 2 points etc.
3. In the event two runners tie for a position say, equal third place, the persons involved in the tie would each receive 3 points (in this example). The next finisher would be placed 5<sup>th</sup> and receive 5 points.

Physics class 2001!  
Since light travels faster than sound, isn't that why some people appear bright until you hear them speak?

4. The annual winner will be the person having the lowest number of points. The total number of points considered will be based on the best 8 results for each individual, out of a maximum of twelve runs. In the event of there being a tie for the annual winner, a ninth (or tenth) race result will be taken into consideration.

5. Timing of each handicap run, is not an easy task, when everyone arrives in a group the timekeepers may have problems getting the results on paper. If you have any doubts about your results query them at the time, as it's almost impossible to resolve things later.

6. The overall winner will have their name engraved on the shield.

7. THE TIMEKEEPER'S DECISION IS **STILL** FINAL.

**HOW OLD ARE YOUR JOINTS (*one for the hippies?*)**

This piece of "light entertainment" was "retrieved" from a recent copy of the Daily Mail (21/11/2000). Visit your local health food store for a leaflet giving more details of the test.

Before you start be honest with your answers and yourself, it took me two attempts to concede my joints are not perfect.

**Add up the points in the brackets for each question to which you answer yes:**

- Do you have quirky sounds from some of your joints? (10 points)
- Do you have joint aches? (10 points)
- Are your joints swollen or have they changed shape? (10 points)
- Do you have any old joint injuries? (5 points)
- Do you do repetitive work/exercise? (5 points)
- Do you have a sedentary job and take no exercise? (5 points)
- Does arthritis run in your family? (5 points)
- Do you have aches more than your peers after exercise? (5 points)
- Do your hands, fingers and feet easily get cold and stiff? (5 points)
- Are your joints difficult to straighten? (10 points)
- Are you over your perfect weight? (5 points for every stone over weight)
- Are the joints in your big toes painful or stiff? (10 points)
- Can you flex one knee more, than the other? (5 points)
- Are your knees painful if you sit on them? (5 points)
- If you sit cross-legged, are you unable to bring your knees close to the floor? (5 points for each fist width that you can fit in the gap between the floor and your knee)
- Do you feel a need to stretch your back on a daily basis? 1 point for each stretch you need to take) when standing.
- Are you unable to touch your toes with your knees straight? (1 point for every inch away from the feet)
- Is your neck rotation limited when reversing your car? (5 points)
- Are you unable to align your chin with your shoulder tip? (5 points)
- Are you unable to touch the front of your chest with your chin? (5 points)
- Can you bring one arm further up behind your back than the other? (2 points for every inch that you can't make)
- Can you flex one wrist more than the other? (10 points)
- Are you unable to flex all your fingers completely? (10 points)

Subtract your age from the total number of points. (this may leave you with a positive or negative score.) Then halve this figure. If it is a plus score, add it to your age. If it is negative,

take it off your age. The final figure is the real age of your joints. Author - Amy Anderson

So, can I do anything to help, improve or maintain my current, near perfect, level of health? Read on,

1. Warm up before exercising.
2. Afterwards, warm down and make sure you stretch again. (Make time after a run to have a gentle jog to warm down or alternatively, walk home. This will let all muscles & tendons return to normal & reduce the likelihood of stiffness or injury).
3. Take a daily supplement of Glucosamine sulphate to help lubricate joints and keep cartilage healthy. (Available from health food stores and chemists, or Heather).
4. Eat plenty of fish (twice a week at least), olive oil, nuts and seeds to give the body a natural dose of healthy fats to lubricate joints. Also, take a daily cod liver oil supplement for the same reason.
5. Drink 1.5 litres of water a day; more if you are exercising heavily, to lubricate the body and ensure nutrients reach the joints.
6. Avoid tea, coffee and alcohol because they are diuretics and dehydrate the body.
7. Keep joints warm in cold weather and do daily mobilising stretches such as these:
8. Put hands on hips and then move your hips in large circles. Sit on the floor and then hold your kneecaps and then move them in circles. Your head from side to side and swing your arms from side to side. Roll your shoulder blades; stretch your fingers out completely and then close your hands to make a fist.

#### MEMBERSHIP

Tom (Pady) will be moving to Yeovil in the New Year, so expect to see him less frequently. Good luck to him and let's hope all his plans & aspirations are realised.

Louise (Cray) has decided to make a career of training guide dogs for the blind. Part of the requirement for the job is that trainers "live in" during their two years training. This means that Louise will be working & living in Exeter for the foreseeable future, we wish her success & happiness in her new career.

#### Grrrrroan 2!

After last month's selection, here's one for the ladies!

A woman was out golfing one day when she hit her ball into the woods. She went into the woods to look for it and found a frog in a trap. The frog said to her, "If you release me from this trap, I will grant you 3 wishes."

The woman freed the frog. The frog said, "Thank you, but I failed to mention that there was a condition to your wishes-that whatever you wish for, your husband will get 10 times more or better!" The woman said, "That would be okay."

For her first wish, she wanted to be the most beautiful woman in the world. The frog warned her, "You do realise that this wish will also make our husband the most handsome man in the world, an Adonis, that women will flock to." The woman replied, "That will be okay because I will be the most beautiful woman and he will only have eyes for me."

So, KAZAM - she's the most beautiful woman in the world!

For her second wish, she wanted to be the richest woman in the world. The frog said, "That will make your husband the richest

man in the world and he will be ten times richer than you." The woman said, "That will be okay because what's mine is his and what's his is mine." So, KAZAM she's the richest woman in the world!

The frog then inquired about her third wish, and she answered, "I'd like a mild heart attack."

Moral of the story (*for the gentlemen*): Women are cleverer than you think; don't mess with them.

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#### Local(ish) Fixtures/Events

(m/t = multi terrain)

There are a number of cross-country events coming up, so for those of you that would like to take to the fields & trails, speak to Alan as he has all the details (I pass them on to him).

07/01/01 - Devon Cross Country Championships - Bicton

14/01/01 - Axmouth **Challenge** Run 16k (10m) +5k fun run (m/t).

For application forms - call 01297 23796.

28/01/01 - Luppitt Lollop (think you're fit?) 14.6 miles.

11/02/01 - Fulfords 5 - Exmouth 5 miles.

11/03/01 - The Grizzly (18m) or

11/03/01 - Bradninch Guildhall Chase (8m) + Fun Runs

13/05/01 - Honiton RC Fun Run

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MIND BITES! (food for thought)

How did I manage to eat so much in only TWO days?

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#### Groan 3!

Sorry this is so long, but it hits a sweet spot! This is an actual letter sent to a bank in the US. The bank thought it amusing enough to publish in the New York Times:

**Dear Sir,**

I am writing to thank you for bouncing the cheque with which I endeavoured to pay my plumber last month. By my calculations some three nanoseconds must have elapsed between his presenting the cheque and the arrival in my account of the funds needed to honour it. I refer, of course, to the automatic monthly deposit of my entire salary, an arrangement which, I admit, has only been in place for eight years. You are to be commended for seizing that brief window of opportunity, and also for debiting my account with \$50 by way of penalty for the inconvenience I caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to re-think my errant financial ways. You have set me on the path of fiscal righteousness. No more will our relationship be blighted by these unpleasant incidents, for I am restructuring my affairs in 2001, taking as my model the procedures, attitudes and conduct of your very bank. I can think of no greater compliment, and I know you will be excited and proud to hear it. To this end, please be advised about the following changes:

First, I have noticed that whereas I personally attend to your telephone calls and letters, when I try to contact you I am confronted by the impersonal, ever-changing, pre-recorded, faceless entity which your bank has become.

From now on I, like you, choose only to deal with a flesh and blood person.

My mortgage and loan repayments will, therefore and hereafter, no longer be automatic, but will arrive at your bank, by cheque,

addressed personally and confidentially to an employee of your branch, whom you must nominate.

You will be aware that it is an offence under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact Status which I require your chosen employee to complete. I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative. Please note that all copies of his, or her, medical history must be countersigned by a Justice of the Peace, and that the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course I will issue your employee with a PIN number which he/she must quote in all dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modelled it on the number of button presses required to access my account balance on your phone bank service.

As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further by introducing you to my new telephone system, which you will notice, is very much like yours. My Authorised Contact at your bank, the only person with whom I will have any dealings, may call me at any time and will be answered by an automated voice.

By pressing buttons on the phone, he/she will be guide through an extensive set of menus:

1. To make an appointment to see me
2. To query a missing repayment
3. To make a general complaint or inquiry
4. To transfer the call to my living room in case I am there.

Extension of living room to be communicated at the time the call is received;

5. To transfer the call to my bedroom in case I am sleeping.

Extension of bedroom to be communicated at the time the call is received;

6. To transfer the call to my toilet in case I am attending to nature. Extension of toilet to be communicated at the time the call is received.

7. To transfer the call to my mobile phone in case I am not at home.

8. To leave a message on my computer. To leave a message a password to access my computer is required. Password will be communicated at a later date to the contact.

9. To return to the main menu and listen carefully to options 1-9.

10. The contact will then be put on hold, pending the attention of my automated answering service. While this may on occasion involve a lengthy wait, uplifting music will play for the duration. This month I've chosen a refrain from The Best of Woody Guthrie,

"Oh, the banks are made of marble, with a guard at every door  
And the vaults are filled with silver that the miners sweated for"  
After twenty minutes of that, our mutual contact will probably know it off by heart.

On a more serious note, we come to the matter of cost. As your bank has often pointed out, the ongoing drive for greater efficiency comes at a cost - a cost which you have always been quick to pass on to me. Let me repay your kindness by passing some costs back.

First, there is the matter of advertising material you send me. This I will read for a fee of \$20 per page.

Inquiries from your nominated contact will be billed at \$5 per minute of my time spent in response.

Any debits to my account, as, for example, in the matter of the penalty for the dishonoured cheque, will be passed back to you. My new phone service runs at 75 cents a minute (even Woody Guthrie doesn't come for free), so you would be well advised to keep your inquiries brief and to the point.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

I wish you a happy, if ever-so-slightly less prosperous, New Year.  
Your humble client.

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## FINISHING POST

When you use the internet, are you concerned that someone might illegally access (scan or hack) on to your computer? It happens, and when it does you can pick up viruses, lose confidential information or have your computer email software used by a third party to send "spam" email, without your knowledge. If you would like to control which pieces of software can access the Internet or prevent outsiders accessing your machine then you need some firewall software. This type of product has been in use for many years by large corporations. They want to restrict their networks to authorised users only & also restrict employees from accessing various sites. Fortunately there is some free software available, which will safeguard your computer from external "attack" and also prevent illicit software already on your machine (unknown to you) from dialling up the Internet. The software is Zonealarm and can be found at <http://www.zonealarm.com>, follow the online instructions. If your machine is old and slow this will not have a major impact on performance, whereas the anti-virus software previously mentioned will.

Axe Valley Runners Website, worth a look to find out what's happening locally - <http://www.perratt.f9.co.uk/avr/>  
Barbados <http://barbados.org/do.htm> no more clues!

**Discounts** - **NEW**, 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 carry that will be of use for running, as well as other out leisure activities.

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

ASK for your discount before making your purchase.

If you would like your name added to the list of contacts please tell Paul. **PLEASE** let me have your articles, anecdotes, and thoughts for inclusion. The revised contact list re-appeared last month if you wish to have your name removed or added or would like a copy let Paul know.

**Happy New Year & Anon, Dame  
Luck.**

For email copies of this newsletter send your email address to  
[HonitonRC@btinternet.com](mailto:HonitonRC@btinternet.com)

P.S. SORRY IF THERE'S ANY MAJOR ERRORS BUT, IT'S BEEN A PANIC GETTING THIS OUT IN TIME FOR THE FIRST WEDNESDAY DEADLINE.