

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



Race Report

Late News

Well done to Geof Waller. Geof has been, discreetly, partaking in events and his results to date are:

Sidmouth Duathlon - 41:27 placed 4th (Vets)

Exmouth Duathlon - 38:02 placed 4th (Vets)

Once again, there are some of you that are taking part in races and not passing your results to me. It can be difficult filling these pages at times, so PLEASE - write your results on a piece of paper & pass them to me or phone, email!

News & Information

CLUB EMAIL - HONITONRC@BTINTERNET.COM

Subscriptions - Subscriptions were due in March! Have you paid up? Did it slip your mind? Subs are £12 per year; new members pay pro-rata so costs of membership are low, honest.

What can you get for twelve pounds?

2.8 return rail tickets to Exeter

5.4 Pints of your favourite tipple?

0.8 of a good C.D.

1 "follow-up" fitness assessment (& you won't be any fitter after it)

Alternatively, your subscription buys 52 social runs/year, 52 training runs/year, A wealth of training & coaching expertise, numerous social events (Barbeques, Parties etc.), a superb monthly newsletter, news of local & national running events AND many new friends

Club Kit

Tee & Sweat shirts are now in stock. Tee shirts are £5 each & sweatshirts (only supplied to order) £12. If you ordered a shirt please see Dave Dunn, shirts will only be supplied on receipt of payment.

Races for HONITON

It's early days but advance information can benefit us all. We are currently in negotiations with various bodies to arrange at least one & possibly two races. There is not much information available at this

point but we are thinking about a short(ish) run of around 3-5 miles and a longer one of 10K or longer. If you are not already involved & would like to take part in the organisation please contact us a.s.a.p.

Alcohol - The last Wednesday night of each month is Pub night. We (and the alternative running club from Yarcombe & Sidmouth) visit the local for a couple of drinks and a chat, after the run. If you don't attend already, do join us.

Committee meetings are normally held bi-monthly.

Our next two "normal" scheduled meetings are on: -

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

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

The July Meeting will be held at Lynne'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.

Groan!

Warning from West Yorkshire:

"Clubbers" in the North of England have taken to using dental syringes to inject ecstasy directly into their mouths.

This dangerous practice is known as "E by gum".

Crutchless

HOW TO AVOID INJURY

FOLLOW THE TIPS BELOW AND YOU'LL BE GUARANTEED* TO BE LESS PRONE TO INJURY:

* - *Don't ask me for written a guarantee - dl.*

Cool-down (also known as *Warm-down*) a period of gradually diminishing activity after a workout. Follow it with stretches. Never stop exercising abruptly; always cool down.

Hydration Taking in liquids. You should drink at least one litre of fluid - and possibly more - for every hour that you run. A runner may lose up to two litres of sweat per hour, which means possible

dehydration in as little as two hours. Any time that you're going to be running for more than two hours, you should plan to drink as much as you can tolerate - the colder the better. Always drink before you feel thirsty.

Plyometrics Explosive exercises (which mimic such things as a sprinter's start or a cross-country runner's burst up a short, steep hill) which help to increase muscle strength and power. Be sure that you have a solid strength base before trying plyometrics, and even then, begin slowly so as to avoid injury. An example of a plyometric drill is the single-leg bound: starting on either leg, hop forwards with maximum extension; do 10 hops, then repeat on the other leg.

Progressive muscle relaxation A relaxation technique which many athletes have found useful as a recovery aid. The name goes a long way towards explaining the technique. You start in a quiet, relaxed environment, usually lying flat on your back, and begin with a certain muscle group - say, your feet; concentrate on relaxing those muscles, then work progressively up the body, relaxing each muscle group as you go.

Strength training All runners can use weightlifting to prevent injury by strengthening areas of weakness and to increase speed. Runners often concentrate their strength-training efforts on the upper body, with high-repetition, relatively low-weight sessions. To save their energy for running, racers should generally cut down on weight-training sessions when the racing season begins.

Stretching Used after warming up - say, an easy jog - to reduce muscle tension, develop flexibility, promote circulation and generally prepare the body for hard exercise. Stretch after warming up, because a warm, pliable muscle is less likely to tear than is a cold one. Stretch your legs and lower body especially, but don't ignore the upper body. Many athletes prefer yoga for their stretches.

Warming up Mild exercise done before a work-out to warm the muscles by increasing respiration and circulation, both of which help deliver much-needed oxygen to your muscles.

Grrrrroan 2!

A guy walks into a bar and notices two pieces of meat on the ceiling.

He asks the bar man for a pint and the bar man asks, "Don't you want to participate in our competition?"

The guy asks, "What's it all about?"

The barman informs him, "All you have to do is get those pieces of meat off the ceiling and you get a free pint!

If you fail you have to buy the whole pub a drink."

The guy replies, "No I don't think so mate...the steaks are too high!"

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.
- 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.

(Thanks to Alan for this insight, I'm sure a few of us can use this as a base for improvement. All contributions are welcome. Please email yours to the club or hand/post to Paul Lowman, 36 Honiton Bottom Road, Honiton. EX14 2EP)

Grrrrroan 3!

A duck walks into a bar and says, " Got any bread?"
And the barman says "No"
And the duck says, "Got any bread?"
And the barman, "No!"
And the duck says, "Got any bread?"
And the barman says, "I said, N-O NO!"
And the duck says, "Got any bread?"
And the barman says, "For cryin' out loud - N-O spells NO and I mean NO!!"
And the duck says, "Got any bread?"

And the barman says "NO NO NO NO NO NO NO NO NO NO NO NO NO NO!!!"

And the duck says, "Got any bread?"

And the barman says, "Look, if you ask me one more flippin' time if I've got any bread, I'll nail your beak to the bar!!!"

And the duck says, "Got any nails?"

And the barman says "No!"

And the duck says, "Got any bread?"

GLYCOGEN - FUEL FOR THE ENGINE

Glycogen is a substance found in muscle tissue and stored in the liver. It is an essential prerequisite for strenuous physical activity and the aim of every athlete involved in any kind of endurance event is to start an event with the maximum on board; rather like making sure your petrol tank is full!

There are two main ways in which glycogen can be increased. The first, and the most important way, is through training. Through regular training the body comes to accept and 'expect' the extra demand for energy and so routinely will start to store more glycogen than it would in a person following a sedentary life style. Of course the other spin-off to this increase in training is that you will also start to use the available glycogen much more efficiently and thus extend your endurance.

A second and less obvious way in which glycogen can be increased is by dietary manipulation during the final week of training prior to the event. In general terms, it works as follows:

After your last long training run, your body, which has come to expect its glycogen to be replaced, has it denied - instead of carbohydrates you will eat more or less only proteins (the depletion phase) with fresh salad greens and low calorie vegetables. At the same time you continue to carry out light training. During the last 4 days prior to the event this regime is reversed with the diet now consisting of complex carbohydrates (the carbohydrate loading phase). In essence, because of the depletion phase the body over-compensates when carbohydrates become available during the loading phase, converting more food into glycogen than it would otherwise do. It could be considered as 'tricking' or fooling the body. Too many simple carbohydrates should be avoided until the day prior to the race.

A couple of other points to bear in mind before undertaking this approach are that it

requires a degree of will-power and determination (it is not the most pleasant experience) and it should only be undertaken, at most, twice in any year with at least 4 months between. Remember, it is the long hours of training that will benefit you the most.

Finally, as guide, these are some examples of food in each category:

Proteins - Any lean meat, Cheese, Eggs & Fish.

Complex carbohydrates - Potatoes, pasta, bananas, figs, whole meal bread.

Simple Carbohydrates - Chocolate, Cakes, Biscuits, Glucose.

Last breakfast (race day) about half a dozen slices of toast and honey.

During race.

Electrolyte at 2-3 mile interval

FIXTURES/EVENTS

(m/t = multi terrain)

03/06 - Talaton Trotter 6.5 miles (m/t)

08/06 - Coastal Dash - Dawlish (4)

11/06 - Mid Devon Half (Tiverton)

13/06 - Hilly - Summer six - Knowle (4)

20/06 - Westpoint Summer Duathlon
(run 2/cycle 10/run 2)

25/06 - Torbay Half

01/07 - Bampton 10k & Fun run

OR for the enthusiast - Dartmoor Challenge (8 miles) covering 9 Tors i.e. Hilly.

08/07 - Charmouth to Golden Cap Challenge (& fun) 7.8 miles

09/07 - Haytor Heller 6 miles - nice rugged moor land.

Or if you prefer

Princetown Cup Race - m/t 5 miles.

11/07 - Hilly - Summer six - Bampton (3.8)

14/07 - Chudleigh Road Race (5½ miles)

15/07 - Maiden Castle Loop (6 miles) Dorchester - m/t.

15/07 - **MARATTACK - CLUB TEAM EVENT**

THE MARATTACK IS A RELAY CONSISTING OF TEAMS BETWEEN 5 TO 15 MEMBERS. THE OBJECT IS TO RUN 400 METRE LAPS WHILST TRYING TO BEAT THE INDIVIDUAL MARATHON WORLD RECORD TIME! IT WORKS OUT AT 105.5 LAPS

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. If you would like your name added to the list of contacts please let Paul know. 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 Foundling-Hawker	01404 - 45917
Jerry Evans	01404 - 861515
Jill Harrison	01404 - 44028
Jo Lowman	01404 - 43013
Karen 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
Sandy Marriott	01404 - 44238
Tom Pady	01297 - 553040

Finally, I hope he won't mind me mentioning this but Bruce won't be running for a week or three as he is taking some time out. Bruce volunteered to be a bone marrow donor and someone in need of a transplant has a tissue match with Bruce's tissue type. Good luck & best wishes to him and the (anonymous) recipient who I believe is an Italian child.

Anon
Dame Luck.