

Wile E's World - Honiton Running Club Newsletter - June 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. The site is still under development & hopefully I will be able to keep our club information up to date. There are many useful links & general health and fitness pages in addition to the shop and discounts I mentioned last month.

Race Report - (as Midweek Herald report 9/5/01)

Honiton Running Club's second team entry into the Great West Run (half marathon) proved an outstanding success.

The all male team entrants, for the first time sporting the new club colours were Alan Nicholls, Dave Dunn, Martin Fullard, Jamie Crisp, Dan Brown, Steve & Peter Pengelly. In spite of moderate but bitterly cold northerly wind, Martin Fullard was first man home in an outstanding 1:20:03 (Placed 35th), Jamie Crisp followed shortly after in 1:31:08 (197th). Dan Brown in his first race at this distance managed a highly creditable 1:38:57 (434th) and we anticipate major improvements in this time in the future. Alan Nicholls was next man home, after a long lay off from long distance racing and carrying a calf injury. Alan managed to complete the course in 1:46:15 (726th).

Dave Dunn in his second attempt at this distance had an impressive run taking 16 minutes 4 seconds off his previous best time to finish 773rd in 1:47:06.

Steve Pengelly finished 2:06:33 (1310th) proving that "partying the night before" isn't the best form of training. Pete Pengelly supported brother Steve and mysteriously finished after his brother in 2:06:48 (1317th).

Due to injury and training problems none of the club's ladies were able to compete this year.

The race sported a field of approximately 2000 of which there were 1691 finishers.

A special thanks also to the club's supporters for their encouragement during a very cold event.

13th May - Hospice care

Charity 8, 20 or 30 mile cycle.

On the first "Hot" day of the year, 24 °C, Ceri Oak, Jo Lowman & Ben Lowman on their bicycles, represented the club. While Warren & Paul led the event on foot & completed the 8 mile course in just over an exhausting hour and a quarter.

May 2001 Handicap Report

Well done to Mike Hayes, first man home and amidst the confusion over timing the one thing everyone agreed on was that Mike won the event, congratulations. Next months table is on the notice board.

A genteel reminder, please chappies, before the start of the handicap check your start time & be at the start a couple of minutes before your departure. The time-keepers job is not as easy as it seems and invariably as soon as one thing goes wrong the whole job becomes impossible & @#%* ups occur.

Plymouth Half Marathon - congratulations to **Jamie** who had a "stab" at the Plymouth half on Sunday 27th May. The weather conditions changed, for the worst, for the event but he whizzed around the course in 1:31. Whilst not sounding to enthusiastic (on

If a woman says something in the woods and there are no men around to hear her, is she still wrong?

the phone) about the time, I'd certainly pay a fortune for that time, well done. Even more breaking news - **Steve & Pete** Pengelly also competed in the event both finishing in 1:59, unfortunately the times had still not been published at the time of writing this.

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

The Club Fun Run.

Contrary to last months news the committee have decided to have another shot at organising a fun run, but at the end of the summer, probably September. Watch the notice board for details.

The next Committee meeting is July 10th at Paul's house.

How much deeper would oceans be if sponges didn't live there?

Coaching

The debacle continues, we were led to believe that a course was available on Saturday the 26th of May. Despite email & phone calls to The Regional co-ordinator & UK Athletics all I could confirm was that a course was running but I could not find out if we had been nominated for any places on it! On May 25th, after more phone calls & promises of returned calls I got no further.

I offer my apologies to those of you that re-arranged your day in preparation for the event only to draw another blank. I will assume that you are still interested in partaking & will let you all know as soon

as I manage to extricate some definite information

Social Events

Our Vice-Chairman Sue Jones, has volunteered to take on the organisation of future social events, therefore I guess she is now our social secretary as well. If you have any ideas or suggestions for future events please discuss your ideas with each other but if you would like help or assistance include Sue in your discussions.

Our invite to have a run in Sidmouth, on May 30th, was a welcome idea from Joyce (& Norman). The offer to "have a Social" at

Another Beach Barbeque

After the outstanding success of last year's event we are proposing to have another barbeque at Branscombe beach on Sunday 1st of July. Everyone is invited **including** children. As last year, we will arrange our own transport for this event. But expect to arrive at between 2:00-2:30 p.m.

their house after the run was/is equally welcome thanks to both of you for your hospitality.

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

UP AND RUNNING. Based in the north of England the company website is www.runningshoes.co.uk and whilst it is still under development it's worth a look. Up & Running are 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. When I eventually 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.

Correspondence

I get frequent news & application forms for various races & events throughout the country. The list includes coaching sessions with some well-known international athletes. Local events are usually notified a few days before the event, if you are interested in seeing this information please speak to Paul.

English Schools A.A. & Devon Schools A.A.

ESAA Track & Field Championships are being held at the Exeter Arena on Friday July 6th & Saturday July 7th.

Tickets are available for this prestigious event. Ticket prices are

Stands		
	Friday	Saturday
Adult (17-59)	£12	£14
Junior (5-16)	£6	£7
Senior (60+)	£6	£7
Grounds		
Adult (17-59)	£9	£11
Junior (5-16)	£4	£5
Senior (60+)	£4	£5

Alas, once again we have not been given enough time to make postal applications (cut off date Thursday May 31st). However you can apply via the credit card "Hotline" on 08705 321321 or online booking at <http://www.ticketzone.co.uk/>.

The ESAA are also looking for 150 VOLUNTEER stewards for the event on each day, aged 18+ and working a rota system so there will be time to watch some of the events.

Volunteers Stewards will supervise entrances, competitors & spectator stands and control entrances to marshalling and warm up areas. You will also be expected to attend a meeting on Wednesday July 4th at the Exeter Arena to discuss duties, procedures & emergency procedures although you may be able to participate if you are unable to attend the Wednesday session.

If you fancy a day out mingling with tomorrow's athletics greats, this event offers a rare opportunity for us in the southwest.

This National Championship event will be host to some 1650 competitors so whether you are a steward or a spectator there will be a great atmosphere to soak up.

If you would like to volunteer please contact Paul for an application form, soon!

Trivia!

The ant can lift 50 times its own weight, can pull 30 times its own weight and always falls over on its right side when intoxicated.

The "For-Sale" section is very quiet. If you have any item surplus to requirements or you would like to make space by clearing out

the darkest corner of your home or garage, how about trying to sell the item through this newsletter, rather than visiting the car boot sale? Details to Paul please.

Subscriptions

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

If you believe the rate at which subs are being paid then we have around 18 club members, and we know there are more of you out there. Remember 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 & the benefits will continue to be explored and added to whenever possible. Please hand your cheques or cash to Dunny (Dave).

Groan 1 - (thanks to Kev for this beauty)

DAVID BECKHAM GOES HORSE RIDING!!

David Beckham decides to try horseback riding, even though he has had no lessons or prior experience.

He mounts the horse unassisted and the horse immediately springs into motion.

It gallops along at a steady rhythmic pace as Posh stands back in admiration, but then he begins to slip from the saddle. In terror he grabs the horse's mane, but cannot seem to get a firm grip. He tries to throw his arms around the horse's neck, but he slides down the side of the horse anyway. The horse gallops along, seemingly impervious to the plight of it's slipping rider.

Finally, he gives up his frail grasp and he attempts to leap away from the horse and throw himself to safety. Unfortunately, his foot has become entangled in the stirrup, now he is now at the mercy of the horse's pounding hooves as his head is struck against the ground over and over.

Posh stands there frantic, unable to do anything to help as his head is battered against the ground. He is mere moments away from unconsciousness when to his great fortune.....

the Sainsbury's security guard sees him, leans over, and unplugs the horse.

Team Event (Mixed team Gentlemen & Ladies?)

Do you want a good team social run? look no further. Axe Valley runners will be holding the annual Marattack event at the Exeter arena on July 14th.

The purposes of this event is for teams of 5 to 15 members to get together and attempt to beat the individual World Marathon record, around two hours and six minutes I believe.

This goal is not impossible; the record has been broken at the event in previous years.

It offers not only an opportunity to get to know other clubs and their members but also allows us to build a little more team spirit so obviously there are many ways in which we can benefit.

One member of the team will be running at a time & the distance is made up of 400 metre laps. The more members in the team the more potential we

have to break the record & more recovery time between laps.

For those of you that have attended the training sessions you will appreciate the benefit these "repetition" events can have for your strength & stamina.

If you are interested in taking part please let Paul know soon or put your name on the entry sheet on the notice board.

I think to have a realistic chance of beating the record, or even getting close to it, we need a team with a minimum of ten members.

Groan 2

I don't usually pass on news like this, but sometimes we need to pause and remember what life is about. There was a great loss recently in the entertainment world. Larry La Prise, the Detroit native who wrote the song Hokey Kokey, died recently at the age of 83. The most traumatic part for the family was getting him in the coffin. They put his left leg in. . . and things just started to go downhill from there.

"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.

- 07/06/01 - *Dawlish Coastal Dash & Fun Run - 4 miles 7:00pm.
- 09/06/01 - *DML RC 5k - Saltram Park, Plympton. 7:00pm.
- 10/06/01 - *Mid Devon Half & Fun. Tiverton Rugby Club.
- 15/06/01 - *10K Towpath Series - Greville Smythe Park, Bristol.
- Club & Recreational event.
- 17/06/01 - *Killerton Kanter 10k & fun run. Killerton House. Cross country including obstacles (horse jumps etc.)
- 24/06/01 - *Torbay Half & Fun run. Paignton Seafront.
- 01/07/01 - *Revelstoke Run (10.5m) St. Peter's Church, Noss Mayo, Plymouth. Course is mainly on Cliff footpaths.
- 08/07/01 - *Charmouth to Golden Cap. Charmouth School#
- 14/07/01 - *AVR Marattack - see news - "Wile" June 2001.
- 15/07/01 - Haytor Heller - 6 miles off road - Tough. Enter Early.
- 17/07/01 - *Summer Six - 3 miles m/t (round 4)
- 20/07/01 - *Chudleigh Road Race - 5½ miles
- 14/10/01 - North Devon 10k (new date) South Molton.
- 21/10/01 - The Grizzly (20m) rescheduled after "Foot & Mouth" outbreak. Entries closed.
- 28/10/01 - *Teignbridge 10 & County Championships.*
- Honiton R.C. 12K Road Race. **Cancelled**
* - Entry on the day is OK
- Due to F&M disease the Golden Cap course has been revised & is now approximately 4.5 miles & ALL beach.

MIND BITES! (Food for feet?)

I was recently handed a piece of paper with a few Obvious (?) comments relating to running shoes, thanks Jo. I thought I'd mention a few here as a reminder.

- Shoe mid-sole cushioning in running shoes lasts on average 500 miles or six months of regular use. Don't wait for your ankle, knee or lower back to start hurting, replace them before they get to the end of their useful life.
- If you get on particularly well with a specific brand or model of shoe, don't change, it's probably the best shoe suited to your own needs.
- Running shoes are made for **RUNNING** in; don't use them for other pursuits.
- Wash & dry muddy shoes as soon as you have finished with them.
- Wash shoes in **COLD** water & **AIR** dry them only. In other words **NO** to washing machines & tumble dryers or the cushioning will be non-existent.

- If you find that your shoes slip on your heel as you run, lace them to the very last eyelet, that's why it's there.
- Finally, if you are flying to a race, as some are, take your shoes onboard the flight. If your luggage gets lost you still get to run.

Want to air a view or experience regarding running kit, retailers or a miracle cure for an injury? Why not share your experience through this newsletter?

Groan 3! (Thanks to Kev again) If you've worked for a large organisation read on:-
Heaven or Hell?

One day while walking down the street a highly successful HUMAN RESOURCES Director was tragically hit by a bus and she died.

Her soul arrived up in heaven where she was met at the Pearly Gates by St. Peter himself. "Welcome to Heaven," said St. Peter. "Before you get settled in though, it seems we have a problem.

You see, strangely enough, we've never once had a Human Resources Director make it this far and we're not really sure what to do with you."

"No problem, just let me in" said the woman.

"Well, I'd like to, but I have higher orders. What we're going to do is let you have a day in Hell and a day in Heaven and then you can choose whichever one you want to spend an eternity in."

"Actually, I think I've made up my mind, I prefer to stay in Heaven", said the woman.

"Sorry, we have rules..."

And with that St. Peter put the executive in an elevator and it went down-down-down to hell. The doors opened and she found herself stepping out onto the putting green of a beautiful golf course. In the distance was a country club and standing in front of her were all her friends - fellow executives that she had worked with and they were all dressed in evening gowns and cheering for her. They ran up and kissed her on both cheeks and they talked about old times. They played an excellent round of golf and at night went to the country club where she enjoyed an excellent steak and lobster dinner. She met the Devil who was actually a really nice guy (kind of cute) and she had a great time telling jokes and dancing. She was having such a good time that before she knew it, it was time to leave. Everybody shook her hand and waved good-bye as she got on the elevator.

The elevator went up-up-up and opened back up at the Pearly Gates and found St. Peter waiting for her.

"Now it's time to spend a day in heaven," he said. So she spent the next 24 hours lounging around on clouds and playing the harp and singing. She had a great time and before she knew it her 24 hours were up and St. Peter came and got her.

"So, you've spent a day in hell and you've spent a day in heaven. Now you must choose your eternity," he said.

The woman paused for a second and then replied,

"Well, I never thought I'd say this, I mean, Heaven has been really great and all, but I think I had a better time in Hell."

So St. Peter escorted her to the elevator and again she went down-down-down back to Hell. When the doors of the elevator opened she found herself standing in a desolate wasteland covered in rubbish and filth. She saw her friends were dressed in rags and were picking up the rubbish and putting it in sacks. The Devil came up to her and put his arm around her. "I don't understand," stammered the woman, yesterday I was here and there was a golf course and a country club and we ate lobster and

we danced and had a great time. Now all there is a wasteland of garbage and all my friends look miserable."

The Devil looked at her and smiled.

"Yesterday we were recruiting you, today you're staff . . .

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 agreed to give a 10% discount on purchases from 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.

ASK for your discount before making your purchases.

Contact List or Ring 4 a run

Name	Telephone
Alan Nicholls	01823 - 601298
Alexis Kay	01404 - 850109
Bruce Tones	01404 - 44988
Ceri 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 Lowman	01404 - 43013
Joyce Curtis	01395 - 578619
Karen Crow	01404 - 850357
Karen Crow	01404 - 850357
Kevin Hawker	01404 - 45917
Linda Pike	01404 - 43294
Lindy	01404 - ??????
Louise Cray	01404 - 41394
Maggie Dillon	01404 - 861515
Martin Fullard	01404 - 44988
Mike Hayes	01404 - 45108
Nikki Gigg	01404 - 41393
Paul Lowman	01404 - 43013
Pete Lyus	01404 - 45247
Peter Pengelly	01404 - 44029
Sandy Marriott	01404 - 44238
Steve Pengelly	01404 - 44029
Sue Jones	01404 - 831850
Tom Pady	01297 - ??????
Warren Oak	01404 - 46899

I will be re-issuing the contact list at the end of the summer, if you would like your details to be included/excluded/amended please let me know.

Conditioning an Introduction

(Another view of training from Up & Running web site)

One of the misconceptions in the sports world is that a sports person gets in shape by just playing or taking part in his/her chosen sport. If a stationary level of performance, consistent ability in executing a few limited skills, is your goal then engaging only in your sport will keep you there.

However, if you want the utmost efficiency, consistent improvement, and balanced abilities sportsmen and women must participate in year round conditioning programmes. The bottom line in sports conditioning and fitness training is stress. Not mental stress, but adaptive body stress. Sportsmen and women must put their bodies under a certain amount of stress to increase physical capabilities. Exercise scientists have identified nine elements that comprise the definition of fitness. The following lists each of the nine elements and an example of how they are used:-

Strength - the extent to which muscles can exert force by contracting against resistance (holding or restraining an object or person)

Power - the ability to exert maximum muscular contraction instantly in an explosive burst of movements (Jumping or sprint starting)

Agility - the ability to perform a series of explosive power movements in rapid succession in opposing directions (ZigZag running or cutting movements)

Balance - the ability to control the body's position, either stationary (e.g. a handstand) or while moving (e.g. a gymnastics stunt)

Flexibility - the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle (Executing a leg split)

Local Muscle Endurance - a single muscle's ability to perform sustained work (Rowing or cycling)

Cardiovascular Endurance - the heart's ability to deliver blood to working muscles and their ability to use it (Running long distances)

Strength Endurance - a muscle's ability to perform a maximum contracture time after time (Continuous explosive rebounding through an entire basketball game)

Co-ordination - the ability to integrate the above listed components so that effective movements are achieved. Of all the nine elements of fitness, strength and cardiac respiratory qualities are the most important to develop because they enhance all the other components of the conditioning equation. (*visit the website for further discussion*).

This one has puzzled me for quite some time, if you have any ideas I would be pleased to hear them:-

If it's true that we are here to help others, then what exactly are the OTHERS here for?

PLEASE (is there anybody out there?)

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](#)