



The Honiton Running Club Newsletter

Race Report

Congratulations to:

Tom Pady - Tom took 1st place (in category) at the Honiton Duathlon in 32:35 (P.B?) knocking nearly 2 minutes off his Middlemoor time of 34:14.

Jo Lowman - Jo was going to marshal the Duathlon but not wanting to miss a run, ended up accompanying a partially sighted competitor without incident to the finishing post.

Thanks also to club members who gave up their time to Marshall - **Sam, Louise and Jill.**

Why so quiet? Please let Paul have your race results or news by the last Sunday of each month for inclusion.

News

Club email - HonitonRC@btinternet.com

Congratulations to Heather & Kevin, "the knot" has been tied. We wish them, and Iggy, a happy, healthy and fruitful future.

This is a first. Club Subscriptions are now due! So my dear chums, your contributions (£12) are welcome in the not too distant future. As our bank account isn't open just yet, cash please, or cheques made payable to Dave Dunn (Our trusty treasurer) who will issue receipts. Don't be frightened off by the subscription fee, on a per run basis it was £52 each year. Thanks to all of you that have contributed each week, we have managed to acquire sufficient funds to start rolling the wheels of affiliation. If you have any fund raising ideas please let us know, also if you have ideas on things we might get sponsorship for e.g. coaching courses etc., let us know.

Club Colours. After an Ad-hoc demand (9/2/00) to decide our Club colours it was "agreed" that we would have Royal Blue Shorts & Vests/Tee shirts. However I only wanted to get you all thinking about club colours & I now have a catalogue (brochure) of some of colour schemes,

designs and pricing. One person has suggested green & yellow kit, so we will take other suggestions and then vote. Please let me know if you would like a look at the brochure. As we will send our affiliation forms off in the next few days.

A suitable amendment of our Logo will be made to make it visible when printed on our kit. If you would like to try your hand at a new "Wile E" design, or an alternative, I can let you have a copy of the file for amendment if required. Come on you artists, A BOTTLE OF WINE IS ON OFFER FOR THE CHOSEN DESIGN.

The notice board still has our old name on some sheets they will be updated soon as possible.

Committee meetings are held bi-monthly, the next two are on: -

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

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

The 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.

Crutchless

Rest Incline Compress Elevate = RICE

Our last Injuries (Health?) section dealt with Foot & Lower leg Injuries, this month we make the final ascent to: -

Upper Leg to Lower Trunk Injuries

(no elephant jokes please)

HAMSTRING PULL

The hamstring muscles cover two joints, the hip and the knee. They can be strained throughout their length.

Symptoms. There is usually some severe pain at the time of injury, followed by muscle spasm, loss of strength, and pain when you put weight on the legs.

Causes Sudden contraction of the hamstrings, as when sprinting, is the most common cause. A pull may also be the result of overuse on a long run

involving hill climbing, or may be caused by a runner having particularly strong quadriceps muscles compared to the hamstrings.

Treatment RICE until full rehabilitation has occurred. Owing to the type of muscle within the hamstring, a pull can be slow to heal, and must be gently stretched and worked up to training. Severe tears will require the use of crutches.

Prevention Runners often stretch the hamstrings wrongly - try to stretch them over one joint at a time. Don't forget to warm up!

QUADRICEPS STRAIN

Long-distance runners occasionally tear the large muscles at the front of the thigh.

Symptoms There will be a sudden pain, most probably when running downhill, and it is possible for the muscle to rupture completely. There is local tenderness and swelling.

Causes Apart from running downhill, a sprint start when you're unprepared for it can cause a quadriceps strain.

Treatment RICE until the muscle is fully stretched and rehabilitated.

Prevention Proper stretching and warming up - inflexible quadriceps are more likely to tear.

HIP INJURIES

BURSITIS

Bursitis of the hip involves inflammation of the Bursae that surround either of the bony swellings which are part of the hip joint.

Symptoms There is likely to be pain and tenderness, though often without much visible injury. There is usually a mild discomfort when you're at rest, and in more extreme cases this becomes severe pain when you're running. The range of movement of the hip is likely to be limited.

Causes Once again, the finger points to overuse, though this may be compounded by direct bruising or a disease such as infection or arthritis.

Treatment Although RICE may help, more chronic injuries will need full medical assessment, anti-inflammatory medication, and possibly a cortisone injection.

Prevention A proper warming up and stretching routine will help to limit the straining which frequently causes bursitis.

STRAIN

This vague term may imply injury to muscles, ligaments and tendons around the hip joint at the upper end of the femur (thigh bone).

Symptoms There is usually pain when you make a particular movement, though there may also be tenderness on pressure, and even muscle spasm.

Causes Overuse of the hip joint, though failure to stretch it through its complete range of movement will increase the likelihood of injury.

Treatment RICE and ice massage* will help, and physiotherapy, stretching and heat should be used to aid recovery in the later stages.

* Don't forget when using ice bags, wrap them in a towel or you risk frostbite. (DL)

Prevention Stretching and sensible training.

GROIN STRAIN

This is a non-specific title covering many injuries within the groin area. These include a hernia, osteitis pubis (inflammation of the junction of the pubic bones), a tear of the adductor muscles (which pull the thighs together), and injury to the muscles at the front of the hip.

Symptoms Pain on moving the hip may be felt in both the groin and the abdomen or thigh.

Causes An inadequately trained hip which lacks a full range of movement is often to blame, though hernias appear to strike at will.

Treatment If RICE, stretching and physiotherapy fail to produce early relief, medical assessment is vital. Chronic injuries take longer to heal, and if surgery is needed for a hernia, this shouldn't be delayed.

Prevention As with all injuries in this area, a good range of movement will limit the likelihood of injury.

LOWER BACK INJURIES

LOWER BACK PAIN

Running can be both a cause of lower back pain and a cure for it. It can help suppleness, but also increase tension in the over trained. It is now recognised that much pain comes from the sacroiliac joints where the spine joins the pelvis, and this pain is more likely in individuals with weak abdominal muscles. Persistent lower back pain deserves and often requires full medical assessment - self-help may actually worsen the condition.

SCIATICA

The pain which can extend beyond the lower back, even to the ends of the toes, when a nerve emanating from the spine suffers pressure at some part of its length.

Symptoms Initially you may simply feel a dull ache, but often there may be pain extending down one leg, which can cause weakness, numbness and a limp.

Causes Congenital abnormalities of the lumbar and sacral vertebrae may combine with the jarring from running, together with biomechanical problems of the feet, knees or leg length, and cause poor posture which irritates or damages the sciatic nerve.

Treatment Rest - many cases of sciatica get better without medical treatment. When in severe pain, lie on the floor on your back with your hips and knees at right angles and your calves supported on a chair or pouffé. (*Try treatment or advice from Heather, a Remedial Masseuse or Osteopath. From personal experience, sciatica caused by a squash injury, gentle stretching can cure & prevent recurrence. Traditional medical treatments can be prolonged; "alternatives" often offer quicker improvement and recovery - DL.*)

Prevention This may be impossible, but a supple lumbar spine and strong abdominal muscles will limit the chance of sciatica occurring. (*Remember, those stretches can be done anytime, not just before and after exercise.*)

ABDOMINAL INJURIES

STITCH

A form of muscle cramp thought to be caused by a spasm of the diaphragm (the large, dome-shaped muscle dividing the abdomen from the chest).

Treatment It may help while running to take a deep breath and hold it, thus stretching the diaphragm.

Prevention An irritated diaphragm is more likely to go into spasm, so you should eat your pre-race meal at least three hours before competing. Drinking plenty of fluid (*not just alcohol chaps*) helps to keep the intestinal organs supple and pliable. A stitch is a symptom of lack of training, for the diaphragm has to be trained in the same way as other muscles.

Well, that's it for the moment as far as the injuries are concerned. You should by now have an appreciation of what can (and does) happen to your body when you don't look after it, unless you are just plain ole' UNLUCKY.

Warm UP (walk to your venue), Warm DOWN and include stretching, particularly after exercise. (*After a long run, Gently Stretch & consider walking or gently jogging home. This will loosen your limbs and reduce the likelihood of stiffness the following day.*)

Over the next couple of issues we will take a peep at General Problems and Disorders (not injuries) that can affect all runners and athletes alike.

FIXTURES

Road races unless indicated otherwise, some of these events include fun runs (*m/t = Multi-terrain*).

- 05.03 Bideford Half Marathon.
- 08.03 Street Winter Series (Last of Six) 5k
- 12.03 Bradninch Guildhall Chase (8 m/t).
- 16.03 Weston Prom Run No.7 of 9 (5 m) at West-super-Mare.
- 26.03 Teignbridge Ten, Newton Abbot.
- 28.03 Exeter Harriers Open Evening - phone 01392 432398 for details
- 02.04 AVR - THE GRIZZLY & Cub Run (*m/t*) - Marshals required.
- 09.04 Taunton Marathon & Half Marathon
- Early Bird Duathlon - Exmouth
- 12.04 Ide Time Trials (1st of 6) - 3.5K
- 18.04 Hilly Clothing Summer 6 - 3 Miles Round 1 - Woodbury Common (*m/t*).
- 24.04 Bampton to Tiverton - 7 miles.
- 25.03 Exeter Harriers Open Evening - phone 01392 432398 for details.
- 30.04 Great West Run - Half Marathon - Marshals required.
- 05.05 Torrington Round the Tree - 3 miles
- 28.05 Plymouth Half

Next month - I will include a selection of short to middle distance (no more than 10k) on and off road races/runs, hopefully within a half hour drive from Honiton.

FINISHING POST

1. **New on the Contact List this month - Tom Pady - 01297-553040**
2. For email copies of this newsletter send your email address to HonitonRC@btinternet.com
3. 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> **and cheap phone calls (with a PC)** <http://www.mediaring.com> - TALK to anyone, anywhere.

4. Coaching has started and will continue subject to demand, which currently is very high. Meet Jill at the Sports Hall at 9:00 a.m. PROMPT, on Sundays (well done to those that spotted last month's deliberate mistake, I must stop writing this late at night).
5. **Wanted, One Proof Reader**, There are no mistakes this month (arrrrgh!).
6. By the time this sheet appears I (Paul) will be "allowed" to start "running" again. If you want to join me for a slow, short run (20-30 minutes at the most) two or three times a week, contact me on Honiton 43013. I am intending to get back to fully fit by Mid May, so over the period of two months my training will increase, pins permitting.
7. Discounts - we have an informal agreement with **Iron Bridge Runner & Whose Sport** in Exeter that they 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 when you make your purchase.

A runner went on a safari holiday with his wife and Mother-in-Law. One evening, while still deep in the jungle, the runners' wife awoke to find her mother gone. Rushing to her husband, she insisted on them both trying to find her mother. The runner picked up a rifle, took a swig of Isotonic liquid, and Sped off, with his wife, to look for her. In a clearing not far from the camp, they came upon a chilling sight: the mother-in-law was backed up against a thick, impenetrable bush, and a large male lion stood facing her. The wife cried, "What are we going to do?" "Nothing," said the runner. "The lion got himself into this mess, let him get himself out of it."

The promised training schedule for 10K follows. As before this assumes you are running regularly. If you are new to running then come along on club night to pick up a few tips and make some running friends. Alternative schedules may be found in the running magazines or check on the Internet sites listed in "Finishing Post," above. If you would like a more personalised version, based on your level of fitness and experience, then speak nicely to Jill.

10K

WEEK ONE: TOTAL MILEAGE 21M

DAY 1: 5M easy

DAY 2: 2M easy, then 6 x 1 min brisk 2 min slow, then 1M easy

DAY 3: 4M steady

DAY 4: 7M starting slowly

WEEK TWO: TOTAL MILEAGE 22M

DAY 1: 5M easy

DAY 2: 6M steady, include 8 x 30 sec fast (or 100 paces)

DAY 3: 5M steady

DAY 4: 10 min warm up, then 10 min fast, then 10 min jog.

WEEK THREE: TOTAL MILEAGE 25M

DAY 1: 6M easy, off road.

DAY 2: 1M jog then 10 x 1 min fast, with 2 min recoveries, then 1 mile Jog

DAY 3: Warm up, then 3 x 5 min fast, with 4 min recoveries, then warm down

DAY 4: 8M slow

WEEK FOUR: TOTAL MILEAGE 25M

DAY 1: 6M easy, with 6 x 100 metre strides at the end

DAY 2: 6M steady, inc 10 x 30 sec fast

DAY 3: 5M easy

DAY 4: 4-7M race

WEEK FIVE TOTAL MILEAGE 24M

DAY 1: 5M easy, off- road

DAY 2: Warm up, then 8 x 400m (or 12 x 1 min) fast, with 2 min recoveries

DAY 3: 6M starting slowly, finishing 4 x 150 strides

DAY 4: 8M slow

WEEK SIX: TOTAL MILEAGE 23M

DAY 1: 5M easy

DAY 2: 6M, inc 15 x 30 secs fast, 60 secs slow

DAY 3: 5M steady

DAY 4: Race OR timed run of 5K-5M

WEEK SEVEN: TOTAL MILEAGE 24M

DAY 1: 7M easy

DAY 2: Warm up, then 4 x 5 min fast with 3- min recoveries

DAY 3: 4M steady

DAY 4: 6M fartlek, alternating 1 min and 2 min bursts

WEEK EIGHT: TOTAL MILEAGE 20M

DAY 1: Warm up, then 12 x 200m fast stride, then warm down

DAY 2: 5M easy

DAY 3: 20 min jog. inc 6 x 150 metre strides

DAY 4: RACE DAY

Good Luck

Anon
Dame Luck.