

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



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News & Information

Club email - 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.

URGENT NEWS

As I write, the BBC have announced a case of foot & mouth disease in South Devon (& NOW North Devon) so please until it's eradicated keep to the roads.

Due to the outbreak of Foot & Mouth disease

Bradinch Guildhall Chase - 4th March 2001 is Cancelled!

Saucony Grizzly (AVR) - Postponed, now on 21st October 2001

Before you travel to any events over the next few weeks check with the organisers before you leave, as more races are likely to be called off. If you need contact numbers check with the Rundown or give me a call.

I know one two of you wanted to enter the Grizzly but applications were closed. AVR are going to offer refunds to those unable to (or not wanting to) run in October so there may be a few places available. You might find it worth writing to them and enclosing a cheque for £9:00 (£10:00 unattached) or for the Cub run £5 (£6). Write to: -

The Lean Mean Runner Bean, Coomb Bank, Cooks Lane, Axminster. EX13 5SJ

SUBSCRIPTIONS

It's that horrible time of year again "SUBSCRIPTIONS ARE DUE" as of March 1st - £12 & a snip at that price.

What do you get for £12, well me for a start plus 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 & there must be more except I can't think of anything at the moment, so please pay up as soon as you can. Hand your cheques/cash to Dave Dunn.

The AGM took place on February 14th thanks to all of you that attended. For those that didn't attend (I hope you behaved yourselves) the **Committee Members for 2001-2002 are,**

Geof Waller - Chairman
Sue Jones - Vice-Chairman
Dave Dunn - Treasurer
Paul Lowman - Secretary
Alan Nicholls - Club Captain (Races & Coaching)

General Committee Members

Lyn Pike, Nikki Gigg, Jo Lowman, Jenny Sleeman, Pete Lyus, Martin Fullard.

Just in case you don't know "who's who" there are some piccies on the notice board. I tried to make you all look good (honest) but even my camera won't tell lies that big☺.

Grizzly Marshals - Thanks to all of you that volunteered. We will be looking for volunteers for the event when it takes place in October.

The first club annual race, The Fun Run, will take place on 13/5/2001. More details will be available on the notice board, but for those of you that "miss the board" full details are included at the end of the newsletter.

On a related matter, we will need a number of marshals for our event so if you (and/or adult members of your family) have an hour or two to spare on the day please let us know as all your help will make the event run a lot smoother. The success of the event depends upon organisation on the day, please help. Don't worry, if you don't approach us we will be approaching you for assistance.

Race Report

Dan decided to embark on his first event at Exmouth on February 11th in the Fulfords 5 (5 miles of course). Whilst at the time of writing we didn't have an official time, Dan's estimated time was "36:50." Well-done Dan, a very creditable performance keep up the training.

Now a "Roving report" from the "Oak Partnership."

THE TOUGH TEN

We set off from the firm sand of Weston Super Mare beach on a bright, chilly morning at 11:00 a.m. along with 1500 other runners.

The Tough Ten is a ten mile multi-terrain event organised by the Lions Club, and what brilliant

organisation it was! Plenty of smiling marshals, clear signs and superb pre-race and post-race facilities helped to make the day enjoyable.

The Route: Once we arrived in the woods after the flat coast road there were a few inclines to challenge us, but none to compare with Hayne Lane or Combe Raleigh!! In fact, most runners were happy to stay in single file along the woodland trails, since overtaking was a somewhat difficult and skilful manoeuvre. The second circuit of the woods covered new terrain, then it was time for the final shin splintering descent and the last mile back into Weston. This last stretch was stunning on a sunny day as we ran along a 'cobb' with the sea to our right and a 'lagoon' to our left. After a rousing welcome from spectators on the promenade, we were pleasantly surprised to find baggage claiming and showers very efficient, with no waiting at all! Our final verdict: 9 out of 10 - DON'T BE PUT OFF BY THE 'TOUGH' IN TOUGH TEN - we recommend this ten mile event.

Did you know?

If a statue of a person mounted on a horse has both front legs in the air (the horse, that is), the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.

Ceri and Warren Oak.

Well done both of you & thanks for the report. With the current Foot & mouth problems this might prove to have been the last "off roader" for some time. What you both didn't mention, so modest, was your times. They were Ceri 1:21:33 (26th Lady) & Warren 1:24:30 (416th Male). Who's wearing the trainers now then?

A reminder, please when you partake in any events try to get your time & position before you leave. The majority of race organisers will have your details within about 30 minutes of your finish, some can tell you immediately. Availability is usually dependant upon the number of race entrants.

It is preferable to publicise actual (official) times as reports in the local newspapers are open to scrutiny, so when you supply a good story with some facts it's easier to write and submit a report.

I can't be everywhere at once so if you are collecting information to write a report for the newsletter or for me to write a press release I would like some or all of the following information: -

- YOUR FINISH TIME & POSITION
- TOTAL ENTRANTS (AN APPROXIMATION WILL DO)
- WEATHER AND GROUND CONDITION
- QUALITY OF ORGANISATION (MARSHALLING & WATER STATION ETC.)
- ANY UNUSUAL OR INTERESTING ITEMS
- IF YOU DON'T WANT TO WRITE IT, PHONE THE INFO TO ME ON 01404 43013.

Groan 1

(I know you don't get elephants in South America, it's a joke)

An elephant and a crocodile were swimming in the Amazon, when the elephant spots a turtle sunning himself on a rock.

The elephant walks over to the turtle, picks him up in his trunk and hurls him far into the jungle.

"What did you do that for?" asks the crocodile.

The elephant answers, "That turtle was the one that bit me almost fifty years ago."

The crocodile says, "And you remembered him after all these years? Boy, you sure do have a good memory."

"Yep," says the elephant. "Turtle recall."

HANDICAP REPORT & RESULTS FEB 2001

This month's handicap was run on a pleasant evening and rewarded several of the runners with good performances. Dan Brown came in first with a 1.46 improvement on his debut time. Next in was Gerry Evans who also scored a massive improvement of 1.32 on his debut time. Jenny Sleeman was first lady home with a 1.30 gain followed by Ceri Oak who slashed an impressive 56 seconds off her best to record her fifth successive PB. Nikki Gigg was next in with a fifty-second improvement on last month. Martin and Kevin came in next having jogged around the course!! Martin recorded a one second improvement on his last time but went the correct way this time. Suzanne Lyus put up a debut time of 29.24 followed by Sue Jones who improved her time for the third successive race. Karen Crow improved by 14 seconds. All the rest of us went backwards, but not too far. The nights are getting lighter and the weather should start improving so maybe we'll all train a little harder and really burn up the tarmac next month - Alan.

Name	d. February 2001 Handicap	e. February Running Time	f. February Actual Time (e-d)
Maggie Dillon	01.30	41.45	40.15
Karen Crow	06.13	35.41	29.28
Gerry Evans	08.03	34.23	26.20
Sue Jones	08.12	35.40	27.28
Jenny Sleeman	08.50	34.25	25.35
Lyn Pike	09.26	36.28	27.02
Nikki Gigg	10.03	35.05	25.02
Dave Dunn	10.51	36.34	25.43
Dan Brown	11.23	34.09	22.46
Alan Nicholls	13.28	36.17	22.49
Ceri Oak	13.33	34.59	21.26
Martin Fullard	18.00	35.34	17.34
Kevin Hawker	18.00	35.34	17.34
Jamie Crisp	17.30	37.37	20.07
Suzanne Lyus	06.13	35.37	29.24

Tee & Sweat Shirts

Geof has made arrangements to have the club name printed on our race kit, we will arrange to have your shirt printed free of charge. To make printing worthwhile we have to print a minimum of 10 items at a time. Please place an indelible identification mark on your vest & hand it in to Geoff (or Paul).

If you would like to purchase a tee shirt, sweatshirt or race kit, speak to Dave Dunn.

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

Tee Shirts at £5 each and a Sweatshirt to keep warm before a run at £12:50.

SUNDAY RUN?

Sunday runs continue usually mornings and afternoons, depending on when you get out of bed, for further information speak to each other!

Sunday is a great opportunity to get that longer run in, you'll surprise yourself just how far you get in an hour (or two)!

Groan 2

A husband and wife were having dinner at a very fine restaurant when this absolutely stunning young woman comes over to their table, gives the husband a big open-mouthed kiss, says she'll see him later and walks away.

His wife glares at him and says, "Who the hell was that?" "Oh," replies the husband, "she's my mistress." "Well that's the last straw," says the wife. "I've had enough, I want a divorce."

"I can understand that," replies her husband, "but remember, if we get a divorce it will mean no more shopping trips to Paris, No more wintering in Barbados, No more summers in Tuscany, No more Porsche or Lexus in the garage and No more yacht club. But the decision is yours."

Just then, a mutual friend enters the restaurant with a gorgeous babe on his arm.

"Who's that woman with Jim?" asks the wife.

"That's his mistress," says her husband.

"Oh. . . . Ours is much prettier," she replies.

Coaching

News is imminent so as before, watch this space. But until UK athletics/SEAA get their act together we are not likely to see those elusive courses. We have been given provisional dates ranging from November 2000 to January 2001, then February and now March so don't hold your breath.

Local (ish) Fixtures/Events

(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.

- 04/03/01 - Bradninch Guildhall Chase (7.4m) + Fun Runs
- 11/03/01 - The Grizzly (18m) or if you didn't get a place,
- 11/03/01 - Exeter Canal run (10k) flat & fast (if you want).
- 18/03/01 - Earlybird Duathlon - Sidmouth 600m swim + 5k run.
- 18/03/01 - "New Plympton" 10k. Mainly flat.
- 25/03/01 - Teignbridge 10 (miles) Newton Abbot
- 01/04/01 - Butleigh (m/t) 7½ miles (15k?) Glastonbury.
- 08/04/01 - Earlybird Duathlon - Dawlish 600m swim + 5k run.
- 06/05/01 - Great West Run (half marathon) our team event.
- 13/05/01 - Honiton RC Fun Run (5k)
- 27/05/01 - Plymouth Half Marathon (no entry on the day)
- 14/10/01 - Provisional Date! Honiton RC 10K+ Full details as soon as the course has been agreed and measured.
- 21/10/01 - The Grizzly (20m) rescheduled after "Foot & Mouth" outbreak.

MIND BITES! (Food for feet?)

MASOCHISM?

Why haven't my legs been hurting for the last few weeks?

I've "upped" the mileage, haven't stretched as much as I should.

The quads seem to get tired more quickly, but no pain? Could it be that my most recent pair of shoes work for me?

I'm a mild pronator but also I'm heavy on my heels therefore, I need arch support and loads of cushioning otherwise my heels get sore.

Well, my current shoes are Reebok DMX's.

They offer loads of built in air pockets in the sole & heel (not pressurised, so they don't go flat if they get a puncture), 6 to 10 pockets depending on the model and hence some of the best cushioning I've ever found in an athletics shoe.

Suspecting that the shoes might make a difference I reverted to my Asics 2050 gel and a pair of Addidas Piedmonts.

I was very surprised to find that after two weeks using the Addidas regularly I started suffering with a mild shin splint on the right leg, a few days later the left leg also started complaining. I switched back to the DMX and after a few days the shins eased and the symptoms disappeared within a couple of weeks.

I now started using the Asics (why I ask myself?). By comparison, it was like running on a couple of blocks of oak, the shins stayed happy but I needed to insert my sorbothane heel pads to improve the cushioning.

When you consider that Asics Gel shoes have an excellent reputation for their cushioning it only goes to show how effective the DMX's are, for me (and you?)! I know many runners that have

had good experiences with all the shoes I mentioned above and also the current versions. By all means listen to the recommendation from a fellow runner but we all have different feet and running styles, let comfort decide.

It's easy to mis-buy a pair of shoes. Hand out your £50 - £70 pounds, take 'em home and wear 'em with pride & after two or three weeks AGONY!

A few simple rules could be: -

1. Don't leave the purchase of new trainers until the old ones are completely worn out and allow a couple of weeks or more to gradually break in the new pair.
2. If you suffer pain or discomfort immediately then go back to the shop. If problems occur after a few runs, go back to your old shoes for a couple of weeks, if the pain subsides, take the new shoes back to the shop. Most reasonable retailers will try to help you with either a refund or an alternative shoe. Do nothing and you'll get nothing.
3. Don't rush into making a purchase; walking your new shoe around the shop (or at home) won't give you much idea how it performs out on the road.
4. Do fine tune your shoes with the various anti-shock insoles or orthotics, but remember you might get a better deal spending the extra on your shoes in the first place.

Cushioning is essential if the majority of your running is on road. There are loads of "New innovations" such as the "Nike Shox" (o.k. if you have £120 to spend on shoes).

If you want to reduce the risk of an expensive mistake, when buying take your time & look around. At the end of the day your feet will have the final say.

And now an email a friend recently passed on, I'm not sure how much of it is fact but it does make interesting reading.

What are you drinking.....

WATER

We all know that water is important but I've never seen it written down like this before.

75% of Americans are chronically dehydrated. (Likely applies to half or the world's population).

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water shut down midnight

hunger pangs for almost 100% of the dieters studied at the University of Washington.

Lack of water, the number 1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic maths and difficulty focusing on the computer screen or on a printed page.

An aid for our regular drinkers: -
SYMPTOM: Feet cold and wet.
FAULT: Glass being held at incorrect angle.
ACTION: Rotate glass so that open end points toward ceiling.

SYMPTOM: Feet warm and wet.
FAULT: Improper bladder control.
ACTION: Stand next to nearest dog, complain about house training.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by an amazing 79%, and you are 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?
(As a runner I suspect that you aren't - PL)

COKE (the COLA variety)

No wonder coke tastes sooooo good:

In many states (in the USA) the highway patrol carries 2 gallons of Coke in the trunk to remove blood from the highway after a car accident.

You can put a T-bone steak in a bowl of coke and it will be gone in two days.

To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.

To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of aluminium foil dipped in Coca-Cola.

To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminium foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.

To remove grease from clothes: Empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.

It will also clean road haze from your windscreen.

The active ingredient in Coke is phosphoric acid. Its pH is 2.8 so it can, and will, dissolve a nail in about 4 days.

To carry Coca-Cola syrup (the concentrate) the commercial truck must use the "Hazardous Material" place cards reserved for highly corrosive materials.

The distributors of Coke have been using it to clean the engines of their trucks for about 20 years!!!!!!

Never again will I touch the stuff (☺)

Groan 3! And now maintaining the usual standard: -

There was this truck driver who had to deliver five hundred penguins to the state zoo. As he was driving his truck through the desert, the truck breaks down.

After waiting by the side of the road for about three hours he waves another truck down and offers the driver \$5,000 to take the penguins to the state zoo for him.

The next day the first truck driver arrives in town and sees the second truck driver crossing the road with 500 penguins walking single file behind him.

The first truck driver jumps out of his truck and says, "What's going on? I gave you \$5,000 to take these penguins to the zoo!"

The second truck driver replies, "I did take them to the zoo. And I had so much money left over so now we're going to see a movie."

OR (even worse?)

A pregnant Irish woman, from Dublin, is involved in a car accident and falls into a deep coma. Asleep for nearly 6 months, when she

wakes up she sees that she is no longer pregnant and frantically asks the doctor about her baby.

The doctor replies, "Ma'am you had twins! A boy and a girl.

Your brother from Cork came in and named them."

The woman thinks to herself, "Oh No, not my brother... he's an eejit!"

She asks the doctor, "Well, what's the girl's name?"

"Denise," replied the doctor.

"Wow, that's not a bad name, I like it! What's the boy's name?"

"Denephew" he replied.

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It is, with considerable pride, that I can announce that I have just found what must be three of the worst jokes (short ones) that are likely to "grace" these pages but you'll have to wait until next month.

## FINISHING POST

A duck's quack doesn't echo, and no one knows why!

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!

Going to Barbados in December? Keep a check on the weather at <http://www.bbc.co.uk/weather/5day.shtml?world=0292&links>

**Discounts** - 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 outdoor 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.

I will be re-issuing the contacts list soon, if you would like to be included/excluded/amended please let me know.

**PLEASE** let me have your articles, anecdotes, and thoughts for inclusion.

## Anon, Dame Luck.

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

An aid for our regular drinkers Part 2: -  
SYMPTOM: Floor moving.  
FAULT: You are being carried out.  
ACTION: Find out if you are being taken to another bar.

SYMPTOM: Room seems unusually dark.  
FAULT: Bar has closed.  
ACTION: Confirm home address with bartender.