



Wile E's World

BOUQUETS

Congratulations to:-

Bruce (Tones) who was our only entrant in the Great North Run, he completed the Half Marathon course in a creditable 1 Hour 42 minutes.

Heather & Kevin Ran the "Robin Hood" Marathon at Nottingham. Heather finished in 3:29:30, with runny legs, and Kevin a rather "quick" 2:38:28 and finished 7th. Kevin now has an automatic entry into the 2000 London Marathon, valid for three years, I believe.

Also Congratulations & best wishes to Heather & Kevin who have finally decided to "Tie the Knot," they become one in February 2000.

An apology to Jill, she has entered a number of races but alas I don't have the details or results. I know she has been very high in the field if not top.

some variation, particularly during the long winter nights.

- A regular training session will start once we have all decided on a convenient day/time for runners & trainer (Jill!), Make your preferences known!
- Race Fixtures will be published on the notice board in the Sports Hall Foyer or in "Wile E's World," ultimately in both.
- Money, the "other" important bit. Initially we will start charging £1 per person each club night, Wednesday only. This should help to cover some of the start up costs, and will be reviewed once the Club has elected Officials. A Bank account will be opened to receive subscriptions and withdrawal of the funds will require multiple signatures of committee members.
- We also intend to get the Media to back us (& when funds permit some advertising) with a bit of free Publicity via an article in the local newspapers.
- It was worth the trip to the Pub, after the meeting, as the subject of a Christmas get together/party was mentioned, Jerry Evans "volunteered" to investigate, Watch this space!

That is all on this matter for the moment, my apologies to anyone if I have omitted anything.

Developments

Thanks to those that attended the meeting on the 20th October at the Sports Hall.

To summarise the event, the main points follow:-

- We will now be making arrangements to formalise our status as a club. Some phone calls have been made to set things moving & I will keep everyone informed of the progress.
- We have agreed to form an Adhoc "Committee" of five volunteers to make decisions until we are registered. The members are; Lynn Pike, Alexis Kay & Jill Harrison (Good Advice), Dave Dunn (Money Matters) & me, Paul Lowman (Phoning & Chasing).
- We will maintain our club night on Wednesdays and continue to meet at the Sports Hall.
- We will review our club night activities and include new events, which will hopefully offer

Runny Legs?

As the joys of winter befall us, it is perhaps, time to take a brief look at some of those old injuries, aches, twinges or niggles that plague us as the cold weather takes a hold. The information contained here is intended as a guide, opinions often vary, if there is any doubt or persistent discomfort there is no substitute for the statutory visit to the G.P. For this issue I will concentrate on:-

MUSCLE INJURIES

Before commencing, any of your training, or reading any further in this article, remember that you must "LISTEN TO YOUR BODY" it will tell you when

something is amiss. You won't always be able to "run though" an injury, so when something does hurt, ease off. Even stop and walk back to base, at least you will then stand a good chance of a quick recovery. We have, within the club, experienced runners & a qualified sports therapist (Heather). Talk about your injury and you will be surprised at the amount of knowledge available.

This article refers to R.I.C.E as the cure for the injuries mentioned. Don't rush out for a packet of "short grain" just yet, the abbreviation means

Rest. Ice. Compress. Elevate.
(thanks Jill)

Bruise (or contusion)

Symptoms A bruise will almost certainly result in local muscle spasm as a result of bleeding at the site of injury.

Causes This injury is usually the result of a direct blow, which causes small blood vessels to rupture or burst. The escape of blood into the muscle tissue causes additional irritation, with local pain and spasm.

Treatment Use RICE initially and repeat for at least 48 hours, and even longer if the condition continues. Attempting to run it off may simply worsen it and prolong the time you lose to running. During rehabilitation, walk before you run.

Cramps

A sustained but involuntary contraction of muscles.

Symptoms. The most noticeable is always pain, though if you touch it, the muscle will feel very hard and sore.

Causes. There is no one cause of cramp, but contributory factors can include the worsening of a slight muscle strain, running without warming up, dehydration and fatigue.

Treatment. Gently stretch and massage the muscle after the initial spasm relaxes. In extreme cases, Heat and/or physiotherapy may relieve the pain.

Prevention Ensure that you're well hydrated and have a balanced diet especially in warm and humid climates.

Warm & Humid in the UK? Note. A good guide to your state of hydration is the colour of your urine. Clear indicates you are well hydrated, the darker yellow the more dehydrated, start drinking (water that is!). A little drink before you run will help, or take a bottle with you if you can be bothered to carry it. (PL).

Rupture

Complete rupture of a muscle can occur following a major sprain. The muscles at the front and back of the thighs and calves can all be affected.

Symptoms There may be acute immediate pain with a visible bulge, though in some cases shock (from the bleeding) may be more noticeable than pain. Any attempt to contract the muscle will fail to move the joint.

Causes Ruptures are not very common. They are most likely to occur in muscles that are already damaged.

Treatment Surgical reconstruction may not be required, as other muscles may develop to perform the task of the injured one. A full medical assessment is vital.

Spasm

A form of cramp, but often more sustained.

Symptoms A spasm will cause severe local pain and tenderness which will stop you running.

Causes As with cramps, dehydration, a previous injury or lack of a warm-up may all contribute to a spasm.

Treatment Stop running and try to stretch the muscle gently. If it relaxes quickly, it's probably all right to run on. If the spasm returns, stop and treat it as you would a strain.

Prevention As with cramps.

Strain

Although it may also be referred to as a pull, a strain usually involves some tearing within the muscle or tendon structure.

Symptoms Although overuse strains may not produce discomfort until several hours after exercise, they may also occur suddenly as a result of over-stretching, in which case you'll be forced to pull up lame. Spasm and swelling from torn blood vessels may also occur.

Causes A strain can result from overuse or over training and over-racing.

Treatment Use RICE and rest until the bleeding is contained and comfortable. This will probably take 48 hours. Resume training by walking slowly. You will probably need a rest period of several days before you can run.

Prevention Proper warming up and stretching will help to reduce the likelihood of injury, as will a sensible, gradual approach to speed work.

Warming Up

Cold Weather + Cold Limbs + Exercise = Injuries.

Arrive early at your venue, give yourself time to warm up with a gentle Jog & some stretches. If you are likely to be waiting more than a few minutes before your run, stay wrapped up, keep moving & warm (*also, don't pick your nose if there are any cameras around, because "sure as eggs are eggs" they'll catch you on film*).

Talking of film (TV)!

Channel Four is making a documentary about our relationship to food today. They are interested in the interaction between attitudes to food and exercise. They would like to talk to people who have taken up running in an attempt to change or help their fitness regime, either in conjunction with changing their diet, or have changed their diet as a result of running.

The contact is Lucy Swingler whom you can phone on 0117 311 8403 or email at lucy.swingler~rdfbristol.co.uk.
(thanks to Gary Perratt of AVR for spotting this)

Honiton Sports Centre & You

Just in case you didn't already know, a brief mention of our conditions of use of the facilities in the sports hall.

- If you are already a member of the Honiton Sports Centre you have access to all facilities in Sports Centres run by E.D.D.C.
- You may use, free of charge, changing & shower facilities on club nights. Non-members can pay a day membership charge of 65p for use of showers, if required. It's your choice and your CONSCIENCE.
- Ask at reception for details of Membership fees.
- The staff in the sports hall have many priorities so please respect any requests from them.

FIXTURES

(thanks again to Gary Perratt of AVR for this info, my copy of Run Down was on loan when this little lot was prepared).
Races are on road unless indicated otherwise.

A number of these events have associated fun runs, contact Paul for further details.
(m/t = Multi-terrain)

- 01.11 The Club Fixture List Starts.
 - 07.11 Castle Drogo Run (10 m/t), Drewsteignton. Ilminster Lions 10K & 5K FR.
 - 14.11 Tavy 7, Tavistock. Templer Ten, Newton Abbot.
 - 21.11 Colyton 10K. Bournemouth 10K. Cornish Marathon, Liskeard. Dartmoor Triangle Road Run, Princetown (5).
 - 28.11 Brent Knoll Race, Burnham on-Sea (5.5 m/t). Ross Shield, Tiverton (6-mile team event).
 - 06.12 Club night handicap.
 - 12.12 Bicton Blister, Bicton College (11/5 m/t). Christmas 10K, Christchurch. Wyvern Christmas Cracker 10K, Weston-super-Mare.
 - 19.12 Bert King Memorial Wellington Monument 10K. Turkey Trot, Redruth (4). Shoreline's Christmas Cracker 10K, Bude. Torrington Christmas Caper, North Devon (7 m/t).
 - 26.12 Clevedon Boxing Day 4, North Somerset. Round the Lakes 10K, Poole. Stoke Stampede 10K, Taunton.
 - 01.01 Broadstone Quarter Marathon, Poole. Hangover 10K, Weston-super-Mare.
 - 02.01 Exeter (First Chance) 10K, Exeter. Plympton 10K.
 - 09.01 Milborne 10, Blandford.
 - 23.01 Braunton 10, North Devon.
 - 30.01 Luppitt Lollop, Honiton (15 m/t).
 - 20.02 Fulfords 5, Exmouth. Tough Ten, Weston-super-Mare (m/t).
 - 05.03 Bideford Half.
 - 12.03 Bradninch Guildhall Chase (8 m/t).
 - 26.03 Teignbridge Ten, Newton Abbot.
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Finishing Post

1. If you would like to receive future issues by email, Hot off the Press, please send your email address to paul.lowman@btinternet.com

2. We will need funds for the Club so if you have any ideas for fund raising, get in touch.
3. Some of you have expressed a wish for an annual race, which could also be good for fund raising, this is an opportunity to see your wishes come true. Would be organisers form a queue here ??
4. Do you know a local business that might want to sponsor some running vests/tops? An opportunity here for some effective advertising for a lucky company, and also some running kit for our members.
5. If you would like to contribute to Wile E's World, please let me have your article. Even if you don't want to write the article let me have the information and I will do my best to include it.
6. Should we have a different name for the Club? Any suggestions?
7. Interesting WebSite
<http://www.runnersworld.co.uk/> - UK race diary. Shoe Guide. Injury Guide (you've read some of it).
8. **Exam Time:** Just thought of this one - How do we define what a member is, or how does a person qualify as a member? Please discuss!
9. I intend to negotiate the purchase of some reflective vests for these dark nights. If you are interested let me know for the numbers count. I expect a maximum of £7 each & hopefully a lot less.
10. Is this newsletter thingy "too damn long"?
11. Finally, we have already started collecting £1 per person on club nights so that we can get some much needed funds.

'appy running 'til next month,

Pixel

ⁱ Kevin & Heather are both members of Axe Valley runners. Whilst they train with us regularly they are not permitted to run races for Honiton Road Runners due to B.A.F (or A.A.A?) regulations.

ⁱⁱ Jill is, I believe, a member of Exeter Harriers, hence note 1 also applies to her.