

Wile E's World - Honiton Running Club Newsletter - September 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, I try to keep it up to date so have a look.

Race Report (from Alan)

Yeovilton 5k Races

Several runners from Honiton Running Club have participated over the past few months in the Yeovilton 5k Road Races held by Yeovil Town Running Club on the second Wednesday of each month. The course is a fast, flat road circuit and we have been blessed with fine weather for each race.

Martin Fullard was the fastest runner in both July and August with times of 16.34 and 16.50. Martin was pleased with his times but less pleased that he was passed by a three year old being pushed in her pushchair by her father in the July race. Luckily there was no problem in the August race, as the youngster didn't turn up. Ceri Oak ran the June race and produced a PB for the distance with 20.57. Alan Nicholls ran in June, 22.02, July, 21.24 and August, 21.00 and was pleased with his steady improvement. Alan's daughter Joanne also ran the same three races, improving in each one with times of 22.32, 22.18 and 21.47.

Other runners that tried the race were Jo Lowman who ran 26.16 in June; Sue Jones, 27.31, Suzanne Lyus, 28.11 and Lyn Pike, 26.10, who ran in July and Dave Dunn who ran a PB in August of 21.56.

The above race report, with additional Fun run information, was forwarded to the "Midweek Herald" & "Express & Echo." Never trust a reporter? Well the Midweek Herald failed to enter a single syllable whereas the E&E (Bless 'em) put in two entries. Alas the First article referred to Martin's run and stated that he had come first in the July & August events, so an even bigger "well done" to Martin.

Once more, Thanks to you all for "flying the flag!"

The Club Fun Run.

The fun run will take place on 16/9/2001 and will be notable, among other things, for the rather large number of Spot Prizes, forty to date & still more to come. This is an outstanding measure of support for the event from local traders, more next month.

Handicap Report - August 2001

A very pleasant evening greeted the ten runners for the eleventh running of the handicap. Dan Brown, who has not competed for three months, romped home in a new PB of 19.56 making him only the sixth runner to dip under twenty minutes for the course. In his four runs of the handicap Dan has won three of them. None of the other runners improved their last timed run. Ceri who was fourth home in 22.02 needs one more good placing to take her

into the lead in the points competition. It looks like it is going to be very close between Ceri and Sue for the trophy at the end of the year.

New Members

Welcome to Lyn & Jo Merrit (Apologies in advance if the spelling is wrong, even more if your surname is also wrong). Lyn & Jo made their first appearance on August 22nd. For those of you that weren't in attendance, Lyn & Jo managed the "Northcote Hill to Tower Cross" run, with little apparent difficulty (that was further than I managed) on a very warm evening.

Should Maurice Ault (of Exmouth Harriers) get a copy of this newsletter, **thanks** again Maurice; for recommending us to Lyn & Jo. Also thanks for the Shot Putt coaching ☺, at Brickfields.

The next Committee OPEN meeting will be at 7:00 p.m. on September the 4th. The venue - Honiton Sports Centre. We will be making final arrangements for the Fun Run so PLEASE do your best to attend, or make your availability for September 16th known to Geoff, Alan or Paul.

Coaching

Finally the debacle ended & four of our members managed to get to Plymouth to take the level 1 Athletics course at Brickfields Stadium on August the 25th.

Congratulations and well done to those of you (us) that attended and survived the blistering hot sunshine for around 8 hours. The course covered general athletics coaching and was not restricted solely to running, that comes on future courses.

The coaching course would, I feel, also be useful for those wanting to look for supporting methods of preparing, analysing and coaching in most areas, not exclusively sport! The information contained within the course was fairly basic but very methodical. If you have been thinking about taking a coaching qualification and have been put off at the prospect of "going back to school" there is nothing to fear. The level 1 coaching course may be packed for the whole ten hours duration but I feel anyone in our club could do it easily, after all, I did it!

Over the next few months we hope to be able to "fine tune" our new skills to YOUR benefit. There will be more coaching courses, Level 1 & 2, towards the end of this year. If you are interested in attending one and would like some details, speak to one of your new coaches, namely Ceri; Nikki; Jo (Lowman) and Paul.

Social Events - Briefly thanks to Jo (& Myself I suppose) Plus Alan & Karen Two very pleasant BBQ's. Alan & Karen organised the weather better than Paul & Jo, but both events were very enjoyable. The next event "THE CHRISTMAS DINNER" I presume, watch this space.

Correspondence

All race application forms are now being put on the notice board, help yourselves to whatever you want.

If you want to attend a particular event ask around as someone may just want to join you!

"Subscriptions are always Due if you haven't paid" and at only £12, pro-wotsit, a snip at the price. Please hand your cheques or cash to Dunny (Dave).

London Marathon 2002

The Flora London Marathon Club ("Free") Place, has been applied for. If you are thinking of "having a go" and would like the club place than please speak to Paul a.s.a.p. as the entry form will not arrive until December which mean you won't get it until January. All applications have to be **RECEIVED** by the organisers by 11th January 2002.

This means that the Decision on who will get the place will be made before the end of November.

The person receiving the place will be required to raise sponsorship for our nominated charity for the 2001-2002 season, i.e. Hospiscare. Details will be discussed prior to the allocation of the place.

Groan 1

A man comes home from an exhausting day at work, plops down on the couch in front of the television, and tells his wife, "Get me a beer before it starts."

The wife sighs and gets him a beer.

Fifteen minutes later, he says, "Get me another beer before it starts."

She looks cross, but fetches another beer and slams it down next to him.

He finishes that beer and a few minutes later says, "Quick, get me another beer, it's going to start any minute."

The wife is furious. She yells at him "Is that all you're going to do tonight? Drink beer and sit in front of that TV? You're nothing but a lazy, drunken, fat slob, and furthermore . . ."

The man sighs and says, "It's started. . ."

Nutrition (Part 2)

Fluid fluency

Running during scorching summer months can leave you parched. And yes, you probably know you need to drink a lot of liquid during those times, but you may not realise just how vital it is. Taking in too little fluid can be disastrous for your running and your health. Drink the right amount of the right beverages, and you'll feel great and run fast. Here's a look at how water works to keep your body running smoothly, with some tips on when to drink, and how much to take in and what kind of fluids to choose.

You're all wet

On average, the human body is more than 50 per cent water. Runners and other endurance athletes average around 60 per cent. This equals about 120 soft-drink cans' worth of water in an 11 1/2-stone runner! A runner's watery physique results from physiological adaptations brought about by running. For one, running builds lean muscle tissue and reduces body fat: lean tissue contains more water than fat tissue does. (Fat tissue contains the least water of all body tissues, even less than bones.)

Another reason for your waterlogged state is your expanded blood volume. This occurs as you become physically fit, and serves to improve oxygen and nutrient delivery to working

muscles. The extra blood also helps to remove wastes produced by muscles during exercise.

Sweat it out

During running, muscles generate heat - lots of it. A typical five-mile run burns about 500 calories, and 70 per cent of this heat must exit the body to keep muscle tissue from literally cooking. The body stays cool by producing sweat, the evaporation of which rids your body of unwanted heat - roughly 300 calories of heat for every pint of sweat that evaporates. And during an hour of running, you can easily lose more than four pints of sweat.

The amount you sweat depends upon several factors. Warm weather and high humidity both increase sweat production. And the faster you run, the more heat you generate, so the more you sweat. Sweat rate is also influenced by your fitness level; the sweat glands in a fit body enlarge and increase in number, so you sweat more. All of these bodily adjustments create more efficient cooling while you run.

Running dry

So sweating keeps you cool, but losing all that fluid lessens the efficiency of your internal operations. Most runners fall short on fluid replacement and manage to replace only about half of their

losses. If you don't take in fluid as you sweat, your blood actually thickens. This makes your heart pump harder and slows oxygen and nutrient delivery to exercising muscles. The result is that your body

suffers.

As you dehydrate and your pace slows, you may become dizzy, weak or nauseated. Eventually, you may cramp up, get chills or even hallucinate. Some of these same symptoms may even occur at the office or at home, as your unmet fluid need doesn't always conveniently show up on your run.

Drink up

The old rule that you need eight glasses of water or fluid daily is just that - old. Your fluid needs depend on many factors, including body size, fitness level, training schedule and dietary factors such as consumption of caffeine and alcohol, both of which increase fluid loss from the body. So the amount of fluid you need is an individual matter.

Your best bet is to monitor urine colour and frequency of urination. Pale yellow urine is a good sign that plenty of fluid is on board for waste excretion. (But don't judge your urine colour within a few hours after taking vitamin supplements, since the unused vitamins, particularly the B vitamin riboflavin, turn your urine a bright yellow.) Frequent urination is another good sign that you're getting enough fluid.

Spread out your fluid intake over the day to keep body water levels steady and to ward off the threat of dehydration. And remember to drink past the feeling of thirst, since that sensation shuts off quickly once you begin drinking. In fact, it actually turns off before you've replenished lost fluid.

Water - your options

The drinks aisle in any supermarket overflows with drinks: bottled waters (spring, mineral and sparkling), juices and many other concoctions. And then there's always plain tap water. So what's best? Tap water is fine, and it's cheap.

Many consumers opt for bottled water, which generally tastes better than tap water because bottlers use ozone instead of chlorine as a disinfectant. And though the general perception is that bottled water is better for you than tap water, the fact is that safety regulations are higher for water companies than bottling companies.

Ever wonder what the speed of lightning would be if it didn't zigzag?

Some bottled water may offer minerals such as calcium and magnesium, but if you live in an area that has hard water, your local water probably has more minerals than bottled does. (If you're not sure if you have hard water, just check your taps for mineral deposits.)

Fluid on the run

During exercise, your body needs fluid - fast. And during longer runs, a supply of carbohydrates also becomes crucial for maintaining energy levels. As you run, both fat and carbohydrates are burned for energy, but glycogen, which is the form that carbohydrates take when stored in the muscles, runs low after about 90 minutes of running. When this happens, you'll weaken, and your pace may turn sluggish.

The solution is quite simple: have a sports drink. These are formulated to supply a steady stream of energising carbohydrates and to maximise fluid absorption. Soft drinks and juices don't work as well as fluid replacement solutions during exercise because their relatively high carbohydrate concentrations of 10-14 per cent slow fluid absorption in the intestinal tract. Most sports drinks contain half of the carbohydrate content of these other beverages, or about 50-80 calories per 250ml. Small amounts of electrolytes (sodium) added to many sports drinks also boost fluid absorption. As your fluid losses amount to over two pints an hour, drink about 100-200ml of sports drink every 15 minutes. In other words, aim for around 100 calories of carbohydrates every 30 minutes, which is ideal for keeping you energised. Even on runs lasting less than an hour, drinking helps to prevent overheating, especially during tough warm-weather runs. If you haven't yet, give a sports drink a try during your next training session.

But which sports drink?

Sports drinks have become a multi-million-pound industry. Several new products have appeared on the market over the past few years, and they're filling the shelves in supermarkets and newsagents. But what's best to buy? That's pretty much determined by your personal preference, but do select one that contains around 50-80 calories per 250ml serving; any more, and the carbohydrate concentration will inhibit fluid absorption.

Test different brands during training, particularly on long runs, and see what works best for you. Whatever you choose, a sports beverage can be a valuable part of your refuelling and rehydrating regimen. (*concluded next month*)

Groan 2

The Engineer.

A man in a hot air balloon realised he was lost. He reduced altitude and spotted a man below. He descended a bit more and shouted, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man on the ground replied, "You are in a hot air balloon hovering approximately 30 feet above the ground. You are between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude.

"You must be an engineer," said the balloonist.

"I am," replied the man, "How did you know?"

"Well," answered the balloonist, "everything you told me is technically correct, but I have no idea what to make of your information, and the fact is I am still lost. Frankly, you've not been much help so far."

The man below responded, "You must be a manager."

"I am," replied the balloonist, "but how did you know?"

"Well," said the man, "you don't know where you are or where you are going.

You have risen to where you are due to a large quantity of hot air. You made a promise which you have no idea how to keep, and you expect me to solve your problem. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my fault."

"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 "Roundup," alternatively give me a call.

01/09/01 - Dartmoor Dash 5 miles. Tracks, Bogs etc.

09/09/01 - Seaton Half - Get your trainers ready.

12/09/01 - Yeovil 5k series, Got the legs yet?

16/09/01 - Coyote Chase Family Fun Run, Honiton

~~23/09/01 - Woodbury Wobbler 12 miles, Cancelled~~

30/09/01 - Musbury Castle Challenge 6½ miles OR

30/09/01 - Teign Valley Toddle 10+ miles. OR

30/09/01 - Taunton 10k

14/10/01 - North Devon 10k, South Molton.

21/10/01 - The Grizzly (20m) rescheduled. Entries closed.

28/10/01 - Teignbridge 10k & County Championships.

Due to F&M disease check it's "still on" Speak to Paul if you would like a contact number.

MIND BITES! (Food for feet?) Want to air a view or experience regarding running kit, retailers, an experience you've had or a miracle cure for an injury? Found an article somewhere you think we should include? Pass your information, articles etc., to Paul, but for the moment, read on . . .

We are not ALONE!

This item is taken from the "Rothwell Harriers" Newsletter, and is unedited. As you will see there are many similarities:-

Wednesday night is the one night where the entire club can run as a group. But there are occasions when we fail to keep together, despite the sterling efforts of Paul Beresford, Steve Kellett and those who assist them. We can all help Paul and Steve by bearing the following points in mind.

Slower runners: if you are finding the pace too quick, let Paul or Steve know and they will try to rein everyone else in. Also, don't be tempted into staying on for the longer run if you are not used to the extra distance, as it is likely that you will fall behind.

Quicker runners: please remember that club nights are for everyone. If you want a speed session with other members, consider doing track work on Monday or the fast five-miler on Friday. Wednesdays are a chance for an easy recovery run and a chat with others in the club. If you really do want a hard workout, you can easily achieve this by repeatedly running fast from the rear to the front of the group and then jogging back.

Everyone: please check frequently to see what's happening behind you and double back if necessary. Doubling back is

Share your knowledge. It's a way to achieve immortality.

preferable to stopping until the rest catch up; you will get more miles in, and you will stay warm (which is important at this time of year). If you are too tired to double back, then you've probably been running too fast!

Can, or should, we learn anything from this? Any comments?

A Recipe provided by Alan (intercepted by me), thank you, enjoy!
Courgette & Cumin Soup

Ingredients.

1 oz of butter; 1 Chopped Onion; 1 Garlic clove (crushed); 1 level teaspoon of ground cumin; 5 oz potato (peeled & cubed); 12 oz courgettes thickly sliced; $\frac{3}{4}$ pint chicken stock (or Veg stock for us non meat eaters); $\frac{1}{2}$ pint of milk & Black pepper.

Method

Melt the butter, sauté the onion & garlic for 5 minutes or until soft. Stir in Cumin, then potatoes and courgettes. Cook gently for two minutes. Add stock, milk and pepper. Bring to the boil then cover and simmer for fifteen minutes until the vegetables are soft. Puree the soup and serve with French bread.

Continuous and Interval Running

*Ever wondered what the best type of running for your particular goal? Read on but for the full Coaching article and glossary visit the website:- <http://www.brianmac.demon.co.uk/energy.htm>
Note Max. Heart rate = 220 beats - Your Age.*

Continuous Running

This can be broken down into the following sub-divisions which have slightly different effects upon the [energy pathways](#).

Running at 50-60% of [max. heart rate](#) or 55% of [VO2 Max](#). Very easy pace - metabolises fat - aerobic - duration 60 mins plus.

Useful for joggers & ultra-distance runners.

Running at 60-70% of max. Heart rate or 60-75% of VO2 Max. Slightly faster pace - burns glycogen and fat - aerobic - duration 45-90 minutes. Useful for marathon runners. Improves cardiovascular system - capillarisation.

Running at 70-80% of max. Heart rate or 75-90% of VO2 Max. 10km pace - burns glycogen - aerobic - duration 30-45 minutes - 10km and marathon runners. Improves cardiovascular system - capillarisation - glycogen burning.

Running at 80-90% of max. Heart rate or 90-95% of VO2 Max. 5km pace - burns glycogen - anaerobic - duration 10-20 minutes. Useful for 5km to marathon. Improves cardiovascular system - capillarisation - glycogen burning - lactate tolerance and removal.

Running at 90-100% of max. Heart rate or 100-130% of VO2 Max. 800/1500m pace - burns glycogen - anaerobic - duration 1-5 minutes. Useful for 800 to 5km. Improves glycogen burning - lactate tolerance and removal

Interval Running

Interval running enables the athlete to improve the work load by interspersing heavy bouts of fast running with recovery periods of slower jogging. The athlete runs hard over any distance up to 1k and then has a period of easy jogging. During the run [lactic acid](#) is produced and a state of [oxygen debt](#) is reached. During the interval (recovery) the heart and lungs are still stimulated as they try to pay back the debt by supplying oxygen to help break down the lactates. The stresses put upon the body cause an adaptation including capillarisation, strengthening of the heart muscles, improved oxygen uptake and improved buffers to lactates. All this leads to improved performance, in particular within the cardiovascular system.

Before undertaking interval training a few simple rules should be understood.

- Undertake a period of Continuous running before starting Interval running.
- Consider the various elements of the session and ensure that they are within the scope of the athlete.
- The length of the work interval, longer gives a better effect.
- The pace should be comfortable raising the athlete's heart rate to the required % of MHR (see above).
- The number of repetitions should reflect the condition and age of the athlete.
- The rest interval should enable the athlete to jog and bring the heart rate down to near 100-110 bpm.

Improvements can be made by altering any of the above variables, however the coach should only change one variable at a time.

All changes should be gradual in nature and take place over a period of time.

Ensure the surface to be run on is flat and even. It is usual to do interval training on a track although it can be done on good quality grass playing fields. Roads are not a suitable surface because of the pounding effect.

FINISHING POST

If you buy Vitamins, Supplements etc., then a visit to the Healthspan site <http://www.healthspan.gg/home/home.htm> will reveal all the usual items at a much lower price than in the high street (or phone 0800 73 123 77 for a catalogue).

<http://www.entryforms.org.uk/forms.htm> a new web site to get your race application forms.

Exmouth Harriers Website - it's new & you can download entry forms for their races which include The Bicton Blister, The Summer Six etc. <http://www.exmouth-harriers.co.uk/>
Axe Valley Runners Website, worth a look to find out what's happening locally - <http://www.perratt.f9.co.uk/avr/>, we have a mention on this site.

Barbados <http://barbados.org/do.htm!>

Discounts - Moorland Rambler in Exeter agreed to give a 10% discount on 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. Club registration numbers

Extra Club code = R-2-14-6-2001

Running Club code = C-2-14-6-2001.

When placing your order pop the codes in the appropriate boxes and your discount is calculated automatically.

ASK for your discount before making your purchases.

Contact List - IF YOU WOULD LIKE A COPY ASK PAUL.

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](#)