

The Caistor Running Times

Mar 2016

Fun, news and running views

Mad March already and Spring is truly springing. Here's edition no. 6 of the newsletter everyone is talking about (in Caistor Running Club). Behold!

1. Gimme Five... tips for trail running

Michael Wardian, a master of both road and trail running, with more than 150 marathons, 60 ultramarathons, and 20 triathlons under his belt has the following tips. He also holds the Guinness World Record for the fastest marathon run in a superhero costume, as Superman in the 2011 Lower Potomac Marathon.

1. **Train for Trails** – Trail running takes a different skill but it's not hard to learn. Jump curbs or little fences or run on cobblestones just to break it up a bit. Or take any little trail you find—it could peter out or connect two roads you never knew existed. The important part: Break up your strides so you're landing on your feet differently, mimicking the hazards of trails.
2. **Manage Fear** – Learn how to run faster downhill. You basically have to become comfortable with almost falling downhill and knowing that your feet are going to get there to catch you. Practice will build confidence. Don't wear sunglasses while running trails because dappled light can distort depth perception. Focus ten feet ahead on the trail. Look about three strides ahead, and your feet will follow.
3. **Attack Your Weaknesses** – Even the best runners have room for improvement. Pinpoint your own weaknesses by running with other people, whether it's a race or with a local running club, then focus on improving, whether it's climbing, descending, sprints, or endurance. Once you become good at one thing, there's always something you can work to improve on.
4. **Commit to a Race** - A race can give you something to focus on, an opportunity to be part of the running community, and a way to celebrate your training. It's great to go out and run ten miles, but it's really brilliant to run ten miles with hundreds of other people.
5. **Change Your Kicks** - It's an age-old truth—repetitive motions can lead to overuse injuries. Here's a novel and effective solution: Change up your shoes. It keeps you from striking the same way. A variety of shoes, including racing flats, hybrid road-and-trail shoes, burly trail runners. With different weights, you place your feet differently, and it helps keep it fresh.



Nicola Clifford showing us how it should be done...

<http://adventure.nationalgeographic.com/adventure/running/trail-running-tips/>

2. Recipe of the Month

This month's recipe comes from Masterchef **Tina** (watch out Nigella) **Thomas**.

To quote **Phillip Vines** "...and the date slice was possibly the best cake I have ever tasted..."

Date Crunchies

You need:

- 175g (6oz) butter, plus extra to grease
- 175g (6oz) self-raising flour
- 175g (6oz) semolina
- 75g (3oz) golden caster sugar



- 225g (8oz) pitted dates, chopped
- 1 tbsp thin honey
- 1 tbsp lemon juice
- Pinch of ground cinnamon

Makes 12

How to make:

1. Grease a shallow 18cm (7 inch) square baking tin.
2. Mix the flour and semolina together in a bowl and make a well in the centre. Put the butter and sugar into a pan over a low heat until the butter has melted and the sugar dissolved, then stir into the flour mixture. Press half of this mixture into the prepared tin.
3. Meanwhile put the dates into a pan with the honey, 4 tbsp water, the lemon juice and cinnamon. Stir over a low heat until soft and fairly smooth.
4. Spread the date filling over the mixture in the tin, then cover with the remaining semolina mixture and press down lightly. Bake at 190°C (170°C fan oven) mark 5 for 30-35 minutes until golden.
5. Cut into bars, then leave in the tin until cold. Lift out the bars and store in an airtight container.

Variation

Apricot crunchies: Use chopped ready-to-eat dried apricots instead of the dates. Puree the apricot filling if preferred in a blender or food processor

Per slice: 280 cals, 12g fat, 42g carbohydrate

3. Spotlight On... Club founder **Chris Robey**

When did you start running and why?

Other than some enforced cross country and one enthusiastic term at school, my first real experience of running was around 2001, following a drink-fuelled promise to take part in the Great North Run. I think I completed a couple of very slow 10k's in 2002 and then completed the Great North Run later that year.

Other than proposing to Sharon, I think starting running was the best decision of my life. It has made me far more positive, helped me stop smoking, and get into slightly better shape!



What's your top tip?

To run a marathon you need tomato sauce, Vaseline and jelly babies – hopefully in that order!

What would you like to improve?

Physique. No matter how much I run, I never seem to be able to get rid of my beer belly. If only beer and cakes were low calorie and healthy...

What has been your best running experience?

My favourite runs are the longer Saturday runs, where we take in the breath-taking Wolds, followed up by some of the great hospitality that everyone puts on. It probably helps that I subsequently won't feel guilty watching the horse-racing and having a few drinks later on!! Whilst I've enjoyed some fantastic race experiences, I think my best running experience has to be the general one of being part of a running club. Until 2011, I'd always thought of running as an individual sport, in isolation, a chance to think and listen to some music. I dreaded running with someone and trying to talk at the same time. That seems so boring now!

Worst?

My worst running experience has to be the London Marathon 2007. It was a hot day, and I remember feeling thirsty at the start. The first half was spot on, but by mile 17 I had nothing left in the tank and it was a struggle just to finish. It was baking hot, and other runners were literally keeling over around me, and at times I thought I'd be joining them. It took 5 hours, 5 minutes and at the finish I drank about 5 cups of sweet tea courtesy of Cancer Research UK before moving a step.

Favourite race

Having run in it 12 times in the last 14 years, this has to be the Great North Run. It is the race that inspired me to get started, and the atmosphere is so good that I just keep heading back for more. Singing "Abide with me" at the start-line is always one of my emotional highpoints of the year. I have missed two years, one as we had a holiday booked (which I was keen to cancel once I knew of the clash!) and last year when I was injured, although I was pleased that gave Sharon the chance to prove that she is "One in a million" as her t-shirt says!

4. Injury Corner



Here's Lydia and welcome to injury corner: a chance to share your set back experiences, to look at the mechanism of injury and the therapy options.

Painkillers, anti-inflammatory medication and running. Following on from the harrowing discourse from our heroic Chris Allison our editor in chief asked me to write a bit on drugs and running. I daren't tell her that pharmacology was never my best subject, even with a lecturer who looked like Brian Ferry. Less drooling and more concentration would have set me up better. Many many years later I have dragged out the pharmacology books and piled them up in front of me to start. But first I have searched on what

happened to Paula Radcliffe in the Athens Olympics and got drawn into runners chat about to run or not to run when injured and what to take. Gosh some of these chat things get a bit heated, not for me.

So, our Paula. I had heard she had been taking high doses of anti-inflammatory medication to heal her ankle injury and that had developed gastritis, was not absorbing food well and was running on empty. In her autobiography, she admits to having a very bloated stomach, wanting to pooh and feeling agitated before the race. She denies being dehydrated the only medical comment was that her spleen was enlarged but no real conclusions were made.

Nonsteroidal anti-inflammatory medication. Aspirin, ibuprofen, naproxen, diclofenac and indomethacin. The mode of action of this group of drugs is to inhibit the action of prostaglandins by blocking their formation. Prostaglandins are released at a cellular level in a response to cell damage. Their action is to stimulate an inflammatory response whereby swelling and heat occurs. So the action is to reduce this effect and it has been common practice to assume this will aid healing and speed recovery. But chat rooms are suggesting that it's the normal response to injury and allowing the natural process is a better thing than blocking this effect. And that sort of makes sense.

Added to this there are some adverse effects and concerns regarding the use of nonsteroidal anti-inflammatory drugs (NSAIDS). They put a strain on your kidneys, they irritate the stomach lining, they interfere with body's ability to form clots or stop bleeding, people may be sensitive to them, making their asthma worse or causing anaphylactic reactions. The British national formulary also highlights that all NSAIDS are associated with a small increase in the risk of heart attack or stroke. The longer they are used the more the likelihood of kidney, liver and gastric problems. Short term, a good pain killer, also would reduce a fever but using them on a long run when the potential for dehydration is higher could certainly ring alarm bells for your kidneys.

Paracetamol, by comparison is relatively free from adverse effects. It is effective as a pain killer

but does not reduce inflammation. Safe in the correct dose unless you have severe liver or kidney impairment. It's good at reducing fevers. But can be lethal if taken in over dose. It is thought to work on the central nervous system.

Codeine is a mild opiate or narcotic painkiller. So like morphine, but not as strong. It does not cause the euphoria of morphine, it works well for pain, especially if taken with paracetamol because each drug is working through different pain pathway. They relieve pain by working on the central nervous system. Side effects include constipation, nausea and drowsiness but most people tolerate low doses well.

In summary: to run or not to run with injury? I haven't asked Chris if he would do the same thing again. So much better the year after without any medication on board! I suspect he did not absorb much of the medication during the run, hence the being sick at the end. I have found running with plantar fasciitis has helped it and also when my back is hurting, running keeps it at bay but those are probably the exceptions. Any thoughts or points of discussion most welcome.

5. Something to Say?

March heralds the start of another Beginners' Course.

This month one of our new members **Michael Cowie** would like to share his view on joining our illustrious club as one of last year's Beginners.



Help, I think I'm becoming a runner.

Oh look the sun's coming out, I've a spare hour think I'll go for a run.

Tuesday and Thursday nights, eager to look at the club itinerary – even Saturday mornings, recognise the symptoms. There's still hope though, I balk at the rain- but for how long!

It all started last March with the beginners running course, how deceptively easy it all appeared, run a little, walk a little, no trouble at all.

Just a great big group hug little appreciating the subtle hook being applied- even the occasional cake after the run.

I do here have to admit to a past history, I have three half marathons to my name, the first over 30 years ago. The second not so well suffering from a virus plus two bacon butties just prior to the start, not advised.

The third 10 years ago, unsure on the day as to my ability to run due to a spell of sciatica- I did.

In my defence, never a member of a club nor any particular training, simply enjoying the challenge of various sports- singular sports that is, I don't really make it as a team player. There I've said it now, there's obviously a latent tendency there awaiting the hook.

The second stage: joining the club and running with real runners- Oh that hurt, pushing trying to keep up- how often I would work up schemes that would enable me to stop but pride got in the way and how nice it felt upon completion of the run, a triumph of body over mind.

Graduation to the world of club running realised a lot more running, running with only a little amount of stopping, real running, stomach churning running- how I enjoyed the stopping, ostensibly waiting for the group to collect, in reality trying to bring my blood pressure back to manageable levels. After this then comes the best bit: Competition, albeit club in the form of time trial etc where there is no stopping. Advancing on from this to actual races, in particular the sting. How appropriately named, I declined advance notice of the course preferring to leave it for the day.

There was a slow inevitability about race day culminating in a mass of people stampeding around Caistor - off far too fast as usual - why can't I ever learn. Puffing and panting my way around the course I soon learn why it is called the sting, isn't Lincolnshire supposed to be flat.

As is usual the pleasure of finishing outweighs the pain of competing and the hook bites that little bit deeper, for now we have the addition of personal bests to compete with. It isn't always about beating others more about beating oneself. And that my friends means training on a regular basis in order to knock a few seconds off previous outings. All self-inflicted although very ably assisted

by club stalwarts, Andy, Chris and Rod who are only too willing to ensure that the hook is firmly embedded.

6. Hot to Trot

Not entirely sure who's done what in February but we're always keen to hear about achievements so don't forget to blow your own trumpet loud and proud and we'll feature it here! **STOP PRESS Fran and Chris Allison and Mike Jones all get PBs at the Sleaford Half Marathon.**

In the meantime there were a couple of races that went down well and you might want to think about doing either of them next year.

Here's **Jayne McConochie** to tell us about the first:-

Mad Dog 10k Southport 2016 "Raiders Of The Lost Bark"



Starring: Lydia Walton as Pride
Laura Sutherland as Sloth
Chris Hewis as Anger
Small green furry monster as Envy
Fiona Craig as Lust
Katy Hewis as Gluttony
Jayne McConochie as Greed

Wow! What a weekend, what a race! Well, when I say race I should really say experience! 10k on road starting with approx.. 5k along Southport sea front in 40mph to 50mph freezing headwinds before turning the corner and returning with an incredible back wind to help those intent on PB chasing. No time chasing for us though, we intrepid 6 from CRC were in full on fancy dress mode...dressed as the 7 deadly sins (yes, look closely all 7 sins are present!)

The party started immediately...after the exciting park and ride journey to race HQ on the double decker bus (yes of course we sat on the top deck at the front!) we were soon being weighed down with the first few of our amazing race day goodies. Fabulous t shirt - check, running socks - check, Mad Dog branded water bottle - check and this was before we had even lifted a paw in anger!

Our celebrity status soon got us noticed and the paparazzi were all over us taking photos (this must be what Frankie Thomas has to endure all the time poor lamb).

Hoodies safely deposited with our fantastic support crew of Andy Walton and Mummy Norma we were soon herded into our starting kennels ready for the off, like thoroughbred greyhounds waiting to chase the hare (feel free to insert "mongrels" and "annoying squeaky rubber chicken" in the appropriate places of the last sentence) And so to the starting sound of "Who Let The Dogs Out?" we were off.

The following 10k were spent laughing, dancing, waving, being photographed and generally having the best time ever with the small matter of a bit of running too. There were live bands playing every mile or so, a drum group who were fantastic, a guy supplying power through morale boosting high fives and I do believe I even saw Elvis! The atmosphere was just brilliant...like a carnival.

After more photos at the finish we were presented with our finishers' doggy bag and medal...all I can say is "woof woof!" What a totally terrific goodie bag!

This has to be one of the best 10k races I've been in. Brilliant organisation, fabulous enthusiastic marshals, doggy bag like no other and one big party from start to end. I loved being part of it with the other sinners and I will definitely be taking part next year all being well. Thanks for a cracking weekend my friends x

Now **Tina Thomas** to tell us about the second:-

Caythorpe Dash

I've done this run two years in a row now , it's a well-marked course with very friendly marshals, Caythorpe DASH might suggest a shortest run - a 10 k at the most, But is actually 13 miles ,include a good bit of mud, and a couple of hills, and it makes for quite a tough race. Caistor had a large contingent this year some doing it again for the second and third time, Rod's probably done more! Jo Ramsey did so well in what I believe was her first H M. Most run in teams of four, but you don't have to stay together, which is just as well as I was in Mike Wells' team (although he was injured in the end and was unable to do it). I quite like being one of the slow ones in CRC because when you do eventually get to the finish line you get the biggest cheer! What I like about this run is the bread & butter pudding / fruit crumble at the finish. If you are a little quicker than me you will get soup and a roll, last year we had sausages in buns too! This picture might have given people a bad impression of me, but when somebody shouts "SPRINT "after 13 miles then you have to tell them what you think 😊



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And finally...



<http://www.iloverunningmagazine.com/wp-content/uploads/2014/02/top-10-running-jokes.jpg>

All news, views, images etc. to Katy Hewis katy.hewis@gmail.com by 20th of each month. Thanks!