

The Caistor Running Times

Dec 2015

Fun, news and running views

Festive felicitations! Welcome to your 3rd edition. Snuggle up to a roaring fire and read on....

1. Gimme Five... great running mantras

<http://www.expertrain.com/blog/fitness/great-running-mantras.htm>

1. A year from now you will wish you had started today.
2. The greatest pleasure in life is doing what other people say you cannot do.
3. The body achieves what the mind believes.
4. You were strong enough to get this far. You are strong enough to keep going.
5. Feel the fear and do it anyway.



<https://www.pinterest.com/mvandagriff/inspira>

2. Recipe of the Month

This month's recipe comes from Runners' World.

Turbo Flapjacks

These are high calorie but do contain good stuff too and are great for the digestion - add some turbo power!

Makes: enough to feed an army. **Or maybe a hungry running club!**

You need:

- 250g butter
- 250g soft dark brown sugar
- 250g honey
- 500g oats. Maybe use jumbo oats and normal cheap oats mixed together (about 2/3 posh chunky oats and 1/2 cheapy small oats)
- 125g dried fruit, nuts and seeds. Maybe pumpkin seeds, currents, sunflower seeds and raisins. You can put in whatever dried fruit and seeds or nuts you like.

How to make:

1. Mix together the butter, sugar and honey, then stir in the dry ingredients.
2. Bake at Gas Mark 4 1/2 / 180 degrees / 170 fan for about 20 mins - if they are thick they may take slightly longer.
3. Let them cool before you try to remove them from the tin, and once quite cool prise them away from the edges, compress the middle to help them stick then leave for a little longer. Then turn out on to a board and allow to cool fully.
4. Finally, cut them up with a sharp knife and devour!

<http://www.runnersworld.co.uk/recipes/long-run-fuel-turbo-flapjacks/8333.html>

3. Injury Corner

Never mind Three Wise Men - here at Caistor Running Club we have our very own Wise Woman and she's Lydia Walton



Treating injury: hot or cold? I promised you more on mustard, but when researching mustard poultice I came up with poulet moutard and found myself digressing into dinner party planning. Mustard as a poultice, like chilli, acts as a rubefacient. It creates heat and acts as a counter irritant. It stimulates nerve endings in the skin and therefore distracts the body from deeper seated pain. Use with caution and under instruction to avoid burning the skin. Rubefacient literally means causing redness and works by dilating superficial blood vessels. Most useful with old injuries and more chronic pain but can be used with acute back pain. Acute sprains and strains are best treated with cold: this reduces swelling, bruising, pain and spasm. A dip in the stream at Hatcliffe? Lovely.

Condiment therapy eh? Chris Robey has waxed lyrical about the virtues of tomato ketchup and we all know about Jack mending his crown with vinegar and brown paper. So there you have it, ditch the Deep Heat and head for the kitchen.

4. Hot to Trot! - Valencia Race Review

The Race

Entry was online and as long as you did it early it was reasonably priced (40 Euros), then increased in price thereafter. Number collection was easy on the two days prior to the race, it gave you a flavour of the Museo de las Ciencias (Science Museum) where the race starts and finishes. Once you had collected your number you could then receive a goody bag and great Brooks t-shirt.



The morning of the race was a little frantic getting the 16,500 marathon runners and the 8,000 or so 10k's in the starting line but we managed it and soaked up the atmosphere and sunshine.

The entirely flat route took us along the Mediterranean coastline, a few meters from the sea, taking in areas of the city where events such as the Formula 1 Grand Prix and the Americas Cup were hosted, through the streets of the city and finishing at the magnificent City of Arts & Sciences. The simmering blue pools along the finishing stretch were a welcome sight. The Spanish crowds lined the route with bands and music to help you on the way. Another goody bag full of sweet treats, medal and bag of clementines awaited.

The High's

It has got to be the sight of so many Caistor Running Club vests along the route supporting each other every step of the way. The crowds along the route were fantastic and the atmosphere was carnival like. Seeing the 10k runners pass by and the opportunity of spotting more Caistor vests was great. The finishing line is spectacular, reaching the blue runway over the simmering water at the Science Museum was the pinnacle of the race!

The Low's

The heat - with the average Valencia temperature for November being between 15 - 17°C, we knew we were in for a hot run when this temperature was reached by 9am! With a high of 26°C on



the day the climate certainly took it out of you. Great for sightseeing and enjoying the café culture of the city but not ideal for marathon running.

It certainly was a great weekend for CRC to fly the Lincolnshire flag high with pride and I cannot think of a better way to spend time in a wonderful city with great bunch of people.

Thanks Jill. You all did CRC proud. Well done every one of you!

5. Spotlight On... me! Captain Katy Hewis

Yes I didn't manage to get the request out in time so you'll have to put up with me on this occasion!

When did you start running and why?

In 2011 I started running to do the Race for Life. Originally I thought that running might help improve my stamina and breathing for my swimming. It took me six months to get from zero to 5k. In October 2011 I joined CRC. There was no such thing as a beginner's course and so they tried to kill me off by making me run up very steep hills and across fields where I got chased by cows. There wasn't so much cake in those days either. By gum we 'ad it 'ard. I had no idea where it would lead.



What's your top tip?

Don't start off too fast. Even when you think you are going slow, slow down even more. You will pick up speed gradually and be able to hold on to it.

What would you like to improve?

Strength and flexibility. I'm about as flexible as a stick. Strength and flexibility will lead to better running form. I'd like to be able to pick my feet up more instead of feeling like I'm dragging myself along like a sack of spuds!

What has been your best running experience?

Running the Paris marathon in 2014 has got to be right up there in terms of awesome experiences. A first marathon is always pretty special (*isn't that right Andy Dukes, Carol Melton?*) and the route through Paris is truly spectacular. However I had always wanted to do the Mad Dog 10k ever since I read about it in a running magazine back in 2011. This year I decided it was now or never. The dog theme runs throughout with runners ranked as labradors, huskies and bulldogs, a doggy bag rather than a goody bag, a boneshaped medal and the best Tshirt ever. The race even starts with 'Who let the dogs out?' There is a fancy dress competition and the top prize was £300 so for the very first time I decided to run in fancy dress. It was very cold (early Feb) so my full-length lobster costume and head did not cause me to overheat. Running in fancy dress is a completely different experience. Released from the pressures of trying to achieve a time, you can really enjoy yourself. And so I did. I felt like a Prawn Again Crustacean. I managed to dance with each of the bands on the route though not with Pelvis Presley who had experienced a power outage. I didn't win the prize though alas.

Worst?

Has to be my unfortunate experience in The Tough Ten in 2013. Underprepared, undertrained you name it – I was everything you shouldn't be for a race of that magnitude. Consequently I set off too fast (*see Top Tip. Doh!*) burned out after the second hill and started the Walk of Shame amidst the discarded water bottles and empty gel packets. All alone trudging along blubbing through Beelsby, crying through Croxby, howling through Hatcliffe. I'm sure that a jelly baby I saw lying in

the gutter was actually laughing at me. But I finished it. More to the point I made sure I entered it the following year and that time I was ready for it!

Favourite race?

My favourite race has got to be the Deepdale Dash. It has a special place in my heart because it was the first time I got under the hour in a 10k race. It is not an easy course but should not faze any Caistor runner. They do wonderful running tops and this year we even got a hoody! Plus I met the best ever sports therapist there. I wouldn't have got as far as I have over the years if it wasn't for his magic mitts.

6. The Captains' Table

Deepdale Dash 10K: New PBs for **Chris Ramsay** and **Mark Page**. Returns to racing for **Sarah Chapman** and **Jayne McConochie**. Great support from **Chris Hewis** running with **Laura Sutherland**.

Valencia Marathon: Fantastic weekend all round. New PBs for **Chris Robey**, going under 4 hours for the first time and raising a fantastic amount for charity, and **for Mark Page**.

First marathons completed by **Andy Dukes** and the **Hatcliffe Harriers**.

Maravan: Loads of fun over the whole weekend. 5 CRC teams for the relay on Saturday - including 3rd place for **Chris Ramsay**, **Andrew Reynolds**, **Andy Dukes** and **Mike Wells**. Brilliant 3rd overall for the double marathon weekend for **Chairman Rod** and a first marathon victory for a guy in a tutu.

Please send information to Mike Wells mjkw2000@gmail.com

7. Something to Say?



Never say never again... He may not have achieved his initial goal, but as **Andy Dukes** looks back on his first marathon experience, he still feels like a winner...

I never thought I'd do a marathon. Never thought I'd do a half marathon or a 10K either, but running does strange things to you. My problem is that I've always been injury prone. So my challenge for 2015 — at the age of 45 — was to do a 10K in less than 45 minutes, a half marathon in under 1

hour and 45 minutes, and then a sub-3:45 full marathon. Sounds good on paper, right? I barely scraped through the first 10K task (44.58.2) courtesy of a flat Owston Ferry course and a following wind; and just nudged through the second (1:40.21) thanks to Andy Knowles who had my back most of the way around the North Lincs Half. Two out of three ain't bad, as they say, but could I make it a clean sweep and crack the big 'M' too? The early signs weren't good. No sooner had I signed up for the Valencia marathon, my body began to protest. Before I'd made a training plan the dreaded Achilles Tendinitis came to roost warning me that long-distance running really wasn't my bag. I reluctantly took six weeks off until the beginning of September. Then, just as training was due to recommence, an opportunity came up that was too good to miss — racing around the South African Drakensburg Mountains on big off-road motorcycles, and all in the name of 'work'. I crashed

of course, damaging my shoulder, arm, hip and tearing my Acromioclavicular ligament in the process. What an idiot. Cue another month of enforced rest and the long wait until early October and the 'Gruesome Twosome'. Not wanting to let my wonderful team-mate (Kate Brown) down, I popped a few special pills on the day (being married to a Doc has some benefits) and approached the start with trepidation. But to my surprise everything went just fine. I had three black toes, seven good ones and four weeks until Valencia — surely that was long enough to initiate a training plan? I guess I'll never know, because I never did one. In fact, until that blisteringly hot mid-November day we lined up in Spain, my longest training run (that I'd enjoyed with Rod, Mark, Rob, Russ & co many months before) was just a shade over 14 miles — and was still the furthest I'd ever run, period. The big '26.2' was completely uncharted territory as far as I was concerned, and I was more than a little wary that I'd not shown any respect at all to the distance. Furthermore, two minor accidents in the days before departure involving a quad bike, a dirt bike and a suitcase (don't ask), and a Hoover (again, please don't ask) meant that I collected a few new bruises to accompany me to the Iberian Peninsula. Did I mention that I was accident prone? By this time of course I knew that a sub-3:45 was unobtainable, so I decided that a mere 'finish' should be the goal for my first — and last — marathon. With no pressure on me I enjoyed the sights and tastes of Valencia, slurped wine when perhaps I should have been sipping water, and started out slow on race day, not really having a clue what to expect. For sure it was long and sometimes lonely, but when I crossed the finish line four hours and 11 minutes later I felt energised, enthused and enriched by my first full marathon experience. Even now, two weeks later, with my legs still heavy and the vibrant streets of cheering supporters but a fading memory, I can say without a moment's hesitation that completing a marathon is something very special — but certainly not out of reach for any average club runner willing to put in the training. Yes, I know I didn't do the training, which is why I'm now thinking of what might have been, and what I could have achieved if circumstances had been different... Never say never again eh? The 'M' word certainly gets under your skin, that's for sure, but there's another 'M' word that I'm increasingly drawn to, despite my best intentions. It's 'Manchester', it's another marathon and it's next April, which could just offer enough time for a proper training plan. Any takers?

And finally...

I have had quite a lot of offerings for the newsletter and so I wasn't able to include everything this time round. Rest assured that your missives will find their way in to the next edition no doubt. In the meantime...



<http://tswails.net/uploads/2014/02/1-cartoon-running.jpg>

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