

# The Caistor Running Times

Feb 2016

Fun, news and running views

It's February already and time for the 5<sup>th</sup> edition of your favourite newsletter. Look and learn!

## 1. Gimme Five... key muscle groups for stronger running

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1. **Gluteus** – Maximus, Medius and Minimus provide strength, power and stability at the hip and pelvis in all three planes of motion. They also play a large role in how alignment of the knee is controlled as the standing leg takes our body weight as we run. If Gluteus muscles don't engage when they should it leads to tight hamstrings and excess stress on the lower back, poor pelvic posture, knee injuries and possibly even shin pain.
2. **Quadriceps (front of your legs)** - made up of four different muscles, comprising the bulk of the front of your thigh. Many runners are disproportionately strong and tight through their Quads – particularly Rectus Femoris - which plays a large part in the forward motion of the swinging leg in running gait. This tightness can cause postural problems and muscle imbalances affecting the knees, hips, pelvis and lower back. So, keep stretching those Quads as well as strengthening
3. **Core & Abdominals** - Trying to generate force in any direction with a weak core is like trying to fire cannon from a canoe. If we're trying to generate propulsive force, we need a strong and stable base (hip and pelvis), so that the force goes where we want it. Without core strength, we see an increase in unwanted compensatory movements which can cause injury over time.
4. **Hamstrings (back of your legs)** - plays an important role during a number of different phases of running gait. We often see that they are weak in comparison to the Quads, their opposing muscle group. Such weakness can affect muscle balance at the knee and hip, potentially increasing injury risk. As with the Gluteus, improving Hamstring strength will benefit you greatly as a runner.
5. **Calves** - No matter what your running technique is like, your calves are always going to get worked hard. There is very little like the repetitive loading of running to prepare the calves for these demands. It's not surprising that in runners who suddenly increase their training load (volume, intensity or frequency), we often see calf or Achilles injuries, as it takes time to build up the calf strength. Exercises such as single leg calf raises can help in terms of building strength.



<http://devonportclassic.co.nz/race-info/runners-tips/five-key-muscles-groups-for-stronger-running/>

## 2. Recipe of the Month

This month's recipe comes from the multitalented runner that is ... **Cheryl Moor**. So after the healthy recipe of last month it's time to indulge fully in a calorie-laden treat before the austerity of Lent. Or not as the case may be.

Personally I could scoff this little beauty till the cows come home...

### White Chocolate Cheesecake

#### You need:

- 220g digestive biscuits crushed
- 100g butter



- 400g Philadelphia cream cheese
- 1 tin condensed milk
- 1 pint double cream
- Large bar of white chocolate melted

### How to make:

1. Prepare the base by melting the butter and mixing with the biscuit.
2. Press down well into a 10" flan dish or loose based cake tin.
3. Whisk together the condensed milk and cream cheese until smooth.
4. Whip the double cream in a separate bowl (allow for extra whipping)
5. Mix the two bowls together with the melted chocolate being careful not to over whisk.
6. Add the mixture to the biscuit base, smooth the surface and chill. **(Both you and the cheesecake for that last bit)**

Thanks for that Cheryl. All the best for your running goals this year too!

## 3. Spotlight On... the legendary **Chris Allison**

### When did you start running and why?

I started running in March 2014 at the CRC beginners' course. The decision to start running, like most important decisions was made in the pub. Fran had been running for a couple of years and had been trying to persuade our friend, Cheryl and me to take it up. Eventually, it was a case of "if you can't beat them, join them" and on the basis of "I will if you will" we signed up for the beginners' course.



### What's your top tip?

My top tip would be to join a running club, but as this is being read by CRC members, I'm preaching to the converted. Joining a club means having a wealth of support and experience to guide you, always having someone to run with and in the case of CRC the added bonus of cake! I've just come back to this question after writing about my worst running experience. My top tip is actually, 'don't start a race if you're injured!'

### What would you like to improve?

I just want to continue to build overall fitness and continue enjoying the social side of running.

### What has been your best running experience?

This is more of a general thing than a single event. It's completing the beginners' course and finding I can run and finding that I enjoyed running. When I'd tried running previously I was very uncomfortable because there is little flexibility in my right ankle (due to a compound fracture of the talus bone in a motorbike accident in 2007). This also made my gait very uneven, especially when not warmed up, which I was very self-conscious about. Once I started running, the flexibility started to improve, helped by some sports massage and long wave ultra sound treatment. I also started to realise that there are many different styles of running out there and very few people have actually commented on my 'oddness' so I've become less self-conscious and more able to focus on what I've achieved, with the help and support of the CRC family.

### Worst?

My worst experience was my first half marathon, at the Isle of Axholme half in 2014. On reflection, I shouldn't have even started the race. I had been struggling with knee pain for a couple of months and had struggled on an 11 mile run a fortnight previously. I was ridiculously determined to do it though, so dosed up on co-codomol and ibuprofen as well as rubbing the knee liberally with ibuprofen gel and using a support. By mile 4 it was very painful and Fran (who was running with me) asked if I wanted to pull out. I chucked some more pain killers down my throat

and by mile 5 was starting on gels. By mile 7 I was knocking more pain relief back and started walking a bit and running a bit, limping all the way. My spirits were lifted here and there by the unexpected appearance of Mike and Archie Jones who had come along to support and kept popping up at various points on the route. The co-codamol gave me a bit of a laid back feeling and the gels, which were mostly 'plus caffeine' pinged me wide awake. I don't recommend this as a strategy. I made it to the finish in just under 2½ hours, and managed a smile as Mike took photos of Fran and me in our finishers T-shirts. The experience doesn't end there. When I got back to the car I threw up. Gels and tablets – no further description needed. And on the way home I passed out in the car.

### **Favourite race**

My best running experience was running the North Lincolnshire half in 2015 and completing it in under 2 hours. It was chucking it down with rain and I nearly missed the start because of heavy traffic, but once I got running, everything came together in a better way than I could have wished for. My head was in the right place, I found a nice rhythm and just felt relaxed. I caught up with Darren Rowe who was pacing for 2 hours and ran with them for a while, enjoying the chat and banter and then eased ahead. When I finished I was greeted by many of the faster CRC runners and then was there to cheer on the CRC runners who were finished. That's the beauty of being with the club too – there is often a big gang of us at any race and the team spirit just lifts everyone. I think the experience of this race was made even better by the fact that it followed a really bad experience – see above.

Yeek Chris! As bad running experiences go I think you've just taken the prize. Glad you are back out running with us again and good luck with this year's races.

## **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. Prevention, remediation, therapy or cortisone injections? It is amazing how an injury focuses your attention on the pathophysiology of the condition.

Rolling, rolling, rolling. Bursas and ITB. This month it's trochanteric bursitis. Most bony prominences in our body have a protective cushion sitting over them. The elbow one is called the olecranon bursa. Housemaid's knee is due to the bursa in front of the knee cap swelling up, due to repetitive trauma and pressure. The greater trochanter is the upper end of your femur, the big leg bone. Falls and rugby tackles can cause it to get inflamed, but in runners it likely to be due to some anatomical imbalance, say in your hip joint, or sacroiliac joint or one leg being shorter than the other. Most commonly it's due to running on a bank, the side of a hill or that bit on the edge of the Caistor High Road in the Gruesome Twosome. Thanks Neil and Nicola for spotting that and making adaptations. I suppose if you did have one leg shorter than the other and you picked the correct camber then you would be ok? I digress. Falls and rugby tackles can cause the cushion on the greater trochanter to become inflamed.

The pain is felt on the outside and sometimes swelling can be seen or felt, even redness. Hip pain due to arthritis is more inside and to the front but both can radiate into the thigh. There are the usual treatments: rest, ice, anti-inflammatory medication or steroid injections but I favour the physical therapy which involves stretching of the ilio-tibial band using your roller. It's easy to get this wrong and instead of stretching you contract the ITB so I recommend getting a physio to show you or watch a Youtube clip on how it's done. The ilio tibial band is a thick band of fascia on the lateral aspect of the knee, stretching from the pelvis, over the hip and inserting below the knee. So may also be involved in knee problems. Happy rolling, I am off to test my core on the slopes of the Dolomites. Next time I will be looking for the piriformis muscle.

## 5. Something to Say?

At the recent AGM and Awards Social evening there were some fairly gobsmacked recipients who would love the opportunity to say what they would have said on the night if only they could have found the words. Take it away gents...

### **Spirit of the Club Trophy – awarded to Mike Wells**

I was genuinely shocked and totally humbled to win the award, and struggled to find any words to express my surprise and gratitude.

Two weeks on, I'm still unable to adequately convey just how grateful I am for the award, but I think it's slowly starting to sink in, and I'm feeling inspired to live up to the huge honour of following in Kath, Katy & Fran's footsteps.

In truth, I think the 'Spirit of the Club' award this year more than ever, really belongs to the club itself: the welcoming, inclusive and supportive attitude that every member benefits from (and so many other running clubs comment on), is something that sets CRC apart, and it's fantastic to see the positive impact that the club has had on some many people's lives over the short time it's been going.

Thank you again for the award, and to everyone at CRC who make the club what it is, I'll do my very best to live up to it!

### **Male Achievement Cup – awarded to Chris Hewis**

Shocked. That's the only word to describe the feeling when the winner of the Male Achievement Trophy was read out at the AGM and awards night at The Salutation. I remember having the microphone thrust into my hand, but not much about what I said into it, so I just wanted to say those things that I might have done if I'd had any idea that I needed to be prepared.

It is the whole nature of CRC that got me to where I am now. The amount of support and encouragement never fades from the day you first pluck up the courage to go to a beginners evening. It really is the best group of people I've had the pleasure of spending time with. Firstly to thank everyone who put my name on their voting slips. Next to thank those people who are always prepared to run at the back or looping around to run with slower runners to ensure that no one is left behind when I'm sure they just wish they could race off into the distance. I could probably name any of the experienced runners for that, and I've had plenty of encouragement from Andrew Reynolds, Mike Wells, Chris Robey, Rod Burton, Chris Ramsay, Andy Bell, Mike Jones and (Eye-Candy) Andy Knowles (you had to be there), but want to make a special mention of Mark Page who always seems to be there at just the right time saying just the right things to keep you going.

Thank you to Nicola Clifford for her "Never say never" comment which I often think back to. Last but by no means least, a big thank you to Ladies Captain Katy Hewis for all the advice and encouragement (even after I promised to run together at Leamington Spa parkrun then sped off and left her when I sensed a good time was on the cards) and for getting involved with running and CRC in the first place.

Speeding off and leaving wives? You and me both, eh Sharon Robey (see below for fuller explanation)? Cough\* Spirit of the Club (NOT).

## 6. Hot to Trot

For the stats lovers amongst us there have been two new club records according to Mike Wells: Donna Marris equalled Jill's club 5K record with 23:40 at January's Cleethorpes Prom Race and Mike Wells improved his existing club 10 mile record with 63:40 at Ferriby 10. Well done!

Also there may be a few of you who have been wondering what all this 'Fast Chris' business is all about. Wonder no more as current 'Fast Chris' Hewis is here to explain:

### **THE FAST CHRIS HOODIE**

One evening in the Autumn of 2015, a group of CRC runners were in the Sports and Social Club bar for post run cake and rehydration, and were sorting out orders for new club hoodies. Highly respected club founder Chris Robey was considering the fact that we now have four members called Chris, and suggested we jointly purchase a hoodie with 'FAST CHRIS' embroidered on it, to use as a kind of trophy. It was enthusiastically agreed that this would be a good idea and would be held by the fastest Chris when more than one Chris ran in a timed race. I then thought nothing more about it, resigning myself to the fact that it wasn't something I'd ever be wearing, considering I only started as a beginner in March, and was in the company of 3 accomplished and experienced runners.

Fast forward then to the 2016 New Year's Day 10k in Cleethorpes. As ever, there was a good turnout of CRC members and we assembled together in a large huddle towards the back of the starting line-up. I'd forgotten all about the Fast Chris competition, not realising that it had not actually been awarded to anyone at this stage. Just before the starting pistol sounded, Chris and Sharon Robey turned to wish us luck and Chris suddenly announced that as we were both running it must be the first Fast Chris race, adding that he would be running alongside Sharon. In my mind it wasn't really a race, as I expected to be arriving at the finish line well behind them. I didn't see them again until I turned onto the home straight and realised I just might be able to catch up if I gave it my all. I passed Chris with about 50m to go. He then, what could only be described as 'dumped' Sharon, and sprinted alongside me to cross the line step for step in a photo finish. The tension in the bar afterwards as we waited for the times to come through was palpable. First came confirmation that we had both crossed the line 53mins and 11 seconds after the starting gun. Then the important bit. It had taken me 52:39, and as Chris had crossed the start line a second before me, he was recorded at 52:40. I don't expect to win the hoodie too often, if ever again, but I was incredibly proud to be the first winner. It has already been the subject of much banter and fun and I'm sure it will continue to be so for future races. Good luck to any members called Chris, and thank you very much to Chris Robey for inspiring me and being such a good sport.



The inaugural handing over of the 'Fast Chris' hoodie. Hang on! There's Chris Allison and Chris Ramsay but where is Chris Robey...? Plotting his revenge no doubt.

Send information to Mike Wells [mjkw2000@gmail.com](mailto:mjkw2000@gmail.com) Or send directly to me Katy Hewis [katy.hewis@gmail.com](mailto:katy.hewis@gmail.com)

## 7. Coming up

It's always interesting to take part in events away from home and here are a few highlights that are open for entries now.

May 28/29 Edinburgh Marathon Festival - 5k, 10k, Half Marathon and Marathon.  
[www.edinburghmarathon.com](http://www.edinburghmarathon.com)

March 6 Roundhay Park Resolution Run, Leeds - 5k, 10k and 15k runs.  
<https://www.stroke.org.uk/events/sporting-fundraising/roundhay-park-leeds-resolution-run-2016>

April 3 The Dirty Dozen Trail race - 12k trail race.  
<http://northernrunningguide.com/race/scott-dirty-dozen-trail-run>

April 17 City of Lincoln 10k - 10k.  
<http://www.runforall.com/10k/city-of-lincoln/>

March 25 (Good Friday) Bridlington Easter 5 mile dash.  
<http://www.nice-work.org.uk/events.php?id=52>

March 6 Thoresby Park Longhorn Races - 5k, 10k, Half Marathon, Marathon and 60k Ultra.  
[www.sbrevents.co.uk/events/the-longhorn-2016](http://www.sbrevents.co.uk/events/the-longhorn-2016)

And finally...



<https://s-media-cache-ak0.pinimg.com/236x/75/a0/ba/75a0ba8d1b61985626645e0bf35e8f67.jpg>

**All news, views, images etc. to Katy Hewis [katy.hewis@gmail.com](mailto:katy.hewis@gmail.com) by 20<sup>th</sup> of each month. Thanks!**