

The Caistor Running Times

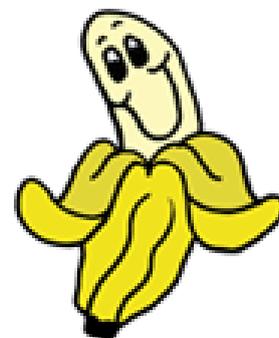
Jan 2016

Fun, news and running views

Welcome to 2016! Your 4th edition and the start of an awesome running year.

1. Gimme Five... great running foods

1. **Small bagel with peanut butter** – eating a 100-to-300 calorie snack before your morning run can give you energy and staying power. This quick-and-easy snack has carbs and protein, plus it's easy to digest.
2. **Bananas** - if you need a carb-packed energy-booster before an afternoon run, it's hard to go wrong with a banana. Bananas contain loads of potassium, which regulates blood pressure and reduces the risk of stroke.
3. **Berries** - Your legs can take a pounding from high-impact activities like running; soreness you feel after a hard run may be caused by micro-tears in the exercised muscles. That's why, in addition to their high fibre content, berries are a good option for runners. The vitamin C and potassium they contain help the body repair itself.
4. **Broccoli** - this nutritional powerhouse has Vitamin C, potassium, fibre, and phytochemicals, all key for peak performance and health.
5. **Low-fat yogurt** - running and other weight-bearing exercise can help you improve your bone density. But calcium is an essential part of the equation, and many runners don't get enough. One cup of yogurt contains a third of your recommended daily intake of calcium. Plus, yogurt has protein — important for building muscle and recovering from tough workouts.



<http://www.fitnessmagazine.com/workout/running/tips/the-top-7-foods-for-runners/>

2. Recipe of the Month

This month's recipe comes from Weight Watchers. **Not that I'm saying anything about Christmas/New Year excesses of course. But if the top fits... or not as the case may be. I think I've made my point. Or should that be ProPoint. Oh no sorry it's SmartPoints now.**

Anyway never mind about weightloss, this recipe is very tasty and we all know how Mo Farah loves his Quorn, don't we? So it must be good for runners.

Baked Nutty Stuffed Aubergines

Serves 2

You need:

- 1 Aubergine
- 1 Onion
- 3 Mushrooms
- 100g Quorn Mince
- 2tbsp Chopped Nuts
- 1 Garlic Clove
- 1tsp Mixed Herbs
- 227g (can) Chopped Tomatoes
- 40g Grated Cheese



How to make:

1. Preheat the oven the gas mark 6 (200°C)
2. Slice the aubergine in half lengthways and scoop out the flesh leaving 5mm inside the shell. Chop the flesh finely.
3. Fry the aubergine flesh, onion, mushroom and quorn mince together for 5 minutes until soft.
4. Add all the other ingredients apart from the cheese and mix together.
5. Place the aubergine shells and spoon the mixture into each one.
6. Cover the stuffed aubergines with foil and bake in the oven for 20 minutes.
7. Scatter over the cheese and bake for another 10 minutes

<https://weightwatchersideas.wordpress.com/2013/02/06/baked-nutty-stuffed-aubergines/>

3. Spotlight On... Mike Wells aka Tutuboy

When did you start running and why?

I started running in August 2011. I'd lost a lot of weight earlier that year through diet and cycling, and a friend at work talked me into doing a triathlon. I'd run on treadmills at the gym a bit while losing the weight and tried and failed to run a mile outside a few times previously, but it wasn't until I started training for the triathlon that I got some running shoes and managed to run a couple of miles outside.

I did two triathlons in September 2011 and didn't really enjoy the running part, but then in November 2011 I ran my first parkrun at Colwick in Nottingham with my kids and we all totally loved it. The very next day, I ran my first running race, the Market Rasen 10K and enjoyed that too, from then on I was hooked! I started my runstreak 10 days later, and since then it's fair to say running has transformed my life, not least because Sarah started running too and discovered CRC (she was a member for nearly a year before I joined), and now most of our friends are runners / CRC members / both!

What's your top tip?

Don't try too hard! Most of your runs should be easy / steady and enjoyable – if you try too hard, too much of the time, you won't enjoy running and you're far more likely to get injured. You'll make more progress by gradually increasing your mileage / pace over months, or even years, than you will by running flat out all the time, or worrying about how far / fast other people are running. Most of all, make sure you enjoy your running, if it's not fun, what's the point! Oh, and try wearing tutus, or other fancy dress costumes in races, the support you get is fantastic and it's such a buzz to see people smiling as you run past. Sorry, that's more one than one tip, isn't it?

What would you like to improve?

I'd like to keep running further and faster than I have before, for as long as I can and hopefully to hopefully keep making people smile along the way.

What has been your best running experience?

Too many to pick just one, but if I had to, it's probably my 40th birthday parkrun at Clumber Park, when totally unexpectedly a big group of my running friends turned up, all wearing tutus! I had no idea they were going to be there, and as I looked round at the start, I couldn't believe they were all there to surprise me. Afterwards we all ate an amazing CRC-themed cake that Sarah had had made.

Worst?

Probably running out of water during the Stour Valley Path 100K race last year, on a baking hot day in August. I staggered 5 miles or so to the next checkpoint, feeling progressively awful. Fortunately Sarah was there and seeing her and drinking loads of water (and eating lots of cake) turned my race around.



Favourite race

I have loads, but if I had to pick just one, it would be Thunder Run, it's like Glastonbury for runners – a weekend of camping, eating, drinking, partying and a bit of running thrown in as well.



4. Something to Say?

And talking of the Thunder Run, here's **Kathleen Young** to give us the lowdown.

Are you a novice at camping? Do you like running and/or camping?

The Thunder Run 2016 could be for you!

The Conti Thunder Run 2016 <http://www.contilightningrun.co.uk/index.asp>

Catton Park, somewhere in Derbyshire – 23/24 July 2016

Conti Thunder Run is a 24 hour off-road relay race against the clock. Whether you run solo, pairs or teams of 5 or 8 it'll test your tactics, endurance, speed and team work. It's an exhilarating, rewarding and tiring race with a great atmosphere. You'll find TR24 physically challenging and mentally tough but an experience not to be missed.

This race is so popular it draws runners from across the country and sells out almost as soon as it goes online so you really have to be 'on the button' to get places. Well, CRC were on the button recently and have bagged entry for 3 teams, so just in case you might be considering taking part next year with us, here is a bit of info on what it is really like.

As a Thunder Run novice I joined the team this summer and can say it was an unforgettable experience! The organisation and parking for such a huge event is remarkable and the park was transformed into a colourful sea of tents overnight as people arrived and the pre-run preparations (celebrations really) began. Plentiful portaloos close by with a block of proper loos in the main area, shower wagons with hot water yes, hot water! a beer bus, food on sale and a simple registration process at the main tent. As well as the start/finish area, part of the course runs alongside the edge of the park so it's a great course for supporters too.

Friday: Having pitched my little pop-up tent in the 'CRC enclosure', team CRC gathered in the gazebo (complete with upside down Lincolnshire flag!) and set to sort out our plan. Over a little supper and some pre-run hydration, magically the shifts were written down so that we all knew our running shifts over the 10k mixed woodland/park course for the next 24 hours. There were 8 of us (Rod, Graeme, Rob Jacques, Andy & Jill Bell, Lydia, Mark Hodson and me) and as we took turns, we all got chance to get some sleep between our laps.

Saturday: After the mass start at 12pm, we all took turns to run, whilst the finisher got the next person up in time to eat and get ready and to the start area for their next shift – and we all did this for 24 hours! So not only can team CRC run, we can also organise ourselves too 😊

What about the weather I hear you ask? Well, there was a little of the wet stuff when we arrived and were trying to pitch tents, but the camp site and course were fine. The sun came out and we stayed dry until the last lap on Sunday when Lydia got a soaking for us all – but at least it was warm, and I'm sure you can imagine the great team celebration - that we had completed the race, even if we didn't win any prizes.

But then, whilst we love prizes, I loved the fun and excitement of the whole event. We met lots of running friends over that weekend and had great fun cheering all runners on, and in particular those 'solo' runners who you could see were really challenging themselves to keep going for 24 hours, and whilst many of them tried to eat and drink whilst running, it was so funny to see a chair appear just over the finish line (on the course) and one of the solo runners sit down and be handed sandwiches and drinks to refuel ready for his next lap. Oh, and there were tutus too!

Team 'Mike Wells' was also pitched by our tent and as you might guess, had full wardrobe changes for his runs, supported by his superb supersupporter Sarah Chapman. Mike is going to attempt the 'solo' Thunder Run next year – running continuous 10k laps for 24 hours on his own so he will need all the support he can get, not to mention the wardrobe opportunities we can all look forward to witnessing! This is something NOT to be missed!

So, after having done most of the packing on Sunday morning and cheering our last runner Lydia, in, time for a final drink, something to eat, a friendly chat with anyone nearby and then the journey home, buzzing from a fantastic weekend.

There will be places for 2016 – will you be there?

5. Did you know?

UGALI - the Kenyan running superfood? **It'll take more than a ball of porridge to make me run like a Kenyan!**



Many people consider the Kenyan athlete staple diet of ugali and milk to be a major factor in their success. But their diet is low in meat simply because it is scarce. Moreover they have no processed or junk food in their diet. What is ugali anyhow?

Ugali is a dish of maize flour, millet flour, or Sorghum flour cooked with water to a porridge- or dough-like consistency. It is the most common staple starch featured in the local cuisines of the African Great Lakes region and Southern Africa. When ugali is made from another starch, it is usually given a specific regional name.

Known as *ugali* in Kenya and Tanzania, this starchy, polenta-like side dish goes by different names in sub-Saharan Africa. In Malawi and Zambia it is called *nsima* or *nshima*. The South African name for it is *pap* or *mealie pap*. Zimbabweans call it *sadza*.

Ugali is usually served as an accompaniment to meat or vegetable stews, greens or soured milk. To eat ugali, pull off a small ball of mush with your fingers. Form an indentation with your thumb, and use it to scoop up accompanying stews and other dishes. Or you can form larger balls with your hands or an ice cream scoop, place them in individual serving bowls and spoon stew around them.

Cornmeal mush is also found in Caribbean creole cuisine and was certainly brought there by imported slaves. On the islands of Curaçao and Aruba it is known as *funchi*. They serve it as *funjie* in the Virgin Islands. In Antigua and Dominica it is called *fungi*. And Haitians make *mayi moulin*.

4 to 6 servings

Ingredients

- Water -- 4 cups
- Salt -- 1 teaspoon
- White cornmeal, finely ground -- 2 cups

Method

1. Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.
2. Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
3. Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

Ugali Variations

- White cornmeal is the most commonly used grain for ugali. But you can substitute sorghum, millet or coarse cassava flour or even hominy grits.
- More or less water can be added to achieve the consistency you prefer. Most Africans would not salt the water, so you can leave the salt out if you wish.
- Stir in a little butter for richer flavour.

<http://www.whats4eats.com/grains/ugali-recipe>

And if you think that will go down a storm, instead of cake, after a CRC run you will be very sadly mistaken!

6. The Captains' Table

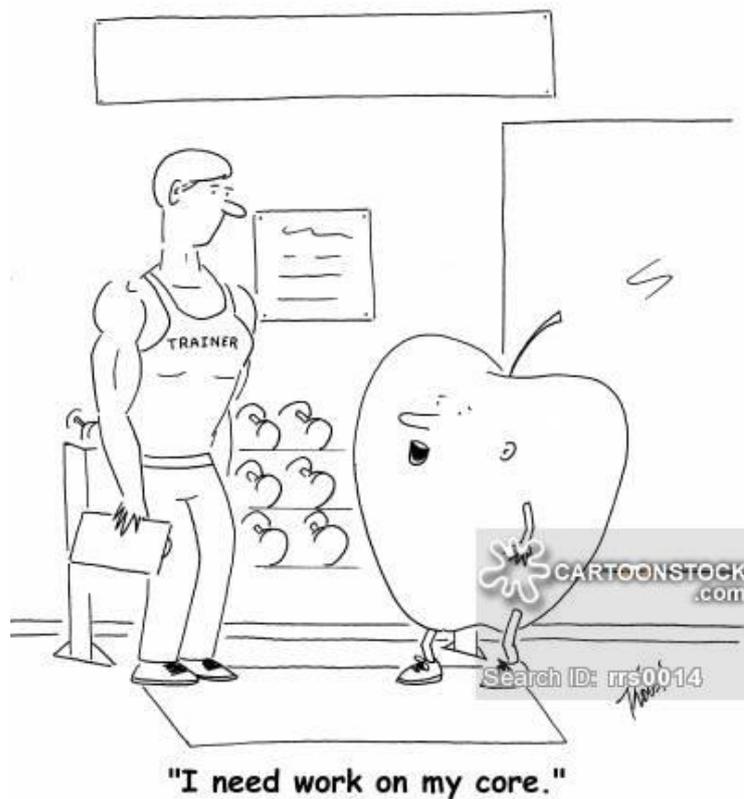
Fun runs, trail runs, parkruns, Santa runs, headtorch runs - that's December for CRC runners!





Send information to Mike Wells mjkw2000@gmail.com and then I can put the information here.
Or send directly to me Katy Hewis katy.hewis@gmail.com

And finally...



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