



## November 2017 Newsletter

### Great support for HH Aylesham

A great turn out for the launch of our new Hawkinge Hurricanes Aylesham – Keith and Alison made everyone super welcome and everyone seemed to enjoy the session. Thank you to those who popped along to the session. Remember all Club members are welcome at both sites 😊



### FAST FACTS

1. Did you know that a rabbit, kangaroo and a domestic cat can out run a human?
2. Over 1 billion pairs of running shoes are sold every year. At an average price of £50 that's...erm...a lot of cash.
3. Running is good for not just the body but also the mind, with research suggesting that people who run have a 60% less chance of developing Alzheimer's.
4. Music can boost your running by 15%. However, this does not work for everyone. If you're running on the road, keep those ear buds out its dangerous.
5. No one knows when running became a recreation but races of 3200 meters took place in Egypt 3800 B.C.

### Why stretch after a run?



People stretch after they run because your body produces lactic acid (chemical deposit) and it sits in your muscles and in blood stream after you run. If you don't stretch after running, that lactic acid will stay in your muscles and that's what makes them ache. Lactic build up makes you sore and you prevent that by stretching out properly.

Stretching out after a run also makes you more flexible. If you keep it up you will notice a significant amount of improvement in your body and most likely be a lot less fatigued after you run.

We had a great talk session with Miles Standen – Sports Therapist / Physio. Call 07526684939 or email [milesstanden@aol.com](mailto:milesstanden@aol.com) to help with those aches and pains - £15 half hour, £30 hour to HH athletes

# Hawkinge November Schedule

<u>Date and time</u>	<u>Location</u>	<u>Session</u>	<u>Notes</u>
Friday 3 November, 1830	HCC	Alpha Accelerators	Speed work
Saturday 4 November 2017, 10.00am	AWLC	Rural Run	Rural run will be around 10k and will be on country roads.
Monday 6 November 0900	HCC	Morning Club Run	Two Distance Options (some roads and trail)
Monday 6 November 1830	HCC	Evening Club Session	
Monday 13 November 0900	HCC	Morning Club Session	ONE Distance option (EM)
Tuesday 14 November 1830	HCC	Evening Club Session	
Thursday 16 November 1830	HCC	Alpha Accelerators	Speed work
19 November 2017, 10.am	AWLC	Rural Run	Route will be around 10k and a mix of country road/trail
Monday 20 November 0900	HCC	Morning Club Session	Two Distance options
Tuesday 21 November 1830	HCC	Evening Club Session	
Monday 27 November 0900	Folkestone Garden Centre A260 - Selstead	Morning Club Session	Two Distance options Followed by coffee n cake
Wednesday 29 Nov 1830	Wear Bay Rd, Folkestone	Evening Club Session	Not all hills ☺

HCC = Hawkinge Community Centre

AWLC = Aylesham, Welfare Leisure Centre.

**ALL SESSIONS £3 inc Weekend Runs**



### Safety First!

Please consider Hi-Viz Vests, head torch or arm lights during winter training

Club Arm Band Lights are available for £3

## Congratulations

### Club 50

Well done to our first few athletes achieving their 50 Club T-shirts. These bespoke training tops are awarded on your 50<sup>th</sup> club session. Hopefully worn with pride our first athletes achieving their goal is **Dave Clipstone (Clippo), Janet Ward & Elizabeth**



come on Jason, Sara, Claire & Kate your close