



December Newsletter 2017

The Festive Season is Upon Us!

The festive season is upon us and all of us at Hawkinge hurricanes would like to wish you a fantastic Christmas and new year. Now with all the festive cheer upon us that's no reason to neglect your running and Coach has put together a great guide to help you 'survive' the Christmas period without too much damage. Cheers everyone!



BRACE YOURSELVES

NEW YEAR IS COMING

New Year is fast approaching and so are those resolutions. Help friends of Family achieve their fitness resolutions by bringing them along to club! As a thank you their first run will be free and so will yours! Valid the whole of January 2018.

FAST FACTS

1. US Scientists calculated that Santa would have to visit 822 homes a second to deliver all the world's presents on Christmas Eve, travelling at 650 miles a second. That is surely an achievable PB for one of our runners!
2. Tis the Season of the Tangerine and nut, great healthy snack. Nuns used to fill stockings with fruit and nuts for the poor at Christmas.
3. Vit C (great for runners) is normally found in fruit and veg, but did you know your Christmas tree is edible and the needles are a great source. I wouldn't suggest nibbling on your tree though!
4. The average person will consume around 3000 calories from their Chrimbo dinner alone, don't think about it just enjoy!
5. Make sure you write a list of all the running Christmas goodies you want for Christmas as around £700 million will be spent on unwanted Christmas presents.



Date and time	Location	Session	Notes
1 st December 2017, 6.30pm	HCC	Alpha Accelerators with Marie	
4 th December 2017, 9.00am	HCC		
5 th December 2017, 6.30pm	HCC		
11 th December 2017, 9.00am	HCC		
18 th December 2017, 9.00am	Folkestone Garden Centre on A260		Followed by coffee and mince pies in Garden Centre
19 th December 2017, 6.30pm	HCC		Followed by Mince pies and Mulled wine

No club runs week commencing 25 December 2017



1 January 2018, 10.00am	Barham, outside the Duke of Cumberland Pub.		Hybrid club run to welcome in the New Year. Various distances (Weather permitting)
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Weekend club runs There will be no weekend club runs in December. So no excuses for last minute present buying! No fear though we'll be back in the new year with more exciting routes!

Top GPS Running Watches of 2017



Whether you're a trail runner & cyclist, plus an occasional triathlete, an outdoor enthusiast and avid swimmer, or an indoor runner wanting to more accurately track pace and calories burned, there's something for you when it comes to GPS Watches.

Some can be a tad on the pricy side, here are the top 5 for 2017, but you can get great watches second hand or in places like Tesco for great offers (Keith's Garmin was purchased in Tesco!) Search around and check out January sale deals!

High-End



Garmin Fenix 5

Mid-Range



**TomTom Spark3
Cardio+Music**

Budget



Polar M400

Peoples Choice



**Apple Watch
Series 2**

Running Mag Choice



**Suunto Spartan Sport
Wrist HR**



Festive Survival Guide

(Please note that the information below is provided as an estimated guide. Please drink responsibly and never drink and drive)

Bitter (Pint) ABV: 4%, Alcohol units: 3 Calories: 182, Protein: 1.7g ,Carbs: 13g

Running plus: Bitter is sweet stuff for your bones. As one of the best sources of silica and boron, a pint a day is an effective way to keep your running chassis strong and osteoporosis at bay.

Health bonus: Vitamin B6 helps strengthen your nervous system and tackle stress. Plus, scientists at the National Public Health Institute in Helsinki found a pint a day can slash your risk of kidney stones by a colossal 40 per cent. That pint also packs in 34 per cent of your RDA of folic acid, which helps convert food into energy and is important for proper brain function.

beware: Bitter contains high levels of purine, which increases uric acid in your joints, and can lead to gout.

White wine (175ml) ABV: 11% , Alcohol units: 2, Calories: 130, Protein: 0.2g, Carbs: 1g

Running plus: A drop of white eases joint pain. It contains tyrosol and caffeic acid, which, according to Italian scientists at the University of Pisa's Neuroscience Department, can help suppress inflammatory reactions.



Health bonus: When drunk moderately (no more than three small glasses a day), US scientists at the University of Buffalo found white wine can help keep your lungs healthy. It contains antioxidants that stop the creation of harmful molecules in that area.

beware: Vin blanc makes your stomach secrete extra acid, irritating the lining and inflaming your digestive tract, which can lead to nausea. It's also thought that the sulphur dioxide – used to preserve the grapes – can trigger asthma.

Gin and slimline tonic (Single with 125ml tonic), ABV: 6.5% , Alcohol units: 1, Calories: 72, Protein: 0g, Carbs: 0g

Running plus: The juniper berries that flavour gin were traditionally used as a herbal remedy for kidney and liver ailments. They can help to keep your weight down by flushing out your system.

Health bonus: Juniper has anti-inflammatory properties that help relieve rheumatism, arthritis and gout. It's also a short-term solution to bloating – especially in women with PMS.

Imbiber beware: Mother's Ruin will make you need to urinate sooner than other alcoholic drinks, as the juniper berries are strongly diuretic. This will aggravate the dehydration caused by alcohol intake.

Vodka and Diet Coke (Single with 125ml Coke) ABV: 6.5% Alcohol units: 1 Calories: 80 Protein: 0g Carbs: 0g

Running plus: Highly distilled and purified, vodka is the best alcohol for your stomach, unlikely to irritate it before tomorrow's run.

Health bonus: Vodka is less likely to give you a hangover as it's free of preservatives, congeners and colouring. For example, it has only one six-thousandth of bourbon's headache-inducing methanol levels.

beware: In a study published in the *American Journal of Clinical Nutrition*, volunteers' fat-burning rates dropped by a huge 73 per cent for several hours after drinking two vodkas with soft mixers.

Champagne (125ml) ABV: 12% Alcohol units: 1.5 Calories: 95 Protein: 0.4g Carbs: 1.8g

Running plus: A recent Reading University study found that champagne had a positive effect on endothelial function, a strong indicator of heart disease. The researchers concluded that daily moderate consumption may improve your vascular performance.

Health bonus: Bubbly may benefit your brain. The Reading study also found that grape varieties used in champagne can aid memory via a compound called phenolic acid. Their conclusion: three glasses a week after the age of 40 could stave off brain disorders including dementia and Alzheimer's disease. **beware:** Fizz combined with alcohol can weaken the valve between your stomach and oesophagus, leading to reflux and heartburn.

Lager (Pint) ABV: 5% Alcohol units: 3 Calories: 230 Protein: 2.84g Carbs: 17g

Running plus: A pint supplies a 10th of your body's RDA of niacin, which boosts energy levels. It also delivers selenium to support immune function, plus a healthy injection of other essential minerals, including calcium, potassium and magnesium.

Health bonus: Scientists at the TNO Nutrition and Food Research Institute in the Netherlands found that levels of C-reactive protein – an agent known to cause heart disease – plunged by 35 per cent after three weeks of moderate beer drinking, compared with three weeks on non-alcoholic beer. They also found beer swiggers' 'good' cholesterol rose by 11 per cent in the same period.

beware: Lager is not only calorie-laden but also a powerful appetite stimulant, causing you to crave inappropriate fatty food late at night: two factors that contribute to increased weight – and running times.

