



## February 2018 Newsletter

### WELCOME!

A huge welcome to our return2running group at Hawkinge and our new runners who have joined us in January at the Aylesham site.



### SUGGESTED LOCAL RACES IN FEBRUARY 2018

1. Girlings Solicitors Ashford & District 10k  
Sunday, 10:30am
2. 4th February 2018 The Bedgebury Forest 10 & 5
3. 11th February 2018 Vigo Valentines "Tough Love" 10-ish Kilometers Race, Sunday
4. 11th February 2018 The Deal Half Marathon
5. 18th February 2018 Dymchurch 10km
6. 25<sup>th</sup> February 2018, Trosley Park Challenge 5 and 10k

These are just a few races taking place in February in Kent. There are lots more slightly further afield so don't forget to have a good search!

Day	Date	Time	Venue	Notes
Monday	5 <sup>th</sup> February	0900	HCC	One distance (EM)
Monday	5 <sup>th</sup> February	1830	<a href="#">HCC Returners</a>	<a href="#">R2R week 5</a>
Tuesday	6 <sup>th</sup> February	1830	White Horse PH	Birthday drinks, all welcome
Monday	12 <sup>th</sup> February	1830	<a href="#">HCC Returners</a>	<a href="#">R2R week 6</a>
Tuesday	13 <sup>th</sup> February	1830	HCC	
<b>Saturday</b>	<b>17<sup>th</sup> February</b>	<b>0900</b>	<b>Pegwell Bay</b>	<b>Parkrun</b>
Monday	19 <sup>th</sup> February	0900	HCC	Two distances
Monday	19 <sup>th</sup> February	1830	<a href="#">HCC Returners</a>	<a href="#">R2R week 7</a>
Wednesday	21 <sup>st</sup> February	1830	HCC	
Monday	26 <sup>th</sup> February	0900	HCC	One distance (EM)
Monday	26 <sup>th</sup> February	1830	<a href="#">HCC Returners</a>	<a href="#">R2R week 8</a>
Thursday	1 <sup>st</sup> March	1830	HCC	

## 7 Benefits of Power Napping (Plus a Quick Do's and Don'ts Guide)



Time is money. Perhaps that's why humans are the only animals that try to get all their sleep in one long stretch.

People with pets know that cats and dogs, for example, take several naps a day. Maybe this explains why we often envy them... wouldn't it be great if we could lie down for a few minutes after lunch every day?

But we humans can also make power napping a part of our daily routine. Here are seven reasons why you should try to squeeze in a short afternoon nap:

1. Tired people tend to eat fatty, unhealthy foods: sufficient sleep can thus help you [lose weight](#).
2. Taking a nap can increase your ability to concentrate and help you to remember things better.
3. You are more productive after a power nap.
4. Adequate sleep also helps you to [stay looking young](#).
5. Napping lowers your risk of heart attack and stroke.
6. A power nap [improves your mood!](#) (Inadequate sleep can cause irritability.)
7. A short break in the form of a nap helps you to relax and reduces your stress level.

A power nap should last no longer than 20 minutes. If you sleep longer, you will enter deep sleep (and that is exactly what you want to avoid). The best thing is to set an alarm.

The [National Aeronautics and Space Administration \(NASA\)](#) together with the National Space Biomedical Research Institute has conducted studies on power napping with astronauts. Their results show that taking short naps regularly can have a positive effect on memory.

If it's ok for NASA, it's ok by us!



**Takeaway: If you want to wake up from a power nap feeling energised, it is important to really sleep and not just close your eyes. Of course, that's not so easy when you're planning your next races in your head, but practice makes perfect!**



## High quality H<sub>2</sub>O

We all know that water is good for us, but did you know drinking it at certain time of day can maximize its effectiveness on the body?

**2 glasses of water after waking up** - helps activate internal organs

**1 glass of water 30 minutes before a meal** - helps digestion

**1 glass of water before taking a bath** - helps lower blood pressure

**1 glass of water before going to bed** – may help avoid stroke or heart attack and also apparently will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up!



A huge **GOOD LUCK** to all those currently undertaking marathon training. As the weather gets tough so does the training, but hang in there it will be totally worth it! Remember Coach is on hand to help you with your training/and or recovery if you need it!

## Hawkinge Hurricanes are celebrating their 2<sup>nd</sup> Birthday on 6 February 2016.

There will be a fun filled club run starting at 6.30pm followed by drinks and a very special cake at the White Horse Pub, Hawkinge.

Please do join us if you can, your welcome to attend just the run, just drinks or both!



parkrun



On the 17<sup>th</sup> of February we are hoping to get as many Hurricane runners in club tops to the Pegwell Bay Park Run. Park Run is a free 5k route that can be walked, ran or walk/ran, all you need to do is download a barcode so your time can be recorded. It is not a race and no runner can ever come last! Keith and Ali will be there, so come and give our local Park Run a try!