



April 2018 Newsletter

Happy Easter

Happy Easter everyone and welcome to April's edition of the newsletter.

This month we see a fantastic Reinden woods challenge, scheduled for the 15th of April. It's a two-hour challenge, running as many laps as you can. It's a great way to build up confidence on longer distances in the safe knowledge that you're supported. I've also heard that there will be a well-stocked aid station with goodies!

It's also a great way to welcome in the spring and hopefully we will catch the bluebell bloom! Accompanied children welcome 😊



SUGGESTED LOCAL RACES IN APRIL 2018

1. 2nd April, London Easter 10k, Nice work
2. 8th April 2018 Chatham Maritime 10k, Sporting Events.
3. 22nd April, Bridge 5k, Sporting Events (great local race, if you can make it)
4. 29th April, Goudhurst 10 and 5k, nice work

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

Good luck!

As the race dates are drawing closer we wanted to wish all of those undertaking Marathons this month a huge good luck! You have trained hard and battled literally through the elements. Your hard work will pay off and we look forward to hearing from you when you're over the finish line and had chance to recover. You are all awesome! Don't forget if you're running for charity to put your details up in the club Facebook pages.

April 2018 Club Schedules

Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site!
All sessions are £3.00.

Aylesham Branch Schedule			
Date and time	Location	Session	Notes
Wednesday 4 th – 1830	AWLC	Club Run	
Wednesday 11 th 1830	Duke of York Military School Dover (CT15 5EQ)	Club TRACK session	Suitable for ALL – meeting 1820
Sunday 15 th - 10am	Reinden Woods, on A260 Densole (CT18 7AY)	April Club 2-hour Challenge. As little or as much as you like 😊	If you need a lift from Aylesham please speak to Keith or Ali Goodies and medals
Wednesday 18 th - 1830	AWLC	Club Run. Intro to trail running.	
Wednesday 25 th - 1830	AWLC	Club run	
Sunday 29 th - 10am	AWLC	Weekend run	Around 10k Trail run
Hawkinge Branch Schedule			
Date and time	Location	Session	Notes
Monday 2 nd - 0800	HCC	Club Session	Two Distances
Tuesday 3 rd - 1830	HCC	Club Session	
Monday 9 th - 0800	HCC	Hybrid Club Session	Some trail, some road
Wednesday 11 th - 1830	Duke of York Military School Dover (CT15 5EQ)	Club TRACK Session	suitable for all – meeting 1815
Sunday 15 th – 10am	Reinden Woods	April Club 2-hour challenge. As little of as much as you like 😊	Goodies and medals
Monday 16 th - 0900	HCC		Elizabeth to lead
Monday 16 th - 1830	HCC	Club Session	FUNDamental week 1
Monday 23 rd - 0900	HCC	Club Session	Two Distances
Monday 23 rd - 1830	HCC	Hybrid Session	FUNDamental week 2
Monday 30 th - 0900	HCC		Elizabeth to lead
Monday 30 th - 1830	HCC (beginners only)	FUNDamental	Week 3 ONLY
Tuesday 1 st May - 1830	HCC	Club session	

The dreaded getting 'O'

Most runners work on reducing numbers such as times, but there is one number that keeps going up and no runner can escape it....AGE.

As we begin to get further towards those golden years (bear with me), going for a run can get a bit tougher. The good news is there are things you can do to help you, erm, 'grow old' strong and healthy. This means on the plus side you can still come and enjoy club at a ripe old age!

Running is a great way to minimise the effects, and here's some tips of how and why:

- Running helps maintain aerobic capacity and blood volume which can otherwise drop.
- For the ladies' hydration during exercise helps to those hot flashes, when the body gets too warm and blood rushes to the surface.
- Carbohydrates become harder for your body to process but exercising 4-5 times per week will help to reduce total body fat.
- You may find that your body is less able to process carbohydrates so food such as pasta and bagels can send blood-sugar levels souring. Eating more fruit and whole grains and less processed sugar can keep your stomach and blood sugar levels steadier. Also look out for race day food that doesn't contain fructose.
- Weight bearing sports in the past put stress on your bones, which the body adapts to by strengthening. Therefore you're likely to have a higher bone density. Regular strength training and a healthy balanced diet using the [Eatwell guide](#) will help:



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Whatever age we should eat like this!

- Build muscle mass and power using things like HIIT and core workouts to counter the effects of the drop in growth hormones like oestrogen. Having a protein rich recovery shake within 20mins of stopping exercise will help too.
- Everyone becomes less flexible over time which increases the risk of straining and pulling muscles. Regular stretching when your muscles are warm i.e. after exercise or a bath, can help to maintain and increase range of movement.
- Exercise makes you feel good about yourself (hurrah) and helps to de-stress, win win!

A healthy diet should contain some low GI carbs i.e. the 'Eatwell plate' to provide a more readily available source of energy for the higher intensity interval training required to build power and strength.



Affiliation fees are due!

Being affiliated to EA gives you a variety of discounts, a reduction in race fees and the opportunity to enter the Virgin London Marathon Club Place Ballot for 2019

Annual fees are from April to April and for 2018/2019 its £15

Fees need to be paid to Hawkinge Hurricanes asap to avoid a lapse in affiliation status



Here are some words about Lydd by Lance 😊

I must admit to being apprehensive about running the Lydd 20 mile. It was the longest I had ever run and the previous furthest was 17 miles the previous Sunday although that was on my own. It was all part of my training for my first Marathon in Manchester on the 8th of April. Thankfully I have had other Hawkinge Hurricanes to encourage me, not only on this race but over the last few months. Without them the race itself and the training would be much harder so I would like to thank Sam and all the other Hurricanes, in particular those that are running the marathon for their encouragement. The race itself was thankfully flat and the weather was kind to us, which given what went before and after was a blessing. The race went well and without me getting injured or falling over which is always a good thing. Miles Standen the sports masseur, has done a great job in sorting out my aching muscles. I have now been a member of HH 5 months after moving down from Cheshire in July. I tried a couple of other clubs locally but liked Sam's enthusiasm and the friendly atmosphere of the HH's. They must have thought 'What have we got here' when I decided to dress up as Dracula for the Halloween fancy dress run! Anyway, Manchester here we come. I have raised £800 for the Alzheimer's society so far and aiming to hit the £1000 mark. My JustGiving page is www.justgiving.com/fundraising/lanceboseley



Check out our club clothing at our web site STORE PAGE www.hawkingehurricanes.com