



September 2018 Newsletter

Half Marathon Tips and Etiquette

- **Be start line savvy**

Aim to be on the start line 10 minutes before the start. If its chilly take an old jumper or a bin bag then discard at the last minute Be realistic where you stand don't impede runners behind you. Weaving in and out of others wastes precious energy.

- **Plan your Pace**

Once you have set your goal time work backwards so you can calculate your split times to ensure you are on track

- **Smart Fueling**

Your body can store enough carbs for 90 minutes, after that top up those stores with sports drinks, gels, blocks. Drink little and often and never try something new on race day

- **Racing Line**

Certified races are measured using the shortest route. Focus on taking the racing line particularly on bendy roads. Running the tangents of a course is essentially free speed and can take several seconds of your finish time. Avoid yo-yoing across the road however and be respectful to other runners.

- **Music to my ears**

Music is a great motivator and songs at 180bpm are great for racing motivation. Many road races ban earphones on safety grounds so always comply to the race briefing. EA now endorse bone conductor headphones – check out www.aftershokz.co.uk

SUGGESTED LOCAL RACES IN SEPTEMBER 2018

Shoreham Woods 10K Trail – Sat 1st

Kent Coastal Marathon – Sun 2nd

Helping Hearts Family 5K Maidstone – Sun 16th

Bedbury Twilight 10K – Sat 22nd

Folkestone Half Marathon – Sun 30th

Sunday 9th September Wingham 5K n 10K New design bespoke medal this year

Hope to see plenty of Hawkinge Hurricane athletes at this amazing event – lets turn the run Hurricane purple 😊



Monday Morning Club Sessions

Where possible a 4mile & 6+mile option will be offered. In addition, specific training drills will be available to those who want to try – this is to aid athletes who can't always make evening sessions but want to improve, when only one leader is available a 5-mile run will be offered with additional drills for those who want to take the challenge.

September 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
Saturday 1st	Hawkinge VILLAGE HALL	Physical Prep / circuit session	£5pp
Sunday 2nd	HCC @0900	Sunday Club Run	With Sam n Cate
Monday 3 rd	AWLC @1830	Club Session	
Wednesday 5th	AWLC @1830	Club Session	
Monday 10th	AWLC @1830	Club Session	
Wednesday 12th	Duke of York School	Track Session @1830	All Welcome
Monday 17th	AWLC @1830	Club Session	
Wednesday 18th	AWLC@1830	Club Session	
Monday 24th	AWLC @1830	Club Session	
Wednesday 26th	AWLC @1830	Club Session	
Sunday 30 th	Wear Bay Road, Folkestone nr ECP	Sunday Run @1000	CT19 6BL

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Sunday 2nd	HCC @ 0900	Sunday Club Run	
Monday 3 rd	HCC @0900	Club 5mile	Elizabeth to lead
Tuesday 4th	HCC @1830	Club Session	Inc Return to Runners
Monday 10th	HCC @0900	Club Session	Two Distances
Wednesday 12th	Duke of York's	Track Session @1830	All Welcome inc R2R
Monday 17th	HCC @0900	Club 5mile	Elizabeth to Lead
Tuesday 18th	HCC @1830	Club Session	Inc R2R
Monday 24th	The Leas @0900	Nr The Grand Hotel, The Leas. Folkestone CT20 2XL	
Tuesday 25th	HCC @1830	Club Session	Inc R2R
Sunday 30th	Wear Bay Road, Folkestone nr ECP	Sunday Run @1000	With Alison n Keith

Hawkinge Hurricanes RC Fun Club 10K (£5 entry fee)

Sunday 21st October

10am start from Hawkinge Community Centre / Kids Race 0930 (£3)

Volunteers needed to marshal please ☺

SepTEAMber

SepTEAMber is great fun, a relaxed no pressure month of team challenges. By now you will have been allocated a Team and your two Team Leaders. If you've not received your team check your email junk folder (please add us to your email address book)

It's pretty simple! each week you complete the challenge listed below: be that at club, home or holidays. Give your results to your team leader or Sam (sam@hawkingehurricanes.com) and watch the points roll into prizes

<u>Date</u>	<u>Challenge</u>
W/C 3 RD September	Most Club Sessions attended by team members inc Wingham 5k & 10K + Kelly's Physical Prep (01/09)
W/C 10 th September	Timed Mile @DOYRMS Club Session
W/C 17 th September	Parkrun (team average timings + number of runners)
W/C 24 th September	Most weekly mileage Walk / run / race (no cycling)



Club Group Structure

As we move into our winter training phase (yes that's a real thing) I just wanted to outline our club ability group settings. We aim to support all our athletes. At times these groups may be merged but where possible small training groups with designated qualified leaders will be in place. Athletes are welcome to swap between groups but consider chatting with leader or coach **before stepping up a group**.

Group Name	Description
FUNdamental (Beginners) Course	Couch to 5K 10-week course.
Foundation (Inc Return to Running)	Runners who can run a 5k distance with very few walks breaks @ approx. 13-minute mile pace
Delta	Runners who can run a 5K plus distance @ approximately a 11- 12-minute mile pace
Omega	Regular runners able to run consistently, competition athletes working towards a goal building pace and endurance (10min/mile)
Alpha	Event Group Development athletes, happy to work at increased pace. Speed Drills included
Alpha Accelerators	Alpha athletes only for this not for the faint-hearted speed session. Shorter club session with high impact speed training, vomit is optional.



**HI-VISIBILITY TABARDS AVAILABLE AS NEEDED –
BE SAFE, BE SEEN**