

May-2019 Newsletter

Hawkinge Hurricanes RC Photo Policy is now live.

All club policies are available on our web site

www.hawkingehurricanes.com



DSActive
Activities for people
with Down's syndrome

HHRC have been working closely with DS Active and are now in a position to trial a fun fitness session for Downs Syndrome athletes. Feel free to refer anyone you may know that could benefit. Register interest at

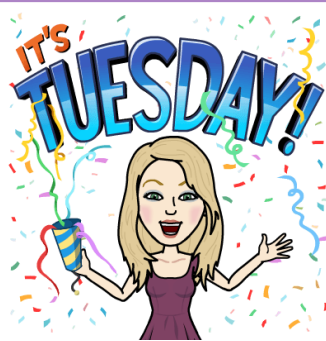
sam@hawkingehurricanes.com

Saturday 27th April

10am - 11am

The Green, Hawkinge Community Centre

Parents/carers to remain with athlete, ages 7 upwards



In an event to maintain structure to training Hawkinge Branch evening session will now be set to TUESDAY evenings. I hope this works well for everyone. Any questions or concerns feel free to contact Sam ☺



Pre-payment

Club Pre-payment for club sessions can be made via cash, Bacs, cheque or card

Pre-payments need to be made in blocks of 10 (i.e. 10 sessions = £30)

Sessions are then marked off as and when you pop along

Any sessions in credit will remain, as long as valid club membership is in place

No more worrying about finding the correct change, or raiding the moneybox ☺

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
Wed 1 st May 1830	AWLC	Club Session	
Monday 6 th 1830	Adisham Village Hall	Club Session	
Wed 8 th 1830	Adisham Village Hall	Club Session	
Monday 13 th 1830	Aylesham Train Stn	Club Session	
Wed 15 th 1830	Aylesham Train Stn	Club Session	
Monday 20 th 1830	AWLC	Club Session	
Wed 22 nd 1830	AWLC	Club Session	
Monday 27 th	NO RUN	JOIN HAWKINGE AT 0800	INSTEAD
Wed 29 th 1830	AWLC	Club Session	

Hawkinge Branch Schedule

Monday 6 th 0800	HCC	Bank Holiday Club Trail Run	Suitable for all
Monday 6 th 1830	HCC	FUNDamental week 3	
Tuesday 7 th 1830	Radnor Park	Club Session meet nr café &	Playground
Monday 13 th 0900	HCC	Club Session	4m & 6M option
Monday 13 th 1830	HCC	FUNDamental week 4	
Tuesday 14 th 1830	HCC	Club Session	KC to lead
Monday 20 th 0900	HCC	Club Session	
Monday 20 th 1830	HCC	FUNDamental week 5	
Tuesday 21 st 1830	Cat n Custard Pot	Club Run n Curry n Chill	Run £3, Curry £7
Monday 27 th 0800	HCC	Club Session Trail Run	4m & 6M option
Monday 27 th 1830	HCC	FUNDamental week 6	
Tuesday 28 th 1830	HCC	Club session	



'Pop Up Sundays

Keep an eye on the closed Club Facebook Pages for 'Pop Up' Sunday club trail runs. Trialing the 'Pop Up' theory gives leaders a little more flexibility with planning, routes, weather, events. So, keep em peeled for Trail Fun

[Hawkinge Hurricanes](#)

[Hawkinge Hurricanes - aylesham](#)

Tuesday 21st May

1830 Start

From Cat n Custard Pot Public House Paddlesworth

Club Session – All Welcome

Run and Curry

Run £3

Curry £7

Booking & Payment in Advance – contact Sam ☺ (20 spaces ONLY)



TOILET STOPS

There's simply no escaping that the high impact nature of running undoubtedly speeds up digestive transit. The vertical oscillation that your body experiences with each footstep literally jiggles your guts! Coupled with the fact that during exercise up to 85 per cent of your total blood flow is re-directed to the working muscles, thus drastically reducing the blood flow to the gut, it's easy to see why gastro-intestinal distress is so common in running.

Go easy on the fibre!

It's best to steer clear of high fibre foods prior to running. Fibre increases the speed of digestive transit and can lead to abdominal discomfort if too much is consumed.

Forego fat

Fat tends to slow digestion as it is hard to break down and therefore many runners find that they can't tolerate food high in fat prior to running. If you're partial to a full English breakfast at the weekend it might just be worth saving it as a post-run treat.

Curb the caffeine

The vast majority of us are habitual coffee consumers and the thought of starting the day without a hit of coffee or tea isn't appealing. However, too much caffeine can upset your digestive system, particularly if you haven't hydrated with water adequately.

Discover dairy alternatives

Too much dairy can be a trigger for some runners. If you discover that you are a little sensitive then there are plenty of alternatives out there such as soya and almond milk and yogurt for example. However, be careful not to eliminate calcium rich foods such as milk, yogurt and cheese from your diet altogether as your bones and muscles won't thank you for it.