



# November 2019 Newsletter



Give the gift of fitness this Christmas. Club Gift Vouchers available to any value

Can be redeemed towards

- Membership
- Clothing
- Club Race Fees
- Session Fees

Join our Amazing FUNdamental Group on completion of their 10-week Beginners Course on Wednesday 6<sup>TH</sup> November 2019 @Duke of York Royal Military School TRACK SESSION.



Winner EA South East Club of the Year 2019



Kent Sport 2019 Kudos Award Finalist  
Rewarding Innovation in Community Sport 😊

## 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

**2019**

Date and time	Location	Session	Notes
Monday 4 <sup>th</sup> 1830	AWLC	Club session	
Wednesday 6 <sup>th</sup>	Duke of York Sch	Track Sesh inc FUNdamental	Week 10
Monday 11 <sup>th</sup> 1830	AWLC	Club session	
Wednesday 13 <sup>th</sup> 1830	AWLC	Club session	
Monday 18 <sup>th</sup> 1830	AWLC	Club session	
Wednesday 20 <sup>th</sup> 1830	AWLC	Club session	
Monday 25 <sup>th</sup> 1830	AWLC	Club session	
Wednesday 27 <sup>th</sup> 1830	AWLC	Club session	

### Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Monday 4 <sup>th</sup> 0900	HCC	Club Session	EM to Lead
Tuesday 5 <sup>th</sup> 1830	HCC	Club Session	
<b>Wednesday</b> 6 <sup>th</sup> prompt 1830	Duke of York School	TRACK Session	<b>FREE Session</b>
Monday 11 <sup>th</sup> 0900	HCC	Club Session	Two Distances
Tuesday 12 <sup>th</sup> 1830	HCC	Club Session	KC to Lead
Monday 18 <sup>th</sup> 0900	HCC	Club Session	Two Distances
Tuesday 19 <sup>th</sup> 1830	HCC	Club Session	
Monday 25 <sup>th</sup> 0900	HCC	Club session	Two Distances
Tuesday 26 <sup>th</sup> 1830	HCC	Club Session	

**Session cancellations due to weather conditions (ice) will be posted on FACEBOOK**

## HHRC VLM Ballot Soon, Here's a few words from our Club 2019 Ambassador

To all the would-be London marathon runners thinking of putting their name into the ballot.... DON'T DO IT 😊😊

No seriously it was the best and hardest thing I've had to do physically and mentally with a pair of trainers on... From the point when Sam pulled out my name from the hat it was a feeling of mixed emotions, one of sheer dread of having to run 26.2 (never forget that .2) miles and then on the other hand it was a feeling of disbelief that I'm actually going to be running the London marathon and not many people can say that !

When I put in my name down I wasn't a marathon runner, I think at that point my furthest run was actually 10 miles so anyone out there thinking that they are not at that stage if you want it then it's fully possible with training... lots of training. Get a training plan and try and try to stick to it... oh and a good pair of trainers ! Talk to Sam and the other leaders and get a training plan that works for you, there are loads out there but depending on your lifestyle some work better than others. It's not all about the running, its building up to that point and giving your body time to recover in between sessions, going out for a training run knowing that you will be running for 3+ hours will take its toll if you don't plan it.. getting your energy levels and hydration right is key, try different things early on in your training, I started on gel packs and was fine but others found it caused them to make a sprint finish to the nearest toilet... (no names **Jason** 😊😊) which I wouldn't think is pleasant feeling.

After several months of training and lots and lots of miles (your Strava stats will be great) you will be at the point that you just want to get on with it but then they tell you to taper and you have to take it easy for a few weeks... total madness (or so I thought) Training is all done now it's time....

I think it really hit home for me what I was about to do when I went and registered, seeing that countdown clock to the start time...it got very real very quickly. The morning of the marathon prepare the same way as you would for any long training run, get to your start area early or stay somewhere the night before as its manic...thousands of people all heading in the same direction so plan your route if you're using public transport.

The problem with marathon running is they tell you to stay hydrated... one major problem with that is you need to pee ALL THE TIME, you might as well go for one then join the back of the queue to go again its constant. Keep an eye on the time, you think you have loads of time, but it quickly goes before you head into your pen for that all-important shuffle to the start line.

Now the nerves really kick in and you need to pee again 😊😊 Once you get to that line if I'm honest you don't think about it, you are swept along in the whole atmosphere of the crowds and the amount of people actually running it, stop and take a good look around you will not believe the amount of people that come out to cheer you on.

But importantly run at your pace don't get caught up in the atmosphere and try to run with everyone else. The whole route and I mean the whole route (apart from the underpass) people are there supporting you and cheering you on and at some points the noise is deafening, I had headphones with me as I trained with them and thought that I could lose myself if I needed to but I didn't use them once...you just want to soak up the carnival atmosphere. When you do get to the underpass and no-one is there apart from the other runners its quite eerie just hearing the pounding of feet but that is short lived as you rise out the underpass into the crowds and cheering again. The one thing that did make a huge difference to me was having friends and loved ones there supporting me, just knowing that a friendly face was going to be in the crowd at a certain mile point made those miles in between pass quicker although my brother did come all the way from Liverpool to see me only for me to run past and ignore him. .oops



Be prepared for a lot of side shuffling when people in front of you suddenly stop to walk or better still stop to take a selfie, Cutty Sark and Tower Bridge are good for that... wasn't annoying much. Take your gel packs or whatever you trained with regularly and use the water stations even for a small amount of water, the Lucozade sport station is particularly fun as you stick to the floor 😊😊 For me the last few miles were hard, and I don't think anyone can prepare someone else for it but seeing that finish line and knowing that you've done it is so emotional and I don't mind admitting that I did well up a bit... not sure from sheer exhaustion or from joy.. Then

it's all over and it's back home, although walking does hurt and looks like you've had an accident in your shorts 😊😊 But the most important thing is enjoy it... and you get some bling at the end of it. GOOD LUCK

Words: Nigel Hales (HHRC VLM Ambassador 2019)



# How to Make the Most of Winter Running

## *1. Give Yourself a Carrot*

Luring yourself out the door with the promise of a reward at the end—whether it be a catch-up with a friend or a sweet treat. Set a date to meet someone for a run, There's no wimping out when someone is waiting.

## *2. Wear the Right Shoes*

To keep warmth in and slush out, run in shoes that have the least amount of mesh. If you have shoes with Gore-Tex uppers, Wear socks that wick away wetness but keep your feet warm, like non-itchy Smart Wool socks.

## *3. Dress Like It's Warmer*

You want to be warm without sweating so much you get a chill. "The rule of thumb is to dress as if it is 10 to 20 degrees warmer, you should be slightly cool when you start.

Think: layers of technical fabrics to wick sweat with zippers at the neck and underarm area to vent air as you heat up. The more you run outdoors, the more you'll learn your own preferences.

## *4. Get Light*

With limited daylight, chances are you'll be running in the dark (Alaskans only get a few hours of dim light per day). Wear reflective, fluorescent gear, and don't be shy about lighting yourself up like a Christmas tree. Consider using a headlamp or chest light—less so you can see where you're going and more so people can see you.

## *5. Warm Up Pre-run*

Move around inside enough to get the blood flowing without breaking a sweat. Run up and down your stairs, If you're meeting a group of running buddies, don't stand around in the cold chatting before you run.

## *6. Outsmart the Wind*

Start your run into the wind and finish with it at your back, so the breeze doesn't blast you after you've broken a sweat. To avoid a long, biting slog, try breaking it up: Run into the wind for about 10 minutes, turn around to run with the wind at your back for five minutes, and repeat. You can seek out man-made wind shields, too.

## *7. Be Flexible With Pace and Mileage*

"Winter running is more about maintenance miles than pounding for hours - go out and enjoy your run rather than hating the thought of heading out

## *8. Change Quickly Post run*

Your core body temperature drops as soon as you stop running. To avoid a lingering case of the chills, change your clothes—head to toe—as soon as you can. Women need to get out of damp sports bras quickly. Put a warm, dry beanie over wet hair. And drink something hot—a steamy beverage is great, but a hearty soup does double duty by refuelling your protein and sodium stores while also warming you up.

## *9. Run Well in Rain*

Runners in Mobile, Alabama, one of the wettest cities in the United States, are always prepared for rain—67 inches per year, - think yourselves lucky that's not us. When it's raining, maybe try slipping your feet into plastic bags, then put those running shoes back on. If you have to dry shoes overnight, crumple up newspaper and cram it tightly into your shoes, with the insoles removed. The newspaper soaks up the moisture.

## *10. Plan a Race*

Having a winter race to aim for is great for keeping you motivated to train through the Autumn and winter.

