

St Austell Running Club

Newsletter 6

July 2008

Welcome to the Club

New members are : Nick Vincent, Angela Yates, Sarah Snell, Kevin Robinson, Jamie Youlden, Nicholas Brain, Rachel Builder and Gayle O'Reilly.

A warm welcome to you all from everyone within the club.

Get Well Soon

Best Wishes to Dave, Gregg, Andre, Lucy, Michaela, Pete, John Rutland and John Sidebotham and all those who have been injured or unwell recently. Apologies to anyone I have missed, but if you know anyone that deserves a mention, please let me know for the next newsletter.

Good to See You Back

Welcome back to Angie, James, Tim and Lesley who are now back in training.

Congratulations

Another baby! This time it's congratulations to Rob and Sam Wallbank for the birth of their son, Tynan Jack, on the evening of the Sticker 5. The timing meant that Rob missed the race, but I'm sure he'll get the planning right for the next one!!

Best Wishes to you all from everyone.

Race for Life

There was a good turnout from STARC and the flag was flying throughout. Several club members helped with marshalling and Bev Pearce was very appreciative of our support.

Thanks to the young Coleman's for giving out a hundred or two STARC business cards!!

Christmas Dinner

We now have 64 booked for the Cliff Head Hotel, Carlyon Bay for our first Christmas Dinner on Friday 19th December. The cost is £22.50 for the Dinner and entertainment, with the option of staying over at £30 for B&B. Several are staying over and the number to book a room is 01726 812345. Please book your own room.

If we reach 100 we will have the place to ourselves and I think we can reach this number before the time. Katie can give you further details and the menu is on the website.

Terry and Alison are starting to take cash towards the cost of the evening, so see either at the club if you want to use this system to pay over a longer period rather than in one go.

Club BBQ

This will be at Doug's place at Tremodrett, near Roche, after the Indian Queens Half Marathon on August 3rd. By the time Indian Queens is wrapped up we should be starting at around 2.30 – 3.00. Everyone is welcome with families and the more the merrier.

John has arranged a mini – bus from St Austell with a £3 return fee. The first trip is full, but more trips can be arranged as it is only a 15 minute trip. See John if you want to go by bus.

It was agreed at a recent committee meeting that the club will pay for all the BBQ meats, etc, but if you can provide some nibbles, salads or sweets, please let Geraldine or Alison know.

Membership

It was decided at a recent committee meeting that we are not in a position to accept new members at this time of year, on a pro – rata basis. This is difficult as we still have to forward a percentage for our racing licences and Rugby Club social memberships. We will therefore offer a free 4 months membership to anyone joining after June in any year, meaning the new member gets 16 months for the usual annual fee.

Sticker 5

Thanks to everyone for their help and support at the recent Sticker 5. The event was a success with record entries, despite the atrocious weather. A big thanks to Dawn for taking care of all race entries and she was congratulated after the race for her organisation. This was a first for Dawn and I know first hand that there were some pretty trying moments, but the experience will be advantageous for next year (hopefully).

Katie went around with the raffle which raised an excellent £118 for STARC funds.

Race Entries

Our race entries are excellent and we are second in number to Hayle in all races now, which is an excellent effort from us all. We have followed 65 finishers at Cubert and Sticker, with 27 at the tough Launceston Half, with Sticker gaining us the trophy for the Most Runners. We beat the Hayle entry at Sticker which is no mean feat as they are a far bigger club than we are (at the moment!) and let's hope we keep this pattern going throughout the rest of this year. 36 entries at the Turkey Trot was a solid effort and I'm sure that our numbers will go up again in 2009 when all our new members get up to speed.

The most pleasing part is that everyone supports the STARC prize winners at the post – race presentation. The support at the Launceston and the Turkey Trot presentations was brilliant and shows a very strong team spirit.

Clubnight Runs

Anne received a phone call from an irate lady motorist during a recent clubnight, claiming that she had to stop quickly to avoid running over a female club member in a narrow road near the Rugby Club. Luckily I knew the lady and after ringing her back, managed to calm the situation, promising to bring the matter to everyone's attention. The lady waited patiently for the club group to pass her 4 wheel drive, but when she went to take off, and one of our ladies ran right in front of her forcing her to brake heavily. The lady was understandably shaken and proceeded to ring the club to voice her displeasure.

This is not the first time I have had members of the public comment that when we are in a big group, we do not show respect for other road users. In the interests of safety and good PR, we must ensure that as we grow bigger and club night numbers increase, we are careful towards members of the public, cars, horses and other road users.

Club Kit

The jackets were very popular and another order is going in shortly. As they are made especially in our colours, there is a 10-12 week manufacture time. If they are ordered now they will be here for the colder weather.

They come in all sizes and will be a similar price to the first order which was £31.95 each.

We will have all sizes at the club for people to try on for size and the order will be made at the end of July.

Car stickers are available at the club for £1.50.

There are a possible 3 choices of club t-shirts that will be shown at the club. They are black with gold logo, purple with gold logo and high-viz green with black logo. If you have a preference for any of these then let Alison know.

Autumn Marathon / Half Marathon

A few of us have entered the Wolverhampton Marathon or accompanying Half. It is on Sunday 7th September and the course is predominately flat with gentle undulations. This sounds like a perfect course to get a PB, so if anyone else is interested let John know.

Entries so far from John, Doug, Bruce and myself for the marathon and Katie for the half. We can travel up on the Saturday and return on the Sunday afternoon, unless anyone wants to stop for the Sunday and have a welcome drink or ten!! Everyone is welcome to come.

Women's Running Network

Our girls have been offered to have a run with Bev Pearce's Women's Running Network girls at Newquay. This will take the place of the girls usual clubnight run on Tuesday 22nd July.

The run is at Quintrell Downs, Newquay starting at 6.45 p.m. If any of our ladies want to share a lift, see Katie who has organised the evening.

The Running Network is a ladies only club and several of our own ladies started with them. This is an ideal opportunity for our girls to meet up with another club, in a casual situation for a social run. This could lead to a positive link for the STARC ladies, so please make an effort to support it. All the ladies are welcome.

Twinning Exercise

Dawn is looking into building links with the twin town of St Austell, which is Dithmarschen in Germany. This could lead to a club trip and the possibility of a local race in Germany.

Dawn will keep us informed of future developments.

Girls Night Out

Katie has got a good response for this Social Event and several girls are booked up for their night out on the town. The date is Friday August 15th and they will meet for food at a place to be arranged, following suggestions, and on to Wetherspoons for cocktails and dancing. Definite numbers are needed to book tables for the meal and confirm a meeting time and place.

Apparently a few of the men have asked to go and as long as they dress in ladies clothing it is not a problem!

London Marathon

Dawn and Rachel have finally been able to access the England Athletics website and formally register our full membership. Rachel has had a particularly difficult and frustrating time with this and her efforts are appreciated by us all. Dawn has now applied for 3 guaranteed entries for the 2009 London Marathon.

The committee has drawn up a criteria that will apply to anyone wanting to enter the club ballot for these places later in the year. It has been documented on a previous newsletter and will be circulated to everyone before the ballot actually takes place.

Sandy Hill Physical Therapy Grand Prix

With the Turkey Trot, we have now had 8 of the 14 Grand Prix races. As most of you know, you need to complete 8 of these, including 2 of at least 10 miles to qualify for a GP memento at the end of the season.

It would be advisable for those wishing to qualify, to plan which of the remaining races are needed to reach the 8. Don't forget that the Cornish Marathon is one of these!

The Grand Prix Presentation follows the Mob Match at Falmouth on Sunday 23rd November, at the Falmouth Beach Resort Hotel. We are hoping to be the best supported club there.

Member Profiles

Dawn has started with the members profiles and some people have been asked to fill out a short form with a few questions. This will eventually lead to a full Members' Profile section on the website. The form is attached to this newsletter, so please fill it out and e-mail it to Terry, or return the hard copy to Dawn if you are not on e-mail.

The questions are meant as a guideline and if you want to add anything, please feel free to do so. It is meant to be a relatively light-hearted exercise!

Eventually, when Terry finds the best way to do it, a personal 'Mug-Shot' will accompany your details.

Membership Cards

You should have received your environmentally friendly membership card by now, or if not see Rachel or Alison. The cards were printed and laminated by club member, Frank Snell of Polgooth Press.

Frank printed these free of charge and has offered to continue printing new cards for future members.

If you require any print design or printing of flyers, business cards, etc, please give Frank a ring on 01726 72763 and he will give you a competitive price for the work.

Club Handicap

Stato, our resident statistics expert who is a regular contributor to the forum, has offered to start a Club Handicap. Each runner will be given an anticipated finish time for each race, based on their previous race, and those closest to this target will get the most points. Stato will just be trying out the system for the remainder of this year, but will start in earnest for 2009. A few members were targeted for the Turkey Trot if you look on the forum, for example. There will be a series of designated races which will be announced soon and there will be trophies for the winners. Anyone can win completely regardless of speed or ability and it is meant to be a bit of fun.

Injury Prevention

It is becoming apparent that several newer members are picking up injuries which are synonymous with starting running and improving rapidly. I can speak from experience as I couldn't run for 6 months after I first started regular running, and quickly picked up shin problems.

I mentioned this to Ged Gilchrist, a local physiotherapist who sponsors the Grand Prix, who has been treating several of our new and established club runners, and he has agreed to help us with some information on injury prevention. Ged will be coming to the club on Tuesday July 15th to give a short talk at 6.30 p.m. before the club run and you will be able to ask him any questions. If there is enough interest, we could organise a proper seminar at a later date for a more detailed course.

Ged is the owner of Sandy Hill Physical Therapy Centre in St Austell and he and his staff are very experienced in treating sporting injuries. If you need to contact him, ring on 01726 67567 or e-mail info@sandyhillphysio.co.uk Don't forget to ask for discount!!

Ged has given the following advice

Since the running club has been underway, we have seen a number of runners at Sandy Hill Physio. One of the main factors influencing these running injuries is the runner's style or posture.

Ideally when running you should be relatively upright and most importantly relaxed – a relaxed stability. The head should be upright, eyes looking about 3 metres ahead and jaw and mouth loose – 'jelly jaw'. Shoulders again should be relaxed, avoid hunching, with arms loose and swinging in time with the legs. Elbows should be bent, 90-100° and feel the elbow going back as the opposite leg goes forward.

The chest or trunk should be relatively upright with the pelvis slightly forward.

Breathing action is very important. Here again this should happen in a relaxed way, under the ribs the muscle should be relaxed. Aim to breathe down in the bottom of the ribs – therefore the upper stomach muscles need to be relaxed. Avoid breathing high in the upper chest as this tends to make your shoulders tight which makes you run stiffly. Try to find a rhythm with your breathing and your arm swing.

With the legs it is important to remember not to lift your knees high, more to move them forward. As the foot hits the ground, your knee should be over the centre of your foot and continue this throughout the whole of the 'stance' phase of running.

The most important advice is to RELAX.

www.sandyhillphysio.co.uk

Thanks Ged