

THE HARRIERS HERALD

No. 189, November 2008

Editor: Sue Francis

In brief

- Thursday night schedules for November and December
- Correspondence received
- Compton Harriers AGM – preliminary details
- Compton Harriers Christmas meal – provisional date
- Pre-Christmas run with Team Kennet
- Compton Harriers affiliation to IAH Rec. Soc.
- Thanks to Sus, Mo, Lucy and Peter L for this month's contributions
- Copy date for December's Harriers Herald – 30th November

Features and reports

- Cricklade Half – PBs for both Lucy and Sus
- Kingston 16 – Sus reports on a good training race for a marathon
- Abingdon Marathon – Lucy sets a PB and Peter completes his first marathon
- Beachy Head Marathon – Martin and Lucy enjoy a fabulous day
- Handicap Race – A successful comeback for Rich and a course record for Matt
- Website Update – Mo tells us how to maximise the life of our running kit

Thursday night schedule for November

Thurs	6 th	Sally to lead
Thurs	13 th	Handicap Race
Thurs	20 th	Rich to lead
Thurs	27 th	Lucy to lead

Thursday night schedule for December

Thurs	4 th	Handicap Race, followed by Compton Harriers AGM
Thurs	11 th	Peter L to lead
Thurs	18 th	Tom to lead
Thurs	25 th	No run scheduled

Correspondence received		
Sender	Subject matter	Action
SEAA	Info. Update #118; SEAA XC Champs prospectus & entry forms	File
Berks, Bucks & Oxon XC Association	BBO XC (15-11-08) entry forms	Any takers contact Sue
England Athletics	Road Running newsletter	File
SEAA	Info. Update #119	File

Compton Harriers AGM

Our club AGM is scheduled for the evening of Thursday 4th December, following the Thursday run. More details to follow.

Compton Harriers Christmas Meal

The provisional date is Saturday 20th December (evening) and the venue is yet to be decided.

Pre-Christmas run with Team Kennet

Compton Harriers are invited to join members of Team Kennet for a run on Saturday 20th December, starting 10:30 from Crookham Common athletics track, Newbury. It will be a social run of about 7 miles around the wooded area of Brimpton, suitable for runners of all standards. Showers and toilets will be available at the track.

Compton Harriers affiliation to IAH Rec. Soc.

The AGM of Rec. Soc. has been postponed until Wednesday 26th November. All Rec. Soc. members are invited to attend (although Associate members cannot vote). Included on the agenda is an item requested by Compton Harriers: "Proposed amendment to the constitution to allow affiliated clubs to offer membership without the need to be Rec. Soc. members". Martin will be presenting our case for this.

Cricklade Half Marathon, 5th October

Sus

Lucy and I braved the rain and wind and both finished this always well organized race - and at the same time showed them who Compton Harriers are!

Sus	1:32:20 PB	3 rd overall lady
Lucy	1:35:33	PB 3 rd vet lady

Kingston 16, 12th October

Sus

I woke up at 4 a.m. and left the house 5 a.m. – for an 8 a.m. race start. I arrived much too early but that is how I prefer it. The parking was in a 5 storey parking-house and I parked my little caddy and watched the other cars arriving while I had a cup of tea. It is actually – as silly as it might sound – very entertaining to watch, and what lengths people will go to avoid parking a few meters further away from the start, despite the fact they are about to run 16 miles!

There were no signs at all to where the start actually was, so those of us who had not been there before looked a bit confused in the shopping centre.

The route was 2 loops, flat and very beautiful along river Thames and Hampton Court. But that is where the attraction stops, the last part was along A-roads with busy traffic – Phil you would probably have liked that!

My plan was to average 7:20 per mile; reaching ½ marathon at 1:35:14 I knew I was within target. I finished in 1:56:38 as 6th overall lady. In total 623 finished the race.

It has to be said that it is a good practice run for the London Marathon and if you fancy it they are doing it again on 5th April!

So see you there??

Abingdon Marathon, 19th October

Lucy and Peter represented the Harriers in our local marathon and both did the club proud. Lucy knocked an incredible 13 minutes off her PB to finish in 3:24:03 (199th overall, 17th lady and 3rd FV45 in the Oxfordshire champs. Peter finished in an excellent 3:28:48 (235th overall). He says: "This was only my second marathon, with a gap of 27 years since the last. I managed to beat the 18-year-old me by 40 minutes - great. Steady pace seems to be the key to good times for me - I spent the first 10 miles at what felt like a gentle jog, and only the last 4 miles were tough going. Congratulations to my fellow Pangbourne entrant, Andy Pincock, who completed his third marathon in as many fortnights around the 4-hour mark. I'll be back next year trying to improve my PB. Meantime, I've got a FLM place to train for..."

Beachy Head Marathon, 25th October

Martin and Lucy ran round together, finishing in 4:03 in 108th place. The first man and lady were Stuart Mills (3:02) and Jackie Hartwell (3:41). 867 people finished within 6 hours and there was a time limit of 9 hours. Lucy says: "It was an absolutely fabulous day and the event is not to be missed next year"!

[Website update... http://www.comptonharriers.org.uk](http://www.comptonharriers.org.uk)

Mo

Apart from the new “Firework Display” on the front page, there has still been no major changes to the website layout for a while, so it may be time to update its appearance or modernise it a wee bit ... I am looking at a few ideas at the moment, so there is no imminent change to report.

For this issue, my recommended website visits is:

Try this link <http://tinyurl.com/5n6j44> for articles covering the following topics: -

[Heart Rate Monitors](#) – don’t leave home without one. Heart rate monitors are now fast becoming must have kit for all runners.

[Taking the Pain out of Running](#) - injuries are no fun – the article covers essential tips on how to avoid them.

[Yoga for Runners](#) can help runners become stronger and more flexible. Find out how yoga can make you a better runner.

[Stretching for Runners](#) - Read how current research may change your ideas on how and when you should be stretching.

My article this month looks at the best tips for looking after your running kit and getting more miles for your money.

Generally, one of the great benefits of running has been the lack of expensive equipment, but with some of the modern gear such as Satellite trackers, heart-rate monitors, specialist shoes, iPods and hydration reservoirs to name but a few, the cost can soon burn a hole in your pocket. Therefore it makes sense to get the most out of your kit before it’s necessary to replace it. Here are a few tips on how to prolong the life of your kit: -

SHOES

When is it time to replace your shoes? Well, this can be a tough decision - your favourite pair of shoes might feel like an old reliable friend who’s been with you every step of the way, but however well you treat them, at some point they’ll let you down. As a rule of thumb a pair of shoes should last you 500 miles however, this also depends on things such as your weight, running style and the terrain on which you use them. If you are unable to calculate your mileage there are two other ways to gauge whether there’s life left in the old shoes: -

- ❖ Visible evidence - excessive wear on the outsole or, for severe pronators, a break down in the heel area often indicated by the uppers tending to tilt inwards.
- ❖ The 'feel' of the shoe. It won't feel as bouncy as it once did. Over time the ethyl vinyl acetate (EVA) in the midsole of your shoe is compressed as you run, squeezing the air out and deadening the spring in your step.

Here’s how can you make them last longer:-

- ❖ Don't put them on the radiator to dry - the heat will destroy the adhesives. If they are wet, stuff them with newspaper and leave them to dry naturally.
- ❖ Bargain sales might offer great shoes at a fraction of the normal price, but beware - if they are old models, it means they've been decaying as they've sat on the shelf. An old shoe won't offer the same protection as a newly made one, even if it hasn't been worn. Over time things like ozone and UV from sunlight will affect EVA negatively and break it down. Do some research, and if the shoes are over four years old, steer clear!
- ❖ Don't use running shoes for other sports. Other sports can ruin your running shoes - for example, cycle clips can damage the soft uppers of running shoes, and the tennis court or five-a-side pitch will soon stretch and wreck them as they are not designed for the kind of lateral movement that these sports require.
- ❖ Take a nice pair of ultra-lightweight road-racing shoes on a few trail-running events and watch them disintegrate before your eyes. Gritty and stony surfaces will damage a road-racing shoe, which is built for flat, even, asphalt surfaces. Get yourself a trail shoe designed for the rough terrain. You'll use each different pair less and they'll end up lasting longer as a result.
- ❖ Have at least two pairs of running shoes to help prolong their life and not wear out too quickly. Do some training in your race shoes though, to get a feel for them and to ensure they are worn in before race day. Don't try anything new on a race day - that especially includes wearing a brand new pair of shoes.

- ❖ Regular hand washing and drying, and using clean socks should all help prevent odour problems. You could also use an antibacterial spray between washes. This will help to kill the bacteria and fungus that cause the shoes to smell in the first place and give them a longer life.
- ❖ The cardinal rule of running-shoe care is **never put your shoes through the washing machine or tumble drier**. The heat and detergents from a washing machine cycle and tumble dryer break down the adhesives holding your shoes together. The best thing to do if you need to wash your shoes is to do it by hand in lukewarm water. Laborious, but worth it if you respect your shoes - and your wallet.

SPORTS BRAS

Most sports bras will survive 30 to 40 washes before losing their support. Research carried out by “LessBounce” has shown that as a rule, for every one pair of running shoes you will need three sports bras, so assuming a pair of shoes lasts 500 miles, that's about 167 miles per bra.

Here's how to get more wear from your sports bra: -

- ❖ Don't put sports bras in the washing machine or tumble dryer. There is some evidence that hand washing may make them last longer. It's worth remembering that sports bras are technical garments and heat can damage the structure of the bra and it will lose its support. When it doesn't fit properly it's no longer doing its job!
- ❖ It might sound obvious, but if your bra is falling apart, or even has a small hole in it, there's a strong chance that it's not doing the job it was designed for. Here are a few other markers to look out for.
- ❖ A common sign that the elastic has gone is when a once comfortable bra starts to rub. This is a sign that it's no longer fitting or supporting you and it's definitely time for a new model.
- ❖ Look out for bobbling. Once a bra starts to bobble it's a good indicator that it may be nearing the end of its useful life.
- ❖ When buying a new bra, do some research and talk to a retailer to find the most suitable model for your needs. If you're training for a marathon for instance, explain this and they'll be able to help you find the right bra.
- ❖ Most important of all is the support it gives you. This depends on your body shape, as well as the make of bra that fits you best. Remember, if it doesn't fit well when you buy it, it's certainly not going to as it ages.
- ❖ Losing weight will also change your body shape so it's worth remembering that dropping a few stone might require a new bra.

WATERPROOF CLOTHING

While much of your kit should be banned from the tumble dryer, waterproof products, such as Gore-Tex, are the exception.

- ❖ The heat from tumble drying actively improves and rejuvenates the double water repellent treatment (DWR) on your garment.
- ❖ Make sure you choose the right garment for the right use. You'll damage a lightweight jacket if you use it to run through brambles.
- ❖ The more you use your garment, the more quickly it is going to deteriorate so if you've worn your jacket every day for a few winters it might be time to get it re-treated.
- ❖ Dirt will stop water from beading and rolling off your garment. The DWR treatment lowers the surface tension of the water droplets and that's what stops the water from soaking into the fabric. People underestimate the importance of washing their garment. It's the washing and drying that helps the waterproofing layer to perform most efficiently.

TECHNICAL T-SHIRTS

How can you keep your T-shirts from smelling?

- ❖ Choose man-made-fibre T-shirts that wick away sweat from the body. Cotton T-shirts absorb sweat very easily and provide the perfect breeding ground for the odour-causing bacteria that feed on your sweat.
- ❖ There are a number of detergents on the market specifically designed for athletes however, baking soda in a wash cycle can be just as effective as it neutralises the acids that cause the smell created by the bacteria breaking down your sweat.
- ❖ Make sure you wash your T-shirts on a hot wash, too. Sixty degrees will help to kill the problem-causing bacteria and odour-causing molecules.
- ❖ If all else fails, throw your T-shirts away. It might well be an expensive solution, but worthwhile if you find a sudden increased popularity among your fellow club runners on training runs!

WATER RESERVOIRS

What's the best way of cleaning out your reservoir if I've been using energy drinks in it or if you're putting it away in storage?

- ❖ Use a sterilising tablet as you would for a baby's bottle. Fill up the bottle or bladder, drop the tablet in and leave it overnight before washing it out and hanging it up to dry. (e.g Milton liquid or tablets)
- ❖ Another quick and easy method is to keep the empty bladder in the freezer to prevent any microbial growth in it.
- ❖ If you follow the instructions and look after your reservoir, you shouldn't need to replace it. Companies such as Camelbak offer lifetime guarantees on their reservoirs.

MP3 PLAYERS

What features should you look out for if you're going to buy an MP3 player for running use?

- ❖ Choose a model that uses solid state flash memory rather than a hard drive memory. Hard drives have moving parts that can be damaged when used for running,
- ❖ Holding it in your hand is not only annoying but likely to result in it landing on the ground at some point. The solution is to buy a silicon skin or arm strap for your product to protect it from water, sweat and impact damage. Most of the main manufacturers now offer a wide range of accessories to suit all shapes, tastes and terrains.
- ❖ You may need to consider a water-proof product. It's not necessarily fatal if you do get water in your MP3, so don't try and open it or turn it on., just leave it in a cool dry place until it has completely dried out (up to a week). If there hasn't been any damage to the circuitry it will often start to work again."

HEART RATE MONITORS

Will you damage your HR monitor if you wash the strap?

- ❖ Washing the elastic strap regularly in the washing machine at 40°C ensures it gives you reliable measurements and maximises the life of the transmitter. However, don't use the tumble dryer as the heat will damage the elastic.
- ❖ To avoid the risk of damage to your HR monitor don't forget to detach the transmitter before washing the strap
- ❖ Don't keep it stored in a damp environment. Sweat and moisture may keep the electrodes wet and the transmitter activated. This will shorten the battery life.