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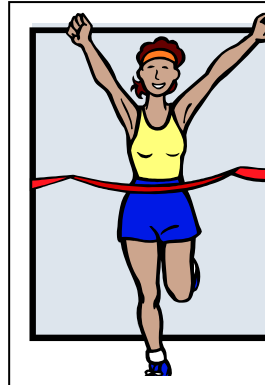
Footprints

Autumn 2008



Footprints this issue

- New editor ramble
- Chairman's chat
- Running Recipe corner
- Beginners running
- Ron's 10K
- Winter track sessions
- Time trail
- Funny running incidents



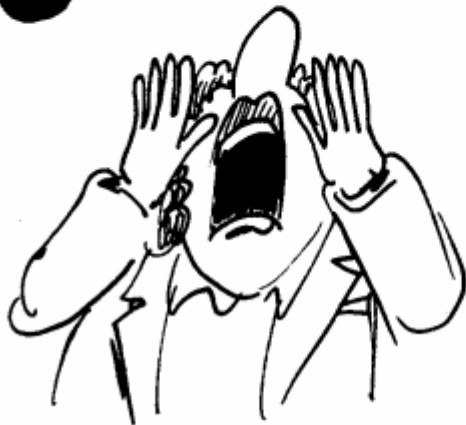
Club Committee Members are:

Chairman	Karl Chapman
Vice Chair	Andy Preston
Secretary	Paul Wrightman
Treasurer	Terry Epps
Committee Members	Russell Clark, Kim Reader, David Hazleton

Well hello fellow runners!! We have got some new articles in this Autumn's edition of Footprints and I am quite excited about taking on the challenge of this new venture. However, I am a bit confused about the sessions as up to two weeks ago it was summer and now the weather seems to have by passed autumn and gone onto winter. So another issue will be out soon!!

By the way, has anyone seen Ziko? I was looking at back issues of Footprints and he appears to be missing, is he on holiday? Maybe he is injured? Has he gone back to Poland (sorry Ziko if you don't come from Poland!) Has he been effected by the credit crunch and cant afford to live here any more. Comments to the editor please!!

Volunteers!



YOUR CLUB NEEDS YOU!

IS KEN BARLOW REALLY THAT INTERESTING?

YOU MAY THINK YOUR PARTNER WANTS TO SPEND TIME WITH YOU, IN REALITY THEY WILL BE GLAD OF THE PEACE.

GIVE IN, HELP WAG

CHAIRMANS CHAT

From my own perspective the last few months have been pretty good in terms of training and although I am not really racing at the moment I am running well. Getting fit and speedy for races and for general health is not rocket science, however sometimes its still baffling why we have good and bad patches even when we have a good training regime and stay fit and healthy. My formula has been simple over the last 8-10 weeks and have included three simple sessions; Mondays meet at the club and run hard no matter what the session, Thursdays attend Hethersett track sessions and run hard (or by myself if time is tight) Saturdays run for about 1 ½ really easy. Scatter in a few easy runs elsewhere and job done. There have been no specific sessions but the key being that I have not completed too many hard sessions and I have been consistent. And that's the magic word consistency no matter how many times a week you run as long as you do it consistently you will improve, so this time next year we should all be flying!



Linking in with the above Ron has pulled out all the stops to add some real variety and energy into the Thursday night sessions and although I have missed a couple due to work and family commitments these session have been really good and thanks should go to Ron who does travel from further away than some of us to coach these sessions.

Now that autumn is here we will see the return of the WAC winter handicap sessions that Dave Hazelton organises, these are really good to keep you racing some shorter stuff over the Autumn/Winter and to gauge your fitness and training progress and you never know you may even win the overall series!

We have just had the WAC 5k and this was maybe low on numbers but did proceed smoothly and received plenty of positive comments from runners and members. The weather did help, but having said that it is a nice course and the finish was in a glorious setting, a big thank you to David and Julia from Cavick Hall Farm for letting us use their front lawn to finish. Last year I bought some flowers to say thank you, however this year Julia has asked me to donate some money to Jane Tomlinsons charity. It's really nice to be able to work with people who share a strong community spirit and are prepared to offer help and facilities to us. A big thank you also to Trudy Deacon and her employers Pilch Sports who provided the Race goody bag. Finally a big thank you to all members and their families who helped on the day, although it's a cliché we cant do it without volunteers.

Talking of volunteers... We need more people to do many different tasks to ensure that the club has a sustainable future and can cater for the variety of members that we have. Over the last few months we have had some people

step up to the mark for example Jules now looks after footprints, Dennis sells club kit on Mondays, Dean and Terry organised the club 5 mile races. However we still need more help, even if its something small it takes the pressure of those people that help all the time or have to do several different things. For example is it fair that most Monday nights when I get back from a run I still have to organise the tea! Running the club is simple really, and it's a bit like my training over the last few weeks the more we put in the better it will be. For example if we had 60 members who could dedicate 30 minutes of their time a week we would create 30 hours of volunteer work that would benefit the club. Now of course it does not have to be 30 minutes every week, but 15 to make the tea one week, 1 hour to write an article for footprints four times a year, or a few hours once a year to help organize a social event, or 1 hour helping Dave time runners in the handicap. The list could go on and will be different every time but just give it some thought and you never know you may enjoy it! Ultimately you will benefit, as it's your club.

Paul has worked hard with the web designers to get the new site up and running, it looks really refreshing and easy to navigate. As with all new things it's an ongoing process and we still have some things to change. If you have any constructive positive input after looking at the site then please let me or Paul know. I have just looked and the picture gallery is really good.

One last thing, please don't forget that as it is now getting dark by the time you read this please remember to wear your Hi-Viz vests or an very bright running top (cant spell illumnioinsssssss!!)

Karl

SUPER SOUP

Autumn is not only a great time to run it's also a good time to start making soups to give you lots of energy to keep you fuelled up.

Soups are also healthy and easy to make, you can even make up a bigger batch and freeze it to use at a later time. If you freeze it in portion sizes you can take it out after a club night put it on the hob on a low heat, get in the shower and by the time you are fresh and clean your soup is ready to eat with a nice chunk of wholegrain bread.

Pearl barley is filling, comforting and has the added bonus of being good for you. With this recipe you can replace some things if you don't like them, for example potatoes for the pearl barley. You can also add some nice big chunks of ham.

This recipe will serve four hungry runners

1 red onion, peeled
1 leek, washed and trimmed
2 sticks celery
2tbsp olive oil
3 cloves garlic
1 dried chilli
2 fresh bay leaves
1tbsp fennel seeds
200g/7oz pearl barley
1 onion squash or butternut squash, seeds removed,
chopped into generous chunks
1 litre/13/4 pints chicken stock
200g/7oz washed, young spinach
A handful of flat-leaf parsley, chopped
Sea salt and freshly ground black pepper
A drizzle of extra-virgin olive oil

Dice the onion, leek and celery. Heat the olive oil in a large pan over a medium heat and add the vegetables and sweat gently for five minutes, stirring frequently. Add the garlic, dried chilli, bay leaves and fennel seeds and continue to sweat for a further five minutes.

Rinse the barley thoroughly under cold running water until the water runs clear. Shake dry and add to the softened vegetables. Add the chopped squash and stir once or twice. Pour in the stock and bring to a simmer. Turn down the heat, place a lid on the pan and cook for 20 minutes or so, or until the barley is soft. Check on the soup from time to time - if the barley has absorbed much of the stock, top it up with either a little more stock or water. Once the barley is cooked, add the spinach, the parsley and a drizzle of olive oil. Cook for a minute or two to wilt the greens, and check the seasoning; it will most likely need a very good pinch of salt and a little black pepper. Pour into warm soup bowls and serve piping hot, Obviously!

Beginners Running

Over the last few months the Club has seen plenty of new faces each week turning up for a run around Wymondham. With this in mind, our new editor-in-chief, Jules, thought it might be a good idea to have something in Footprints on beginners running. I've been running a while so I volunteered to write such article

I think we all know by now running is by far the quickest, cheapest and easiest way to get fit, firm and fabulous. Its so simple, trainers on and out the door..... During the early days of your running career you're likely to progress in leaps and bounds, probably drop a few pounds and those initial thoughts of "oh my god, this is sooooo hard" soon drift off and your running efforts become easier, and you're feeling pretty fantastic. However, after few months you might just hit a fitness plateau, you stop making progress and just running around the block starts to get well, a bit boring?! It's at this stage, you might consider entering a few races to perk up your motivation. There are plenty of local races to choose from. For a complete list of the Norfolk races go to the Club website and check out the Road Race Fixtures List 2008. Whatever race you chose, structure your training according to the distance of your goal race.

I know most of you runners out there know the meaning of running terminology, i.e. "Fartlek" but just in case some of you don't..... (I mean, what the heck is a "pyramid" or even a Yasso 800????!!). Here's a brief summary of some running sessions which will challenge your fitness and get you ready for a race. Try not to do too many hard sessions back-to-back, follow a hard day with easy so gives your body a rest.

Base/easy running: the most basic level of running, on an effort scale of 1 to 10 (1 being the least effort), its probably in the middle somewhere. Good for longer runs or on easy recovery runs. Fairly relaxed and leisurely, it builds fitness and burns fat.

Tempo running: the effort level has gone up a few notches - fast enough that you're breathing hard but not out of breath. Boosts fitness without having to run hours on end.

Intervals/hill repeats or fartlek: this is speed training. They get your body used to running and working at different speeds Intervals are generally run on a track, fartlek are random intervals but are run over variable distances and paces and hill repeats improve muscular fitness and builds confidence. A combination of all three workouts will build strength and speed.

Pyramids, ladders, mile repeats, etc: a few fancy names given for a variety of combination interval sessions or high intensity runs. Oh, and Yasso 800s - named

after Burt Yasso, a form of tempo training based on repeats of 800m. Good for marathon training, apparently!

Try a few of these different sessions to spice up your routines. However, beware of the running bug.....if your racing experience turns out to be both an enjoyable and successful event, the danger comes from being bitten by the racing bug where you'll want to race every weekend. Watch out because this could lead to the possibility of injury and burnout. And as for considering the ultimate race, the marathon, resist the temptation for now. The marathon has been around since 490 BC so will no doubt still be around when you're running has progressed enough for this gruelling test of athletic fitness!!!

Enjoy lots of happy and healthy running.....

By Tracy Stevens

Ron's Return to running

Entering my first race after my hip operation I was full of joy, the race was The Sunshine 10k near Ely. I started running about 12 weeks after the operation, by training on Tuesdays Thursday and Sunday. But I knew that I had to run to my own capabilities, I knew that my hip was beginning to get stronger day by day. I also still had bad days especially after a very busy day at work. I was still enjoying the training part of running and coaching Monday and Thursday's.

Race day was getting closer and I felt very apprehensive after all, this was a big step for me. I was trying to decide how I should run the race, run all the way, run and walk? All these questions kept going round in my head, what a worry (well sort of!)

The race day arrived and it was very hot, Jenny and I had not ran this race before, so we did not know the course and I am pleased we didn't as it was the worst 10k course I have ever run. It started with a lap of the field, then country lanes, and half a mile uphill in a field. I was very conscious of my hip on the lanes, as I did not want to twist, or go over. I had one mile to go and I felt very tired. But my feelings of achieving this were fantastic.

Previously in races I have always tried to win my age group. But now I feel after all I have been through over the last few months I should just go out and run and enjoy what I am doing. This is what running is all about now no pressure just do my best and enjoy.

Thanks to Janet, Jenny and The Club for supporting me and helping me to achieve what I thought would be impossible when I was told I needed a new hip to run again.

P.s. My time for the race was 57mins 35 secs, NO I did not walk, I ran all the way.

Ron

Thursday Track Work

As the end of summer approaches (did it ever start?) so do our Thursdays on the grass track at Hethersett Old Hall School. We've had some great sessions from Ron and more recently some cross country runs from Kim. Attendance has been excellent, with members of all ages and abilities joining in.

It is because Thursdays have been so good that members are keen to start the track sessions that have been suggested at the sports park at UEA. These have been very successful in the past but we need enough people to come to make it worthwhile. Don't worry if you've never done track work – Ron's schedule is aimed at all abilities. It can be tough, especially at first, but you will see the benefits, especially if you decide to enter some races in the New Year.

For those of you wanting to improve your running with track work we will meet at the track at 6.30 – 6.45 the first Thursday in November – do come along and try something new!

Jenny Christian

Ron's UEA Sports track training Thursdays

Starts the 6th November

Week 1	200m = 200m Recovery x 5 (at mile pace) 300m = 100m Recovery x 5 (at mile pace)
Week 2	300m = 100m recovery x 5 at mile pace 100m = 6 No at speed with jog back recovery
Week 3	300m = 100m Recovery then 400m – 100m recovery 300m with 100m recovery x 4
Week 4	400 M = 2 minute recovery x 4 600m = 2 minutes recovery x 2
Week 5	400m = 2 minute recovery x 2 600m = 2 minute recovery x 2
Week 6	100 Metre speed session x 30 minutes
Week 7	600m = 2 Minute recovery x 5
Week 8	600m = 2 Minute recovery/800m- 3 Minutes recovery x 3
Week 9	800m = 3 Minute recovery x 5
Week 10	200m = 200 recovery x 5 at 1 mile pace 300m = 100 recovery x 5
Week 11	400m = 2 Minute recovery x 6
Week 12	1200m = 3 minute recovery x 3

WAC WINTER TIME TRIAL SERIES
2008-2009

David Hazleton

So, as the sun sets on another typical British summer and the wind blows dark grey clouds rapidly across a darkening sky, the question has to be asked – Where did that go?

It does not seem that long ago that I was sitting down to write up the results of last winters final and my thoughts have to turn to this Autumn and Winter events. The Olympics have come and gone, and we witnessed fantastic and inspirational performances by many of our competitors. So let's hope that this spirit filters down to the streets of Wymondham and as many club members as possible are encouraged to take part in this year's Winter Time Trial.

For those who are new to the club - first of all welcome - please allow me to explain the format of the Winter Time Trial.

The Monthly Time trials are a series of qualifying events run over the same route during the winter months, with a final in March. Each event is run over a course around Wymondham and covers a distance of about 2.6 miles. Competitors are sent off at 20-second intervals and based on the times you record for these events I calculate an individual start time for the Time Trial Final, which is run over the same course in March. If I get the handicapping right, the theory is that everyone will cross the finish line at the same time.

There are four events through the winter, two before and two after Christmas. Dates are listed below. To qualify for the final in March you will need to record times in AT LEAST 2 events. It is an ideal opportunity to assess how your winter training is progressing by your (hopefully) improving times.

This event has been part of the club winter calendar since 2002 and has become very popular with members. So if you have never done this before, or you are new to the club why not give it a try. Good luck.

Winter Time Trial Dates:

Event 1 – 13 October 2008

Event 2 – 11 November 2008

Event 3 – 12 January 2009

Event 4 – 9 February 2009

Grand Final - 9 March 2009

And finally.....

Funny running incident

Sharon and I meet up most Sunday mornings and we love a good long chat and sort out the world as we jog around the mostly wet and soggy countryside of Wymondham.

We always meet for a run first thing on a Sunday morning whatever the weather and usually go for about 1 – 2 hours depending on time fitness levels etc. And this particular day it was wet, really really wet and windy and cold so we meet outside the Esso garage on Norwich Road and decided to head up towards Morley and do the 10Mile loop around there, that was the first mistake as everybody knows that Morley is known for its open countryside and quite nice scenery. So you can picture the scene of us chatting away as we head up away from the Abbey and head up towards the open scenery. The weather turns and it starts to hail and then it becomes really windy so windy we think we are running backwards (anyone else experienced that!) We then sensibly, for us think maybe we should chat about 2 miles less and make the run a bit shorter, so we head back towards Wymondham down High Oak lane where we have found that we are running in what seems to be a river and you can picture the scene as by now we are soaked, hail splattered and Sharon has turned bubbly, no really she has, her running tights have bubbles all over them. We think at first a very big bird has splattered her or maybe it's a reaction to the hail. Its neither, we figure it out later that it is only washing powder as she hand washes her tights!

Jules

(If you have got any running incidents that you would like to share with everybody I would love to publish them in the next issue, if not I will have to humiliate myself and Sharon again!)

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October

12th The Griffon Run 5K (www.activenorfolk.org)
19th North Norfolk 7M (www.nnbr.co.uk)
26th Great Yarmouth 10K (www.gyrr.co.uk)

November

23rd Norwich RR Cross Country series race 1 (www.nrr.org.uk)
30th City of Norwich Half Marathon (www.concac.org.uk)

December

14th Buxton 5k Fun Run (www.norfolkgazelles.co.uk)
26th Boxing day Road Relay (www.conac.org.uk)

January

1st Wymondham AC New Year day 10K (www.wymondhamac.org.uk)