



HEANOR Running Club

Newsletter Spring 2007

Committee contact numbers:

Chairman – Rob Rainsford	07963 037991
Secretary – Lee Perkins	07971 501725
Treasurer – Pete Edwards	0115 8419234
Memberships– Russ Wilkinson	01773 763416
Club Captain – Rob Rainsford	07963 037991

25 Years of Heanor Running Club

The quarter century of our great clubs existence will be marked with a special celebration night on **Friday 27th July**, to coincide with the 5 mile road race. We are in the process of booking a live band to perform at the Cricket Club to kick things off, food and of course the bar facilities will be available, the 'Chunder Thunder Mile' will be back. Hopefully people who have come for the race will stay around and we can all pray for a decent spell of warm weather. You can even pitch your tent there for the night, so no drink/driving worry's. More information will be passed on as and when it happens, mark it down in your diary/calendar, it will be nice to get all members there

Club Training

With the lighter nights now approaching, we shall switch training from Heanor Leisure Centre onto Shipley Park from **Tuesday 3rd April**, usual times.

Booths Summer Road Race league

The summer league will kick off with a visit to Derby Rugby Club on Tuesday 1st May; all members should try and get to this race to give ourselves the best possible start to the 5-race season.

2007 BOOTH DECORATORS SUMMER ROAD RACE FIXTURES

Date	Event	Venue
01/05/07, 7.15pm	Chesapeake	Darley Park
22/05/07, 7.30pm	Sutton Harriers	Teversal Grange
12/06/07, 7.30pm	North Derbyshire	Grassmore Country park
17/07/07, 7.30pm	Ilkeston	Nutbrook Cricket Club
07/08/07, 7.30pm	Heanor	Shiple Hall Cricket Club

Pride Park 10k

The Derby 10k & 2 Mile fun run (Club Championship race) is on **April 29th**. Please get your entries in early and don't forget to put Heanor RC in the 'Team' box

The Northern 12 stage and 6 stage Road Relays

These will take place on **Sunday 1st April** in Sunderland. See Rob for details!

The Stuart Manning Time Trial Series

The 3 mile Time Trials will commence on **Tuesday 8th May** at 7pm.

5th June,

3rd July

31st July.

Run 3 out of 4 to score an average to be in with a chance of winning the series.

Beerhunters 2007

The Ale Trail Tour starts on **Friday 18th May** with a visit to the Carpenters Arms at Dale Abbey.

To order your special Beerhunters Tee shirt see Rob, last orders are Easter Tuesday!

Full Tour Guide

18 th May	Carpenters Arms	Dale Abbey
15 th June	Holly Bush	Makeney
3 rd August	The Abbey	Darley Abbey
31 st August	Dead Poets	Holbrook

Heanor 5 Mile Road Race

This year will be the second year of the fun run before the main race, fun run 7pm and main race 7.30pm the race will be on **Friday 27th July** from Shipley Hall Cricket Club. As always it's all hands on deck to ensure everything goes smoothly and as professionally as possible, Up & Running sports shop have offered to increase their sponsorship for the race, to include more spot prizes, goody bags etc.

Entry forms are out now, if anybody is going to a race then please take a handful of forms for distribution.

Relays

Don't forget the Livingston Relays on **8th April Easter Sunday** at Loughborough University.

All interested runners men/women please get your name down along with 3 quid to Rob ASAP

National X/C League Final

The final of the Sunday X/C league will go ahead on **Sunday 1st April** at Shipley Hall Cricket Club, all runners who intend to run this race should let Rob know asap.

London Marathon

We wish Sam, Kerry, Heather and Stuart well in this years Marathon, I know there are a few going down to London to cheer them on. Just think that on the night before the race the runners will be nervous and probably have trouble sleeping whilst the rest of us will be still out on the town.

So good luck to the four of you and cheers!

Exactly the same message goes out to the Prague contingent, train hard, race well, watch your pockets and keep your hand on your ha'penny.

A light hearted and humorous view of the Marathon follows in 'The Sam North Chronicles'

Speaking as a bloke - continued.

Last week, and against my better judgement, I did something from which I have managed to abstain now for over a year - and, as *soon* as I had done it, I began to feel *unhappy*. Fearful. Depressed and, yes, positively *ill*.

I imagine you can guess my error. Now, of course, my only hope and only chance of a reprieve is that by the time my letter lands on a far-off, Matlock doormat, entry to the White Peak Marathon (scheduled for May 19th) will have closed.

So, to cut to the chase, any time you start to feel a trifle too *good* about yourself, a little too pumped-up or, god forbid, *happy* - just enter a marathon and, believe me, almost immediately, all those familiar, disconcerting feelings will re-surface and life can descend to its unhappy norm.

It is fortunate, however, that time is a great healer and now I live with the thought that by the 19th, life should have re-equilibrated and, once again, the cry of the warrior will emerge from chez Samuel.

In a nutshell, then, and on the eve of the London event, here is the psychology of the marathon.

It begins with "*Oh god, I wish I hadn't*. If I ask him nicely, will the postman give me my letter back?" The chill of realisation.

This initial sensation is followed, almost immediately, by a period of introspection. In my experience, this usually takes place in a pub and I have found the Red Lion to be most accommodating in this respect. Of course, in the old days, we had "juke" boxes and for just a few pence any self-pitying runner could console himself with Bruce Springstein ("Baby we were borrrrrnnn to ruuuuunnnnnnnn.....") and do you remember "PhD" who, rather pathetically, sang that they ("I") wouldn't ("won't") let me ("let you") down. I don't know why that song meant so much to me. I suppose I thought I might let *myself* down if I didn't make every effort to kill myself on the road! Of course, that was all in the dim and distant past and I was very very drunk at the time.

But all is not lost. At this point, real men usually detect a faint glimmer of light on the horizon and a reappraisal of the situation can usually be undertaken. A cunning plan begins to form.

Invariably, the result of this is a lengthy period of intensive training liberally interspersed by deep-seated concerns regarding *this* suspect right knee of *that* suspect left ankle. Further periods of introspection will eventually culminate, with about a week to go, in *the taper*. (Although some continue to be just as introspective as before.)

At approximately this point, the savvy runner should recognise that it is now time to visit the barber's (remember, real men *don't* have "hairdressers") and nothing more forgiving than a "No 1" will suffice. In addition (and, ladies please remember, this *only* applies to the men amongst us), now is the ideal time to *cease all shaving activities*. This simple device will make you look and feel *tough*. A baseball cap (with suitable inscription e.g. "No Fear") may also prove beneficial. I suppose all this is akin to the ancient practise of face painting on the eve of a battle. Keen students will recognise that this can still be witnessed today, in sunnier climes, amongst Test cricketers.

Come to think of it, in this respect, almost any fell runner will assure you of the efficacy of tattoos and body piercing - but since these tend to be a bit more permanent the runner is advised not to be *too* hasty.

The truth of running, however, is that nothing can replace a carefully constructed *training program* which includes a fairly regular extended run building up to perhaps 20 miles or so. As a much younger man, however, and fuelled by the sonorous chords of PhD, I knew that I would perform at my best on nothing longer than about 8 miles. This regime, I found, had the additional benefit of making me really quick (relatively speaking, of course) up to 19.5 miles. Which is quite amazing really.

Another red herring is the subject of *negative splits*. Take my advice and go for a PB over the first half of the race. Trust me. The psychological advantage of that all important time cushion will, at 20 miles, help enormously in overcoming the largely hallucinatory effects which suggest that you are, in fact, running backwards.

Anyway, all this technical stuff is just a digression. By race day, a degree of sanity is usually apparent and the onset of dysentery can usually be assigned to nothing more than pre-race nerves.

And now, the real thrill of the event can emerge in its full splendour. The great battle is afoot. Trumpets sound. Adrenalin. Nervously hopping from foot to foot..... (At this point do try not to look like an idiot. Remember to look *mean*. You're hard. You're a *man*.)

As the race begins, I can think of no finer words than those uttered by Percy Wells-Cerrutty, trainer of the famous Herb Elliott amongst others. "Be Strong. Run Hard. Think Big." I'm tempted to add "...and god help you you poor bastard" (but that's just because I have to include a swear word in all my articles). Annoying isn't it?

Thinking of London in particular now the special effects associated with the final 385 yards the reverberating cheers of the crowd the slow passage of time measured by the overhead, digital clock And the finish line is crossed. And suddenly it all *stops*. Right in your face.

You're a born again marathon runner. With a medal to prove it.

Booth Decorators Cross Country League

It was a pleasant surprise and unexpected this year that Heanor where placed under a little pressure to come up with the goods to succeed this season, making it more interesting than usual. With attacks coming from Belper (and Ripley in the later events) and being left vulnerable through injury in both men and women categories we managed to hold our heads above water and not loose contention.

What's interesting, and I think helps support any divisions between the men and women's teams, is that on the occasions when the men's team where off form the woman made up the margin and bettered the men's team position performance e.g. Race 2, men 3rd, women 2nd; this then reversed for Race 3 with the men 2nd and women 3rd. In both these races we finished 2nd combined, and this highlights that without the support of each other the club probably wouldn't have achieved the final result it did.

As you can see from the final standings Heanor as a club did quite well. It was an outstanding result for the women beating the nearest rivals, Belper by a whopping 7 points; and for the men, secured a victory that could have easily gone to the wire if races 2 and 3 were anything to go by.

FINAL LEAGUE STANDINGS

MEN	POINTS	SCORE	LADIES	POINTS	SCORE	COMBINED	POINTS	SCORE
HEANOR	47	493	HEANOR	46	1139	HEANOR	48	1632
RIPLEY	44	625	BELPER	39	1240	BELPER	44	1879
BELPER	44	639	SUTTON	35	1140	RIPLEY	39	2122
SUTTON	32	1273	NORTH					
NORTH			DERBYSHIRE	29	1356	SUTTON	35	2413
DERBYSHIRE	30	1359	KIMBERLEY	27	1514	NORTH		
ILKESTON	28	1345	RIPLEY	22	1497	DERBYSHIRE	29	2715
KIMBERLEY	17	2632	CHESAPEAKE	21	1525	ILKESTON	28	2895
MANSFIELD	15	3174	MANSFIELD	21	1680	KIMBERLEY	18	4146
CHESAPEAKE	13	3293	ILKESTON	19	1550	MANSFIELD	15	4854
WIRKSWORTH	6	3958	WIRKSWORTH	18	1584	CHESAPEAKE	13	4818
						WIRKSWORTH	6	5542

I don't like to cherry pick individual runners, but there were certainly some outstanding performances this season, not just from a one off individual position, but in the form of consistency, individual improvements and development throughout the season. You know who they are, or indeed you know who you are. One thing for sure, I think everyone should be able to take something positive from this league and I hope people are now looking towards the Booth Decorators Road Race League. I know I am!

Those of you who didn't take part in the cross countries can now get off the fence and dig out those spanking clean racing shoes, because it will be all hands to the deck as the other clubs are now falling over themselves to knock us off top spot.

The presentation of awards will take place after the first summer league race, trophies from last summers league season and the recent Sunday cross-country league will be given out to clubs and individuals so make sure you stay around after the race, apparently a buffet will be provided.

Kiss me Quick

Sunday May 13th is the day of the Blackpool 10k and we are organizing a coach trip to the 'Las Vegas' of the North West to participate in the race. We did this race a few years ago in an uncustomary heatwave for Blackpool so hopefully we will be lucky this year with the weather.

Obviously members have priority for a place on the bus, then if there are any seats left we will offer them to non-members at a grossly over inflated price of course.

Non refundable deposit of £5 per member to be given to Rob or Pete on or before the day of Derby 10k on April 29th please.

We will of course have time after the run to enjoy/sample the delights of Blackpool!!!! Ride the 'Big One', paddle in the sea (dodgy), shopping, play bingo, fish n chips or for the more adventurous of us the near impossible task of finding a decent pint, the list is endless.

Celebrate Good Times

Sam Norths hazy version of Saturday night Sunday morning

Checking my diary for Saturday March 3rd, I found (much as I had expected) that, yes, I *would* be available to assist our victorious cross-country teams in their end of season celebration in Derby. Dutifully, I accompanied Nigel on the 8 pm bus and, long before we reached our destination, I found myself staring intently at my feet. *Anywhere else would have been unseemly!* However, I did find myself lingering on the thought that Heanor Running Club might also win the *summer* road race league. Now that might prove to be very interesting indeed.

Bursting through the doors of the Standing Order we soon located Rob, Chris, Pete, Jane, Darren, Kerry, Sam, Steve and Michelle, once we had managed to get served, the Time Machine (which, until then, had been merely idling) kicked in with a vengeance. In a crazy blur, we waltzed (what a pleasant idea) from real ale bar to real ale bar, taking in all my old familiar haunts such as Seymours (who the **** are the *Kooks?*), the Barracuda Bar, West Bankers and Tonics. Here, I was to experience a whole new phenomenon, for, in all my career as a consumer of the alcoholic beverage, I have never before queued outside a pub *when it was already open!* Nonetheless, not wishing to be a spoil-sport and always open to new experiences, I went along with the idea.

A Batmobile cruised leisurely through the thronged streets as we headed for Limes an emporium which proved to be the nemesis for Nigel and me. Wearily we headed for the bus stop just in time to witness our midnight carriage pulling away. Fortunately, the situation was saved by a particularly observant driver who immediately understood our feeble gestures.

Meanwhile, back in Gotham City, the frayed remnants of our group headed for the Blue Note Club. Here, I am reliably informed, Chris was approached by a very daring young lady who professed to be absolutely bowled over by his *shoes*. (I wonder if the shop stocks them in a size 10) Not being privy to the remainder of their conversation (one wouldn't want to pry anyway) I am, unfortunately, unable to report further. However, the big talking point of the night turned out to be Steve who was last seen dancing with a giant, pink rabbit called Harvey. (Seems unlikely, really, but you never know)

Seriously though, there's more to this story than a tabloid headline "Heanor Running Club get Slaughtered". Any damn fool can do that but, believe me, it takes a very special sort of damn fool to rise from the ashes the following day and complete a two and a half hour run in the wind and the pouring rain.

It is my duty to report that such people *really do exist*.

Benefits of Sports Massage



Massage, applied skilfully, is the most effective therapy for releasing muscle tension and restoring balance to the muscular-skeletal system. Received regularly this may help athletes prevent injuries, which might otherwise be caused by overuse. A constant build-up of tension in the muscles from regular activity may lead to stresses on joints, ligaments, tendons, as well as the muscles themselves. It is this overuse that may often create problems and imbalances in the soft tissues. If these are ignored and allowed to become chronic, they will not only hinder the athlete's rate of improvement, but also in many cases their performance may well suffer and ultimately the athlete may be susceptible to developing more conditions that are serious. Certainly if they are unable to perform at their best, they may be more at risk from other more traumatic forms of injury.

This is where I come in "**Samantha Liddle**" I have been an active qualified therapist for the last 3 years; I am now studying to be a **Sports Therapist**. Now in my final 3 months of my diploma I am looking for new clients who could benefit from a **Sports Massage**. Having been given the task of finding 5 more case studies, and as a keen runner myself I ask the club members for help and support. If you would like to be a "case study" or would like to benefit from a deep muscular **Sports Massage** then please give us a call on **07730574887** and I might be able to help you too.



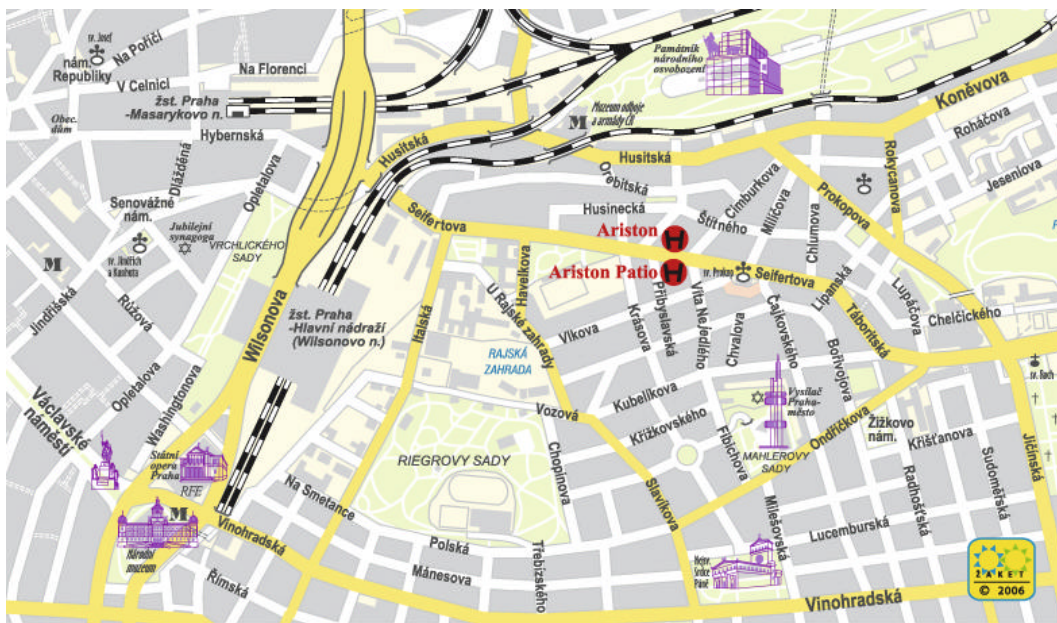
PRAGUE HALF MARATHON UPDATE AND INFORMATION

At the time of writing this, there are less than 3 weeks to go before 26 of us make the trip back to the Czech Republic, some with the intention of running 13.1 miles, the others to savour the local culture!

For those travelling, I thought the Club Newsletter was the easiest way of letting you know all the information that you may need before we travel. So, here it is....

You should know all your flight details, but what you may not know is what happens when the baggage carousel at Prague Airport (hopefully) re-unites you with your luggage. Waiting for us, underneath a big 2m by 5m O2 sign, should be the driver(s) to take us to the Hotel. This is all paid for, so you'll just need to get on board and enjoy the 30 minute or so journey into Prague. We'll sort the transport back to the airport when we're out there.

We'll be staying at the 3 star **Hotel Ariston**.



If anyone needs to contact you whilst you're away, the contact details are:

Hotel Ariston,
Seifertova 65
13000 Prague 3
Email: ariston@europehotels.cz
Tel: +420 222 782 517

More information about the hotel can be found at:

http://www.europehotels.cz/en/hotel_ariston.html

I've got the vouchers for the rooms, so it should be the simple matter of signing in and getting to your room.

We'll then need to go and register for the race itself at the Half Marathon Expo. The Half Marathon Expo is a big white marquee, which will be sited on **Ovocny Trh** (Fruit Market) between **Wenceslas Square** and **Old Town Square** and will be open until **8 PM**. It is possible to pick up your number on the race day, but this is only possible from **8 AM to 9 AM** – but do you really want to get up that early??? Don't forget to bring your **Race Confirmation Letter** as you'll need this to pick up your number, bag and T-Shirt.

The race itself starts at **12 noon** on the **Charles Bridge**, and I don't know about anyone else but I'm certainly looking forward to relaxing after the race when hopefully all the hard work Rob's had us doing will have paid off.

So, the race is over and you've got the best part of two days left to explore Prague, what are you going to do. The guide book I've got suggests that the top ten sights are (in no particular order):

1. Old Town Square
2. Old Town Hall (including the Astronomical Clock)
3. National Theatre
4. Church of St Nicholas
5. St Vitus Cathedral
6. Charles Bridge
7. Wallenstein Palace and Garden
8. Old Jewish Cemetery
9. Prague Castle
10. St Agnes Convent

We're also planning to visit a tiled beer cellar/restaurant for a meal on Saturday night in the impressive art nouveau **Municipal House**. Here you'll be able to sample Czech beer in ONE LITRE glasses (if you can get the glass off the table!) as well as some fine food. We'll be asking who's interested on the journey out to Prague so we can get booked in. It's not compulsory but might be a good way of chilling out the night after the race.

This should have answered most, if not all, of your questions. But if you've still got any, please ask.

All that's left now is to say, make sure you get to the Airport in plenty of time and don't forget your **PASSPORT, TRAVEL INSURANCE** and **CZECH CROWNS (not Euros)**.

Have a good one!