

MARATHON CLINIC NEWSLETTER 18th Feb 2011

Hi Team

Last week's Trout Fly was the highlight, where many Clinic members found the shorter, faster run much harder than their long Sunday training runs! Why is 30 minutes harder than 2 ½ hours? Because it is at race-pace, not a slow endurance jog. And you **NEED** this speed training so your body gets used to moving faster as well. There are **only two Trout Flys left**, so make sure you can get to the next two. Your times from these will also help me predict your half or full marathon times for you.

YES you are all hurting now!!

This is **normal**. Your body was rusty and its now getting a workout. **Don't give up now.** The important thing it to do whatever you can to **help it heal** between runs; cold compresses, hot baths, massages, stretches and more stretches after every run, anti-inflammatory gels to the spot, neurofen tablets (anti-inflammatory) or in worst cases anti-inflammatories from your doctor. Neurofen (if you can take it) is better than just Panadol painkiller, as it's anti-inflammatory ingredient helps to **keep the swelling down** so your body can get blood to the area and **heal it faster naturally**. It also reduces swelling so your poor pinched nerves can be freed up again!

Kingsgate Half:

Get your entries in for the Kingsgate Half / 10km quick - earlybird entries close 22nd Feb!! At the moment the Half Marathon is \$45, and the 10km is \$35. After the 22nd these prices will go up by \$10.

Info on Kingsgate is here <http://www.rotoruahalfmarathon.co.nz/default.asp?PageID=21409>
Enter online here <http://www.rotoruahalfmarathon.co.nz/default.asp?PageID=21429>

Your results from this are very important to help predict your Marathon time.

This event is recommended for all Marathon Clinic attendees, and is considered part of your training program.

Group Members:

- **SubFour** - Chris Browne, Ziggy, Ben, Gillian, Diane, Tim
[Casual runners] - Karen, Claire, Deanna
- **Mad If U Don't** - Jodie Hickson, Jamie, Guy, Pip, Tania, Sarah, Olivia, Phil G, Brigitte, Luanna, Elaine B, Peter V. Can someone please ask Elaine B and Peter V to come give me their details please.
- **Cruizers**- Mike Fox, Mere, Viv, Caitlin, Amiria, Liam, Maria P, Renee, Aroha, Michelle R, Colleen, Mandy, Tom, Judith, Debby, Jo, Rob N, Franca, Linda, Sandy
- **Huffer-Puffers** - Rachel Browne, Sue, Diane J, Char, Heather, Ann, Ellen, Michelle E, Elaine W
- **Struggles/Waddles/Shrapnel** – (Sorry we are considering new naming options) Kerris Browne, Maria K, Sandra, Selwyn, Tony C, Nikki, Hilda, Lee J, Sinitia, Richard.

Group Etiquette:

This has been hammered enough now. If someone new joins your group, make sure you tell them what's what!

Pack Leaders:

Pack Leaders will not always be available. I myself need to do some harder training for my own marathon, so I will now sometimes be giving maps to my group when I go out further with a faster group. If a Pack Leader is not available on your run, simply take a map, follow it [or a route you already know] and keep your group together. Please RETURN your maps to the front desk when you return. If you would like to volunteer as a Pack Leader, please put your hand up!!!

Weds Track Nights (speed work):

Last Weds was a great speed run of 3km. I had Christine breathing down my neck the whole way, and she just pipped me at the post! I gave it so much I was up-heaving straight after, and I've never done that before. This just goes to show how much you do push yourself when there is someone very close to you in pace.

This week it was the 5km speed run. I got left behind. And Mere was brave and gave it a go too, coming in only half lap further back. Well done Mere!

Again, there are only a few track sessions left, so do get these speed runs in whenever you can. MAKE AN EFFORT TO COME. Devon Street (park between stadium and cricket groups), walk to top grounds. Starts **6pm Wednesdays**. Free to all members who have paid their Marathon Clinic fee.

Thurs Trout Fly (speed work):

Another record of 75 people last week, due to all you fantastic Marathon Clinic-ers who came along and gave it a blast. Make sure you get to the next one on the 24th of Feb! See how much you can beat your last Trout Fly time, and who knows, you might even end up with the "Betterer-by-the-mostest" trophy if you have the greatest improvement. Mandy Perrin won it last time. Siobhan's two little kids won it this week, as the grandparents were there encouraging them along.

Sunday Presentation:

Sunday the 20th we will be having our HYDRATION and NUTRITION session. We will be bringing a good range of drinks to sample, some 'different' breakfast food options and samples, and lots of experience from previous marathon runners (our Pack Leaders) who have their own 'favorites'.

Last week we had Dean Katipa from Stirling Sports who spoke about shoe assessments, why it can save you lots of pain, and what to look for in shoes. There is still time to put shoes on layby for the Marathon, and Dean has offered 10% discount vouchers to all Clinic members – come and see me if you missed out on one.

Still to cover:

Clothing to wear, drink carrying methods, sports bras, lubrication, nipple chafing, band aids, Club Uniforms etc. FINGERS CROSSED, I am hoping to have the new batch of club uniforms in time for the HALF Marathon on 6th March.

Goals and times, what people are aiming for, what pace they should be training/racing at etc. We will do this session AFTER the Half Marathon on the 6th, as your result from the Half will help me predict your time for the Full Marathon.

Weekender & Facebook Editorials:

If you've not signed up to Facebook yet, it's time you entered the 21st century! Check out our facebook page on here;

<http://www.facebook.com/pages/Lake-City-Athletics-Club/144564558932683?sk=wall#!/pages/Lake-City-Athletics-Club/144564558932683>

From: Sandra Lindop
Sent: Wednesday, February 09, 2011 6:28 PM
To: Kerris Browne
Subject: Re: Marathon Clinic Newsletter 8th Feb 2011

Hi Kerris

Just wanted to say thank you for motivating me as part of the struggles group! The best group in the whole club! I always enjoy (OK maybe not so much enjoy when we've done an hour) your fun company and upbeat conversations.

Thank you again for your hard work in getting people together, listening to their grumbles and more and for putting together a really great little newsletter.

See you on the runs!

Sandra 

Please do feel free to email with any other suggestions or questions, or thanks to your group leaders.

***Remember to bring your change and have a shower so you can be fresh and ready for our Hydration & Nutrition sampling session.**

Kerris Browne
021 753691