

Chairman's Chatter

I have a DVD that I have purchased via the Club for anyone to borrow and watch. It is "Running to the Limits" by Alex Vero.

The idea behind the DVD "What does it take to become an international marathon runner"

In 1985 102 British male runners ran under 2hours 20 minutes 20 years later we are talking a handful achieved the same mark.

So take an overweight non runner and see what it takes to become an international marathon runner. His goal is to qualify for the British UK Athletics team.

If you want to find out more then visit www.alexvero.co.uk - you are more than welcome however to borrow the DVD just e mail me and anyone who is a member can borrow it in turn.

Enjoy your Running
See you Soon

Regards
Gary Bonner

Dudley Kingswinford Running Club

www.dk10k.co.uk

I S S U E 8

J U L Y 2 0 1 0

PRECAUTIONS FOR RUNNING IN THE HEAT

As there seems to be no end to this hot spell it might be worthwhile considering the following words:

- 1) It takes approximately two weeks of consistent running in the heat and humidity to acclimate to warmer conditions.
- 2) Remember that thirst is not an indicator of dehydration. Once you are thirsty, you are already low on fluids. Indications of dehydration are an elevated heart rate during and after your run and dark, golden-coloured urine. After your run, keep drinking fluids until your urine is clear.
- 3) During your run, drink about 4 to 8 ounces of water and/or sports drink every 15 to 20 minutes.
- 4) Weigh yourself before and after your run. Drink 16 ounces of fluid for every pound of weight lost. *Important note here... do not use this as a method of weight loss!
- 5) Apply a sunscreen of at least SPF #15. Make sure that it is a non-drip formula that won't drip into your eyes.
- 6) Wear sunglasses that filter UVA and UVB rays and/or wear a cap with a visor.
- 7) Wear light-coloured micro-fibre clothing.
- 8) Run when your shadow is taller than you are, and when the sun is not high in the sky. If you run in the morning, you'll avoid the heat, but may encounter a higher humidity. The air quality is also better in the morning, since ozone levels increase soon after dawn, peak at midday, and then again in the early evening. Times to avoid running are noon till 3pm.

The Loneliness Of the Long Distance Runner



Sick of the noise of the vuvuzelas droning on and just as sick of the

noise of people droning on about vuvuzelas I looked for an alternative to the World Cup a couple of days ago. Let's be honest the Cameron v Denmark tie didn't quite catch my imagination, already it was looking like a dead rubber as far as the group was concerned so with remote control in hand I started flicking. I stumbled across a classic black and white film "The Loneliness of the Long Distance Runner" and settled down to see what 1960's kitchen sink drama based tips I could pick up. They were generally these. Don't break into the bakers and steal the petty cash tin or the police will come knocking on your door and will soon be feeling your collar. Don't blow all your money on a weekend away in Skegness, it'll end in tears and recrimination. And don't curl your lip in that insubordinate way when talking to the screws or they'll have your card marked as a bad 'un. Running wise there were probably only a couple of things of note, if the warden unlocks the gate and lets you out for a run then enjoy the freedom and whatever happens don't let the posh boy beat you because you'll suffer for it. It may not have contained the nuggets I was looking for, it may not have been the missing piece of running alchemy that would make me quicker but it was a decent couple of hours television thinking hadn't he used to be James Bolam?

Roll Of Achievements



Mike "The Knees" Burrow with a 3.37.01 time at the Shakespeare Marathon, Nigel Warrington with 4.31.23 in the Windermere Marathon, Helen Tromans with 46.26 for first lady and 49.51 for third lady both in the tough Cobra Classic 10k but this months achievement must be the long lost Steve Holdcroft who ran 38.14 for 7th place in the Wombourne Spring Classic 10k. Not bad after 18 months off with injury. Steve Wood finished the Newport Carnival 10K in 41:33 a 10K PB for Steve. Well done to everybody!

Dates for the Diary

Date	Event	Commentary	Entry Form	Photos	Report
26th June	Sweatshop sales starts	26th June to 1st August—For footwear and Apparel On line and in store			
Wed 30th June	Ironbridge 4	Race 4 of 6 in the Sexarathon Series. A good run through the industrial heartland of Shropshire and a good pint at The Tontine Hotel afterwards.	√	√	√
Sat 3rd July	Birmingham and Black Country Half Marathon	If we don't do enough running along canals this is a good one for you, Wolverhampton to Birmingham along the towpath. It's unnerving when the signpost at the start says "Birmingham 14 miles" though.	√	√	√
Sun 4th July	Callow Fell Race	Another race in the midweek fell series from Church Stretton for those that fancy a good uphill workout.		√	
Sun 11th July	Wyre Forest Half Marathon	A nice scenic half in the country.	√	√	
Sun 11th July	Midsummer 6	An off road 10k from Wolves and Bilston, out along the railway and back along the canal.	√		
Mon 12th July	Frampton 10k	The annual club trip to Gloucestershire, a race, a barbeque and some beer.	√	√	√
Wed 14th July	Stiperstones Fell Race	Only goats should apply for another tough fell race.			
Wed 21st July	Vic Musgrave Fast 5k	It claims it's fast so an opportunity for a good time around Telfords Town Park.	√	√	√
Sun 25th July	Enville Hall 10k	Advertised as having more trained marshals and more arrows after runners took the wrong route for the second year in a row last year. This raises the question, how do you train a marshal?	√	√	
Wed 28th July	West Bromwich Harriers 5K	This year with a new course. Aston University Sports ground	√		
Wed 11th August	Staff Notts Five miler	Including a 2 Mile fun run—starts in cannoack	√		

Although we can give you an indication of where you are likely to get photos and reports, these could be subject to change, if you want to submit a report or any photos for the website please send them to Brian Smith via the website address—dk.10k.co.uk.

If there is anything you would like include please speak to Dave Norman or Paul Richards, let us know your views as the whole point of this newsletter is to improve communication within the club. If you would prefer please e mail any suggestions/contributions to davidgnorman@tiscali.co.

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Picture of the Month



Photo by Brian Smith

Wombourne Half Marathon 2010