

The Strider

St Helens Striders Newsletter



October/November 2007

Issue 2

Chorley success

Welcome back to the Strider, the St Helens Striders newsletter. After what has been a busy and competitive summer we are quickly approaching autumn and the many different challenges that it brings.

We are pleased to have increased our membership over the past few months with Gary, Karl, Carla, Martin and Chris becoming our latest members.

This is particularly encouraging for the ladies side who put in a strong appearance at the Chorley series over the summer.

Training continues to take place on Monday and Wednesday evenings, 7pm sharp by the squash courts at the YMCA.

Anyone who is interested in joining or just coming along and trying a session, please email saintsrn@hotmail.com or call Les on (01744)23160.

Until the next issue, keep up the good work ☺

Honor runs the Mighty Three!

Plucky Strider Honor has recently tackled all three of the Peaks which consist of Ben Nevis, Mt Snowdon and more recently, Scafell on 22nd September.

This feat is not for the faint hearted, with Honor climbing in altitudes of up to 4400Ft. She completed Scafell in 01:33:00, Snowdon in 01:33:00 and Ben Nevis in 2:44:00 and no doubt will be having a well deserved rest over the next few weeks.



Scafell- Good job it didn't snow!

Summer 2007 saw the striders take part in the annual Chorley 4 mile series. The monthly event saw a promising turn out and the striders were rewarded at the end with Dawn, Carol and John all scooping several prizes.

Now with summer over, it's time to start thinking about the autumn/winter season. Dawn has an extensive list of races that Striders can compete in, with the hope that we can have a few team events. There is also a list included at the end of this newsletter of races in the area.



Striders @ Chorley, 2007

10 Second Injury Clinic

The Symptoms: Aching, throbbing, tenderness along the inside of the shin.

You Have: Shin splints

The Cure: Take aspirin for the pain, ice inflamed area for 15mins, three times a day. Cut down/stop running. Exercise with a resistance band to strengthen muscles.

The Prevention: Stretch and strengthen the tendons in the front of the leg using resistance bands, always replace worn out shoes, warm up well, run on soft surfaces and avoid over striding.

Please send any articles for the next issue to r.fishwick@hotmail.co.uk

Rachael takes a stride in Austria

The first weekend in September saw Rachael travel all the way to Austria in her first race overseas. Courtesy of her employer, she and two other work colleagues ran the 23.2km race around Lake Achensee at an altitude of over 1000m above sea level.

Crossing the line in 2:14:20 she came 762 out of the 1500+ participants that took part.

Her next race will be the Great North Run at the end of the month where the participation level will be slightly higher- some 50,000 runners will pound the streets of Newcastle in the worlds biggest half marathon.



Rachael with her team in Austria

Dates for your diary

Sat 9th Dec: John has kindly invited all striders and better halves to his daughters wedding. Kellie's special day will be held at Birchley St Mary's in Billinge. There will be a DJ and a swing singer so get your dancing shoes on!

5th Dec: Christmas Handicap (tbc)

12th Dec: Annual Presentation Evening (tbc)

19th Dec: Striders Christmas Meal, Dawn will have the details (tbc).

3rd- 5th May 2008: Bank Holiday trip to Cardiff. See Steve for details.

Local Races

07.10.07 Liverpool 10km

14.10.07 Gin Pit 5

21.10.07 Lancaster & Morecombe Half Marathon

27.10.07 Standish Hall Autumn Trail Race

03. 11.07 Ullswater Trail 12km

04. 11.07 Guy Fawkes 10km, Harrogate

18. 11.07 Preston 10

24. 11.07 Wesham 10km, Preston

Summer Handicap Finale

Wednesday 19th September saw the 8th and final handicap in what has been a very successful and spirited season.

A record number of Striders turned up for the 2.1-mile race around Victoria Park. Even with the diminished light, it did not stop many Striders from achieving their best yet. Frank will no doubt be keeping the results quiet until the annual Christmas Presentation evening (see dates for your diary).

Striders have to compete in a minimum of 6 out of the 8 events in order to qualify, with distances ranging from 1 to 3 miles, on a variety of terrain.

If that wasn't enough for you, the Striders hold a Christmas Handicap in December where anyone can walk away with the title... place your bets now!

News in Brief

On Friday 10th August 2007, Strider Paula gave birth to daughter Alex Katelyn. We hope both mother and baby are doing well and that we shall see them soon (with an xxs strider's vest in hand)

St Helens Striders are now the proud sponsors of Karl Ledsham at St Helens Town Football Club for the 2007/2008 season.

Best Wishes to Karl who has had to give up training for a while. We hope you can be back training with us shortly.

Run: It is defined in [sporting](#) terms as a [gait](#) in which at some point all feet are off the ground at the same time. It can be a form of both [aerobic](#) and [anaerobic exercise](#). (www.wikipedia.com)