

The Strider

St Helens Striders Newsletter



February/ March 2008

Issue 4

Happy New Year to everyone at the club and to Norma, Joanne and Mark who have recently joined us.

Hopefully everyone had an enjoyable holiday and didn't eat too many mince pies! It can be very difficult to get back into a routine after a holiday but with the help of others, we could all be working towards a new goal in the spring.

Included in this newsletter is coverage of the annual Christmas meal and the Presentation Evening that were held in December. I am sure everyone will agree that a most enjoyable time was had by all.

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.

Rachael

Winter Blues

Feeling down after Christmas? Is the weather becoming a drag? For some people, winter can be very gloomy but there are a few changes you can make to your daily routine that could help brighten up your day.

Instead of staying at your desk at lunch, try a 30 minute walk outside. Just five 30 minute walks a week can help reduce blood pressure, body fat and cholesterol levels.

Feeling hungry? Or are you actually thirsty? Instead of reaching for that Mars bar, try a glass of water instead. Dehydration can reduce concentration and performance. You can also get cravings when your blood sugar level drops, so regulate them by eating nuts, seeds or dried fruit.

The New Year is also a good time to try out a new hobby. Why not join an aerobics class to boost your fitness and meet other people?

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

Christmas Handicap

The Striders had an extremely good turnout at the Christmas handicap in December. Those pictured below braved the cold wet weather to run the route down the bypass to The Bottle and Glass and back. Those who ran did not have to wait long to find out who had won, with the results being revealed at the Christmas Presentation the week after. There were also a few familiar faces supporting the event resulting in a very pleasurable evening.



Striders gather for a photo before the handicap

10 Second Injury Clinic

The Symptoms: You will feel pain in your midfoot behind the metatarsals mid stance and on take off.

You Have: At worst a stress fracture or (more likely) a simple arch strain. Doctor would need to diagnose.

The Cure: Dependant on whether you have a flat foot or a high arch. Flat footed runners need appropriate arch support. If it's a fracture and it does not heal you may need surgery.

The Prevention: You could treat a simple strain of a flat foot with an appropriate arch support.

Christmas Celebrations

The month of December saw two important events in the Striders calendar- the yearly presentation and the Christmas meal.

The presentation, held at the YMCA was complete with buffet food and secret santa presents. In the male categories, **** won the summer handicap series with *** taking away the Christmas Handicap title. In the women's, Claire and Rachael came a joint first to take away the Summer Handicap. Rachael also went away with the Christmas Handicap prize too.

The Grand Prix prizes were also awarded with Danny winning the male title and Honor getting the ladies prix as most improved. Congratulations to them all.

A week later all the Striders were celebrating their year at the Abbey pub with a well deserved Christmas meal. Many thanks to Dawn for organising this for us.



Frank, Tommy, Alex and Joan- but where are the Christmas hats?



Honor celebrating with her trophy

Races

Sat 16th Feb Parbold Hill Race

Sat 23rd Feb Standish Hall Trail Race

Sun 24th Feb North West Half Marathon, Blackpool

Sat 15th March Haigh Hall Relays, Wigan

Sun 16th March St Anne's 10 Miler, St Anne's

Fri 21st March Salford 10km

Sun 23rd March Run the Bridge, Runcorn

Meet the Striders...



Name: Carol Foster

Age: 48

Occupation: Head of Health and Welfare

Years Running: Over 30

Member Since: October 2007

Reason Started Running: To keep fit... and sane!

Favourite Race: 5 Miler

Personal Best: 35 mins for a 5 miler

Running Ambition: Just to enjoy running and the company of like minded people.

Funniest Running Story: Came first lady in a 4 mile road race even though she got lost and had ran over 5miles AND asked for directions at the bookies. She then received the award for 'First Junior Boy' from a sozzled Mayor.

News in Brief

Congratulations to Claire and Steve upon news of their pregnancy. I am sure all the Striders wish them the best of luck.

Congratulations to Chris who was selected for a place in the London Marathon. Furthermore, John should be running it again in his good for age category and Rachael was very kindly offered the club place which means we have three Striders in this year's event.

To those who haven't already done so, please don't forget to bring your subs for the following year (£25).

"There are clubs you can't belong to; neighbourhoods you can't live in, schools you can't get into, but the roads are always open." - Nike