

The Strider

St Helens Striders Newsletter



June/July 2008

Issue 6

Welcome back to our bi-monthly newsletter. In this issue you will find some all-important race dates- especially if you are looking for races to complete the legendary Strider Grand Prix.

As always, training continues to take place on a Monday and Wednesday night, 7pm at the YMCA. For further information please email saintsrn@hotmail.com or call Les on (01744)23160.

Rachael

Those Summer Nights

Summer has finally arrived! Already we are in June and many of us are taking full advantage of those long summer evenings. This could be the time to change your routine and start to enjoy what our countryside has to offer.

Why not run down your local canal or river as an alternative to fume polluted roads and by passes? Instead of taking your usual road route, why not use the public footpaths and bridle ways as a new way of training? Investing in an O/S map could be worthwhile- you may end up finding routes you had never dreamed of!

Found somewhere nice to run? Share your thoughts with your fellow Striders- you might even find a new training partner!

**We have now completed four handicaps!
Remember you need at least 6 to qualify so
make a note in your diary!**

Other Races

Chorley 10- Paul, Honor, Gary, Rachael and Alex all took part in the Chorley 10 held at Worden Park on Sunday 25th May

Walton 5- Paul, Dawn, Tommy, Kate, Bryan, Danny and Les all took part in the local Walton 5 mile race on Tuesday 20th May.

Looks like everyone is getting their Grand Prix Races in!!

Chorley Campaign has started...

St Helens Striders took part in the first of four Chorley races at Astley Village, Chorley on the 7th May. With the weather clear and bright, many turned up for the event.

The Ladies team finished 4th and the Men's 10th overall. A special mention to Norma and Colin, who took part in their first ever Strider race! Congratulations to everyone!

The next race is going to be held on the 4th June- spectators are very welcome to attend.

If anyone has recently completed a race and would like their story to be told in this newsletter please email me on r.fishwick@hotmail.co.uk

Is Beer any good for Runners?

Beer, like red wine, does have health benefits. The malt and hops used in both lager and bitter contain flavonoids, which counter cell damage and help reduce the risk of cancer and heart disease.

Beer also contains B-vitamins and chromium, which help in converting carbohydrate to energy; and choline, which, ironically, protects against liver damage and memory loss. The recommended daily intake for athletes is 500ml (just under one pint) for men and 250ml (just under a half) for women.

There are also benefits linked to recovery from exercise, says nutritionist Kim Pearson (www.equilibria-health.co.uk). "Beer contains predominantly water and carbohydrate, both of which are essential in post-race recovery," she says. "A recent study at Granada University in Spain found that the sugars, salts and bubbles in a pint can help athletes absorb fluids more quickly than rehydrating with water.

Well there you go!!

(Taken from Runners World Website)

London Success!

Sunday 13th April saw three plucky Striders take on the ultimate challenge- the Flora London Marathon 2008. Chris, John and Rachael traveled down to the capital for the legendary 26mile 385-yard race. With what started out to be a promising morning in terms of the weather, the storm clouds soon loomed and our runners endured everything from rain to lightening and hail!

It was the first time for Chris and Rachael and they both enjoyed very promising finishing times. For John, a marathon veteran, it was simply a walk in the park! Over 34,000 runners crossed the finishing line outside of Buckingham Palace making it one of the biggest marathons in the world. A huge congratulation's goes to everyone who took part.



Many people took part in crazy fancy dress costumes!

Did you know?

The extra 385 yards were added to the original marathon distance because, for the 1908 Olympics in London, it was decided that the royal family needed a better view of the finish line. The race started at Windsor Castle and organisers added an extra 385 yards to the race so the finish line would be in front of the royal box.

Races

Sun 1st June- Liverpool Tunnel 10km
Wed 11th June- Haigh Hall 4 Mile Series, Wigan
Sun 22nd June- Penny Lane 10km, Liverpool
Wed 16th July- Sefton Park 5 Miler, Liverpool
Sat 19th July- Burtonwood 5, Warrington
Sun 20th July- Gisburn Grind 6, Skipton

Meet the Striders...



Name: Honor Duffield *Age:* 30
Occupation: Veterinary Surgeon
Years Running: 6 years
Member Since: June 2006
Reason Started Running: Quickest and easiest way to keep fit and switch off after a stressful day at work.
Favourite Race: Parbold Hill Race
Personal Best: 01:41:00 in Four Villages Half this year
Funny Story: Frank falling off his bike into the ditch (seems to be a common funny story for the Striders!!)
Running Ambition: To get under 00:40 for a 10km... watch this space!

News in Brief

Striders next meeting will take place on June 11th. A short run will take place beforehand. Please feel free to bring along snacks and nibbles.

Next Chorley race is on the 4th of June. For those who have not already entered, you can do so on the day. Spectators are always welcome.

Congratulations to Joanne for completing the Edinburgh Marathon in 04:05- all your hard work has paid off ☺

"Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks."

- Sir Roger Bannister