



WOMEN ON THE RUN Newsletter

A RUNNING CLUB FOR WOMEN

IN THIS ISSUE

Latest News

With the summer holidays upon us, it is a time for enjoying the sunshine, making the most of the long daylight hours, and perfecting that sock tan!

Race for Life

Congratulations to all those Women on the Run members who took part in various Race for Lives around the country, from first timers to Race for Life regulars. Thanks also to all those who donned a high-vis jacket and marshalled, continuing 15 years of Women on the Run/Women's Running Network's involvement with these events.

Medal Success for Jo Pavey

A huge round of applause to Exeter's Jo Pavey, who won a bronze medal in the 5,000 metres at the recent Commonwealth Games. Jo is proof indeed that age is no barrier to running success: as a 40 year old mother of two (the youngest of whom is only 10 months old) Jo Pavey was twice of the age of some of her fellow England athletics team mates. An inspiration to us all...

Exeter Away Runs

By popular demand, and as has become tradition, the Wednesday night Pyramids group (Exeter) will be playing away for a few

weeks. On the following Wednesdays we will NOT be meeting at the Pyramids but as follows:

August 20th: Double Locks, Canal Banks, Exeter, EX2 6LT. Meet at 6:30 in the pub car park;

August 27th: Twisted Oak, Little John's Cross Hill, Ide, Exeter, EX2 9RG. Meet at 6:30 in the pub car park;

September 3rd: TBC (possibly Dawlish for our version of the Dawlish Dash).

WOTR members from other groups are very welcome to join us.

Ultra Impressive

A special mention to Maddie Smale (Exeter WOTR) who has completed an impressive 3 ultra-marathons (that's any event involving walking and running further than the traditional marathon distance of 26.2 miles) in the past 4 months. Well done Maddie! Time for a well-deserved rest...?!

Newsletter Contributions

A big thanks to Preston WOTR-ers who have excelled themselves with newsletter contributions this month! I am always grateful for your running tales: please email me at:

chamberlain_cl@hotmail.com



Why I Run

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Why I Run (Bling and Cake!)

by Helen Borking

For those that don't know me...I love running (don't all members of WOTR?) and I love to enter races. I remember going to my first ever, it was the Preston Big 5k in November 2011 and was the day before we were due to fly out on holiday where I was down to run in my second ever race! I was so nervous when we arrived at registration that I just wanted to turn around and go home. I remember looking around at all these 'proper' runners and thinking "What am I doing here?" I really felt as though everyone was looking at me and also wondering what I was doing there. Thankfully, encouraged by my husband, I ran the race, was pleased with my time and got my very first medal (ooooh, I love a bit of race bling!) The rest is history and I've been entering and enjoying races ever since.

More often than not I like to run a race at least twice, so I can see how I fare on the second attempt. It's my way of seeing how far I have progressed with my running. Some races are on my 'must do' list every year and some I won't do again. I like races that are one lap – a two or more lapper is not my idea of fun. I also like a race that has something for the spectator, as my husband Ed supports me at most races. He often remembers a race by the quality of the coffee served! He's



Head Equipment Manager/Photographer for Team Borking and a fine job he does too! He has his eye open for a blue WOTR tee and endeavours to get pics of as many of us as possible. He also does a mean job of cleaning my kit afterwards. Thanks Ed ☺

I am lucky enough to have run races in Barbados and very recently Las Vegas and I've been a parkrun tourist a couple of times. At all of these events I have been made to feel so very welcome by my fellow runners whilst mingling with local people and seeing a different side to a holiday destination too. I can highly recommend it! I invariably choose to run 5k as the weather does tend to have a negative effect on performance if you're not used to it, so 5k is just long enough to feel the atmosphere without suffering burn out.

Although a regular parkrunner, I rarely run in other 5k races at home. I don't see the point when as a runner you have 'on tap' the most wonderful 5k set-up around. In Preston we are doubly lucky as we have two wonderful parkruns to choose from with the most fabulous event teams. I do like a good 10k though and have run in over 20 races; I also have four half marathons under my belt with another two booked for this year. I've now found myself getting into trail running and am currently running the Lakeland Trails series of 10k races. The idea behind this was to see parts of the Lake District I hadn't seen before without getting lost as these races are well marshalled and at the same time to raise money for charity. I've totally fallen in love with off-road running and now find myself scouring websites looking for races to enter and routes to attempt! I've recently invested in the full range of Ordnance Survey maps for our area and the Lake District. Watch out fellow Preston runners, I'll be posting links galore on



Facebook and using my persuasive charms. ;o)

All of the above is my way of saying that entering a race doesn't have to be a daunting thing; it is one of the things I enjoy as a runner. At races you see familiar faces, meet new people, discover new running routes and it's another way of measuring your performance if you wish. At some races you get a medal, at some you get a tee and at some you get BOTH! What you get after every race though is a feeling of satisfaction of having done it, before going off somewhere to eat cake! So if you're undecided about entering a race, just think of it as an excuse to eat cake and go for it.

WHY DO YOU RUN?

I'd love to hear your reasons for running, whether it's to lose weight, to fundraise, to get fit, or purely for enjoyment. Please send your "Why I Run" articles to:

chamberlain_cl@hotmail.com



Sports Day

Exeter's Tuesday night group enjoying fun and games. Loving the space hoppers!



Rainbow Run

WOTR members took part in Children's Hospice South West's inaugural Rainbow Run, a 5K fun run which sees participants get showered with coloured powder paint at each kilometer check point.



Pretty in Pink

Both Pinhoe and Cullompton WOTR members took part in this year's Race for Life, to raise money for Cancer Research UK.

Energy Gels - To Use or Not to Use?

Energy gels are made from concentrated carbohydrates and offer high levels of glycogen in order to give you energy.

Pros

Gels undoubtedly give you energy. They can provide that boost when it seems like your body has run out of steam which is obviously very useful to people taking part in long-distance events such as marathons.

Gels are largely made up of alternative forms of carbohydrates such as maltodextrin, rather than insulin. This means that there's no sugar crash once the effect of the gel wears off.

As well as adding energy, they replace vital minerals such as magnesium and potassium, which are often sweated-out during exercise. Energy gels contain traces of these minerals and are a convenient way of getting replacement stock back on board.

Cons

It's not all good news with gels though and some runners choose not to use them for a number of reasons.

Some runners report feeling unwell after taking energy gels. Imbibing such a large amount of energy all in one go can leave you nursing an upset stomach and can have an impact on your digestive system. In the same way that coffee doesn't agree with some people, energy gels can have the same effect. While this isn't the case with everyone, if you're of a delicate disposition then it may be wise to take it easy or avoid gels altogether.

Regularly taking gels can also lead to an element of dependency and a feeling that you can't possibly finish a run without the help of this added energy. Energy gels can easily become an easy way out for runners. Some people feel that they would prefer to complete their runs on their own without the aid of gels.

Finally, using energy gels as a way to get yourself through a long run may work in the short term, but ultimately it's not going to get you any fitter. Your body will take longer to recover as you are pushing it further than is realistic and you may end up causing yourself damage.

Is it Worth It?

The fact is that many runners do use gels regularly and they are obviously popular for a reason. Try them out and see if they work for you. Information courtesy of Ordnance Survey.

Recipe - Butternut Squash Cannelloni

Ingredients

320g butternut squash, peeled, deseeded and cut into small cubes
260g bag young leaf spinach
70g Greek feta, roughly crumbled
10g fresh sage, chopped
250g pack of cannelloni tubes
40g plain flour
475ml milk
500g passata
20g cheddar, grated

Method

Preheat the oven to 190C/Gas Mark 5.

Put the butternut squash in a microwave-safe bowl with 1 tbsp of water. Cover with cling film and cook in the microwave on medium for 5-6 minutes until soft.

Pierce the bag of spinach and microwave for 2 minutes. Squeeze out any excess water and mix with the butternut squash.

Stir the feta and sage into the butternut squash and spinach mix, season with freshly ground black pepper, then spoon the mixture inside 16 cannelloni tubes. Set aside on a plate.

In a cup, mix the flour with 4 tbsp of the milk. Heat the remaining milk in a pan until simmering. Remove from the heat and whisk in the flour mixture until smooth. Return to the heat and stir until thickened.

Pour the passata into a rectangular baking dish and lay the filled cannelloni on top. Pour over the white sauce, sprinkle with the grated cheese and bake for 45-50 minutes until golden on top.

Serve with salad. Serves 4.

Taken from

www.sainsburys.co.uk/livewellforless

WOTR First Aiders

by Felicity Cross

WOTR Group Leaders in Preston attended a series of training sessions led by Lancashire Sports Partnership at the early part of the year. These sessions included a 3 hour Emergency First Aid course and candidates were taken through the assessment of a person in an emergency situation, managing a choking incident and treating a person for shock, plus basic ABC life support. Use of an automated external defibrillator (AED) was also explained and demonstrated.

For some, this was the first time they had taken part in such training but the theory and practical instruction was both clear and easy to understand.



Little did we know that our skills were to be put to good use so soon, as a week later whilst on a Sunday trail run a walker collapsed in front of our runners. Quickly we called for an ambulance, helped the casualty into the recovery position, covered him with a foil blanket from our kit and continued to monitor his condition until emergency help arrived. The walker was with his two young sons and a couple of friends, and other members of the group reassured the friends and looked after the children who were upset and confused. The walker regained consciousness as the paramedics arrived, and was checked over in the ambulance. Hopefully he went on to make a full recovery.

The course certainly gave us the confidence to carry out some basic first aid and we have since arranged the same course for other members of the group. Feedback was very complimentary on both the content and the delivery of the course which, while we hope will not be required, can prove to be very beneficial!

Running with Reception Class

by Nina Colquhoun

I suppose it was inevitable, that one day I would be summoned into school to show off my new found love of running. I think in a way it was payback for all the times I'd scribbled in the school issued "Learning Journey" about how Lexie, my four year old daughter, had spent the weekend watching mummy in a race. Ever since completing the Women on the Run beginners group in spring 2012 I'd been hooked!

Lexie's school were to hold a sports week to coincide with sports day. One Mum was to demonstrate her hockey skills, whilst one of the dads was to teach the little ones all he knew about his beloved golf. I got the call up via the learning journey: "Would you like to come in and talk about running and take us for a run?" To be honest I think I was more excited than Lexie! Of course I jumped at the chance, planning what I would wear - WOTR blues of course!

The big day dawned, medals and previous race numbers packed. I had a bunch of receptioners to impress but I was sure the "Mad Dog 10km" bling would do the trick! When my audience settled down for carpet time they were full of questions. Asking what I wore on my feet to what I put in my drinking bottle, they'd thought long and hard about what they were to ask me. And then came the moment of anticipation, the jangly race medals were passed around. They were suitably impressed by the horde I've accumulated over the past year or so. But I was more impressed by what the teacher had brought in: marathon and triathlon t-shirts. Also her barefoot-style trainers were something new to me!



After my talk came time to put my Asics to good use. We gathered the most giddy bunch of 4 and 5 year olds up and headed outside for a lap of the field. We filed out in pairs and set off for our run, it's been a long time since I giggled that much while running. They were all so determined, when we completed a lap they wanted to go again! So off we went! After a couple more laps they were tired out, I think the sports week had got to them!

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www.womenontherun.co.uk

A Dozen Reasons to Run...

1. **To promote a healthy heart** - Running is one of the best ways to give your heart muscle an effective workout. By running regularly you can improve circulation and reduce the risk of a heart attack, high blood pressure and stroke.
2. **For weight loss** - The average runner burns around 100 calories a mile. So expect to get a bit smaller, which will in turn help you run faster.
3. **To help prevent osteoporosis** - If you run on a regular basis you are continually taxing your muscles and bones so the bones are stimulated to remain stronger and do not easily weaken with age.
4. **For your mental health** - A regular running habit will you lift your mood and build self-esteem. It also increases your self-confidence as you reach fitness and/or weight loss goals. Running can help relieve mild depression.
5. **To improve sleep** - Insomniacs take note - studies show that runners find it easier to get to sleep at night and sleep longer.
6. **To reduce stress** - Running increases your ability to cope with everyday minor irritations and stresses.
7. **For happiness** - Heard of the runner's high? It's not a myth. Endorphins engendered by exercise mean that people who run are often happier than those who don't: if you've ever felt that sense of elation during or after a run, you'll know what we're talking about.
8. **To reduce anxiety** - Runners generally have a lower level of anxiety than those who don't run. One study suggests that regular training reduces the activity of the serotonin receptors in the brain which regulate mood. Reduced sensitivity of these receptors to stimulation might explain the positive effects of exercise on anxiety.
9. **To boost your immune system** - If you are a runner you will find that you have a stronger immune system, that means you'll suffer less from minor illnesses such as colds, allergies, fatigue, menstrual discomfort, backache, and digestive disorders.
10. **To boost your brain power** - You can increase your mental functions by going running as it boosts blood flow to the brain and helps it receive oxygen and nutrients.
11. **For a smoother complexion** - Running stimulates your circulation, improving the transportation of nutrients around your system and flushing out waste products. This will help make your skin clearer and give you that distinctive runner's glow.
12. **For fat burning** - By running you are building lean muscle, changing your body composition and your metabolism. Lean muscle weighs more than fat but burns more calories even when you're resting, so cultivate a regular running habit and you should see a gradual, healthy inch loss.

Information courtesy of Cosmopolitan Magazine

The next newsletter will be out in October 2014. Do get in touch with any of your running tales and Women on the Run news. Meanwhile, [enjoy the rest of the summer!](#)



Women on the Run