

# Stride & Tested

## Denmead Striders

June 2018

**Race dates –July & August 2018**

### July 2018

Summer Plod	1 <sup>st</sup>
Serpent Trail 100/50/10k & half marathon	7 <sup>th</sup>
Round the Island Race (IOW)	7 <sup>th</sup>
Portchester Castle 10k	8 <sup>th</sup>
Lakeside 5k	25 <sup>th</sup>
Gravel Hill 5	28 <sup>th</sup>
Midnight Marathon	28 <sup>th</sup>

### August 2018

Hartin MT	5 <sup>th</sup>
Isle of Wight Half	19 <sup>th</sup>
Lakeside 5k	29 <sup>th</sup>

## Calf tightness

Natalie March

### Why does my calf always feel tight?

Over the last month this question has been asked numerous times so today we will share with you some tips and advice about how to manage and reduce calf tightness. Both runners, ramblers, people who have had knee replacements or knee surgery and also tennis players seem to complain about calf tightness.

Most people with this problem complain of calf tightness when they have run or walked a little bit more than they normally do.

### Why does the calf get tight?

A lot of recent research suggests that the calf muscle gets tight due to muscle weakness and overload.

### So what to do?

1. Reduce the load – so have a rest day or two from running or reduce your walking or running distance so you stop short of pain/tightness
2. Strengthen the muscle
3. Have a sports massage

### Gastrocnemius Strengthening (Calf Muscle)

- Stand on one leg, with your leg straight, push up onto your toes and then back down again
- Repeat until fatigue
- Repeat once a day
- To progress do this exercise on the edge of a step
- Once you can complete 25 repetitions with good control then add some load (either rucksack with some weights in or at the gym hold some weight in your hands)

### Soleus Strengthening (Calf Muscle)

- Stand on one leg, with your knee bent, push up onto your toes, keeping your knee bent and then back down again
- Repeat until fatigue
- Repeat once a day
- To progress do this exercise on the edge of a step
- Once you can complete 25 repetitions then add some load (either rucksack with some weights in or at the gym hold some weight in your hands)



## How to do a mid-life crisis properly: a tale of 2 marathons

Rory Heard

Casting around for a way to mark the half-century I was led astray by a bottle of wine and the internet into booking a marathon in my birthplace. Taking place only 2 days after my birthday and running straight past the scene of the crime in the former British Military Hospital, the only slight problem was that I'd already booked Brighton for the following weekend.

Hannover's expo was small, but quick and efficient, and had a band and ethnic food (aka bratwurst, beer and pretzels). The marathon field was only about 2000, but 23000 others compete in other events including inline skating, which sets off first, and the half marathon, as well as a marathon relay and kids' races. The route was scenic, running through the city centre and out into surrounding countryside. Support was fantastic, with free public transport for competitors, police marshalling the road junctions, and spectators out all along the route. The water stations were well stocked and roughly every mile and half, which was very, very welcome as the temperature rapidly rose to 23 degrees. The first 18 miles were good, but thereafter it got a bit tougher - strange, as my longest training run had been a whole 18 miles!

One week, one massage and one coaching session later I ran Brighton - a bit hillier, a lot cooler, much more fancy dress (in fact I don't remember any in Germany) and ten times as many runners, Lots of you have run Brighton, so I won't dwell on the crowds (great), power station (yuck) and Expo (chaos), but a big shout out for our fantastic Striders Supporters Crew. I actually ran a bit faster (or walked a bit less) - probably the weather, home crowd, and of course having done a 26.2 mile training run all helped.

While I don't recommend it and am in awe of the nutters at Brighton who were running 5 in 5 weeks, the challenge was mental more than physical, and running two gave me the perfect excuse not to try for a PB. Next stop, the Giants Head - because it's there (and has a great medal).

Thanks for all the support!



## Striders Stats PB's by Clare

Name	Race	Time
Tracey Crank	Netley 10k	00:59:11
Sean James	Lymington 10k	00:53:01
Tillie Johnson	Alton 10M	01:17:53
Liz Steward	Eastbourne Marathon	03:23:35

## May PBs. Well done to:

## New Members

*A big striders welcome to:*

Racheal Peach  
Lewis Sherville  
Kate Hayward  
Catie Pettit

## Striders Photos

### Little and Large



### Chairmans Diet starts tomorrow Paul Welch



### Striders Domination – Clanfield Challenge Paul Welch



### Eastbourne Track Marathon



## Getting to know you, getting to know one another....

This month's insight is a fairly new member to the club, and someone who is embracing the Striders team spirit – Michael Harrison

### Q & A with Michael Harrison

#### *What made you join the Striders?*

I used to do running at school and enjoyed it but I stopped running. I then met up with Julian and his persuasion skills got me to come.

#### *What inspired you to start running?*

Wanting to stay fit and get out at winter time instead of staying indoors.

#### *What's your favourite distance and why?*

At the moment it is 5 miles as that is the longest I have done but I am working my way up gradually. (I don't want to be a hero and do a long run straight away and die!)

#### *Cross country or road?*

I love cross country.

#### *Summer/winter training?*

Summer

#### *Favourite club session?*

Hill session because I'm a weirdo.

#### *Any club inspirations and why?*

Paul Welch & Matt Cheyney as they have done an ultra-marathon which is my ultimate goal to be able to do. Just the whole mind set and fitness required to do it to me is amazing.

#### *Any pre run/race superstitions or prep?*

Got to have a banana sandwich and hour before a race.

#### *Favourite medal?*

Victory 5 as this is the only one I have.

