

Frank Elford Sports Monthly Newsletter

Be Fit 4 Life

ISSUE 2 - AUGUST 2015

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**SHOP OPEN DAY – SATURDAY 25TH JULY!!
COME IN FOR FOOD, DRINK AND A GOOD TIME**

Race Review

Brecon Beacons Mountain Marathon.

This was my 2nd time of running this race. As I went the wrong way last year and ended up doing 30 miles, so I definitely needed to put that right this time! I ran it with 3 people from the Plymouth Musketeers (Adam 'Hoppy' Hopkins, Cheryl Hoskins and Darren King).

The race started at 5.30pm from the amazing Talybont-on-Usk in South Wales. The first check point was at 7 miles and then the fun started with the first mountain, what an absolutely massive climb! It meant a lot pure, hard work at this stage and 3 of us remained together. Darren had push on as we expected him to. At around mile 10, Adam pushed on and the next time we saw him was coming down from check point 2. Around 14 miles we hit Pen-y-Fan (the highest point of the race). The next check point was at 19 miles and Cheryl and I pushed on and made it with about 5 minutes to spare (if you didn't make the check points they will pull you out of the race) and we were not getting this far to have that done!

The last 7 miles were slightly down hill but still tough, we finally made it to the finish and was really please to have not gone the wrong way and happy that Cheryl also finished the race.

After resting for an hour I then drove back to Devon and ran the Torbay half marathon, which started at 9am the following morning. Am I MAD? Yes I probably am!

The following day, I thought how was I able to run both, I will never know. If you want a challenge then this is the one to do. But I have done it twice now and that is good enough for me – Ran and written by Martin 'Smiffy' Smith



**With Helen Roper – Membership
Secretary**

Why should runners choose the Tamar Trotters?

Runners should choose us as we are a very sociable club that caters for all abilities, from the absolute beginner to the seasoned regular. We have a huge range of experience within our club members and there is always someone willing to pass on helpful advice.

Where do runners meet on training nights?

We meet at the Saltash Rugby Club, Moorlands Lane, Saltash on all our training nights. Our Junior Athletics Club meets on a Wednesday evening at Saltash.net Community School.

What is the best thing about being a Trotter?

The best thing about being a Trotter is the camaraderie and support between us all, we're like a big family. There is always a friendly Trotter face on club nights or at each race we go to. I have made some life long friends since joining the Trotters.

How does the club support its runners on club nights?

We support our runners by having different paced groups lead by an experienced group leader or coach. Our group leaders plan the route and session and ensure each group works together as a team so no one is left behind. We have groups from novices to those that can run 6 minute miles!

On a Friday we have a complete beginners group taken by John 'Smudger' Smith. This is much smaller than our Tuesday and Thursday club nights and is designed to introduce people to running in a relaxed and friendly manner without the pressure of running with up to 100 people.

What are the future ambitions for the club?

We will continue to cater for all ages and abilities and hope to always inspire others. We are very proud of our juniors and will continue to support them from juniors into seniors. We also continue to work towards maintaining our Club-Mark status.

If people are interested in joining the Tamar Trotters, what are the contact details?

People can contact our club secretary (me!) on email membership@tamartrotters.co.uk or by phone 07940583368. Runners are welcome to come along to the club on a training night for a trial run or two before deciding to join, for more information our club website at <http://www.tamartrotters.co.uk/index.php>.

Race of the Month

Peter Tavy Inn

On the edge of Dartmoor



Presents

The 12th Annual Peter Tavy Plod & Fun Run

BANK HOLIDAY MONDAY AUGUST 31 at 13:00

(please note new start time)

Race Entry: Peter Tavy Plod 5 Miles: £7.00

Fun Run 1 Mile: £2.00

Registration from 12.00

**A scenic and undulating 5 mile course run over Moorland Tracks
and Woodland Trails with stunning panoramic views
(Also a fun run over 1 mile for younger competitors)**

Trophies in numerous categories. Mementos to all finishers.

**Why not bring the family to enjoy a traditional Village Fayre at the
same time**

A great family day out !

For enquires & an entry form contact - Dave Chanter

On davechants@me.com or 01822 810598 or visit

www.petertavyplod.co.uk

Other Races in August:

2nd - Indian Queen's Half - www.newquayroadrunners.co.uk/our-events/indian-queens-half-marathon

2nd - Totnes 10k - www.teignbridgetrotters.co.uk/totnes_10k

15th - RAT - www.mudcrew.co.uk/event/the-rat-roseland-august-trail

23rd - Torbay 10k - www.torbay10k.org.uk

29th - Oke Croak - www.okehamptonrunningclub.com/index.php/the-races/8-okehampton-running-club/41-oke-croak

Hello, for those of you who did not read my last article, my name is Paul and I am a Health and Care Professions Registered Podiatrist. My special interest areas are Musculoskeletal Podiatry and Biomechanics and I work from two clinics in the Plymouth area. Alongside this, I will be running injury assessment clinics in Frank Elford Sports shop in the near future. I am also a keen runner with a long association with a local running club.



This month I would like to talk about Achilles tendinopathy – yes, you did read that right; tendinopathy and not tendinitis!

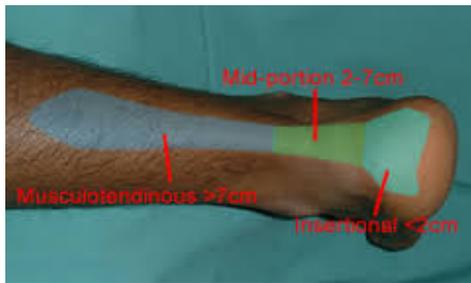
It has been thought for years that Achilles tendon pain is caused as a result of inflammation and this is why the term Achilles tendon 'itis' has been widely used in the past. However, when injured tendons have been closely examined, inflammation is rarely discovered. The swelling often seen and felt on a painful Achilles is thought to be due to an increase in proteins.

On close examination damage to tendons has been found and this is why the term Achilles tendon 'opathy' is now more commonly used.

Achilles tendinopathy is one of the most common injuries of the heel and is particularly prevalent in distance runners - it is reported to contribute up to 20% of the total injuries in runners. It is usually a response to overload in the form of repetitive tension or compression of the tendon which is continued without giving the tendon time to heal and rest.

Achilles tendinopathy can be categorised into the following two groups:

- **Insertional** (insertional tendinopathy affects the tendon up to 2cm above where it inserts onto heel)
- **Mid portion** (mid portion tendinopathy affects the area above this and up to 7cm).



Achilles tendinopathy injuries can be classified further into stages of duration and/or disrepair ...

- **Reactive tendinopathy** is when a tendon swells and becomes painful as a response to a rapid overload (in our case, usually in the form of a change to our running habits); the tendon remains unchanged so this process, if managed correctly, can be reversed in a relatively short space of time.
- **Tendon disrepair** follows a reactive tendinopathy if the tendon is still loaded. Tendon structures start to change leading to disrepair.
- **Degenerative tendinopathy** is associated with chronic tendon overload; it is common in older people and runners who have continued to run for a long time whilst ignoring their levels of discomfort. The tendon can appear thickened and sometimes nodular or 'knotted'. Achilles tendon rupture is more likely in a degenerative tendinopathy.

It should be pointed out that sometimes these stages can overlap e.g. a degenerative tendon that is reacting to a recent increase in activity.

Management - Reactive Tendinopathy/Early Tendon Disrepair

Management consists mainly of reducing the stresses placed on the tendon, as well as reducing pain levels.

Taking a short break from running, where possible (I know you didn't want to hear that!), or modifying training may help to reduce load on the tendon; running shorter distances, running slower or running on flatter surfaces may be beneficial and cross-training may also be less damaging whilst maintaining aerobic fitness. Wearing more suitable running shoes, insoles or incorporating a heel raise in a shoe may also be a simple solution.

Swelling and pain may be reduced by a short course of anti-inflammatory drugs (I know I said Achilles tendinopathy was not inflammatory, but they are believed to remove fluids from the affected area). However, advice should be sought from a suitably qualified health professional before starting a course of medication.

Certain exercises are also known to reduce pain in a reactive tendinopathy. These exercises are known as isometric exercises and work when the muscle is kept still in a certain position.



It is best not to stretch the Achilles tendon or to perform heel drops off a step for insertional tendinopathy as this is believed to compress the tendon.

Management - Late Tendon Disrepair/Degenerative Tendinopathy

Management involves strengthening of the tendon and calf muscles. Many different strength exercises are utilised but mainly consist of eccentric exercises and heavy slow resistance exercises.

Eccentric exercises



For example - single leg squats on a flat surface

Heavy slow resistance exercise



For example - leg presses with heavy weights

Tendons can take a long time to heal (up to four months) so patience and keeping to prescribed exercises are important. Where tendons fail to respond to the first line treatments mentioned, more options may need to be considered - there are many treatments, all with various success rates.

Run happy and pain free!

Paul

Hydration/Re-Hydration

As I'm filling my water bottle for the umpteenth time hydration and re-hydration seemed the obvious news letter topic for this time of year.

We're all aware of the need to consume adequate amounts of water but sometimes it can seem so hard & when you're busy it's very easy to just forget to drink enough until we actually feel thirsty – one of the first signs of being mildly de-hydrated! It can also be hard to know exactly how much to drink; normal average daily intake is about 2.5 litres with a little over 1 litre of this coming from actual liquid and the rest from your food and bodily processes. You will need more in the hotter weather and to cover fluid loss through exercise. Water is of course best but herbal teas, squash & juice etc all help. It's wise to water any fruit juices down with – well of course more water to lower the sugar content or try making a delicious “agua fresca” infusing fruits & some spices in chilled water for a deliciously refreshing treat – cucumber & mint or lemon & ginger make particularly tasty combinations. If you've not jumped on coconut water band wagon yet give it a go, its low sugar, tastes great & high in potassium so a good choice all round especially after exercise. (And also after a few too many shandys!!)

There's lots of advice around & if you want to (or need to) be technical about it you can find calculations to work out your water requirements but basically the best & easiest way to keep a check on your hydration levels is to keep an eye on things when you visit the bathroom; you should be aiming for a “light straw” colour (though bear in mind if you've been eating beetroot or supplement B Vitamins this will be very different!!)

When you are exercising/running outdoors in the heat keep a water bottle to hand - you'll find some great options in store. For your every day runs make sure you choose a system which allows you to take adequate fluid to sip freely when needed as you would in the gym & if you exercise regularly you will be familiar with your requirements. If competing or doing long distances it's wise to consider a carbohydrate drink which will help meet both fluid and carbohydrate requirements to ensure performance through the event. Try some of the SiS products in store such as the Go Hydro tablets or the Go Energy or Electrolyte powders.

Yoga Corner

Welcome back

This month I felt it helpful to look at some of the amazing benefits of Yoga, some of which are key as we get older :).

Several recent studies drive home yoga's positive effects on the brain, central nervous system and immune system, said Dr. Loren Fishman, a New York City physician who is also a yoga instructor.

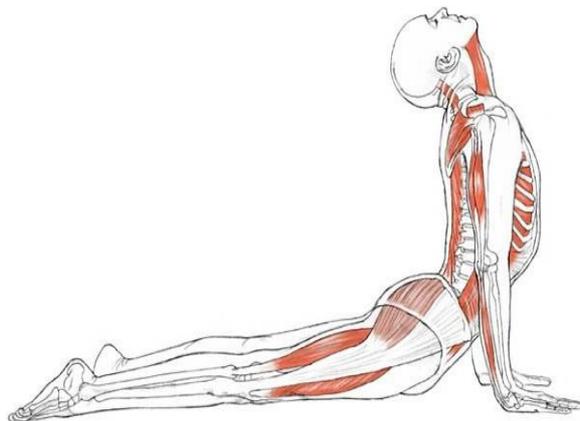
"It thickens the layers of the cerebral cortex, the part of the brain associated with higher learning, and increases neuroplasticity, which helps us learn new things and change the way we do things," said Fishman. He has used yoga in his medical practice to treat myriad conditions, including multiple sclerosis , carpal tunnel syndrome, arthritis and rotator cuff syndrome.

Other research indicates long-term yoga participants significantly gain bone density over two years' time, which Fishman attributes to the effects of muscles working against gravity.

"Yoga pits one group of muscles against another, exerting many times the force of gravity," he said. "That increases the stress on the bones, and the bones react to that by thickening.

(livescience.com)

The featured yoga posture this month is **Upward Facing Dog**.



"Upward-Facing Dog better known as **Up-Dog**, is a gentle back bend. It's a great pose for opening your chest, throat, shoulders, and the front of your thighs:

How To Perform

- Lie on your stomach with the top of your feet on the floor.
- Place your hands beside your rib cage with fingers spread wide, finger tips below the line of the chest.
- Press into your hands, spread your fingers and feel the mat beneath your palms.
- Hug your elbows to your side, roll the shoulders back and away from your ears; think about squeezing a pen in between your shoulder blades, and then reach out through the top of your head.
- Draw your lower belly in towards the spine, and create a slight inward rotation of the thighs. Press the toenails into the mat.
- On an inhale, feel the connections between your palms and the mat. Slide your body along the earth.
- Lift your torso and hips off the mat and shine your heart, leaving only the top of your feet and your palms in contact with the earth.
- Imagine rising up to the sun and visualise the back bend coming from your heart centre.
- Send the sternum forward, whilst keep drawing the lower belly in.

Benefits

- Builds bone density, rejuvenates and energises your body, eliminates stiffness and back pain and boosts circulation.

Contraindications

- Carpal tunnel syndrome.
- Late term pregnancy.
- High blood pressure or headache.

Modifications

- Activate your fingertips rather than putting all your weight into your palms.
- Loop and secure a strap around your arms just above your elbows.
- Imagine that the strap is tightening inward, pressing the outer arms in against the bones.

Push the inner shoulder blades outward against this resistance.

Please feel free to ask any questions about Yoga or local classes for any ability.....
There will be a lovely location soon available for classes outside and inside so watch this space :)

Contact: - Zoe on this email address - shop@frankelfordsports.co.uk.

This month's competition corner!

WIN A FREE YOGA CLASS ☺

Unscramble this yoga related word

A Y N A A R M P A

Hint words – Life, Energy

All correct entries will be put into a hat and the successful winner contacted ☺.

Email entries to shop@frankelfordsports.co.uk.

Wise Words

'The real purpose of running isn't to win a race; it's to test the limits of the human heart' – Bill Bowerman.

'First we try to run faster, and then we try to run harder. Then we learn to accept our limitations, and at last, we can appreciate the true meaning of running' – Amby Burfoot, 1968 Boston marathon winner.

'Running has always been a relief and a sanctuary' – Kara Goucher, US Elite athlete.

'Running is special. We've all done it; well, poorly, focused, in fear, being pursued, towards a goal. It's just elemental' – Rob Delaney, comedian and actor