

March 2019 Newsletter

DSActive

Activities for people
with Down's syndrome

On February 26th the HHRC Leaders learning is supported by additional training from Doug Statt to allow us to coach athletes with Down's Syndrome. We really love to boast our all-inclusive all ability ethos.

We are looking at starting a monthly Saturday Morning session from the Community Green in Hawkinge. All will be welcome to join in.

I will keep you updated with this plan develops - a big HHRC Thanks to Doug from DS Active for supporting us 😊

The SUPER POWER of chocolate milk!

As some of you may know you may know my background was as a high-performance lightweight athlete training 14-20 hours a week, and I had to make sure everything I ate was optimised for performance whilst keeping lean. These days my work is in anti-doping, and that's not just about avoiding prohibited performance enhancers (which can show up in surprising places), but it's also about guiding anyone who is involved in sporting activity how to take care of their bodies so that you can stay healthy and in your chosen sport for longer!

So, every now and then I will share with you some tried and tested methods which are great for your performance, great for your body and better yet, kind on your wallet too!

My first and favourite recommendation: chocolate milk instead of protein shakes. Initially it may sound odd, but in fact it's proven to be a very effective sports recovery drink, particularly for endurance sports. You need carbohydrates to refuel for which this is (pun intended) chocablock 😊 and protein for your muscles to repair. Studies have shown chocolate milk as being good for improving performance and reducing lactic acid levels which cause cramping.

That's not to say you should drink it all the time, but drinking a glass 20-30 minutes after a particularly strenuous session will be very effective, and not to mention something to forward to! For other lower intensity sessions, water is perfectly sufficient for recovery



Club Schedules

Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site!
All sessions are £3.00.

Aylesham Branch Schedule

March 2019

Date and time	Location	Session	Notes
Mon 4 th - 1830	AWLC	FUNDamental week 9	
Wed 6 th - 1830	AWLC	Club Session	
Mon 11 th - 1830	AWLC	FUNDamental week 10 5K Fun Run	£5pp non-course athletes
Wed 13 th - 1830	AWLC	Club Session	
Mon 18 th - 1830	AWLC	Club Session	
Wed 20 th - 1830	AWLC	Club Session	
Mon 25 th - 1830	AWLC	Club Session	
Wed 27 th - 1830	AWLC	Club Session	

Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 4 th - 0900	HCC	Club Session	4m & 6m option
Tues 5 th - 1830	HCC	Club Session	
Mon 11 th - 0900	HCC	Club Session	Elizabeth to lead
Wed 13 th - 1830	HCC	Club Session	
Mon 18 th - 0900	HCC	Club Session	4m & 6m option
Mon 18 th - 1830	HCC	Club Session	
Mon 25 th - 0900	HCC	Club Session	4m & 6m option
Mon 25 th - 1830	HCC	Club Session	

Session cancellations due to weather conditions (ice) will be posted on FACEBOOK

Closed Facebook Pages: Hawkinge Hurricanes & Hawkinge Hurricanes - aylesham

Fast Twitch vs. Slow Twitch Muscle Fibers

We are born with a combination of two types of muscle fibers. Those with a high percentage of fast twitchers can run fast for a short distance, and then become very tired. Fast twitch fibers are designed to burn the stored sugar in your muscles: glycogen. This is the fuel we use during the first 15 minutes of exercise, and it can produce a lot of waste products, such as lactic acid. If we run even a little too fast at the beginning of a run, the muscles will become very tight and tired very quickly, you will huff and puff, and feel increasingly uncomfortable.

If you have more slow twitch fibers, you won't be able to run as fast at first, but can keep going for longer distances. Slow twitch fibers burn fat - a fuel that is very efficient and produces little waste product. Long runs will not only condition the slow twitch fibers to work to top capacity as they efficiently burn fat. As you increase the length of the long ones, you'll train some of your fast twitch fibers to burn fat as fuel.

Once the starting pace is controlled (and also the ego), fast runners develop a mix of fast and slow twitchers to do the work of running, and find that they don't get exhausted at the end. It is the slow pace and walk breaks that keep you in the aerobic zone, allowing you to push back the endurance limit.

Therefore, a little walk is good 😊

FUNdamental Beginners Running Course

Launching Monday 22nd April 1815 from HCC

10 week fully supported course

Qualified Leaders and Coaches

Fully insured

Recommend a friend to this course and get free club session voucher for yourself 😊

Races 2019

2019	1	12	Any distance	Betteshanger Cakeathon run for Cake	Expensive	Betteshanger-park.co.uk
2019	1	13	5k	Canterbury Barham		Runbritain
2019	1	27	10mile	Canterbury Ssangyong	Undulating - hills!	Runbritain
2019	2	10	half/	Deal		www.dealtri.co.uk
2019	2	10	10K	Ashford	10.30am start TN24 9AL £18 plus booking fee	http://www.sportingeventsuk.com
2019	2	17	Half	Tunbridge Wells		http://www.twharriers.org.uk/tunbridge-wells-half-marathon/
2019	2	17	Half	Headcorn	9am start TN27 9QT £22	www.runningandridding.co.uk
2019	2	17	10k	Dymchurch	11am start £15	-
2019	2	17	5k	HH Dog Jog - Reinden Woods		Hawkinge Hurricanes
2019	2	24	10k/5k	Trosley Park Train Run		-

2019	3	10	half/20mile			www.nice-work.org.uk <i>Club Mini Bus transfer £5pp</i>
2019	3	10	10k	West Worthing		-
2019	3	17	20mile	Ricki Savage Thanet Road Race	9.30am start CT11 OHE £23	<u>Runbritain</u>
2019	3	24	10k	Canterbury Riverside	PB course 10am start CT4 7HZ £17	<u>Runnersworld</u>
2019	3	24	10k	Smugglers @ Minnis Bay		http://www.sportingeventsuk.com
2019	3	24	10k	Whitstable		<u>thefixevents</u>
2019	3	24	half	Medway		-
2019	3	30	half 10	Olympic Park		<u>Runthrough.co.uk</u>
2019	3	31	10k	Forestry 100 Bedgebury		-
2019	4	7	half/marath on	Kent Spring - Charing		www.nice-work.org.uk
2019	4	7	half	Paddock Wood tonbridge	Good flat PB	<u>paddockwoodhalfmarathon</u>
2019	4	7	10K	Chatham Maritime		http://www.sportingeventsuk.com

2019	4	19	10mile	Folkestone		<u>Runbritain</u>
2019	4	14	Marathon	Brighton		<u>Brighton</u>
2019	4	21	Marathon	London		
2019	4	TB C	5k	Bridge	Killer hill at start	http://www.sportingeventsuk.com
2019	5	5	10k	Island Run		-
2019	5	6	10k	Whitstable		whitstable10k.org.uk
2019	5	11	Half	Bewl Water		Hermes Running www.letsdothis.com
2019	5	12	10k	Stelling Minnis	Killer hill 1k at end	http://www.sportingeventsuk.com
2019	5	19	10k	Canterbury - uni		http://www.sportingeventsuk.com
2019	5	19	10k	Sittingbourne		<u>Runbritain</u>
2019	5	26	10k	Folkestone Coastal		www.nice-work.org.uk
2019	6	2	10k	Medway - Gillingham		www.nice-work.org.uk
2019	6	9	10k	Tenterden		http://www.sportingeventsuk.com
2019	6	9	10mile & 10k	Maidstone Riverside	9am start ME16 8LW £22	www.runningandriding.co.uk
2019	6	16	Half	Herne Bay - Saxon shore		http://www.sportingeventsuk.com
2019	6	22	7km	Broadstairs Harbour Wallbanger		<u>Runbritain</u>
2019	6	23	10k	Sandwich		http://www.sportingeventsuk.com

2019	6	30	30k	North downs		www.isteadandifield.org.uk
2019	6	30	5k/10k	Whitstable		thefixevents
2019	7	7	10k	Herne Bay		hernebay10k.co.uk
2019	7	7	5m	Cliffe Woods, Rochester	10.30am start £16/£18	http://www.sportingeventsuk.com
2019	7	21	10k	Gusbourne	10.30am start £22 plus booking fee	http://www.sportingeventsuk.com
2019	8	TBC	10k	Aylesham	Hilly	-
2019	8	TBC	Half	Canterbury	Usually last Aug bank holiday V tough hills towards the end	-
2019	8	31	100k	100k Relay - South Coast Challenge	Details to follow	-
2019	9		Half	Kent Coastal	Undulating	-
2019	9	8	10k	Wingham		http://www.sportingeventsuk.com
2019	9	29	Half	Folkestone	Killer hill at end	www.nice-work.org.uk

2019	1 0	13	Half	Maidstone		http://www.sportingeventsuk.com
2019	1 0	20	10k	Tonbridge	9am start TN11 9AE £17	www.runningandridding.co.uk
2019	1 0	27	10mile	Ashford		http://www.sportingeventsuk.com
2019	1 0	?	10mile	Sittingbourne	Oct Usually	-

Club Thanks to Claire Olsen for taking the time to collate these races 😊



Moving with the times

In a rush to get to club, no cash in your pocket!
pay for products, sessions, gift vouchers, clothing
or bulk sessions with the new club card reader to
make things easier.

No additional costs are incurred by athletes 😊