

Jogging AlongWho looks after the beginners?

This is a regular problem of constant concern to many of the well established joggers. It has been exaggerated even more recently with the Wycombe $\frac{1}{2}$ marathon coming up. Although the problem has been talked about many times, it has not yet been satisfactorily solved, with the burden falling heavily on Vernon.

From the beginners point of view, he comes up to Handy X, sees little groups of joggers in frantic discussion, they all run off round the warm up circuit, then split up again into little groups and go charging off in different directions. He must feel isolated, bemused and confused.

As I see it, the beginner has 2 main problems. 1) He needs someone to accept him into the group, and explain what goes on. 2) He needs someone to accompany him jogging UNTIL he feels confident, UNTIL he fits into a regular running group, and UNTIL he knows the jogging courses.

A possible solution to this problem would be if each week 1 male and 1 female experienced joggers volunteered to look after all newcomers. Although the duty would be for 1 week, the volunteer would be responsible for the newcomers until they feel accepted within the group and able to cope with their own jogging.

This way the responsibility is shared and ensures that newcomers do not feel like intruders, and always have an experienced jogger they can turn to for advice.

If you can think of any other solution or better solution, please let us know

John White - Editor

Forthcoming Events.

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| July 17th | <u>Amersham Carnival Fun Run.</u> Approx. 5 miles. Ideal for joggers. Entries accepted on the day. |
| July 24th | <u>Wycombe $\frac{1}{2}$ Marathon.</u> Starts 1pm. |
| Aug 7th | <u>Wantage, Oxon. 7 mile road race.</u> |
| Aug 14th | <u>Shaftesbury '10'.</u> 10 mile road race near Watford. |
| Aug 29th | (Bank Holiday) <u>Oxford Road Races</u> Seperate events for boys, girls, joggers and club athletes. |
| Sept 5th | <u>Burnham Beeches $\frac{1}{2}$ Marathon.</u> |
| Sept 12th | <u>The Tilehurst '10'</u> 10 mile road race, near Reading. Starts 11am. |
| Sept 18th | <u>Reading Police '10'</u> |
| Sept 19th | <u>Amersham 5 mile road race, plus family fun runs.</u> Starts 10am. |
| Sept 19th | <u>Silverstone Relays</u> Team relay races around the actual Silverstone circuit (Approx 2 $\frac{1}{2}$ miles). |
| Sept 26th | <u>Hyde Park Fun Runs.</u> A great day out for all the family. Fun runs for all age groups. |

Events Cont. over.....

Forthcoming Events Cont.....

- Oct 3rd National Veterans Marathon at Stone, Staffs.
Oct 3rd Avon Ladies 10 mile road race at Barnet (Plenty of free goodies for the ladies).
Oct 3rd Nias 10 mile road race at Newbury.
Oct 10th Masters and Maidens Marathon at Guildford - Good Event for beginners at Marathon running.
Oct 17th Keep Hill Climb. Local event to be organised by Handy X Joggers. About 3 miles, but includes the very steep Keep Hill.
Nov 7th Bracknell 10 mile road race.

For further details and advice on entering any of these events contact the Events Secretary Vernon Martin.

Results

Poly Marathon Windsor - 12th June 1982

Chris Wood 3.11, Vernon Martin 3.37.

Welwyn Garden City 1/2 Marathon - 13th June 1982

John White 77.13, Alan Edwards 85.28.

Chalfonts Carnival 6 mile road race - 26th June 1982

Brian Bower 34.04, Steve Barrow 34.51, John White 34.57, Paul Blake 37.05, Chris Wood 37.25, Chris Gentry 38.12, Alan Edwards 38.41, Vernon Martin 40.36, Peter Anderson 42.03.

Tips for Beginners

By the time you receive this newsletter the Wycombe 1/2 marathon will be only days away, and the last few days of training and preparation are THE most important. If this is your first race, you will probably be unsure of how to train in the run up to the race.

In actual fact your training should now be completed, you will gain no benefits by training hard or going for long runs in the 2 weeks prior to a race. The hard work is done, you now need to reduce the intensity of your running, just running SHORTER distances and SLOWER speeds to allow your body to be fully recovered by the 24th July.

Having said that, I will guarantee that most beginners will still train TOO hard in the last two weeks, and get to the start only partly recovered from the previous training. The following is a suggested schedule for first time runners for the 2 week run up. The distances given are the MAXIMUM to be run, if you feel very tired, cut them down even further.

Sunday 11th- slow 9 miles. Monday 12th- Rest. Tuesday 13th- slow 6 miles.
Wednesday 14th- Rest. Thursday 15th- 5 miles with fast bursts. Friday 16th- Rest.
Saturday 17th- practice for the 24th - get up and have light breakfast by 9am.
Prepare to run at 1pm. Run 6 miles at the pace you hope to run at on the 24th.
(Don't overdo it). Sunday 18th- slow 5 miles. Monday 19th- rest. Tuesday 20th- slow 3 miles. Wednesday 21st- Rest. Thursday 22nd- slow 2 miles. Friday 23rd- Rest.

Preparation Cont over.....

This is only a suggested schedule, but I feel it is the MAXIMUM that any 1st time runner should do, many will need to cut down the distances even further. Remember, it is too late for training to improve your performance. The aim is now to restore your depleted reserves of energy, to keep yourself loosened up, to feel strong and raring to go on the 24th.

A Bit on the Side

Aside from jogging we are pleased to announce the following social events.

- July 18th Family picnic and outdoor games at Wendover, starting at 12 o'clock. - Further details from Carmel.
- July 26th Celebration drinks at The Blacksmiths Arms, Handy X. To swop war stories, share pains and pleasures of the Wycombe ½. Everyone welcome, bring along husbands, wives, lovers etc. If the evening is successful, it may become a regular social event once a month. 8.00.
- Nov 27th Skittles evening. Please note this evening has been brought forward from the 4th December - further details later.

