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This is the 3rd issue already! I've been helped this month by a few of our runners doing the Kilomathon, and I thought I'd ask for their comments on the race. Perhaps, I can ask some questions about the Keswick week-end that is being planned at the moment? Elsewhere, our Men's Captain, Rob, tells us about himself, Garry updates us on his Boston trip. I've also included the second part of the Alf Tupper story, and an article about backwards running. As ever, I've finished off with a quiz—this time just 8 questions about Football.



A Few Questions With— Rob Gooch

Name : **Rob Gooch 47. Mens captain.**

What is your job : Work for Notts County Council as a Finance Consultant to Schools, not very exciting but it pays the bills and buys the beer. It is nice though, visiting schools and meeting different people.

Kids: Have 3 Boys, Dan, Jay and Mat aged 24 to 17 from my previous marriage. They are all really great lads and I'm really proud to be their Dad.

How long have you been running? : Have always loved running and never found a cure for it. Joined KADS in 1993 as I wanted to train regularly and run under 1hr 30mins for the half marathon. The Club is something I really value and hope it will always exist.

Favourite routes : Anything downhill and short!! Seriously I prefer to run off road. The only downside is the occasional run-in with irresponsibly owned dogs. Don't like running on the beach though, as it jars my back.

Favourite races : Without a doubt The Robin Hood, there is a real buzz on the day and the feel good factor is infectious and it's local.

What's the best/worst thing about running? : Best—if you're doing enough mileage, being able to eat and drink what you like, without putting weight on.
Worst—Those characters that hi-jack our sport (Spring Joggers), who start running and then shout from the roof tops how far they ran last night, how far they'll run tonight and how they're going to conquer the world of running. Then when you see them 3 months later and ask them how the running is going, they won't have run for the last 12 weeks!!

How far do you run per week? : A few years ago I used to do 40 miles a week from March to December. I find you have to do around 15-20 miles a week to maintain a reasonable level of fitness. This winter I'm only doing about 5 miles a week and am desperately seeking some motivation.

Runs I'd like to do : The London Marathon, only the once though, I enjoy watching it laying horizontal on the settee too much.

Any running tips? : Make sure you enjoy it. Set yourself goals that are achievable and don't reach for the stars too soon, there's nowhere to go once you've peaked. Slowly improving over many years is the best way. As for chafing, slap a bit of Margarine where it's sore. It works as good as Vaseline and doesn't mark your clothes.

What are your interests outside of KADS? : I have been ballroom/latin dancing for 4 years. I currently don't have a dance partner, but it's a great hobby, so would like to pick it up again in the future. Other than that I enjoy playing or watching sport. Probably enjoy playing golf most of all.

What are your favourite pieces of music? : I can listen to anything, but Queen is my favourite band. Freddie Mercury was a genius. But it really depends what mood I'm in.

Favourite books? : Not a bookworm, but if I do they tend to be factual. Sometimes enjoy reading autobiographies.

Favourite places to visit : Ben Nevis is my favourite place in the UK, been up there 4 times. My favourite city is Venice, it's the only city that has taken my breath away. I've been a couple of times and stayed at Jesolo, which is a beach resort and only 12 miles from Venice. It's also only about 50miles from Verona, which has Romeo and Juliet's balcony and the 2nd largest Arena in Italy.

Places I'll never go again : South Wales; it's nowhere near as nice as north/mid Wales and the locals generally don't like the English.

Things I'd like to see KADS do : To continue to be a friendly club. I would love running for the club in the league races to become a habit for more of our members.

Favourite tippie : Real ale (Everards Original, Queens Head, Watnall) is best. I also like Red Wine.

TV shows that I watch : Loved The Office and watch anything with Ricky Gervais in. Find Harry Hill funny too. I like to have a drama to watch and looking forward to the next series of Ashes to Ashes.

Favourite films : Pulp Fiction, Kill Bill 1 and 2. Also found the Austin Powers series hilarious.

Pet Hates : Traffic Jams, Queues and those people that put on a false posh voice, it's a glass not a glaarrss.

Favourite food/places to eat : Indian or Sunday Roast. Best Sunday Roast; Red Lion at Underwood. Best Curry, 4550 Miles from Delhi on Maid Marion Way.

SMILERS

I've been working out every day this week. My TV remote is broken, and getting up out of the chair 50 times a night is really tough.

There's nothing like getting up at 5 a.m, jogging six miles, and then taking an ice-cold shower. There's nothing like it, so I don't do it..

Exercise wouldn't be a problem with me if I had a different body to do it with.



"The wear pattern on your running shoes suggests that you watch too much TV."

Why is Garry getting slower, when he isn't 60 yet?

The World Indoor Rowing Championships, held at Boston USA, was a fantastic event. CRASH-B and Concept 2 put on a brilliant weekend, from training facilities, welcome luncheon and a whole day of competition and prize-givings.

Race Report:

Rosalind's first competition went well, rowing in her KAD's vest (thank you Helen) against worldwide competition, she finished 7th in her category. Garry, suffering from jet lag, man flu, too much socialising and otherwise any old excuse was 4 seconds slower than last November but still managed to finish one place in front of his old friend and adversary, Ian Wilson of Concept 2 fame.



KADS road-test the Kilomathon

	How did you rate the course?	What was the organisation like?	Would you run it again?	Overall score
Colin Goodwin	7/10 'My only problem was that parts got congested...a lot of road running...nice going through the park'	5/10 'starting in one place and finishing in another was not good.. No signs to catch shuttle buses	7/10 'I'd probably do it again, and park my car at the finish	19/30
Ian Berry	8/10 'Quite flat and varied scenery	3/10 'ruined my day really...poor signposting & lack of toilets	5/10 'organisation at the start was the worst I've known'	16/30
Helen Woods	8/10 'Pretty flat...and a nice part through a country park'	6/10 'meeting area ay the end wasn't well signposted'	8/10 'good training if you're doing a spring marathon'	22/30
Ian Hunter	5/10 'extremely dull'	6/10 'More toilets were required at the start'	5/10 'if it wasn't local it would be a resounding no'	16/30
Sylvia Binch	8/10	10/10 'Not enough loos though'	10/10	28/30



Overall average score

7.2

6.2

7.5

6.7

ALF TUPPER—Tough of the track



BACKWARDS RUNNING

Backwards, forwards, what's the difference? It just depends on which way you are facing. True, if you are standing still. Now try to run. You'll be fully aware of the differences after your first few steps.

Backward running, backward walking, and retropedaling are developing and quickly becoming more popular in all parts of the world. The popularity of backwards running can be traced back to the American pioneers of this new and different way of running. From the beginning of the century great names such William Muldoon, Gene Tunney, Bill Robinson, Ed Schultz and others, used backward running in their training regime. But it was not until the 1980's that backwards running began its real development and began gaining popularity.

Gary Gray has used backward running and backward walking as techniques of rehabilitation in his private hospitals for the past twenty years and has found great success with these techniques. The professor Barry Bates was one of the first pioneers to not only practice backwards running techniques but to also publish his findings. These very publications have been reproduced and reprinted by countless media sources. The doctor Robert K. Stevenson published the first book on the subject of backwards running in 1981 and particularly interesting is the book "Backwards Running". Ron Austin was also one of the great protagonists of backwards running for the United States of America for many years.

But it is the new millennium that will see the beginning of a new fashion developing a little in the whole world. Like jogging which in the 1970's spread through the planet, "retrorunning" (backwards running) could indeed during the next decade conquer the world. New medical publications, resulting essentially from United States, continue to make therapists, sportsmen and trainers alike aware of this method of running. At present athletes in numerous sports (football, basketball, tennis, athletics, fitness, and so on) utilize backwards running in their training.

Hundreds of persons in the United States begin backwards running because of its numerous and appreciable benefits: better oxygenation (84% VO₂ in backward running vs. 60% VO₂ in forward running); cardiovascular system increases (184 pl/mn vs. 162 pl/mn); it burns one third more calories than forward running; it develops considerable balance, velocity and stamina; it works more quadriceps than forward running; it reduces the ground impact; it promotes a greater flexibility of the body; and it reduces the risks of injuries.

Footnote

As ever I'm looking for articles from you all! They don't necessarily have to be about running, but be about something that might interest all the other of our members.

Don't forget that we shall be holding fitness sessions on the Leisure Centre field again this year. There will be a Monday night session for 12 weeks (not including Bank Holidays) on the 19th April, and a Thursday night session beginning on the 22nd April. The theme of these sessions is "How to improve your 5k time", and they will mostly be centred on the track—but there will be some hill sessions!

I'm also looking at booking a "Bleep session" at the Leisure centre. I'll keep everyone informed of the date nearer the time.

Elsewhere, the Keswick Half Marathon is coming up, and that is usually a popular weekend with the club, as is 'La Tranbaie' in France.

The Finish Line

The club are committed to helping Broxtowe Council with their 1k and 5k races which are being held on Bramcote Park on April 19th. Please come along and help if you have the free time.

KADS QUIZ

1. What is Wayne Rooney's middle name?

- a. Mark
- b. John
- c. David

2. Which footballer became the first celebrity to refuse to appear on TV show This is Your Life?

- a. Bobby Moore
- b. Danny Blanchflower
- c. Pat Jennings

3. George Best once played five times for which south coast club in the 1982-83 season?

- a. Southampton
- b. Southend
- c. Bournemouth

4. In 1984, Paul Walsh and which other Luton player featured for England against France?

- a. Brian Stein
- b. Ricky Hill
- c. Mick Harford

5. Which country at the 2006 World Cup were eliminated on penalties against Ukraine despite not conceding a goal from open play in the entire competition?

- a. Switzerland
- b. United States
- c. Ghana

6. Which League One side have the highest average home attendance this season?

- a. Leeds
- b. Norwich
- c. Southampton

7. Which side play their home games at Roots Hall?

- a. Colchester
- b. Gillingham
- c. Southend

8. What is Sol Campbell's real first name?

- a. Solomon
- b. Sulzeer
- c. Sulley

BLISTER

Answers from the quiz last issue :- 1) Jo Jo Gunne 2) Roy Orbison 3) Spencer Davis Group 4) Black Crowes 5) Santana 6) The Beatles 7) Louis Jordan 8) Bruce Springsteen 9) Junior Walker and his all stars 10) Creedence Clearwater Revival 11) Martha Reeves and the Vandellas 12) Dion 13) Supergrass 14) Radiohead 15) Jonathan Richman and the Modern Lovers 16) Kate Bush 17) U2 18) Muse 19) Sam Cooke 20) Van Morrison
There were NO correct entries