

# Up & Running

April 2009

Issue No. 105

Lothian Running Club

<http://www.lothianrunningclub.co.uk/>

## Secretary's Notes

From Martin (01506 412322)

### National Road Relay Championships - April 4<sup>th</sup>

The event starts from St. Margaret's Academy Howden at noon. We have six teams competing against some of the top Scottish athletes. If you are not running or helping why not come along and support?

### Team West Lothian.

A reminder that there will be a "Trial" at Craigswood starting at 6pm on Friday April 3<sup>rd</sup>. Tell Mary if you would like to take part if you or can help.

[inglisstoneridge@supanet.com](mailto:inglisstoneridge@supanet.com) (07968 376 729)

Note that, because of this, there will be no normal training that night. (Rest up for the road relay next day.) Which leaves you free to help or to organise a group run.

There will be 2 events for the introductory group.

### Information from the March 09 Committee meeting.

Hello Everyone,

Spring is in the air. Fewer layers on to run in and the promise of lots of sunshine - we hope! People are emerging from hibernation although training for a race early in the season means some people have been out all winter in all weather - well done to hardy runners who don't let something like the weather keep you indoors!

News from the last committee meeting

- 1.) The lovely new track suits have been distributed to those that ordered them by Edel and Carol - many thanks.
- 2.) The vest stock is now being held by David Berrill. If you would like one then email David (address on the web) and he will supply. There are also some long sleeved t-shirts looking for homes.
- 3.) Jill Horsburgh is going to have a fun session for the 10 to 12 year old girls. This promises to be a good chance to have a chat with others of the same age doing something healthy that we all enjoy! Join Lothian Running Club and have some fun girls!
- 4.) We have 4 new Level 1 coaches - Congratulations to Matt Richardson, Jane Kirkwood, Kenton Jones and Scott Nelson.
- 5.) The Road Relay Trial will be over by the time this comes out but hope you were there and enjoy the real thing on the 4<sup>th</sup> April. It is a great event on our home turf.
- 6.) Helpers are needed for the above - if you can supply an auntie/uncle/granny/friend etc. to marshal for about 3 hours on that day then please let Martin or any committee member know asap.  
Thanks.
- 7.) A wee reminder to send the Treasurer your membership money for another good year of training and fun as part of Lothian Running Club if you have not already done so.

Happy training and hope you stay injury free for a good season.

Marsie

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## Help Needed

Somebody is needed to co ordinate a door rota (collection of training fees) If you can help please contact Martin or Saran.

Somebody is needed to take charge of 1st Aid boxes - ensuring they are kept stocked. If you can help - as above.

## What Causes Muscle Pain and Muscle Soreness after Exercise - What is DOMS?

Delayed onset muscle soreness (DOMS) describes a phenomenon of muscle pain, muscle soreness or muscle stiffness that is felt 12-48 hours after exercise, particularly at the beginning of a new an exercise program, after a change in sports activities, or after a dramatic increase in the duration or intensity of exercise.

This muscle pain is a normal response to unusual exertion and is part of [an adaptation process](#) that leads to greater stamina and strength as the muscles recover and build.

This sort of muscle pain is not quite the same as the [muscle pain or fatigue you experience during exercise](#). This delayed pain is also very different than the acute, sudden pain of an injury such as [muscle strains and sprains](#), which is marked by an abrupt, specific and sudden pain that occurs during activity and often causes swelling or bruising.

The delayed soreness of DOMS is generally at its worst within the first 2 days following the activity and subsides over the next few days.

Delayed onset muscle soreness is quite common, particularly for those beginning an exercise program or adding new activities.

## Causes

Delayed onset muscle soreness is thought to be a result of microscopic tearing of the muscle fibres. The amount of tearing (and soreness) depends on how hard and how long you exercise and what type of exercise you do. Any movement you aren't used to can lead to DOMS, but [eccentric muscle contractions](#) (movements that cause muscle to forcefully contract while it lengthens) seem to cause the most soreness.

Examples of eccentric muscle contractions include going down stairs, running downhill, lowering weights and the downward motion of squats and push-ups. In addition to small muscle tears there can be associated swelling in a muscle which may contribute to soreness.

## Treatment

There is no one simple way to treat delayed onset muscle soreness. So does anything work to reduce delayed-onset muscle soreness? Nothing is proven effective, but some people have found the following advice helpful, but it's best for an individual to try a few things to see what works for them. Ultimately, best advice for treating DOMS is to prevent it in the first place.

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Here are some tips for dealing with soreness after exercise:

- Wait. Soreness will go away in 3 to 7 days with no special treatment.
- Try an [Ice Bath or Contrast Water Bath](#). Although no clear evidence proves they are effective, many pro athletes use them and claim they work to reduce soreness.
- [Use active recovery techniques](#). This strategy does have some support in the research. Perform some easy low-impact aerobic exercise to increase blood flow. This may help diminish muscle soreness.
- Use the [RICE](#) method of treating injuries.
- Although research doesn't find [gentle stretching](#) reduces soreness, some people find it simply feels good.
- Gently massage the affected muscles. Some research has found that [massage was effective in alleviating DOMS](#) by approximately 30% and reducing swelling, but it had no effects on muscle function.
- Try using an [anti-inflammatory medication](#) (aspirin or ibuprofen) to reduce the soreness temporarily, though they won't actually speed healing.
- There is [some evidence](#) that performing Yoga may reduce DOMS.

- Avoid any vigorous activity that increases pain.
- Allow the soreness to subside thoroughly before performing any vigorous exercise.
- Don't forget to [warm up](#) completely before your next exercise session. There is some research that supports that a [warm-up performed immediately prior to unaccustomed eccentric exercise produces small reductions in delayed-onset muscle soreness](#) (but cool-down performed after exercise does not).
- \*\* If your pain persists longer than about 7 days or increases despite these measures, consult your physician.
- Learn something from the experience! Use prevention first.

## Prevention

There are many things you can do to prevent, avoid and shorten the duration of DOMS:

- [Warm up](#) thoroughly before activity and cool down completely afterward.
- [Cool Down with gentle stretching](#) after exercise.
- [Follow the Ten Percent Rule](#). When beginning a new activity start gradually and build up your time and intensity no more than ten percent per week.
- Avoid making sudden major changes in the type of exercise you do.
- Avoid making sudden major changes in the amount of time that you exercise.

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## "Arbroath Smokies Womens 10 mile 1/3/09"

Lothian Ladies were "smoking hot" at Arbroath! Lothian Rock!!

March 1st was a great day for the 6 Lothian Lovelies (Carol, Edel, Jill, Mags, Marsie and Saran) that travelled all the way to Arbroath Ladies Only 10 mile race. Marsie was kind enough to bring out her 'people carrier' to hike us all down to Arbroath. It provided us with plenty of room to stretch out and have a blether as us ladies usually do 😊

The weather was kind to us. Sun shone as we ate up ground along the scenic undulating 10 mile route. Every few miles, there were personal posters stuck in the ground to help us along and keep our spirits up such as "Keep it going" or "the last undulating hill, honest!". The people who organised the race were kind, friendly and helpful.

Lothian Running Club was well represented when it came to the prizes: Edel was first lady home and received a lovely bouquet of flowers for her troubles (i.e blisters, sore feet, tight calves and even more

aches and pains than usual!!!)

Lothian Ladies came 2nd team with the help from an amazing run by Saran in 16th position, followed home by Jill in 20th. It wasn't long before Marsie came along and added a 3rd over 50 prize to the Lothian accolade.

Mags seemed to enjoy the run although it was about 60 miles too short!! No, Mags we don't want to do the West Highland Way!!!!

Carol stayed up among a large bunch of women and finished in the top half of the field. She impressed us all by her speedy determined finish. You go girl!!

Homemade cakes, buns and sandwiches were a delight after the race and were nicely washed down with tea or coffee. On the way home, our chief tour guide Marsie entertained us with wee stories of 'days gone by' !!!!

We all found the day refreshing with a great sense of camaraderie.

Thanks girls for the great day and hopefully we'll all do it again sometime soon.

Edel

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## L. R. C. Sessions & Coaches - April 2009

Date	Session		Coaches / Helpers
Wed 1	<b>Fiddlers</b> . Summer course ☺		Martin & Stuart & Pauline L
	Door		Notices Jill
Fri 3	<b>Trial night - Track &amp; Field events only, no coached session 6pm start</b>		Saran, Mary, Colin, Murray, Jill, Susan, Jane, Teresa, Jim, Kenton
	Door	Saran	Notices Kenton
Wed 8	Bleep Test & group runs		Saran, Edel, Martin
	Door		Notices Jill
Fri 10	Time Trial 1500m @ 7.15, 800m @ 7.25 200 or 100m reps @ 7.35		Saran, Jane, Kenton
	Introductory group		Susan & Matt
	Juniors		Colin & Murray
	Door	Scott	Notices Kenton
Wed 15	Howden Park (Reps/hills/relay) <b>Committee meeting</b>		Saran, Martin
	Door		Notices Jill
Fri 17	Station to Station		Colin & Murray
	Introductory group - <b>Shot</b>		Saran & Matt
	Juniors		Main session
	Door	Mark A	Notices Kenton
Wed 22	Dechmont Law Park reps		Saran & Martin
	Door		Notices Jill
Fri 24	400m		Scott
	Introductory group - <b>Long jump basics</b>		Saran
	Juniors		Murray & Jane
	Door	Jane	Notices Kenton
Wed 29	Oakbank Reps ( <b>NEW SESSION</b> ) <i>Or motorway hills if wet</i>		Martin & Saran
	Door		Notices Jill

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