

The Island Run



The information on this sheet is to help you with planning your run. Please read it carefully as it will hopefully answer any queries you may have. If you need further information our web site can be found at www.ptir.org.uk

Distance Running Tips & Information

Before the Run

- **Properly hydrate yourself:** Being hydrated starts a week before the run "Thirsty people feel more pain". Drink a lot of water. If you are old enough to drink alcohol (!) try not to have more than one pint at a time in the days leading up to the run. Better still, avoid alcohol completely, since it has a dehydrating effect and can also interfere with your sleep. Limiting coffee is also a good idea.
- **Eat Sensibly:** Eat a diet rich in complex carbohydrates (whole-grain breads, pasta, and cereals). In the week before the run, about 65-70% of your calories should come from carbs. NB. **Individuals who have diabetes should never carb load and should consult a dietician for appropriate dietary guidelines.**
- **Sleep well on Friday:** Sleep generally has a lag time of about 36 hours. Sleeping poorly two days before the run will be much worse than sleeping poorly the night before. If you do toss and turn on Saturday night do not let it phase you on the starting line. Just remember that you are still ready to go.
- **Footwear and Feet:** Don't wear new shoes on the run. Wear a pair that you have worn frequently (as long as they did not create any problems). Check your toenails and clip any that are too long. Keeping your toenails neat and short will prevent them from hitting the front of your shoes, which can lead to bloody or black toenails.
- **Comfort and attire:** After the feet, most self-inflicted injuries occur from friction rubbing (e.g. nipple and groin etc.) or from lack of warm-up exercises. Whilst fun runners are encouraged to wear fancy dress if they so wish, all participants should consider how comfortable their attire will be for the duration of the run and ensure they warm-up their muscles during practices and immediately before the start of the run.

On the Day

• Start times

Event	Time	Where
10 mile walk	8:30 am	Grass Car Park opposite Shellness Golf Hut.
10 mile run	10:00 am	Exact start is opposite hut.
2 mile run	10:30 am	Beach Hotel Minster

- **Registration / Check-in:** Please be at the start of your run to register and/or check-in, at the latest **30 minutes before the start time**. If you have pre-registered you will have received a copy of your entry form. **Please bring this with you** to hand in at the registration point as it will have your running number on it. You may also bring your sponsor money if you have collected it all in.
- **Attire:** At registration / check-in you will be issued with your running number. You must pin this to your chest or stomach area only, otherwise you may not be properly recorded at the check points.
- **Free bus service:** If you wish you can use the free bus service to take you to the start of the 10 mile run. The times and pick up points are as follows:
 - Queenborough Corner 7:45 am
 - Sheerness East Working Man's Club 8:00 am
 - Sheerness Post Office 8:15 am
 - Minster Working Man's Club 8:30 am
 - Eastchurch Working Man's Club 8:45 am
 - Bayview Pub 9:00 am**Please note:** You can only make use of this service if you book a seat by phoning **07805 803379 (NB. this number is only available from 4 weeks before the event)**. Also times may vary depending on demand. Exact times will be posted on the website and in the local paper (Times Guardian) nearer to the date.
- Belongings can be brought from the start to the finish for competitors. However, the organisers, whilst trying to ensure that your belongings stay safe, cannot be held responsible for any items going missing.

The Run...

- **Practice starting slow:** On race day avoid getting caught up in the excitement and running too fast at the beginning. If you feel good after the first few miles pick up the pace and try to maintain it. When you feel fatigued, swing your arms harder to help keep momentum.
- **Hydration:** Drink during the run and don't wait until you are thirsty, by then it is too late...
- **Crossing the Line:** Finish with a smile on your face. Someone might be taking your photograph...!
- **St John Ambulance** will be in attendance throughout all events.
- **Water** will be available at 3, 6 and 8 mile markers for the 10 mile run. Walkers will be able to collect water at the 6 and 8 mile markers
- Refreshment bags will be available for all at the finish.
- The Beach Hotel is open for anyone to use the facilities either en route or for the start of the 2 mile.

After the Run

- **Recovery:** Generally, it takes a minimum of one to two weeks for the body to recover from the strain of running 10 miles. Return to normal training too quickly and you increase your risk of injury. The determining factor is not how quickly your *body* recovers, but how quickly your *mind* recovers. Olympic champion Frank Shorter expresses it well when he says "You're not ready to run another marathon until you've forgotten the last one."
- **Refuel:** Replenish carbohydrates. There is a 2-hour window following a hard effort, during which absorption of carbohydrates may be enhanced. If you can't eat them, then drink them. A little protein mixed in, improves recovery. Do not choose anything extremely high in sugar or fat, it will cause stomach upset.
- **Training:** The training you do in the three weeks following the run should be a near mirror of what you did the last three weeks before. Your eating after the run should also mirror your eating before, since a diet high in carbohydrates can help *refuel* your muscles as well as *fuel* them.

To enjoy the run and fully reap the rewards of such physical effort, be a good scout and

Be Prepared!!

An Awards Evening will be held in June at St George's Primary School, Chequers Road, Minster. Trophies will be awarded for first place in all categories and each participant who takes part and has paid all sponsorship money in, will receive a medal to commemorate the The Island Run. Certificates will also be awarded to those persons who have raised the most sponsor money, along with a prize to the person who raised the most.

Please check our website for more details of this evening.

Monies can be sent or handed in on the day or to any of the following locations before or after the event. We would be grateful if this could be no later than 3 weeks after the event or at the Awards Evening. **(Please make any cheques payable to Rotary Club of Minster on Sea):**

The Island Run c/o St George's Primary School Chequers Road Minster on Sea Kent ME12 3QU	The Island Run c/o Minster Working Mens Club Union Road, Minster ME12 2HW	The Island Run c/o Balloonatic 11/13 Russell St Sheerness ME12 1PL
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Thank you for your interest and support. All money raised will go to local charitable causes including the Paul Trigwell Memorial Fund to help local children and make a difference to young lives.

We look forward to seeing you at the event.