



Valley Flyer '07

<http://hvh.valleys.org.nz>

Monthly newsletter of Hutt Valley Harriers

Issue 1 April 2007

Editor's corner



Welcome aboard the 2007 harrier winter season. A special welcome to all our new members, I'm sure you will find plenty to keep you active, inspired and motivated for the future from your time with the club. A club like Hutt Valley Harriers gives you the chance to hook into a like-minded group that will stretch your running or walking ability, and a challenge is always good!

There will be a few changes for 2007, most notably our new-look club singlets (more on that later), and the Hutt Valley Harriers name reappearing on the Wellington interclub scene. This is because Valleys Utd, which we have competed as for the past decade or so, is now in abeyance as a winter club. This will be Hutt Valley Harriers' 84th season, and with a centenary on the horizon (2023) it's a great time to re-launch our brand.

Back in March we held our annual Hutt News 10k, and the weather again turned it on for us. Overall the event raised over \$3000 which we will be able to use to help subsidise junior activities, such as the annual trip to the North Island cross country championships at Taupo.

The competitive season has been somewhat compressed this year, beginning with the Novices and Presidents race next weekend. Trophies are on offer for these races (4km), and they will double as a trial race for the opening interclub event of the season, the Shaw Baton relay at Battle Hill Farm on 5 May.

So plenty to look forward to, including those preparing for events like the Rotorua marathon on 28 April, and school cross country events.

Go hard or go home!.

Upcoming events – April-May

April	
14	Season 2007 Opening Day
15	Moonshine half marathon and 10k (Trentham Memorial Park)
21	Novices and Presidents races (HVH clubrooms) – including Shaw Baton trial
25	Anzac Day races, Dalefield (Carterton) – 2km, 5km, 10km
28	Club run (HVH clubrooms)
28	Lion Foundation Rotorua marathon
May	
5	Shaw Baton Relays (Battle Hill Park, Pauatahanui). Clubrooms closed
6	Hutt Valley High School Bridge fun run and walk (10km and 5km)
12	Club run (HVH clubrooms)

Midweek running

Thursday packs

A training group meets at Shoe Clinic, High St Lower Hutt on Thursday nights at 6pm. This is good way to run with a friendly pack on those winter nights. You'll be ably supervised by Steve Robertson, and Shoe Clinic has been known to treat the group with occasional freebies.

Wednesday speedwork

The Wednesday speedwork group has had a break over the summer but now that the harrier season is upon us, it will kick off this week (18 April). This group meets every Wednesday night through the winter, 6.16pm in the Riverside Carpark (opposite Countdown). All paces and abilities catered for, and there is a published programme. This is a great way to work out in a group and add some variety to your training. Contact Simon England (simonengland@hotmail.com) for details.



News front

Valleys no more – From the 2007 winter season Hutt Valley Harriers will be competing in interclub events as a stand-alone club. This will mean little change for our members – simply a change of uniforms (see opposite) and that we won't be combining with the other Hutt Valley clubs for relays. Valleys Utd will continue to be active as a summer track and field club, but has been 'retired' as a winter club.

2007 subs – unfortunately these have had to increase from the 2006 season, largely because of an increase in the Wellington Centre affiliation fee. But the good news is there is still a \$5 rebate for paying before 1 May, and there is still a 10% discount for families of 3 or more.

Subs for 2007 are:

Competitive Runners and Walkers:

- Masters/Senior \$105
- U20 \$85
- U17 \$65
- U14 \$45

Social Runners & Walkers: \$45.

There is an extra incentive to pay your subs on time this year – only those who have paid their subs will receive a new uniform singlet – and you won't be able to compete in interclub events without the new uniform.

Ex-HVH member Melanie Cleland has returned from competing at the world cross country championships in Kenya, where she finished 54th in the junior women's event. Melanie qualified for the event through a successful track season and was NZ's only competitor in the junior women's competition, held at Mombasa, Kenya in March. Melanie is trained by Tony Rogers and runs for the Wellington club in the summer, but can still be seen around the Hutt Valley training with her stepdad **Steve Malanchak** and HVH junior **Ryan McAlister**.

We've got a new look!



Yes folks they are finally here – the new-look vests that we will wear in interclub competition from 2007. The design, penned by our own Phil Swain, features the traditional tangerine with black and white trim.

Because we will no longer be competing as Valleys Utd this season, and everyone requires a new singlet, the costs of the new uniform are being largely absorbed by the club this year. In the future, we will also investigate a hire scheme for people to use singlets on a per-season basis, rather than pay \$45 for new ones. This will be particularly aimed at children, who tend to out-grow their clothes rather quickly!

Hutt News 10k

Nearly 400 people turned out for our annual late summer fun run, with 5k, 10k and childrens 1k options. Our own **Tim Robertson** took out the 5km race, while **Tom England** was first home in the childrens fun run. Olympic harriers' Chris Speakman was first in the 10km event.

Summer track season

Valleys Utd athletes were again prominent on the national scene with 11 national championship medals and one NZ record falling to Valleys athletes. Among those was **Jacinda Swain** – 3rd in the senior women's 800m, and **Carl Mackenzie**,



who took out the under 19 men's 1500m title. Also of note was **Lauren Feyen** marking her return to national competition with a 4th in the under 19

women 400m., while **Abdullahi Guled** was also 4th in a strong men's 10,000m field.

Packing It In

Pack running is harrier running. You may be a new member or an old member. But for everyone the foundation of club days is the venerable pack run. And like everything, you need to practice a few easy steps to do it successfully.

Put yourself in the role of pack leader (this may just happen one day – if it hasn't already). Where would you go? What pace would you run? What would you do if someone suffered an injury? Hopefully the following suggestions will provide some answers.



A good pack stays together – This means all the time – not just for 40 minutes out of a 1 hour run. The idea of a pack run is to run at the pace of your companions, so it may be a little slower than normal. Don't worry, this gives you an excuse to chat!

Occasionally a pack will split into more than one group. If this occurs, the designated pack leader should delegate responsibility to other members to look after the sub-packs. And if you feel the need to sprint off the front for the last km of a pack run, perhaps you should consider a time trial instead.

Take care at road crossings – The pack leader should ensure road crossings are done in a safe place (preferably at a pedestrian crossing or overbridge/underpass). In most cases, the best approach is to stop and gather the group, and cross as one.



Rail crossings – NEVER cross the tracks. Find an underpass or overbridge, this is the only place you should cross from one side of a railway line to the other. Read the signs – \$20,000 fine for illegally crossing the tracks!

Direction – Pack leaders should have a good idea of where they are going, with a mind on how long before they get back to the clubrooms. Remember, if you don't know where your group's going, they won't know either!

Pace – Choose a pack that you think you will be able to stick with for the duration of the run. There's no point joining a 4min/km pack if you can only race at 4:30/km. If in doubt, be conservative and choose a slower pack than you think you normally might. You can always go with the faster group next week. There's nothing worse than being left behind!

A good pack leader leads from the back. Or to put it another way, the group should run at the pace of its slowest member.

Leader of the pack – your job is to be the “good shepherd”, and look after your flock.

- Make sure they cross roads safely
- Let them know where you are going
- Before you set out, how fast will you be going? Will there be hills? Off or on-road?
- Think about leading from the back. This will ensure you don't leave anyone behind.
- Stop from time to time to regroup, this will help everyone stay together and enjoy the run.
- Drink stops – are there any along your planned route?
- If the pack is splitting into groups of different pace, try to identify someone to lead the breakaway group
- If an injury occurs, use common sense. Be prepared to stay behind with the injured runner, and help them get assistance.



Running tip -- ditch the stitch

Every runner has experienced the dreaded side stitch, a sudden sharp pain in the side of the upper abdomen at the base of the ribs. The pain is caused by a spasm of the diaphragm, the muscle that controls your breathing. A stitch will usually go away quickly after slowing down or stopping, but even on the run, you can often make it go away by bringing your breathing into careful control.

Concentrate on belly breathing, pushing your belly out when you breathe in and relaxing it as you breathe out. Take deep breaths on the intake, and exhale suddenly, even noisily. To get the diaphragm to contract in rhythm with your steps, try to inhale and exhale as you land on your left foot.