

November 2016

**RUN
CRC**

CRAWLEY RUN CREW

All the news from your friendly all ability running club

CRC NEWS THIS WAY

Welcome!

Just a month after our launch and it's been an amazing start for the Crew, you may have thought is another running club needed in Crawley? Crawley has a population of almost 100,000 and with over two million people running in the UK the activity is on the rise and fast becoming the most popular form of exercise.

The Crew was founded by a bunch of enthusiastic and experienced runners who wanted to provide a new and fun club for the Crawley Community to cater for all abilities.

Many of you, especially those just starting out, will have experienced the fear of joining a running club. 'I'm not good enough', 'I'm not fast enough' the same thoughts went through my head back in 2007 after running on my own for several years, the problem back then was there was only one club where I used to live and they were very competitive.

We are so lucky these days to have so many wonderful running clubs around us in Crawley and the surrounding areas to choose from, Crawley AC, Saints & Sinners, Worth Way Runners, Horley Harriers and Horsham Joggers to name just a few, each club offers its own unique

style giving Crawley runners such a variety of choice.

At Crawley Run Crew we have no rival clubs we simply see them as fellow running friends like us, enjoying the wonderful activity of running, socializing and achieving their goals.

As I said it's been an amazing start for the Crew, membership and attendances at training have been beyond our expectations and as for kit sales our supplier has been struggling to keep up with demand!

We have big and exciting plans for 2017 and the committee and I are focused on providing the Crawley community with a fun running club for all abilities.

Enjoy our first newsletter and Run Happy.

Mark Clawson – Club Chairman & Coach

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Word on the Street.....

Club & Community News

Our club membership offers many advantages and a list of all discounts are shown on our website www.crawleyruncrew.co.uk. We are pleased to announce that we have established a partnership with the GYM Group based at the heart of town in the Pavilions, Queens Square.

Monthly membership to the GYM is £17.99 per month but CRC members now have an exclusive discount, just show your club membership card when joining and monthly membership is just £14.99.

The GYM manager James Collins is really excited about working with CRC and starting in January CRC will be staging fortnightly runs from the GYM. As always these runs will cater for all abilities and will see both GYM members and CRC unite in running around Crawley.

More details about this will be posted on our social media sites and in the December newsletter.



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Around Town.....

It's not all about the running at CRC but it is all about the fun so when you're not training here is a guide to what is happening in Crawley during December....

Memorial Gardens

Saturday 3rd from 5pm is the Crawley Christmas Promenade which sees a schools-led community parade celebrating Christmas with lantern making workshops to light the park with lots of Christmas cheer.

K2 Leisure Centre - Christmas Fair

Saturday 10th 10am-2pm, Tis' the season to get shopping with clothing, jewellery, crafts, cards, cakes and much more. Little ones can visit Father Christmas in his grotto.

High Street

Saturday 10th 1pm-5pm

A Christmas Carol, a free outdoor theatre performance of the Dickens classic with Victorian themed side stalls and children's crafts.

Town Centre

Saturday 17th 11am-3pm

Christmas street theatre hits the town with roaming mobile performances to entertain shoppers, look out for the mischievous elves.

Worth Park

Wednesday 21st

Enjoy the flavour of a Victorian Christmas with carols, crafts, greenery, mulled wine, mince pies and lots more.

Respect To.....

Every month CRC will award a trophy to the clubs most improved runner(s) and the November award goes to...all of you!

Every training session has seen you all put in so much effort it's been impossible to pick any individuals out but throughout December our Run Leaders will be keeping an eye on you all, will you be the one picking up the most improved trophy in December?



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Training News.....

Running Sessions in December

Wednesday 7th – Distance (outside)
Wednesday 14th – Ladders (inside)
Wednesday 21st – Hills (outside)
Wednesday 28th – Intervals (inside)

All sessions will take place in or start from Broadfield Primary Academy, Vulcan close, RH11 9PD, 6.30pm

Run sessions are free for members and just £1 for non-members.

Fitness Classes in December

Monday 5th – Play your cards right
Monday 12th – Hot & Sweaty
Monday 19th – Tabata Time
Monday 26th – No Class

There will also be no class on Monday 2nd January; classes will resume on Monday 9th January.

All Fitness Classes will be held in Hall 1 of Broadfield Primary Academy 6.30pm, Fitness Classes are £3 and for members only. Non-members can do one taster class.

Events News.....

Run Leader Bill Bedford has been busy selecting events for the Crew and here is his pick of events for December & January.

First off Crew grab a pen or open your phone and add to your diary Sunday 1st January!

The West Sussex Fun Run League races will be the focus of club events in 2017 as we look to establish ourselves as part of the league, the first race on New Year's day is the Hangover 5, chalky hilly paths out to Cissbury ring and back. The 5-mile race starts at 11.30am and the Junior (under 16's) 1 mile race starts at 11.00am.

The main race is £5 in advance or £7 on the day, the junior race is just £1 regardless of when you enter and all junior finishers receive a medal!

Race entry forms can be obtained from Mark at training or downloaded from the WSFRL website.

Come on Crew let the black and red army descend on Worthing on New Year's Day!

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Getting back to December & January events and here's Bill's Super Sunday Challenge, a host of races on Sunday 4th December.

4th – Hogs Back road race 11.4k
A multi terrain race in Guildford with a medal to all finishers.

www.aat-events.com

4th – Beddington Park festive 10k
A road run that encourages Santa hats with a medal to all finishers.

www.mccpromotions.com

4th – Mince Pie Ten Mile
An out and back multi terrain course in Seaford with a medal and mince pie to all finishers.

www.seafordstriders.org.uk

4th – Downland Devil 9 mile
A challenging trail run in Worthing with a memento to all finishers.

www.worthingstriders.co.uk

Other events in December

3rd – The Grim Original 8 miles
This is an off road run over army vehicle training tracks in Aldershot, there is also a new 4 mile race perfect for those not ready for the 8 mile but wanting to try something different.

www.grimchallenge.co.uk

11th – Holly Run

Laps of Priory Park in Reigate with various distances for kid's races, a 4-mile Women's race and a 6-mile Men's race, medal for all finishers.

17th – Christmas Pudding Dash

A fun multi terrain two lap course totalling 5 miles with a kids 2 mile run, a festive medal, Christmas pudding and mulled wine for finishers.

26th – St Leonards Church Boxing Day

Burn the Christmas binge off with this local 4 mile race suitable for runners and walkers through the fields of Tulley's farm and along the Worth Way, medal to all finishers.

14th January – Hellrunner Down South

Will you be joining the Crew as a team take on the hills of hell and the bog of doom? Check our Facebook page for more details



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Finally Saturday 10th December will be a CRC group Tilgate ParkRun meet up, more details on our Facebook page soon but we would love to have as many Crew members running as possible!

Tilgate ParkRun will also be happening on Christmas Eve and Christmas Day. Don't forget your barcode and your CRC kit.

Remember you can now also list Crawley Run Crew as your club on your ParkRun profile so if you haven't done so please do!



Kit.....

Don't forget to get your kit orders in to ensure they are under the tree for Christmas! We now also have a limited stock of Crawley Run Crew Run Clips for just £4 – perfect as a stocking filler! Head to www.crawleyruncrew.co.uk for more details.

Spot Light On.....



Each month we shine the spotlight on one of our members and ask them to answer our 5 quick fire questions. First up for this month is Jack Woolsey.

Why did you start running?

I started running when I was around 19 with the main aim to lose weight, at the time I was massively overweight. Although always being sporty I never really thought I'd ever just like running but it turns out it's addictive, within the first 18 months of running I lost around 8 stone, although some of that has come back on through periods of not running due to injury or lack of motivation.

What would you like to improve?

After completing the London Marathon last April I lost all motivation to go out running, mixed with the football over the summer

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there was always something else to do, now I have my motivation back again I want to work on my speed and to push and challenge myself to be a better runner than yesterday.

What was your best/worst race experience?

My best race has to be the London Marathon I just went out to enjoy it, my worst was this year's Reigate half marathon my lack of training made this one of the toughest runs I have ever done.

Favourite race?

South Downs Marathon, the views are amazing.

Top tip for the Crew?

It's not about how fast you go it's about how much you enjoy it.

Crew Race Reviews and Recommendations...

Las Vegas Half Marathon by Shelley Meyern, 13th November

This Race has been on my bucket list for a couple of years and on deciding to head out to Vegas to run it I was pleased when a number of others were also keen to come along and get involved in some Vegas madness.



The Las Vegas Half Marathon is part of the Rock and Roll series of events and encompasses a 5k on the Saturday and then the option of 10k, half or the full Marathon on the Sunday.

More than 45,000 runners from 50 states and 83 countries toed the start line at was the 8th annual GEICO Rock 'n' Roll Las Vegas Marathon & Half Marathon. The race is the only private event to shut down the Las Vegas Blvd., and really is a party from start to finish.

Right from the start, Snoop Dogg kicked off the event performing top hits Gin and Juice and Drop it like it's Hot in the pre-race festival area and the event also commemorated the 50th anniversary of the Las Vegas marathon, which is one of the oldest marathons in the US, having been run since 1967.

So having partied away at the concert it was time to head into our corral to make

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our way towards the start line. We started at 5pm, by which time the sun had gone in and the strip was lit up in a way only Vegas knows how! We were held in corrals a while before moving up to the start but we had gotten lucky with the weather which was dry and had been a sunny day and we got to know some of the other runners, including #marathonelvis as we inched along.

The start itself is to the south of the strip, opposite Mandalay Bay Hotel and near to McCarran International Airport. The first mile takes you out and around the infamous 'Welcome to Las Vegas Sign' that we run to the day before and lots of people were stopping for photos. The next 6 miles are straight up the strip of Las Vegas, past all the famous sights and we were cheered on by thousands of people as well as supported by numerous bands rocking out to Elvis, Cher, Bon Jovi... you name it they played it, we even went past a run through wedding!

Miles 7 – 9.5 are around the downtown area of Freemont Street before swinging back onto the strip to head south towards the finish that was just outside of the Mirage Hotel and thankfully our own hotel! The finish was a spectacle of lights, fireworks, supporters and everyone was in such a great spirits to get their hands on the superb heavy medal!



The course is as flat as you'll find and really is a party from start to finish! Starting in the late afternoon was very different to what I am used to in the UK and the dry air made us all want to take on more water than we might usually but the whole thing was a sight to behold. Whilst it was flat, with most people running it in party atmosphere (including us) it's not the quickest of fields but then the whole reason for running this race was to also experience Vegas in a unique way and for that reason, this was never about a time but a journey.

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The only thing about the race I would change is that the water was in cups which is never much fun! Considering we were given water before and after the race I do think they could have had water bottles on course but that really is my only criticism. The bag drop was easy to use, the fireworks at the start and finish were very cool, the medal was pretty hefty and the beer at the finish was also a nice touch! We spoke to a range of people en route, including a few other Brits. The Expo was good and the finishers bag had the usual freebies. Getting a technical t-shirt was also a nice touch for a race that was not cheap, but, was well worth it from start to finish!

Would I run this again – for sure! It has also made me want to do more races as part of holidays or trips as it is such a great addition!

Three Mole Hills Challenge by Mark Clawson, 20th November

The race brief was simple 3 hills, a team of 3 can run one leg (hill) each or you can be foolish and enter as an individual and do all three. Starting at a very wet and windy Denbies wine estate in Dorking the first leg involves a climb up to Boxhill including the 270 steps (4.5 miles) and a loop back to the estate to either hand over to the 2nd leg runner or carry on running as an individual. Heading back out of the estate this time taking in the long steady climb up to Norbury Park (6.5 miles), the leg is

mainly on road unlike the multi-terrain in the Boxhill leg, if you were to run as a team leg 1 needs trail shoes leg 2 needs road shoes, again you return back to the estate to hand over to the 3rd runner or in my case carry on running!



I have to admit 11 miles in and two hills climbed the thought of another leg and the steep climb up the Norths Downs Way to Ranmore common made me question why I had entered as an individual; I knew what was coming, a gruelling 2-mile climb up followed by a freefall 2 mile back down, another leg where road shoes are best.

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Crossing the finish line was quite an achievement 15 hilly miles had pushed me to the limit, a lovely medal and bottle of beer was handed to me as an individual finisher and for those who ran in teams of 3 they all received the same lovely medals and a bottle of wine to share.

Inflatable 5k Santa Run by Shelley Meyern, 26th November

5k, around Brighton Racecourse, climbing over 10 inflatable obstacles, dressed in Santa Suits, how could this not be fun?! A number of the Crew, and friends from Saints & Sinners and K2 Run Club headed to Brighton to don their Santa Suit and throw themselves around this 5km course.



Less a 5km race and more a fantastic morning with friends that involved lots of laughing, helping each other over obstacles and a little bit of running in between. Anyone could complete this event, even those who have a phobia of heights (just ask Charlene) and if you like sliding down inflatables, crawling through inflatable tunnels and throwing yourself off an inflatable leap of faith then look out for next years event and join the CRC team as I am pretty sure we will be back! We even got a photo with the Brighton & Hove Mayor! Every finisher was given a t-shirt, medal and water/recovery shake and you even get to keep the suit – what more could you want? Ho Ho Ho – Merry Christmas everyone, even in November!

Las Vegas 10k by Simone Lee, 13th November

From the day we first registered for the Vegas Rock n Roll 10k, we knew that it was a race to remember and rather than looking at it as a race, it was more of a fun run and one that we'd do as a team from start to finish.

The start line was on Las Vegas Boulevard in-between the SLS Resort and the towering Stratosphere that could be seen from miles around. It was 4pm on a Sunday afternoon and we were surrounded by hundreds of runners all geared up in bright colourful running gear and waiting in anticipation for the run to begin. There was a band performing rock music next to the start, the sun was starting to set, the air was warm and then we were off!

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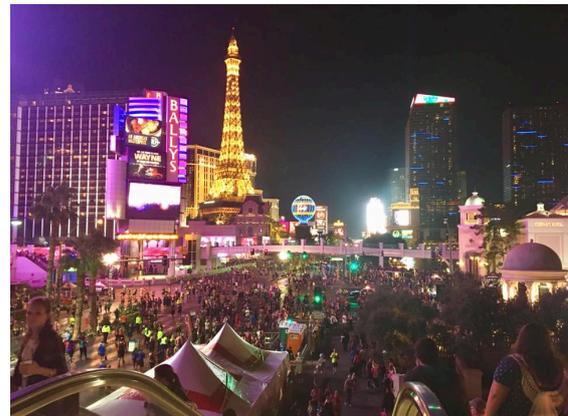
Compared to previous 10ks that I've done, this was a slow one and runners had up to 2 hours and 30 minutes to complete it. No pressure there to get a PB... especially with the warm desert heat, which made the air particularly dry.

The first half mile or so took us past the Stratosphere and most of us had our eyes looking up at the 350m high tower as we ran past. The next two miles were pretty uneventful with no spectators to cheer us on and the only sights to keep us amused were the many palm trees in the middle of the road, the usual American style highway motels, a few gun shops and several wedding chapels with pink Cadillacs parked outside.

Soon we were running through Downtown and near Fremont Street where we were dazzled by neon lights, loud upbeat music and tourists as they waved us by. After a while, we did a U-turn and ran back the way we came. By this point, the sun had completely set and we were running in the

dark with only streetlights to show us the way.

The other side of the road where we had run earlier was now swarming with marathon and half marathon runners, who would run some of the 10k course as part of their route. I kept an eye out for my fellow CRC friends but with more than 20,000 runners, this was not easy!



The last mile took us onto the strip and here was where the real fun began. Tourists and spectators were cheering us on, the many fancy resorts were blinding with their light shows and water fountains, those who were walking have now picked up their pace and we all raced towards the finish with our hands in the air in celebration of what we had accomplished. Being greeted at the end next to Ceasars Palace with the coolest medal ever, and with beer as well, definitely made this one of the most memorable races I've done!

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The Last Word.....

TEN COMMANDMENTS FOR THE RUNNER

1. Thou shall not compare thyself to other runners. A mile is a mile.
2. Thou shall never say "I am not a runner." If you run, you are a runner.
3. Thou shall not skimp on sleep.
4. Remember the "rest day" and keep it holy.
5. Honor thy muscles and thy "aches and pains" and do not push through an injury. Runners are not invincible.
6. Thou shall not forget to hydrate.
7. Thou shall not commit the sin of wearing cotton; especially on race day.
8. Thou shall not ignore thy shoes. Get properly fitted and check for wear often.
9. Thou shall not get stuck in a "rut," but will vary thy running by switching up elevation, distance, and pace.
10. Thou shall not covet thy neighbor's medals.


MyRaceRagz.com

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