



ASICS Fleet Pre-London Half Marathon 15 March 2009

Newsletter 3: 18 February 2009

Amazon Windows & Conservatories continue with their support to the local community and wish all the runners a successful race, with some PBs being achieved.

There are just over three weeks until the ASICS Fleet Pre-London Fleet Half Marathon. Entries are now closed. If you have already entered, then your cleared cheque, listing on the race Web site or on-line acceptance means that you have your place.

In your training you should now be looking at extending your longer runs but remember that not every run needs to be a long one. Most runners save their long runs for the weekend when it is easier to run in the morning when it is light. This gives you the opportunity to search out new training routes. If you can run away from roads this can be a pleasant change and it can also be less stressful for your body on softer ground.

Another thing to think about is pacing. If you are not already doing so, time your training runs. This is not so that every run becomes a race against the clock but so that you have a rough indication of the speed at which you are running. When it comes to the race, you will find it much easier if you have a realistic idea of your expected finishing time and you can then pace each mile according to this time. It is much more efficient to run at a steady pace. For example, if you are running at 6.5 minutes per mile, you will finish around 1 hour 25, 8 minutes per mile will equate to 1.45, 10 minute miles will be 2 hours 11 minutes, and so on. At the start we will ask you to line up according to your expected finishing time. This is important so that you start at the right speed, you are not in the way of faster runners and slower runners are not in your way.

For 2009, we will be welcoming Lucozade Sport. This will be available at two of the four course drinks stations as well as at the finish. There will also be a team from Lucozade Sport in the finish area. They will be happy to answer any questions. Also, check out the Partners section of the Web site for expert advice from Lucozade Sport.

For runners local to Fleet we would like to invite you to join us for training at Fleet & Crookham AC on Thursday evenings at 7pm. We run from the Peter Driver Sports Ground behind the Tweseldown pub in Church Crookham. Typical Thursday evening runs are 4, 6 or 8 miles at a variety of speeds. It is much more fun running as a group, especially on cold, wet winter evenings so, if this appeals to you, please come and join us.

Finally, it takes the work of many volunteers to organise the ASICS Fleet Pre-London Half Marathon. This includes almost 200 who will be marshalling on the day, helping to direct runners, keep traffic and pedestrians clear and generally help around the route. If you are not running or you have friends or family who are able to help with marshalling, please contact us. This is the best way to see the race close-up, without actually running, and you get a free yellow plastic bib to wear! Moreover, if you agree to marshal, you can have a guaranteed entry in next year's race.

Keep training, keep smiling and we look forward to seeing you on 15 March 2009.

Martin Payne

Race Director

Fast Feet Run Round Fleet

www.fleethalfmarathon.com

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