

## **Hello all and welcome to December's newsletter.**

It's snowing and icy outside so running is a little difficult, and those of us who have gym memberships are making use of the treadmills at the moment, it's not the same as running outside but at least it's something, that's what I keep telling myself anyway !!

I only have one race report this month and that from Heidi, she ran the Templeton 10 mile race back on the 1<sup>st</sup> November and below is her race report....

### **Heidi's race report for Templeton**

7 Footers runners in all took part in the Templeton 25<sup>th</sup> Anniversary race on Sunday 1<sup>st</sup> of November..

The forecast was rain, but this did not put off a healthy turn out.

Steve Dear & I travelled up together; our pre-planning should have left us with an hour to spare, given that we still found ourselves rushing through a muddy pathway to get to the start. Luckily, I managed to find a slightly holey bin liner in my car to keep dry.

At the start line a few of us got together & did the 'why are we doing this?' mutter.

If it wasn't for promising Michelle that I would write a race report, I could have pulled a sickie, hee, hee!

Then we were off. I ran this race two years ago, the route was the same, so I knew what to expect. A downhill start, remembering it's the same return – well sort of.

I tried not to rush the start, I usually do & burn out, I kept a calm pace, dodging puddles.

Things were going well, until I stepped knee deep into a muddy hole & fell onto my hands, this probably looked a lot worse than it actually was. But, to me I was more annoyed that my relatively new trainers were caked in mud.

Plodding on through the rain I knew I wasn't going to get a PB, my aim was just to finish & hope that the faster runners hadn't munched all the chocolate cake.

It wasn't torrential rain, I was just cold unsuitable clothed in a vest.

I struggled at the hill at the end of mile three, I remember not stopping two years ago & that was my first 10 mile race.

I was glad when Tina met up with me just after that hill, we ran together for about 5 miles. It felt like a club run & it was good to have some company.

Four miles onwards was a mix of flat & downhill.

Mile nine, I knew what to expect – reverse of the start, a sweet down hill start had become an uphill struggle for me where I lost motivation. I slowed down & Tina overtook me, I rather she went on as I would have only slowed her down.

Getting up the hill was a mix of fast walk & slow jog. Through the woods (which seemed to go on forever), I kept gazing at my watch. I could hear others behind me, one guy giving encouragement to his friend. So I said to myself that they were chasing me, anything to speed up. It worked, they tried to overtake, but my legs pushed on to the end.

Looking back I didn't enjoy the race. I had trained for it, felt comfy running that distance & enjoyed that route. But, I was cold & as a result pretty miserable throughout.

Although, returning to the club house for refreshments straight after, I remember seeing Gerry & his wife Suzanne huddled, shivering clutching cups o' tea – brrrrr!

So, from that race I have learnt a few lessons:

1. Be prepared no rain jacket, keep a black bag in the car just in case (although the new club jackets will hopefully put an end me being soaked)

2. Have change for the woman who sells tablet – I missed out again!

Thanks to Heidi for that, and thanks for making me feel so bad for making you run it so you could do a race report...

On Saturday 12<sup>th</sup> December we had the annual treasure hunt and the Footers Xmas night out, Pamela kindly did a report on the treasure hunt itself for me...

### **Treasure Hunt**

The Treasure Hunt was once a yearly occurrence in the Footers' calender. Since I have been a Footer it has only happened once. I really enjoyed it and was glad that Steve had decided to ressurect it.

I had just finished night shift (don't think I mentioned that!) and felt pretty tired. I thought it would be a fairly laid back pace with a mixture of abilities.

I managed to stay awake, wrapped up well and headed for the Sports Centre. Janette and myself were the only women, so we were team leaders. Janette's team was Ian, Joel and George. I had Alan, Sandy and Gerry.

We had the same clues, but in the opposite order. We headed right and they went left.

We set off at a fairly comfortable pace and found our first answer at the Cairnie garage.

The pace seemed to really pick up thereafter. By the first 2 miles I was exhausted and very hot. Off came the jacket, buff and gloves and the sleeves went up.

At the bottom of the high street we caught sight of the other team. Alan quickly worked out they were a few answers in front of us, the pressure was on!

After the harbour clues we needed to head out to the paddling pool at the West Links. We stopped to see where we were heading next. Back to the harbour! A few groans and expletives later and we were off again.

On the way back Gillian caught up with us. She had arrived late and ran about the town in search of the treasure hunters.

Running back Alan was feeling pretty confident that we would be first. But our first sight on entering the car park was Joel punching the air triumphantly.

Apparently there was less than a minute in it. We still got a big bar of Aero each. On behalf of the Footers who took part I would like to thank Steve for organising it.

Hopefully it once again becomes a yearly event in the Footers' calender.

Thanks Pamela.

### **Footers party night**

Our xmas night out was at the Meadowbank in Arbroath and we had a great turnout of Footers, and for us newbies it was nice to meet a few different faces and see folk glammed up, instead of wearing the usual Ron Hill or Nike attire on club nights. That night was also the prizegiving event and congratulations to all the winners – as follows...

**MALE OPEN - ALAN MCDONALD**  
**MALE VET - IAN BEATTIE**  
**MALE AGE RELATED - IAN BEATTIE**  
**MALE MOST IMPROVED - STEPHEN DEAR**  
**FEMALE OPEN - MARION WOOD**

**FEMALE VET - JANETTE RAINEY**  
**FEMALE AGE RELATED - MARION WOOD**  
**FEMALE MOST IMPROVED - GILLIAN SANGSTER**  
**BILL STODDART - JOANNE MCDONALD**  
**BEST NEWCOMER - CHRIS ELLIOT**  
**CLUB PERSON OF THE YEAR - ALAN MCDONALD**

Thursday 17<sup>th</sup> December was the candle counting night, where the Footers counted the candle bridges in folks houses, below item is from Steve Dear...

**Candle counting...**

The traditional counting of the candles run took place on the club night of 17<sup>th</sup> December. A total of 104 were found beating last years 100. Conditions were very slippery underfoot but thankfully everyone managed to stay on their feet. The occasion got some folks very worked up when the cry "stay focused" rang out more than once! It has to be said that near the end the excitement at number 99 was too much for some folk who increased their speed to get to the front to grab the glory! It was a fun packed night with a couple of runners counting and singing 80's songs simultaneously.

Sounds like it was a lot of fun !!

Now that Christmas is almost upon us I want to share with you a little article that Heidi sent me about the food we eat and the number of minutes we would need to run to burn it off.... Makes very interesting reading...

From [www.ransacker.co.uk](http://www.ransacker.co.uk)

<b>Running credit</b>	<b>Calories burned</b>	<b>Christmas treats earned</b>
10 mins jog	88	3 helpings brussels sprouts OR 1 serving roast parsnips. OR 1 chocolate tree decoration OR ½ a portion of festive trifle.
25 mins jog	220	1 large mince pie OR 1 large handful cashew nuts OR 1 glass of mulled wine
30 mins fast run	525	1 serving turkey with stuffing, gravy and vegetables OR 1 serving Christmas pud with brandy butter and a glass of sherry.
60 mins interval running (alternating fast/slow)	800	1 serving turkey with pork sausage, stuffing, gravy, bread sauce, chestnuts, parsnips, roast potatoes and sprouts OR 2 large slices chocolate yule log.

By my calculations I'm going to need a 5 hour run every day and that doesn't take into account the drink!!

I know there are some of us that are hoping to run the Plum Pudding Plod on Boxing Day in Forfar, it's 2.75 miles running round the loch so hopefully that will rid us of some of the excesses of the previous day, so hope to see you all there.

As this is the last newsletter of the year I'd like to take this opportunity to wish you all a very merry Christmas and all the best for 2010.

Yours in running  
 Michelle

Club Secretary  
Arbroath Footers Running Club