

Hello all

Welcome to my very first newsletter as Club Secretary !

Well the dark nights are upon us now and the hill sprints on Tuesday night and the laps around Keptie Pond are certainly helping to keep us all very fit, not quite the same as running in the country but it's all for our own benefit I believe !!

Just to remind the ladies that if you haven't got yr entry in for the Smokies 10, make sure you send yr entry forms to Alan asap, the running total so far is 279 entrants and Alan is limiting the race to 400 ladies this year, so be quick.

The Footers Christmas Night out is on the 12th December and Ian told me this morning that he only has 4 places left, so if you haven't booked yet and want to join us all at the Meadowbank pls let Ian know asap. Tickets are 24.00, for those of you that have paid but not given Ian your menu preference (on footers website) pls can you also let him know asap too?

Christine very kindly wrote a little story for me telling us all about how she felt when she joined the Footers and it gives her point of view on the club and how it has helped improve her running from a new member's perspective - as follows...

From Christine

I joined the Footers in June 2009. I had been running with my work colleagues in Aberdeen before then and was really enjoying it but I was leaving that job and as I am naturally lazy I knew it would be difficult to keep up my running unless I could find a running buddy. I had heard of the Footers so I looked up the website for more information and contact details and gave Alan a call with my many questions. I decided to be brave and go along to the Thursday night meeting that week and was given a warm welcome. I was pleased that I knew Tina already so we set off together in the group. I was initially surprised at how fast everyone was and soon the leaders were far off in the distance. The weather was not the most favourable for me as there was a head on wind but I kept going and I havent stopped since.

I joined the Footers for motivation to keep up my running especially over the winter months (I have always just stopped from October until April in the past being a fair weather runner) and I also wanted to improve. Since joining the club I have made new friends, taken part in several races gradually improving my times a little, discovered many new routes around town for variety and been running in all weathers and now of course started running in the dark. I would recommend the club to anyone we are a real mix but its a very good mix.

Thanks to Christine to sending that for the newsletter.

I ran the River Ness 10k in October (seems like a very far off memory now) and below is my race report..

From Michelle

This was run in Inverness and so myself and 4 pals decided to make a weekend of it and stay overnight on the Saturday. Our log cabin in Drumnadrochit was beautiful with great views over the Loch and we arrived late Saturday afternoon and headed to the pasta party at the Stadium. Although the tickets were only 10.00 each, and that got you a cup of soup and a roll, plate of pasta with salad and a pudding, I think that

the next time we do this race that well make our own catering arrangements, the pasta party was ok, just very busy and reminded me too much of school dinners!!!

We spent Saturday night taking it easy and got up early to prepare for the race. We drove to the finish first of all to drop one of my pals off, she wasn't running the race and we felt it best to leave her at the finish so we could all meet up once the race was over, so my other 3 friends and I set off for the start at the Academy. Once there we queued up for the obligatory loo stop, then walked with the other runners to the start of the race. We were all given timing chips and as we waited for the start the organisers provided us with a warm up, was a bit of fun and it did the trick as my calves didn't feel tight during the race at all, we had to line up according to our numbers and then we were just waiting for the klaxon to go off... and off we went

So many people were caught up the first few miles trying to get past other runners, you really had to watch yourself and be very considerate to others if they were trying to overtake, despite this I managed to complete the first 2 miles in 16 mins, which made me realise that maybe I had set off just a bit too fast! Most of the roads were closed which made running a lot easier as there were so many of us, it was a lovely warm day, very dry and little wind, ideal conditions for most and I quickly arrived at the halfway point. We came out into the centre of Inverness and it was great to have so much support from the locals, they really did a fantastic job cheering everybody on and the race Marshalls were in abundance, the water stations were very well organised and every time I saw a first aid station my knee gave a little twinge but thankfully that was no bother at all. Coming through Inverness we looped around and ran over the footbridge to head to the stadium, at this point you could hear the MC, or commentator over the microphone, so I knew we didn't have far to go. At mile 4, I started to flag slightly but I think that was because of my very fast start, I slowed a little and then seemed to pick up pace again but my main goal was another PB. I had 54 min 21 secs to beat and I was constantly looking at my Garmin to check my pace and time. As I neared the final km I was amazed to see how well I was doing time wise and tried to up my pace even more, I rounded the corner of the stadium and saw the finish. At this point my name and running club were announced and it made me smile and gave me an extra push - I had 150m or thereabouts to run and I managed to sprint to the finish line, which took the last of my energy. Crossing the line was a little emotional as I realised that I managed to get the PB I wanted and beat my last best time by 1 min 4 secs, so finishing with 53.17 which I was delighted with.

We all received a medal and t-shirt, and the goodie bag contained Baxter's and Lucozade goodies, was very impressed with it and all runners got a cup of soup and a roll at the end. I would definitely run this race again, it was so well organised and a great turnout from the spectators, not to mention that its a very good flat route definitely one for the diary next year!

Thanks to me for the report :)

All of you will know that we managed to negotiate a 10% discount with Outdoor Action Sports for the Footers, they don't have as wide a range of clothing as Sweatshop but they do have some good brands in there so might be worth a trip into the shop to pick up a bargain or two!

If anybody has any race reports, or anything they would like to contribute to the newsletter, pls feel free to email me and I will ensure I put it in the next one.

Happy running everyone, and take care.

Michelle

Club Secretary
Arbroath Footers Running Club