

Dear Footer,

Hello and welcome to the October newsletter.

Well that's us back to the the chilly dark training nights. Three times round the Keptie Pond. Oh what joy!

## Race Reports

### The Glide Floss Bridge to Bridge 7km/12km Race

I was lucky enough to be able to fit in a race while I was on holiday in San Francisco. You could do a 7km or 12 km run, I opted for the 12km and Graeme and Rachel did the 7km walk.

We arrived late afternoon on the Saturday. After an 11 and a half hour flight and 8 hour time difference we were pretty tired.

But we got up at 6.30 on the Sunday full of holiday excitement and got ready for the race.

The race started in front of the Bay Bridge which goes to Oakland. We were running down to the Golden Gate Bridge.

I decided to start between the 8 and 9 minute mile pace and take it easy and enjoy the race.

Standing waiting for the start I was hot already with my T shirt and shorts on and I could feel the sun burning the back of my neck.

There were 5000 people taking part. It took me two minutes to cross the start line and it wasn't a chipped event.

It soon became clear that people had just started anywhere, as I navigated past walkers, buggies and very slow runners.

We were running with the bay on our right and the city on our left.

Out in the bay you could see across to Oakland and Alcatraz Island.

We started heading through Fisherman's Wharf, the most touristy part of San Francisco. Lots of tacky souvenir shops.

Beyond here we came to Fort Mason and the only hill. It was one of those hills you thought you were up it, then turned and saw there was more to come.

Whilst running up there you got your first glimpse of the Golden Gate Bridge in the distance. Once at the top runners started clapping themselves, which I had never heard before.

There was then a nice downhill section as we headed towards the Marina. This was about two miles into the race and it was only really then that I got into a steady pace and didn't have to try to get past people.

Past the Marina we went on to a path which is used by runners and cyclists. Some of them were out for their usual Sunday morning session and were coming past in the other direction.

Although it was very hot, there was a nice breeze coming off the Bay, which helped. It was a beautiful day and lots to see all around, spotting sites that have been used in so many movies.

We ran underneath the Golden Gate Bridge, turned and came back . We then turned off the path and headed away from the Bay.

It was then that the heat started to kick in, no breeze! But nearly there.

Near the finish a band was playing and spectators were holding placards saying "You rock" and giving runners high fives.

The finish was in a large park. There were lots of stalls set up with freebies. You could also buy a beer and hot dog and watch a band.

We needed to visit the first aid tent as Rachel needed a plaster. This was manned by a team of fit-looking young guys, another subtle difference to back home!

It was a really well-organised family event.

### A Tale of Three Marathons

A race report from Norma:

I don't know what came over me but one evening in August I entered three marathons in September and October.

The first, the Moray marathon, is a great low key event with 100 runners.

I had a great run until mile 20 when I suddenly fell flat on my face. After emergency first aid and treatment for a suspected broken nose I started slowly running. A great big thanks to Bob from Perth Road Runners, who hauled me off the road and stayed with me until help arrived.

I thought the worst was over but at 25 miles I went into my pocket to give a fellow runner who was struggling a sweet, and bang, I fell again. This time I banged my cheek on the kerb.

I finished in just over four hours despite my injuries. I was livid, however, as without my falls my time would have been sub 3.45. Never mind two more to go!

I did think never again but four weeks later I was at Loch Ness.

This was my fifth time, it's a favourite of mine. But maybe it's just a bad habit!

Again it is a well organised event but the course is hilly, including an uphill section from 16-20 miles.

I could not believe how nervous I was feeling about falling again. I had changed my trainers and started out really slowly, making sure to lift my feet with every step.

I felt really good again at 20 miles and picked up the pace, passing about 50 people on the way to the finish. My time was 3.52 and I ran without falling!

The last of the trio, Dublin, was again very unique.

I felt I had done well in doing three marathons in three months, but my smugness was put into perspective when a fellow runner in our hotel said they had done three in three days!

This was my second Dublin marathon. The route was much improved but with 12,000 runners the start was very slow.

I started with Joanne and we walked most of the first mile. Until mile eight I was coming up against walkers. This was rather frustrating especially at narrow parts of the course.

My time was 3.54. I loved Dublin but the marathon is not PB material unless you are willing to push to the front at the start.

### Other news

Congratulations to Lisa who had a baby girl called Megan. She is keen to get back running and hopefully we will see her back at the club next year.

Club membership fees are due, still £10. See Ian.

Ian needs names for the Footers Christmas party night in the Meadowbank on December 13th.

The Hartley Cup takes place on November 16th at Shell Bay Caravan Park, Elie. If you are interested, let Dougie know.

Thanks Norma for your contribution to this month's newsletter.

Well that's it folks.

Yours in running  
Pamela