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When Dawn and I, long term running partners and eternal beginners, were asked to write an article about the Taunton 10k, it was difficult to think what to write... should we write about our return to the group, about the actual "race" (the irony is indicated by the presence of quotation marks!), the personalities in the group?? So, on our celebratory meal following the race, I sent a piece of paper round to get some quotes from my fellow beginners on which I based this article! Enjoy!

"Comprehensive training, well prepared for the day" – This is my 3rd year in the beginners (it's a long story!) and this year we have been fortunate enough to have Sandra Williams leading our training with support from Phil Wilson and Malcolm Boon. It was certainly comprehensive, with some speed work included alongside increasing our endurance over distance and time. Sandra's fantastic idea to take us to the Yeovilton 5k series allowed us to measure our progress.

"Excellent group dynamic – the fun, the laughter makes you forget about the pain and distance...oh and the rain" – We had a big mix in our group this year, ranging in age from early 20's up to early 70's!!! But somehow that didn't matter, with us all gelling and supporting each other. The quicker ones were quick to say that they didn't mind looping for us slower ones and those of us struggling at the back never felt that we were a hindrance, supporting the club's philosophy of 'No-one gets left behind'. The night about 12 of us turned up in torrential rain was a clear indication of how much we valued each other's support and how much we respected the effort that Sandra was putting into us.

"Exciting", "Really enjoyed it – can't wait for next year", "Feeling of achievement", "One of the best things I have ever done and have achieved. So much thanks to all the group" – I think all of these summarise the feeling we had at about 12.36pm on 26/9/10 when the last of the group crossed the finish line with Sandra crossing the line last like a protective mother duck ensuring all her ducklings were safe!! All the other ducklings who had finished earlier (some in under the hour), had remained and the cheers were still loud as the group was reunited.

"Just keep running, Just keep running", "What an experience! Roll on the Half Marathon! Sandra is the head honcho!" – so...what next?? Yes, Sandra is already talking about training us for Taunton Half Marathon in April 2011!!

"I hate running" – ok, so this one is only mine, but it's true, it's not my favourite activity. But with the support and encouragement of both committee members (especially Sandra) and my fellow runners – and I hope now friends – I keep coming back. At the end of the Taunton 10k, our first together, Dawn and I were excitedly cheering our friends in when we realised that with that much energy, perhaps we should have ran more than we did!!!! But I enjoyed it...I ran with my friends...I ran with Running Forever.

"Appreciated the support and the jelly babies!"

And the final word goes to my fellow partner Dawn - **"One day we'll be Group One!"**





My Taunton 10k Jinx by Steve Gooding

This year was the 8th time I have run the Taunton 10K since 1995 and my first time in RFRC colours, the previous seven being run for Trull Troggers.

However now that one has to pre-enter to guarantee a place I can virtually guarantee I will suffer some sort of problem about two to three weeks before the race.

To get round the problem last year I entered the Langport 10K for the first time and suffered a problem about three weeks before. However Taunton 10k was ok and I ran a PB of 40-57.

This year I decided I would run Langport again but my race fell apart at 2k as my breathing was in a complete mess. However words of encouragement arrived at about 7k in the form of Jo Porter who realised I was in trouble and that gave me a great boost. Thanks Jo.

Having been made to suffer at Langport what could possibly go wrong at Taunton! But how wrong I was as the dreaded jinx was to strike again. On the 9th September I was stung on the top of my left foot by something that had managed to get into my shoe. By Saturday evening I was hobbling around my house as the sting had turned septic. My hopes for being at the start looked slim so a visit to the doctor was required.

Patched up I decided I would try my usual group 2 run on 22nd September to find out if I would be ok for Sunday and the run went well. So come Sunday morning I lined up with a large club contingent for a pre race photo before making my way to the start.

Having suffered at Langport I decided I would take the first 2k at a fairly steady pace which paid off. I finished in a respectable time of 41-32 which is my fifth fastest although 35 seconds slower than my PB.

But better was yet to come as race organiser John Lewis advised me to wait around for the results. What a great surprise to find out that I had come second in my age group MV50's and with great vocal support from fellow club members I took my place on the rostrum to collect my first ever prize.

More club glory and noise was to follow as fellow group 2 runners Jo Porter and Sally Tovey also finished second in their respective age groups.



Picture courtesy of Ian Lewis—www.ianlewisphotographer.co.uk

Running Forever Running Club Taunton 10k Results

Well done to all members of Running Forever who ran in the Taunton 10k and what an impressive turn out we had! Here are our results:

14 - Nick Cutler 00:36:14	229 - Steve Woodward - 00:50:07	478 - Michael Sharpe - 01:02:37
24 - Richard Palmer - 00:37:41	233 - Andrew Ashford - 00:50:23	480 - Geoff Eggleston - 01:03:02
30 - Henry Cox - 00:38:02	238 - Richard Watson - 00:50:43	495 - Tracey Manning - 01:04:40
43 - Daniel Talbot - 00:39:07	251 - Rob Murr - 00:51:11	510 - Nicola Johnson - 01:05:36
52 - Jonathon Sykes - 00:39:49	295 - Helen Phillips - 00:53:07	523 - Nicky Hopwood - 01:06:44
55 - Mark Maton - 00:40:08	298 - Peter Williams - 00:53:14	537 - Siobhan Sanderson - 01:08:19
68 - Jeremy Greenslade - 00:40:59	305 - Michael Glide - 00:53:27	545 - Marina Tomsett - 01:09:02
68 - Steve Gooding - 00:41:32	309 - Dale Ingram - 00:53:39	552 - Liz Watts - 01:09:53
94 - Jo Porter - 00:42:48	354 - Carole Foster - 00:55:33	572 - Liz Greenaway - 01:15:17
101 - Simon Gould - 00:43:26	355 - Graham Foster - 00:55:33	573 - Martin Axon - 01:15:17
102 - David Loader - 00:43:29	365 - Joanne Toogood - 00:55:55	584 - Claire Salter - 01:20:14
103 - Martin Kemp - 00:43:33	368 - Louisa Mansfield - 00:56:01	585 - Dawn Mahoney - 01:20:16
120 - Sally Tovey - 00:40:30	372 - Lin Lewis - 56:27	586 - Lainey Symonds - 1:26:31
175 - Hannah Taunton - 00:47:55	398 - Sophie Mouly - 00:57:51	588 - Ken Rabjohns - 01:36:36
177 - Holly Ashford - 00:47:55	406 - Becky Mitchinson - 00:58:26	589 - Sandra Williams - 01:36:36
225 - Jon Sparks - 00:49:58	429 - Paula McShane - 00:59:12	590 - Nicky Cooksley - 01:36:36
227 - Scott Weetch - 00:49:59	431 - Julie Ball - 00:59:16	



Hannah Taunton by proud Mum, Gill Taunton

Hannah has a severe language and communication disorder which meant many years of struggle, bullying and frustration at school for her. It was only when she was 'discovered' at secondary school to have a flair for running that she was able to grow in confidence and begin to enjoy something she was actually good at! Following a Preparation for Work course at Somerset College of Arts and Technology Hannah is now doing a 'Land-Based studies' course at Cannington College, Bridgwater which she started in September 2010.

Hannah began running with Taunton Athletic Club in 2003 when she was 12 and now trains with them 3 times a week covering track running and endurance work in the gym with them. In 2008 Hannah joined Running Forever RC primarily to train for the Taunton Half Marathon. Soon becoming a regular and popular member of the group Hannah entered our own club race, the notoriously hilly Hestercombe Humdinger, in February 2010 and won a trophy for being the first Under 21 female runner.

Major achievements 2009/10:

- Represented the Taunton Athletic Club for Cross Country in the South West League (now Gwent League) and was presented with a medal for being the highest scoring Junior Woman of the season;
- Ran her first 10k in Taunton in September 2009 and achieved a time of 45:53, coming 125th out of over 600 runners and being 14th lady over the line. She also raised over £250 for Escape, which is a charity supporting children with disabilities and their families in Taunton;
- Selected to take part in the National Cross Country Relays Competition in Mansfield;
- Selected to take part in the South West Cross Country Championships in Devon;
- Selected to take part in the South of England Cross Country Championships in Parliament Hill in London;
- Represented Taunton Athletic Club in the Avon and Somerset Cross Country Championships and won a bronze medal in the Under 20 race in December 2009;
- Hannah took part in her first half-marathon (Taunton) in April 2010, completing it in 1 hour 42mins, coming 300th out of 1242 people, 44 out of 445 women;
- Represented the South West Colleges in the Inter-Counties Championships in Nottingham;
- Attended Loughborough University for the weekend as part of the SCAT team to take part in the South West Colleges National Championships;
- Represented SCAT at Area Schools' Athletics in the 3,000m;
- Represented Taunton Area Schools in 3,000m;
- Represented Somerset in the South West Schools' Track and Field Championships at Exeter Arena;
- Won gold medals in 1,500m (2009) and 800m and 1,500m (2010) at the national Disability Championships in Blackpool. She loved taking part and was very touched and humbled to see youngsters with severe physical and mental disabilities taking part to such a high standard.



Hannah receiving her 'Young Sports Achiever of the Year' award

<u>Personal bests:</u>	800m	2:41	July 2009
	1500m	5:29	July 2009
	3000m	11:36	November 2009
	10k	45:53	September 2009
	Half Marathon	1:42:36	April 2010

SLaMM by Val Perigo

There is a road I drive on sometimes across the Somerset *Levels* with *level* fields for miles and where *flat* is the order of the day. I thought that perhaps the Somerset *Levels* and Moors Half Marathon would take us across this kind of terrain. Boy, was I wrong!

In fairness the website did say there were a couple of hills including one at 12 miles. This was a very steep hill and I was impressed to be overtaking people. Of course they had reached this sheer incline at mile 25 in their full marathon but I will claim any advantage I can get.

The course took us round 3 sides of a ploughed field which was quite painful, then up a steep field which was quite painful. By 8 miles I was beginning to think I was Claire Salter, and hated running! Miles 9 to 11 were along a pretty river bank but, by this time, I was in so much pain I was struggling to keep running. I noticed a pair of trainers by the side of the path and wondered if someone had given up and thrown themselves in the river. It was tempting.

I finally finished in 2:38:58 and Phil Wilson finished, looking as similarly distressed as me, in 3:07:46. Everyone got a lovely paperweight which I looked at once I'd eaten the banana and mars bar and drank yet another bottle of water.

The organisation was great, there were loads of very welcome water stations with friendly marshalls offering wine gums aswell. At one point I mistakenly thought I was being offered a whisky! The other runners were fantastic – chatty and supportive, everyone helped each other round. Would I do it again? Of course I would. I might even try the full marathon next time!

Since I wrote this article I received a telephone call from Langport Runners advising me that I'd won a trophy! I thought perhaps it was the for 'the most dejected runner going through Langport' or 'the first person across the line with the name of Perigo'. But no, I actually won 2nd in my age category!!!! Ah, the joys of small races. Funny thing is that if I was a year older I wouldn't have come close to winning anything.



Races, Races and More Races by **Phil Hicks**

Totnes 10k on 7th August was my 25th event representing the club since the Hangover 10k at Sand Bay, Weston on 1st January 2010. Due to a bad cold my next run after this was not until the Moorland 10k at the the Avon Riding Centre for disabled children and adults on 24th January. February was a lean month with only 2 runs, the Fulfords 5 mile on 7th February and the Ironwood Challenge 10k at Bristol on 28th February.

In March I managed a run each weekend, starting with Combe St Nicholas on the 7th, followed by the Sherborne Castles 10k on the 14th, then the Mad March Hare at Plympton on the 21st and finishing the month with the Devizes 10k.

April was very much like March with a run each weekend, Easter Bunny 10k on 5th, Trowbridge 10k on the 11th, Honiton Hippo on the 18th and the Pensford 10k on the 25th. I managed to get 5 events in during May, starting with the Long Ashton 10k on the 2nd and then the infamous Black Death on the 9th when I became a member of the elite knitting circle. On the next 3 Sundays I did the Keysham 10k, Crediton Crunch and the Wells Fun Run 10k.

June was a less active month with only 3 events, the first being Run in the Wild, followed by Ninesprings 9k on the 13th and the Killerton Kanter on the 26th. July was a more normal month with 4 events, the Quantock Beast, the Legion Lollipop at Warminster, The Magnificent 7 at Saltash and finishing with the Tywardreath Trotter at Par in Cornwall on the 24th, which by coincidence was also my 24th event, and it was the first run in which it rained!

The Totnes 10k on 1st Aug became my 25th event and since then I have done a further 6 runs and I am on target for making the Stoke Stampede on 26th Dec my 40th run.

In all these runs I haven't got any quicker but I have had a lot of fun, particularly the Black Death run and I hope I have been a good ambassador for the club.

New Forest Marathon & Half Marathon by **Malcolm Hutchings**

For the third consecutive year, a group of us from RFRC ventured to New Milton in Hampshire for the weekend, to partake in The New Forest Marathon and Half Marathon, held on Sunday 26 Sept. (Clashing with the Taunton 10k again this year). Previous years had proven to be a good social weekend and this year was no different.

Two years ago I ran the full marathon, which was my first. Last year was my second. This year, older and wiser I ran the half.

Sunday morning started cold with bright sunshine and a gentle breeze for the start of the "half" at 09.30 and the marathon at 10.00. The course starts on the main shopping street in New Milton and gently rises, running generally northwards out of town into the forest (open heath). At about 3 and a half miles, marathon runners turn left and do a 13 mile loop, running a couple of miles on a stony section which is the route of a former railway. They then rejoin the road, passing through the pretty village of Burley and then run a mile section of forest trail. The route then turns southerly and returns to rejoin the half marathon route. This is the hilly part of the course across open heath with lovely views in all directions. All runners then pass through Sway, a twisting, undulating section to the beautifully named "Tiptoe Garage". The final 3 miles is a gentle descent back into New Milton, finishing at the sports centre, a few hundred yards from the start.

Results are approximate and subject to confirmation.

Marathon	Pete Hall	4hrs 21mins
Half marathon	Mike Nicholls	1hr 48mins
	Malcolm Hutchings	1hr 55mins
	Martin Matthias	1hr 58mins

This isn't an easy event by a long way and the support of other club members, family and friends was much appreciated.





Haselbury Trail by **Kate Mears**

On a warm August evening Val Perigo, Phil Hicks, Claire Tottedell, Gerry Hogg (pictured) and I chose to forgo Wednesday club night to tackle the Haselbury Trail.

The annual 10K race consisted of two circular loops starting and finishing at North Perrott Cricket Club. The routes travels through pleasant farm land, on narrow tracks and open field, and not forgetting up an unwelcome short, steep climb.

Most of the route was relatively flat and easygoing. The dry weather meant we didn't encompass the mud that was promised but hazards did include cow pats, low branches and the aforementioned hill of doom.

It was my first race having only started running in March. Taking into account that the last time I ran cross country was under duress in school I enjoyed the event- even if I was put in my place by being overtaken by 2 guys in their sixties on a down hill section.

There were 142 competitors this year with friendly support along the way and water stations provided. Competitors could also be spurred on by the thought of a well earned beer and burger at the finish line.

Next years race is already scheduled for Wednesday August 3rd 2011 and it would be great to see more Running Forever members there.

And, finally, thanks to Claire for her support on route and well done Val who was pleased to have bettered her better half's time from last year. But I won't embarrass anyone by revealing the extent of the thrashing!!



Wellington 10k and 10 miles by **Helen Phillips**

There is such a buzz at Wellington Rugby Ground as we wait to start the Wellington Ten. It's a great event with a lot of local support. There is an aerobics warm-up session to set the runners up, a samba band playing up a storm to send us off, and then the familiar rush down Springfield Road as we sprint off! The only sprinting I do!

Unusually runners can choose between 10k and 10-mile – allowing those with different levels of training to enter and encouraging first time runners to have a go.

The Mayor was there to start the race and there was plenty of activity, food and drink to keep the partners and families occupied while we were running.

The route is really pretty, but with a few nasty hills in there to add to the challenge of the event. The views are beautiful though, especially on a sunny day like this year. There was again good marshalling and local support, and having a lot of RFRC runners, marshals and time keepers meant there were familiar faces all along the way.

Even when too tired to talk myself I always appreciate company on a run, and was glad to hook up with others. This year I ran with fellow RFRC member John Ward, who stayed with me throughout, despite having a faster pace. Thanks John!

I have done the Wellington 10 a number of times now, in pouring rain and blazing sunshine. It's always worth the effort, and although some people are concerned by the hills, don't be put off by the horror stories. The support, route and views more than compensate.

I'm already looking forward to next year's event...

Quantock Beast by **Phil Wilson**

It's not often as a club that we get to do a decent bit of trumpet blowing but the results from the Quantock Beast this year give us exactly that opportunity. So trumpets at the ready – Running Forever scored what is without doubt the best set of results in any race to date! But first, a little background.

The Quantock Beast is run in the Quantocks (I bet you never guessed!) starting and finishing at Fyne Court. The race is mostly off road with the first half mile or so on road and probably the last mile the same. Pretty much the rest of the race is run in the rolling hills of Somerset off road. It's quite hilly – well you wouldn't expect it to be flat would you! The race is run in early July so the weather can be anything from torrential rain to bright sunshine. This year it was sunny, which was excellent for spectators and less so for competitors.

And so the results. Running Forever took first, third, fifth and six places, these being respectively, Gerry Hogg, Nick Cutler, Rich Palmer and Dan Talbot. In 30th place came Sally Tovey, 63rd place Sandra Williams, and in 74th and 75th place, the club knitting circle representatives, Val Perigo and Phil Hicks. The club also took the men's team prize. Well done to everyone!



Running Shoes Explained

If you are new to running, you may have many questions of all aspects of the sport, from training schedules and plans, pace guides, sports nutrition and everything in between, but when asked, the best piece of advice I could give, is get a pair of training shoes properly fitted for your gait. Without doubt (and this might sound obvious, but the amount of people who neglect this is surprising) the shoes you will begin running with will be the most significant factor in how good your first running experience will be. Everyone has a different running style, but for the purpose of this article I will stick with the major part that will affect your choice of shoe and this is called pronation. Pronation is the rolling action of the foot as it strikes the ground, and can be sub divided in two groups (there is a third but only rarely), neutral, and over-pronation.

However you run, you will fit more or less into either of these groups. Neutral runners will have optimal foot strike and the shoe that they should choose will not try to compensate for excess or lack of roll when the runner's foot lands, these shoes are normally described as neutral, they will be balanced and flexible.



If you pronate you will need to consider by how much, as the level of support in the shoe for the arch of the foot will vary depending. Mild to moderate will need a shoe described as 'stability', they will have what is known as a medial arch in the arch of the shoe, a tough inflexible choc that will not allow the shoe to over bend as the foot rolls through the motion from toe to heel. If you pronate seriously you will need a motion control shoe. Designed to support the foot by usually having thick soles and a high arch, they will correct the over roll of the foot throughout the cycle by having rigid in-step.

Flicking through running magazines, you will come across mail order firms selling shoes that are at heavily discounted prices, these may seem tempting but unless you have your running shoes fitted for you, you risk injuries. You will need to visit a specialist running shop where they will use a camcorder and tread mill to analyse your gait, after this you can try on as many shoes as you wish and find one that is just right for you.

Running Forever forum

Now that the new website is up and running (many thanks to our web master, Phil Wilson), I would invite you to take a look round.

The forum is just one small area of the site but is and has always been a central part of it and the club in general. For anyone who has not used the forum, it's pretty easy for you to do so and is designed to make communicating with other members easier.

The most used topics are of course Main Chat (training topics, general running etc), Non Running Topics (nights out etc), races, and results. If you have run a race, tell us all about it, how you got on, was it well organised? Are you going for a night out, tell us about it, your birthday, tell us about it?

I hope you'll sign up and give us all the nod on your next race.

To access the forum you have to enter the members area of the website by clicking on 'MEMBERS LOGIN' and putting in the user name and password previously emailed to all members. Once in, click on the 'FORUM' and you've cracked it! Any problems contact Phil on : webmaster@runningforeverrunningclub.org.uk

Forum	Topics	Posts	Last Post
Main chat General running stuff	267	2097	By AlexRFRC on 9/28/2010, 7:10 am
Non-running related topics Nights out, music, reality TV and other randomness!!	211	3039	By Phil76 on 9/22/2010, 4:38 pm
Races Let other people know what races you are doing.	246	1650	By GrahamE on 9/28/2010, 6:45 pm
Cross Training Other non-running sports	39	146	By Valf on 9/16/2010, 9:17 pm
Weekend Runs Where are you running this weekend? Arrange or join a run here!	82	461	By peterb66 on 9/10/2010, 6:42 am
Wednesday Runs Information on the regular Wednesday club run	45	226	By RestlessEag on 8/3/2010, 3:46 pm
Weekday Runs Missed a wed or need another run? Arrange or join a run here!	3	9	By Hippie Daisy on 1/23/2010, 4:42 pm
Results Done a race? Post your results here and get in the paper!	5	688	By AlexRFRC on 9/28/2010, 7:07 am



Shoe4Africa

"I'm running the London Marathon this year" I would proclaim if anyone asked, "Cool, which charity are you raising money for?" Well my answer to that was, in fact, that I was not running it for anyone. I've never been into asking people for money, even at the best of times, so the usual amount needed for a charity place, about fifteen hundred quid usually, was a tall order. Yet still I must admit to feeling that I should do more as a runner to help out. Step in Shoe4Africa.

I found out about S4A when I brought the book 'More Fire, How to Run the Kenyan Way' (see last newsletter for the review) written by the founder and CEO Toby Tanser. Started in 1995, the idea was to take used running shoes that would usually be discarded, and send them to Kenya where they would be used by people who would otherwise be unable to afford them. S4A then set about holding local races and at the same time use sport to promote HIV/AIDS awareness, women's empowerment, education, peace and health projects.

Hookworm is a major problem in this region, they enter the human body via the foot or ingestion, but by simply wearing shoes a major cause of disease can be halted completely.

Now S4A has embarked on its biggest project to date, to build a dedicated children's hospital, providing essential health-care in a catchment area of some 22 million. The Kenyan government has committed to the running costs once built but is unable to contribute to the build cost, some \$15 million USD. And this is where you come in. So, what can you, as a runner, do to help bring about what we in the west consider a birthright, good healthcare? Firstly, if you have a pair of running shoes that has at least 100 miles left in them, send them to **Shoe4Africa, P.O Box 6943, Eldoret, Kenya**. This simple act costing less than a fiver will directly improve the life of someone living in Africa (and may be on the feet of a future world champion). Secondly, visit the website, www.shoe4africa.org, have a look round and find out what they're doing, it's an inspiring read, then, tell your friends. Lastly, if you feel like it, make a donation.



I'll be running for them in London, I'll be able to say, at last.

Upcoming Races

October

- 3rd - Burnham-on-Sea Half Marathon - <http://www.runningdiary.co.uk/go/view.cgi/2981>
- 10th - Mendip Muddle 20k - <http://www.westonac.co.uk/mendipmuddle/>
- 17th - Dartmoor Vale Marathon, Half Marathon & 10k - <http://www.dmvmarathon.org.uk/>
- 24th - Exmoor Stagger & Stumble - http://www.mineheadrunningclub.co.uk/stagger_stumble.html
- 31st - The Stickler - <http://www.thestickler.co.uk/>

November

- 7th - Templer 10 - http://www.teignbridgetrotters.co.uk/templer_ten/
- 7th - Ilminster 10k - <http://www.ilminsterlionsclub.co.uk/>
- 12th - 14th - The Druid Challenge - http://www.xnrg.co.uk/events_druidchallenge2010.htm
- 21st - The Drogo 10 - <http://www.thedrogo.co.uk/>

December

- 5th - Wyvern Christmas Cracker - <http://www.westonac.co.uk/christmascracker/>
- 5th - Full Monty Cute - <http://www.fullmontycute.btik.com/>
- 19th - Wellington Monument Run - www.wellingtonmonumentrace.co.uk
- 26th - Stoke Stampede - <http://www.stokestampede.co.uk/>

RFRC Christmas Do!

Venue: Police Social Club

Date: Saturday 4th December

Time: 7.00/7.30pm

Cost: £12 for members / £14 for non-members (partners welcome)

We will keep you informed as details are confirmed but I can let you know now that there will be plenty of food, cheap drink, a DJ (hopefully, see below) and lots of fun.

On the subject of a DJ - does anyone know of one? Cheesy tunes a must. Let El or a committee member know if you do please.

As soon as tickets are available it will be announced on Wednesday evenings.

This is the big RFRC social event of the year and it would be good to see as many of our members there as possible.



Quiz Night



The next famous RFRC Quiz Night will be on **Thursday 28 October** at the **Allerford Inn** and will be hosted, as usual, by Quiz Master General Dr John Scanlon and our very own Italian Bella Elena Minelli.

The Allerford Inn is close to Norton Fitzwarren and was formerly the Victory Inn. If you want directions, historic details or information on choice of ales maybe please speak to Mike Nicholls. ;-)

The cost will be £1 for members and £2 for non-members with all the funds raised going to the charity of the winning team's choice.

The quiz will start at 8pm and if you're thinking of grabbing something to eat first it'd be good to have ordered by 7pm.

We'll let you know more on a Wednesday evening but get the date in your diary now and think about your favourite charity for when you win!



The Lotus Flower

The Thai Restaurant on Station Road, **The Lotus Flower** was the venue for a Running Forever foodies night out providing a buffet style meal for 22 of us back in August.

The food was excellent as it always is but the service was a bit slow. However, El showed off her fabulous hosting skills by stepping in as waitress and barmaid. She was reassured to learn that her washing up skills weren't required!

It was good to see some new members among the group as well as the regulars. Thanks to everyone who attended and made the evening a success!

Watch out for the next one.





Virgin London Marathon

Running Forever Running Club get a few places for the London Marathon each year and those of you who are club members as of 1 October 2010 have a chance of going into a draw to obtain one of these. We aren't sure how many places we'll get yet but we had 3 last year and are hoping for similar.

If you're interested in running the London Marathon in 2011 and would like to go in to the draw keeps your ears open on Wednesdays and as soon as we have any information we will shout about it.



Help wanted for the Half Marathon Beginners Group

After a fantastically successful beginners group organised by Sandra leading up to the recent Taunton 10k noises are being made about the start of the next beginners group.

Starting on Wednesday 17 November Sandra is keen to train absolute beginners to complete the Taunton Half Marathon in April 2011. There will be a few interim goals on the way—a 5k and a 10k perhaps.

Sandra is looking for is a couple of people who would be willing to help out on Sunday mornings to cover if she cannot make it. Sandra will provide routes but cannot always be there. The distances on Sundays will gradually increase over the time up to 13 miles so ideally it could be somebody who is planning on running the half themselves.

If you appreciated the support you may have had in the past from fellow club members you will realise how important your input can be to somebody else's half marathon experience.

If you are interested in helping out please speak to Sandra directly at club night. Your help will be appreciated and I am sure you will find it a satisfying experience and you get to train for your own half marathon too.



Make a new friend

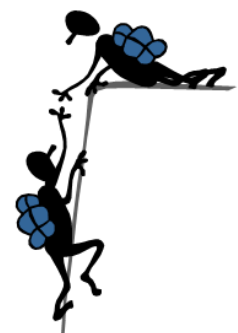
We all know that an important part of running with Running Forever is 'looping'. This is a great way to ensure a group stays together and maintains the club motto, NOGLB (no-one gets left behind). As the club is currently growing so rapidly, this rule is becoming more and more important.

Try to be aware of who runs in your group, introduce yourself to the person next to you and don't just stick with your mates, run with people you don't know.

Everyone, not just the group leaders, should be aware if there is a new group member on a night and should make the effort to speak to them – you never know, you might make a new friend. Do you remember your first few runs with the club? It can be a bit daunting seeing so many people who already know each other and it can sometimes be quite hard to join in, especially if you came on your own and you're a bit shy.

After looping, don't just leave the person at the back on their own, run with them until the next loop and then let someone else take over. There is always someone at the back, make them feel part of the group, after all, if you're ahead of them, you're obviously finding it easier than they are, so help them out for a while. This is the whole point of running with a group. These are not solo runs, these are group runs and everyone needs to feel included.

Don't leave anyone behind or alone at the back of the group, not even for part of a run, it's not nice, it's not friendly and it's not what Running Forever is all about.



The last bit

I hope everyone has had a good 3 months running and that you are all looking forward to the next 3 months!

Thanks again to everyone who has contributed to this newsletter, obviously I couldn't do it without you! And I hope you all enjoy it and continue to tell me what you like/don't like about it. As you can see it's got bigger again with the inclusion of, I think, a couple of interesting pages from the new sub-editor, Alex Abrams. Thanks Alex and welcome aboard. If anyone has any articles they'd like to see in here I'd love to hear from you so please contact me. If anyone is doing any interesting races please tell me so I can persuade you to write about it to enthuse everyone else - or put them off if you really hated it of course!

What do you all think about our long awaited new website? Looks pretty good I think. Of course it is still a work in progress so keep looking and I'll keep updating you on new items too. Have a look on the members forum—Alex has written a bit about this in his section. The more people use the forum, the better it becomes!

We've had some fantastic Thursday evening bike rides this summer with hardly any cancellations due to bad weather! We've stopped because of the darker evenings now which leads me on to don't forget to wear hi viz on again on Wednesday's please—we don't intend to lose any runners!

The next RFRC Newsletter is due on 1 January 2011. I'm looking forward to hearing from you on newsletter@runningforeverrunningclub.org.uk

Thanks

Val Perigo



Nick Cutler with trophy at the Quantock Beast



www.runningforeverrunningclub.org.uk

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