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The best bit: All of it! If you love long off road runs this has it all - beaches, hills (up and down!), trails, footpaths, coastal paths and bogs/mud/bogs/mud to die for. And beautiful scenery! And the camaraderie - both between club members and everyone else as well!

The worst bit: It came to an end at the finish :- (... although being hosed down by fit young firemen sort of made up for it.

Will I do it again? have next year's entries opened yet?? I'll be online every day to check!!

Lynn Cunningham—I LOVE THE GRIZZLY!!!!!!!!!!

The best bit: The view from the stairway to heaven (on the cliffs) looking down made my stomach turn as we was so high up but the sea looked beautiful.

The worst bit: Realising I'd left my drink bottle in the toilets just before the start, got it back just in time!

Will I do it again? I would definitely do it again.

Sally Tovey

The best bit: The camaraderie (running with the others from Running Forever RC made up for the inevitable pain), the organisation, the weather, the chance to eat jelly babies for 5 hours continuously, the hose down by an attractive fireman at the end while simultaneously eating a Honeybuns caramel slice, the atmosphere, the course (but see below).

The worst bit: The interminable shingle, the second bog, my rubbish ITB.

Will I do it again? No, you can't improve on perfection.

Emma Greig



The best bit: Passing a farm at about 11 miles in the middle of nowhere that had a full on band playing - guitars, drums , the lot!

The worst bit: Losing my sense of humour around 15 miles and the constant bloody walking!!

Will I do it again? Of course I will - I've got a PB to beat and the atmosphere and support was great.

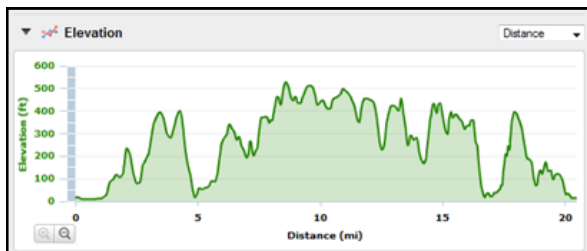
John Ward

The best bit: Beautiful scenery and lovely weather; camaraderie, atmosphere and support from all; plus the lovely pint of beer that Emma bought at the end of the race (Thanks! My round - next Grizzly?).

The worst bit: Losing my shoe (temporarily) in the last bog and straining my left foot muscle/ligament (I think that's what it is - not seen a doctor yet as it seems to be healing).

Will you do it again? Well I did it last year (first time), came back again this year, so looks like I'll be doing it again next year (hopefully the weather will be kind; as it has been the last two years??).

Jon Sparks



The best bit: It was a beautiful day for running in every sort of terrain imaginable and I actually completed it!

The worst bit: Getting to the top of the 'stairway to heaven' (a massive climb up a cliff face) and finding my legs didn't work anymore. Having run with Lynn and Emma for 17 miles I eventually came in 14 minutes behind them!

Will I do it again? How could I resist? I'm sure I'd enjoy it as much as Lynn if I get my fueling strategy right!

Peter Hall

The best bit: The chocolate brownie handed out at the end!

The worst bit: The last mile of stony beach!

Will I do it again? I have completed it six years on the trot in every weather imaginable - I will aim for 10 events then never again (mind you I said that after five!)

Dan Talbot

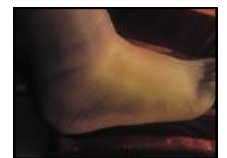


The best bit: Running in water, running in mud, running up hills, music, atmosphere, prospect of a beer at the end, fantastic views, beautiful weather, crossing the finish line, realising that a great race can be just finishing it rather getting than a fast time. oh and being offered a lift to my car by a complete stranger because I was limping.

The worst bit: Twisting ankle overtaking on a fast downhill stretch at 13 1/2 miles followed by a grim 6 1/2 mile limp/stagger to the end. Going to A&E the next day, deferring London, wallowing in self pity, limping to Pizza Hut to 'celebrate' my birthday. :- (

Will I do it again? Hmmmmmmm

Richard Staunton





Get the most from your weekly track session by Rich Palmer



Monday night track sessions have become something of a routine for quite a number of us over the last few years. In fact, it's not been uncommon to see as many as 25 club members turn up at 6.30pm at the track behind SCAT to take advantage of our £1 each per week discounted club booking rate.

For those of you who haven't been yet it really is great training whatever your standard or distance of race you are training for. Track training improves your speed endurance and there is no distance of race where that doesn't come in useful, even the marathon.

One key factor to not only keeping tracks sessions interesting and focused but also reducing the chance of injury is to include plenty of variety. Below is a programme of four different sessions that should keep everyone busy for the next few months:

Multiple reps:

These can be tailored to suit individual race goals but essentially reps of 400m, 800m or 1 mile with a short recovery (it's up to you to define this!). The Kenyans do 20 x 400m with 30 secs recovery but you'll run out of mates pretty quickly if you suggest that one!!

The Pyramid:

My least favourite session which probably means it does a lot of good! Start with 200m, short recovery then 400m, another recovery then 800m etc up to 1600m then back down again. It's an absolute pig and usually gets very competitive!

Super Sets:

Nothing super about these apart from the amount of pain they put you in! There are two basic types:

DROP SUPER SETS: These are great for teaching your body to process lactic acid. Run 200m almost flat out and just when stopping seems like the natural thing to do, do another 400m without stopping at your 5k pace. If you are a real kamikaze then you could even throw in 800m as well at your 10k pace. Starting with a very fast pace makes your 5K and 10K paces feel easier. You become a more efficient runner and are able to "float" or "glide" with a more relaxed stride at race pace (well that's the theory anyway). Up to you how many reps you want to do but any more than 6 seems pretty masochistic!

PROGRESSIVE SUPER SETS: With a progressive set you start your workout at below race pace. As you progress through the workout you gradually speed up to nearly full pace. This type of workout is great for training you to run a race pace or faster when you are already fatigued. An example of a progressive set is 3 x 1600m-800m-400m. You start the workout with 1600 meters at marathon pace. You then increase your speed to 5K pace for 800 meters and finish with 400 meters at the fastest pace you can maintain. This is a superb workout for developing your finishing kick and training your body to run at a fast pace when fatigued. You take no recovery between the different paces, but recover for 4 minutes between each super set.

Timed reverses:

This is a great session if you want to run with your mates but you are all of very different abilities. Everyone runs one way round the track for 90 seconds at about 5k pace. Make a note of where you stop, time 30 seconds recovery then everyone runs for 90 seconds in the opposite direction. The aim is to get past your starting point and all the other runners in front of you!! Six to eight of these is a decent number. A whistle and a designated timer is a must.

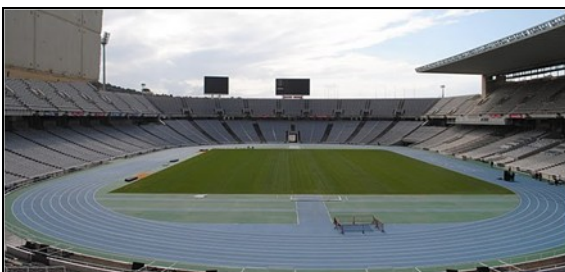


There are of course a huge number of other possible sessions out there to search on the internet if you get tired of these.

If you are not sure of your pace then as a guide 400m (one lap) in 90 secs is approx 6 min miling, 120 secs is 8 min miling and 150 secs (2 and a half mins) is 10 min miling.

Remember to warm up properly before starting and have a good stretch and warm down afterwards.

See you next Monday??





Exeter First Chance 10k run by Gerald Symons

Hi, my name is Gerald and I run with group 6 on a Wednesday night. I would just like to say a few words about the Exeter First Chance race. First, it was great to see a good turn out from Running Forever RC on a cold winters morning (-4 on the trip down in the car). I wasn't sure if this was a good idea or not, the ice on the canal did look quite good though.

Now, it's about 1 year ago that I first started with Running Forever RC and my first race was the Taunton 10k in September. My time for that was 01:07; I did improve on that slightly with a time of 01:04:32. Richard Palmer's and Edward Paull's time of 00:36:43 at the First Chance, was very impressive. Well done to all the runners who turned out for the first race of the New Year. The run itself was quite flat and off road, following the canal path for best part of the race, across a field and then around again. The organisers and marshals did a fine job as it was a cold day to stand around in. And for our efforts we got a nice yellow towel.

Thanks to all at the running club for their friendship and support especially group 6 leader Martin Axon for his help in getting me through the first year with Running Forever RC, there was a time when after the first few weeks of starting I thought this running lark is not for me - well I hadn't run since my school days 43 years ago!

Richard Palmer	00:36:43
Edward Paull	00:36:43
Mark Latchford	00:44:31
Dave Loaded	00:45:30
Mike Nicholls	00:50:33
Andy Burgess	00:50:52
Malcolm Boon	00:50:57
Malcolm Hutchings	00:51:12
Gerald Symons	01:04:32
Martin Axon	01:09:20
Charles Axon	01:10:07
Jan Walker	01:15:13
Kate Mackenzie	01:16:00
Claire Salter	01:17:16



Luckily for me I went out with group 6 one night and their friendship and encouragement set me on the right track. I am now joint group leader with Martin and really enjoy the Monday and Wednesday night runs. One thing's for sure with Martin's group you won't get left behind, we will always loop back for you.



Longleat 10K – 6th February 2011 by Phil Wilson

This is a race run around the grounds of Longleat and is in its seventh year. I've run this one every year except for last year when I refused to run in protest at the cold weather! It's a very scenic race starting and finishing outside the house itself and running through the grounds. Thankfully the lions are locked up at this time of the year though I do remember see a couple of chimps once, though they were dressed in Running Forever RC shirts so who knows!

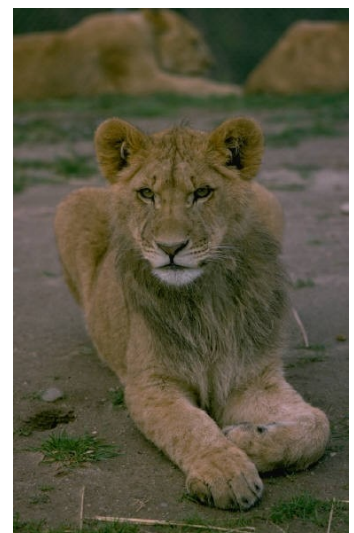
The chief characteristic of this race are the hills. There are three of them, although technically one is climbed twice so maybe that only counts as two? The route is a figure of eight course so it's a great one for spectators.

As the race starts you run a short distance before starting the first climb. This takes you up around 100m in about a kilometre so it's no gentle slope. The great thing about climbing though is that you usually get a nice run down the other side and there is no exception here. The route heads along one of the approach roads to the house before heading out to the opposite side of the estate, all on flat ground. At about the 5K point the course turns back towards the start point again where you are faced with another climb. This one is thankfully easier than the first one – you only get to climb around 80m this time! After another drop there is a shorter climb, which takes you past the car parks and the house again.

Then you get to get another chance to run up that first hill again. How kind of the organisers to let the runners get a second bite of that cherry! Finally you turn into the long straight and with just 2k left to go you get a fantastic view of the big house, which for some reason fails to get any closer all the way in!

In the first year the course was laughingly described as "gently undulating". I think that's a bit of an understatement and in fairness, the course description was revised to "hilly". There's nothing wrong with hills!

Numbers were down considerably this year so hopefully they will be back to normal levels next year. This really is quite a challenging race and is good for anyone looking to do a spring half or full marathon. There are few enough competitive races at this time of year in the area and it's only an hours drive from Taunton so well worth considering for next year.





Reasons not to run by Scott Weetch

*Scott kindly offered to do a write-up last October about the Exmoor Stagger. Unfortunately he either got injured or apathy set in just before the event so instead he offered to write an article about excuses not to run. The irony of this is that your editor completely lacked the motivation to include the article in the last newsletter! **Val Perigo***

I was once a runner. I even got quite good by some standards. Not my own, nothing I ever did was good enough for me. 1h37 half marathon, rubbish. The 'good' runners do under 1h30. 43 minute 10k? Ditto under 40 minutes. So I find excuses not to run. On a typical day, I'm sat at work responding to emails or, heaven forbid, actually working on a project. Couldn't possibly run.

Or it is too wet. Or windy. Or hot. Or cold. Or late. Or early. Or I have just eaten. Or I need to eat. Sometimes I'm too tired. Sometimes I'm in just the right frame of mind but I'll go in a minute. Or I'll wait for Lewis, who then can't so I don't. Or I have nothing to train for so I don't. Or I have something to train for eg a marathon and I STILL don't. Last January it was too snowy. Then I was too moving house. Then too doing stuff in the house/to the house. Then I ran a marathon on no training (don't).

So this year I plan to not train for and run an ultra for the first time. Now if only I could find an excuse not to run...

Barcelona Marathon by Mike Nicholls



For those who have never been to Barcelona it really is a 'must do' city. A walk along La Rambla, a shopping trip to the fashionable Passieg de Gracia or a stroll through the ancient Dickensian-like streets of the Old City; add in the largest floating harbour in Europe, the 1992 Olympic Stadium, the Olympic museum together with all the other famous sites of this city and there is something for everyone in Barcelona.

On a damp Thursday afternoon early in March eight of us, including Helen Phillips, Andy Ellins and myself from Running Forever RC, descended on the city. Having found our modern and excellent hotel (thanks Andy) in the heart of the Old City we spent the next 36 hours enjoying the local hospitality, exploring and getting lost.

On the Saturday morning I accompanied Helen and her friend, Caroline, to the breakfast, or friendship, run, which is traditionally held on the day before most big city marathons. This year they ran the last 4.2 kilometres of the 1992 Olympic marathon route up to and finishing in the Olympic stadium at Montjuic – a brilliant experience, so they tell me. Sightseeing tours, cable car rides, carb loading and being generally lazy saw off the rest of the day.

Race day breakfast was at 6.30am and a 7.10 metro got us to a sunny but chilly Avinguda de Maria Cristina ready for an 8.30 race start time. The fountains along the avenue and behind it had been switched on especially for the occasion and made for a great spectacle.

Helen and I started in the 3:30–4:00 'pen' and, some 8 minutes after the gun we crossed the start line. It was probably the best organised 'big city' start I have experienced because we were running as soon as we crossed the start line – not bad for a race with 18,000 starters!

Unfortunately for me, the running didn't last anywhere near as long as I would have liked. I went to Barcelona with a hip injury (and lack of training because of it) and was simply hoping to run a decent part (maybe half) of the course but was forced to walk soon after the 10K point. By 11.5K I had dropped out. Disappointed? Yes, but at least I had experienced the start and atmosphere of another big city race. Meanwhile, Helen was 'flying' and was soon joined by Chris, who had started in the 'pen' behind us. They swapped places throughout the rest of the race and pushed each other to personal bests of 3:51 (Helen) and 3:47 (Chris) with both going under 4 hours for the first time. Further up the field Andy went through the halfway mark in his target time of 1:30 but couldn't hang on and eventually finished in 3:07, still a very respectable time. Our other runner, Juliette, ran equally well to finish in 4:38.

We all had a great weekend and I would certainly recommend Barcelona both as a city to visit and also the race as one which, whilst a bit boring at times, can certainly yield pb's.

Seven have fun skiing by Malcolm Hutchings



Last summer, club member and seasoned skier, El Palfreman convinced a few of us to join her on her next adventure. Over a few drinks she had enthusiastically enrolled Sallie Durman, Kate Mackenzie, Claire Salter, Malcolm Boon and myself. Dates were discussed and a week in January was arranged, coinciding with my birthday. Kate, along with El, was also an experienced skier, although she hadn't been for 12 years. She located her ski boots which had been dormant in her shed and dusted off the cobwebs. Sallie had been skiing a couple of times previously and I had had some dry slope visits when a teenager (a long long time ago). Claire and Malcolm Boon were complete beginners.

The day soon arrived and we were joined at Bristol Airport by Chris Nelson, a former club member, who moved to Derby a few years ago. He was to be the sole snowboarder of the group, having had tuition at Tamworth Snow Dome. We admired each others luggage and attire and laughed at the passport photos. The seven of us were now on our way to the Pyrenees resort of Arinsal, in the principality of Andorra. (For those now thumbing their atlas, it is between France and Spain.)

On arriving at the hotel, following a long coach transfer, we were each presented with a glass of champagne. An excellent start to the holiday.

Next morning we were guided by El to the gondola, which was to take us up the mountain to the ski centre and slopes. Those of us who required equipment headed for the hire shop. We were sized, then issued with appropriate skis, boots and poles. Kate was worried that she wouldn't remember how to ski, so had a practice on the beginners slope. All worries vanished in an instant when she gracefully glided down.

Chris was then off up the mountain with his board while the rest of us went to find "Ski School". El and Kate were in separate groups for intermediate skiers. Sallie another group, with Malcolm B, Claire and myself together with The Beginners.

Before long, we had our skis on and were walking sideways uphill. We were shown how to snowplough. Tip of the skis together, back of the skis apart to form a triangle, knees bend, lean forward, don't stick your bum out. This was followed by stopping and turning. Of course we fell over numerous times, so had to be shown how to get back up. Not very elegant.

Those who know Claire, know she is very vocal. This was no different in Andorra and we were worried she may start an avalanche.

The Ski School lesson was soon over and all seven of us met back up for lunch. Sat outside on the patio enjoying the winter sun, we swapped stories. Kate, El, Sallie and Chris had been to the top in the chair lift, enjoyed the terrific views and tackled many "runs" of varying difficulty. Looking to the top, I enviously wondered whether, later in the week I would be good enough and have the confidence to enjoy the same.

After a long lunch, El and Kate helped us beginners practice what we had been taught in the morning.

Day one was now at an end and we returned to the hotel exhausted.

Each day followed the same pattern. Three hours ski school in the morning. Lunch, then skiing as a group in the afternoon. As the next few days went by, the beginners skiing rapidly improved, although Claire did go through a difficult spell. A private "one to one" lesson with an instructor saw her confidence regained and she was back with us. Believe it or not, she is remarkably quiet when she is concentrating.

An evening in one of the many bars saw us winning the quiz, with the first prize being a snowboard. Snowboarder Chris was the obvious recipient and I believe he might have spent the night in bed cuddled up to it.

The second part of the week, the beginners were up the mountain. The chair lifts were negotiated with only a few minor mishaps. Malcolm B had the knack of being taken out by other skiers, much to his annoyance, as they sped by out of control. Sallie provided the entertainment for group of men passing overhead in the chair lift as she fell over and struggled to get back to her feet. With much assistance from from Kate, she was eventually back up and received cheers and applause from the men, who were now well past. They had twisted around in their seats so they could still see her. I spent alot of time horizontal in the snow. All my own doing. Plenty of confidence, but lacking experience and ability which was plain to see when I persuaded Kate to take me down one of the "red runs". El got faster and faster and was just a blur most of the time. How can she take in the view at that speed?



We all went to the highest point as a group. El led the way as we meandered down in crocodile fashion behind her. (I think that was the slowest she had been all week) A successful descent was completed. A big sense of achievement and a tear or two from Claire who was still unusually quiet.

The week was over far too quickly. We laughed every day and came away with many happy memories and an assortment of various aches, pains and bruises.

Thanks El for organising the trip and to each member of the group for their company and making it an excellent holiday.





Bideford Half Marathon

As one of the oldest races in the West Country, the Bideford half marathon is an event that all Taunton runners should have a go at, at least once in their career. Described laughingly as a 'swift half', 9 members of our club decided to give it a shot, and have a crack at the old PB.

The weather on the 3rd of March was clear but cold with only a slight breeze, perfect for a day spent racing, along the Tarka Trail.

There seemed to be some confusion at the start, I still don't know what happened, but during the last twenty seconds or so of the countdown, the guys at the front decided they'd really rather not wait and decided to head off, taking the entire pack with them. The course ran through the town and down some bottlenecks that I suspect may have held up some of the middle field, but at least it was flat... Until the decidedly undulating middle section just outside Bideford, that carried on until Great Torrington, the ups and downs being pretty much constant. The pace was even despite the hills and Rich and I kept up with the same group until we reached the Tarka Trail (a disused railway line) at Great Torrington, where the route flattened out. The footing was rough, the camber steep on either side so we had to run in the middle, avoiding the walkers as we went. The trail actually rises slightly as we headed home and back towards Bideford. The race organisers had lain on a pipe band at the start that reappeared at the end of the trail before racers came back through the town and home.

The finish, along the front of the estuary, provided runners with a lift as it was lined with spectators and the technical T as a finishing prize was a nice touch. Best of all thought, Running Forever RC came away team champions, helped on massively by Gerry Hogg's 1.13th 4th place, congrats to him and all Running Forever RC runners. Hope to see you all there next year.



Adrian Marriott Marathon Training

I've always believed that you should take advantage of any chance to widen your expertise of any interest that you might have. Now running you might think, is pretty easy, all you do is put one foot in front of the other as quickly as you can for as long as you can, easy yeah? Well, OK in its simplest form, that is exactly how it's done, but if you're keen to be a little more than a casual jogger, a training session with a professional coach is one of the better ways to spend a rainy Sunday morning in mid February. So it was that six members of Running Forever RC, Lynn Cunningham, Peter Staunton, Richard Hall, Gerry Hogg, Jon Sparks and myself met up with 15 or so other runners at the Yeovil Olympiads club house for a Somerset Athletics Network organised marathon training session with elite runner, coach and friend of Running Forever RC, Adrian Marriott.

The session started with Adrian giving a brief talk on what you will know when training for, and racing a marathon, in particular pacing, and fuel for the run. I've been to a couple of his talks before, but Adrian is expanding on his talks and all of us there gained something from this. After the talk, we began some warm ups, if you're familiar with Pilates you may know the clam, then a few lunges and it was time to brave the worst weekend weather for ages. The idea was that we would run for 10 x 6 mins @ MP (marathon pace), easier than I thought but a little over exuberance during the first rep meaning a change of pace was called for and we settled in for an hour of running. Each rep would be run at the same pace, and we'd change direction each time.

Adrian and the Somerset Athletics Network are just getting into their stride with events like this and the runner's fayre held last summer. For these events to continue, they need the support of clubs in the area, like Running Forever RC, so would be good to see more of you there next time.

After splashing through the puddles for an hour we got back to the clubhouse for a well earned lunch and Q&A before heading home. I'll be posting more details as and when I hear of more events like this, so keep yours eyes open.

Stoke Stampede



Upcoming Races

April 2011

10th - Honiton Hippo - <http://www.honitonrc.com/>

23rd - Haldon Heartbeat - <http://www.haldonheartbeat.org.uk/>

25th - Easter Bunny 10k - <http://www.yeoviltownrrc.com/easterbunny.html>

May 2011

1st - Round the Tor 10k - <http://www.glastonburyroadrun.info/EntryForm/grr2011entryform.pdf>

8th - The Black Death Run - <http://www.theblackdeathrun.com/>

29th - Plymouth Half Marathon - <http://www.plymouthhalfmarathon.co.uk/>

June 2011

5th - Run in the Wild - <http://www.chardrunningclub.btck.co.uk/>

18th - Mendip Mashup - <http://www.mendipmashup.org.uk/>

26th - North Devon AONB Half & Full Marathon - <http://www.northdevonmarathon.co.uk/>

SOCIAL - NEWS

Entering Races as a Club Member

It's good to see so many club runners entering and enjoying a wide range of races both locally and miles away! **When you enter a race could you please write your club as "Running Forever RC"**. Currently there are many variations such as RFRC, Taunton Running Forever, RFRC Taunton and probably several others!!

If we all enter in a standard format it makes it easier to collate results and if we look like we come from several different clubs it will certainly prevent us from qualifying for any team prizes.

As a club member you need to be aware that you should wear club kit in races. This is essential to be counted as a team (and you don't always need to be fast to be part of a team—I made up the numbers and won a team prize once!).

Also Rich Palmer is trying (and doing a very good job) to build a photo gallery on our website and it is impossible to photo people if they don't wear kit as he can't pick them out. And, of course, it's great promotion of our club of which we should all be very proud!! It is also easier to shout encouragement (or holler abuse) as supporters will recognise the kit even if they don't know who you are.



Running Forever RC AGM

Running Forever RC's AGM will be held at the Albemarle Centre, Albemarle Road, Taunton on Friday 6 May 2011.

The meeting will start at 7.30pm and one of John Scanlon's popular quizzes will follow.

A bar will be available and there will be plenty of food. The food will be free but the drink won't be!

Further details will be sent to you nearer the time but please do put the date in your diary and I hope to see you there.



Quiz Night

Another successful quiz night was held at the Allerford Inn on Thursday 17 February. The winning team consisted of the very clever Dawn Mahoney, John Crabtree, Kate MacKenzie and Malcolm Hutchings.

A raffle also took place with prizes including an MOT, a champagne high tea for 2, restaurant voucher and memory sticks.

A total of £100 was raised which helped towards the cost of the Hestercombe Humdinger.

Thanks to everyone who attended, everyone who kindly donated the raffle prizes and a special thanks to Dr John for organising another selection of questions.



SOCIAL - NEWS

Hestercombe Humdinger and Hurtle by Rich Palmer

Firstly a massive thank you to everyone who helped out at this year's race. Many of you gave up your Sunday morning (or more!) and without this help we simply wouldn't be able to host our club race. Feedback from runners has been excellent with many commenting on how friendly the marshals were. Secondly, well done to those club members who ran and a special mention to the following who won prizes:

Men's Team Prize:

2nd Gerry Hogg 54.54
8th Dan Rowe 59.49
15th Dan Talbot 1.04.03
16th Dan Sheldrick 1.04.23



Age Category Prize Winners:

Junior Ladies

1.11.27 Holly Ashford

Vet 40 Ladies

1.15.42 Sally Tovey

Vet 45 Men

54.54 Gerry Hogg



A huge thanks to Rich for all his work in organising yet another successful day at Hestercombe. It really does take up a massive amount of his time. Well done to everyone. Val Perigo.

Membership Renewal

You are probably all aware that your Running Forever RC membership expired on 31 March 2011 and you now need to renew if you haven't already.

You can renew online here: <http://www.runningforeverrunningclub.org.uk/membership.php> or download the application form and bring it to club with your cheque or post them to Membership Secretary, Running Forever RC, PO Box 835, Taunton, TA1 9FF.

Any problems contact the membership secretary, Sandra Williams, on membership@runningforeverrunningclub.org.uk

It is essential that all those who wish to renew do so by the end of May as we also have a deadline with England Athletics.

Running Forever RC Website

The Running Forever RC Website is now looking really good (well I think so anyway) with lots of information on there regarding training plans, training routes, news and events and, of course, newsletters.

There is also a growing photo gallery and if you would like to add your photos please speak to Rich Palmer on a club night.

There are lots of items on the member's forum including nights out, cycle rides, weekend runs, race information and race results. Please feel free to join in.

<http://www.runningforeverrunningclub.org.uk/index.php>

If you encounter any problems with the website please email:
webmaster@runningforeverrunningclub.org.uk





Finally.....

Thanks again to everyone for your help in putting this newsletter together, it wouldn't happen with you. As ever, if you would like to submit an article please send it to me at newsletter@runningforeverrunningclub.org.uk and I will be happy to receive it. If you think you can't write an article think again as several people have said this to me and then have produced brilliant items. Once you get going it's a lot easier than you think and you'll soon have twice as many words as you thought you would. Articles only need to be between about 200 and 400 words but if you have a big event and would like to write more just let me know. The bigger the range of articles we get, the better our newsletter will be.

I'd like to wish everyone luck for the Taunton Marathon and Half Marathon on 3 April. The runners I ran with in group 5 on Wednesday certainly seemed well prepared and were, mostly, looking forward to it. Enjoy the day. I'll be at the top of the hill at Bradford on Tone (by the pub) with jelly babies if anyone needs them. And I'll be doing my best to scream at all Running Forever RC runners but I apologise in advance if I don't see you all. I hope you have a lovely day and get whatever the result you're aiming for.

I also hope that training has gone well for all the Running Forever RC runners who have places in the London Marathon on 17 April. If any of you would like to write an article for the next newsletter I'd be very grateful please—it'll save me having to press-gang someone into doing it! Again, enjoy your day and I hope to see you on the tele.

As for me, I've been a bit lazy of late (bad back, moving house, just like Scott's article) but I thoroughly enjoyed the Taunton Aquathlon in February and did far better than I expected. I'm looking forward to the Black Death Run now - it's one of my favourites although it does hurt! I hope to see some of you there.

Good running everyone!

Val Perigo

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Elena Minelli—Social
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