

The Strider

St Helens Striders Newsletter



February/ March 2010

Issue 16

Welcome to the first newsletter of 2010. We are pleased to see more new faces at the club (Nicola H and Alex) and old faces too (rumour has it Brian Bannawich has returned!!)

Already we are in February and have seen a very strong turnout from the Striders to the training sessions during the last month. At last count, a grand total of 22 members attended on Monday 25th January- can we beat that this month?

February sees the first handicap of the year and our thanks go to Frank for arranging the event and for his great patience!

If you have any suggestions for training, please feel free to drop me or Frank a line and we will try and incorporate as many ideas as possible. After all, it is your training session so we are happy to have feedback.

If you would like to join the club please email saintsrun@hotmail.com or call Les on (01744)23160.

Until next time
Rachael

ST. HELENS
Striders

DIARIES 2010-Strider Diaries for 2010 are STILL available. Priced at £6 each, they are a handy size to keep in your sports bag and plan those all-important Strider races. Send me an email/message etc if you want to purchase one.

SNOW SNOW SNOW



It may seem like a distant memory to some, but January proved to be a fairly interesting month in terms of training. Vast amounts of snow fell very quickly over Merseyside and left us with a huge dilemma- to run or not to run?

Training was very limited during the week due to the icy pavements, but the weekend bought a new type of adventure for those who braved it out. Pictured above is new member Ted (with Rachael, Roy and Claire), taking in the sights and sounds of Carr Mill Dam one sunny Saturday morning. Photograph courtesy of Frank!

CLUB MEETING

The annual post Christmas/ pre AGM meeting is going to be held on 22nd February at Central Fitness. General topics include sub fees, AA membership and race plans for the spring/summer.

Whilst this meeting is always important, this year we are hopefully going to be unveiling our new club website. Sellafield John, Alan and myself have been working on this for several months and hope it will continue to serve the club as our current one does. Ideas and suggestions are still welcomed at the meeting if you think we need to add or change anything and if you have any Strider pictures (old or new), we would love to get them online.

After the meeting we aim to go for a Curry, possibly at the Balti Spice in St Helens which will be a good opportunity for old and new members to catch up. There will be no run that evening,

We look forward to seeing you there!

RACES

FEB

Sat-13-Feb-10 6.75 Parbold Hill race
Sun-14-Feb-10 10k Blackburn
Sun-21-Feb-10 1/2M Village Bakery Wrexham
Sun-21-Feb-10 1/2M Great North west 1/2M Blackpool
Sat-27-Feb-10 10k Standish Hall trail race

MAR

Sun-07-Mar-10 1/2M Haweswater 1/2M Penrith
Sun-07-Mar-10 10k Farndon 10k Chester
Sat-13-Mar-10 14m Dentdale
Sat-13-Mar-10 21m Grindleford Gallop
Sat-13-Mar-10 3.75 Haigh Hall RELAYS 4 stage
Sun-28-Mar-10 1/2M Wilmslow 1/2 M
Sun-28-Mar-10 10m Grizedale 10 trail ?10k
Sun-28-Mar-10 1/2M Liverpool Adidas 1/2M

Meet the Striders...



Name: John Smee

Age: 44

Occupation: Draughtsman

Years Running: 9 years

Years as member: 4 months

Favourite race: Only ever run a 1/2 marathon (Great North Run)

Personal Best: 1 hr 50 mins

Running Ambition: to still be running at the age of 80

Funny story: Whilst out running one September evening doing my usual circuit I heard of voice behind me. "Hey you, you in the red top", hear we go I thought, abuse the jogger night again, or so I thought. Then again, "Hey you with the red top on, would you like to run with us". That voice was that of our very own strider, Rach. She told me all about the club and convinced me to come along to the next session. Since then Ive not looked back and hope to be a member for many years to come.

You know you're a runner when...

- ...your shoes have more miles on them than your car does
- ...you schedule dates around races
- ...you find yourself saying, "it's not really a hill..."
- ...Ibuprofen is your recreational drug of choice
- ... you dont care when you hug a sweaty girl/boy
-you know where your heart rate monitor is but have to hunt for your house keys
- ...while everyone is sleeping you are up running, and while everyone is awake you are sleeping
-you wear a black, plastic sports watch with your dress clothes.
- ...full listing can be found on our website (thanks Brian B!)

"Only think of two things - the gun and the tape. When you hear the one, just run like hell until you break the other". ~Sam Mussabini