

metro mouth piece

Issue 4 September 2009

www.metroaberdeen.co.uk

Welcome to the new look metro aberdeen running club newsletter

This issue says goodbye to the old and in with the new – oh yeah, and the Tullochs too! As one of the founders of the club, Kevin Tulloch moves to pastures new to set up a new life in Canada with wife and fellow Metro member Heather and their 2 children. Kevin has provided us with a few memories from his time with the club and, thanks to Peter Jennings, we have some words to remember the Tulloch family by until they come back to run Dyce next year! From the editors and the rest of the Metro members – thank you both for your contribution over the years, enjoy your new life in Canada and come back to visit soon. We would also like to extend our best wishes to club member Andy Reid who is also leaving Scotland for a new life in New Zealand, all the best Andy.

Metro couple, Donald Simpson and Andrea Canale tell us a little bit about themselves in our Meet the Boyz/Girlz pages. They are also both committee members, you can see the other members later in the newsletter. If you have anything you want to raise about the running of the club, please get in touch – that's what we are here for!

We have a training article from Kevin Tulloch on preparing for the Medoc Marathon. For some this might be a regular Friday night activity but we wouldn't recommend following it on a regular basis. Race Reports come from locations including San Francisco, Colorado, South Shields and the Cairngorms.

Thanks to all the contributors. Without your articles we wouldn't have a newsletter, so the time you spend putting them together is really appreciated. Thanks also to Keith Fraser who has made a splendid job in introducing a new design and colour to the newsletter. Finally, thank you for reading.

Niku

The Metro Newsletter continues to evolve. We understand that some of you don't have the time and/or enthusiasm to write long articles of your running adventures... so, whilst we will gratefully receive these longer works of art, we offer you all the chance to make a contribution by doing one of the following:

- Send us a shorter article (e.g. 100-200 words) with preferably some nice photo's/images, on a race you have done recently
- Training technique you have tried
- Running apparel, nutritional supplement (recipes welcome!) you have tried and tested
- Comments on previous issues or on the new Newsletter
- A running joke or two
- Anything running or Metro related!!
- or, simply send us a photo of Metro runners in action with a wee caption

So, get your articles to us – send them by email to niku_millot@hotmail.com or kefraser@aberdeencity.gov.uk as soon as possible, to get them in the next edition.

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My time with the club!

A potted history

Kevin Tulloch

History of the club

it was thought of by a bunch of disgruntled AAAC roadrunners that were not happy with their lot at the club, basically we were all paying the same fees but the road runners were getting a bum deal. There was very little encouragement of road running, and if there was a load of us heading to an event and looking for a bit of transport, it was never forthcoming. However, as soon as there was a kids egg and spoon race on a track in Inverness or Glasgow, the bus was laid on! So..... the disgruntled



voices grew and got themselves organised, it was decided to form an adult running club to cater for our needs. And, in a smoky bar on Market street on the 1st of January 1990 Metro Aberdeen Running Club was born. The name came from some sponsorship we got to set up the club, buy kit and the like from the owner of the Metro hotel on Market St, the sponsorship lasted a couple of years but the Metro name stuck so we kept with it.

From my own point due to work commitments, I had very little to do with the club in the early days but was always proud to pull on the Metro vest on race days and give it my best shot, and the same rings true today. As work commitments and circumstances changed, I started to help out a little from time to time and just like today if you do - you soon get sucked in to the committee and spend a lot of time with that. I feel I have always tried my best for the club and have always had the club's best interests in mind whenever I was helping out with the various jobs I have done. Back then the club runs were brutal, no prisoners taken! A club hierarchy was quickly established and you really had to be up on your toes and running at your very best to make any



teams we entered for competitions. We used to delight in entering National stuff and coming away with the medals, this was all the sweeter when the competition was in the central belt! Many a time "what are the Metro doing all the way down here" was heard at the National XC or the relays but that was our thing. I never made the teams back then, but often offered to drive the mini bus just so I could be part of it and get the crack on the way.

Gradually over the years as the hard core racers like Fraser Clyne, Nick Milovsorov, Ally Neves, Rob Taylor and the like have "matured" and some drifted away from the sport. I feel the club has developed a more "user friendly" face and is certainly a lot different now. I like all bits of all stages of the clubs development, the hard racing of the early years through to the more social side of things now and I'm sure the club will continue to grow and develop in the years to come. Hopefully getting back with enthusiasm into the National stuff like the cross country and the relays in Livingstone, always a good day out, while at the same time enjoying the social side of running as well.

Running highlights from my point include being asked to be part of the Metro team for the now defunct invitational 8 stage



Another was after picking up the bronze medal in the Scottish 50k being picked to run for Scotland in the home country's 100k Celtic plate road race, 31 x 2 mile laps of Herriot Watt university in Edinburgh. The 1st weekend in July,



Edinburgh to Glasgow relay, aye to run a leg, not to drive the bus came as a big surprise and a great honour to be in a team with Nick Milovsorov, Colin Youngson, Rob Taylor, Fraser Clyne, Keith Varney, Keith Farquhar so many great runners and Jackie Stewart ! ! ! Looked around the bus and thought "what the hell am I doing here ?" and just hoped I didn't let anyone down ! ! I was handed the last leg, I think with the thought it would all be over by then and picked up the baton from Jackie (he will tell a story about running half my leg if you ask him) and basically had to run as hard as I could the 5.5 miles along London Road to the Crownpoint athletics stadium in behind Celtic Park. The advice I got from Nick was "If you are feeling good and can breathe you are not running hard enough, so up the pace". So I ended up running the 5.5 miles in 28:25, held Metros position and was quite proud of myself.

and it rained for the entire 8 hrs 32mins and 32 seconds it took me to finish in 10th place. Runners were dropping out with suspected hypothermia. Again the club network kicked in to ensure that all I had to think about was running. Once again Jackie was involved and along with Peter Jennings they supported me throughout, handing me drinks and gels, helping me change sodden running gear and generally giving me so much encouragement that it was impossible to fail. The pair of them were out in the pouring rain for over 8 hours just to help me out, and to them for that day, I will be eternally grateful!

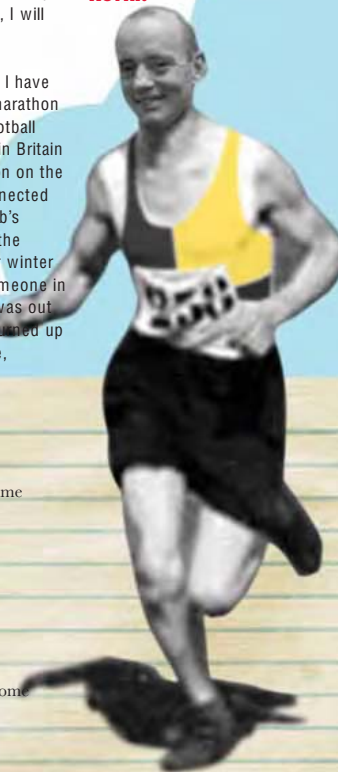
Finally (thank god I hear you say), I have to mention running the London marathon for the once mighty Aberdeen football club. Years ago, all football clubs in Britain received an entry for the marathon on the understanding that someone connected to the club ran the race in the club's football kit. So I applied and got the place, it's amazing the boost your winter training gets with the thought someone in a Rangers top might beat you. I was out in all weathers, no excuses and turned up on the day in the shape of my life,

proceeded to run a PB and won the competition outright. The first trophy AFC had won for many a year, the following year I was beaten by a cheating b*****d from Wolves who had cut his football shirt into a vest top but there you go. The year after I was injured, and the honour was passed to lifelong fan and season ticket holder Jackie Stewart (funny how he always turns up in my stories), and parity was returned as he ran a fine race to regain the overall trophy for the Dons.

I have also been blessed with my wife Heather who, being a runner herself understands the running mindset! Or more importantly, the mindset of the runner who is injured, not the easiest of animals to live with!

I have had many, many, great times. Been in places I would never have gone to, and made lifetime friends through the club and for that I am extremely grateful. And, regardless of whether it's the London Marathon, a national championships or a village fun run - I always have been, and always will be proud to wear my Metro vest!

Onwards and upwards Kevin.



THE TULLOCHS ARE LEAVING BY PETER JENNINGS

The Tulloch family are going abroad They're going to start a new life They're going to live in Canada Kevin, the kids and Heather, (the wife).

Heather and the kids will be moving soon To take that trip abroad But Kevin he'll be here for a while He's being left on his tod.

Kevin, as anyone knows Is known to be quite thrifty That's why he's going economy class Cause he's saving two pound fifty.

When Kevin met with Heather We were all impressed And it didn't take her very long To don the Metro vest.

I remember the Tulloch wedding It was a wonderful day But the thing that I remember most Is the Spiggy Loch 10k.

The guests all ran in fancy dress It was a strange affair With multi-coloured vests and shorts It made the locals stare.

Kevin's been running for many years And he was quite good at that But he improved dramatically When he chucked the Goofy hat.

When Kevin runs for charity Or any kind of cause He's been known to ditch his metro vest And dress as Santa Clause.

The Stewart and Jennings clans turned out To support his proudest day When he pulled on the Scotland vest To run the 100k.

It took a fair few hours To complete that epic run And all the time he was running The rain bounced aff the grin.

Me and Kev went out one day To run the Buchan Line We did the 37miles In 4hrs 29.

When we arrived in Longside We must've looked half deed The locals looked us up and down As if we had two heeds.

With all of Kevin's efforts There's one he just can't match 'Cos Heather's trumped him big time With her Blue Peter Badge.

I'm sure they will be happy And live life to the max And we'll all be invited To a race in Halifax.

We wish them every happiness We wish them all the best Remember all your friends back home When you wear that Metro vest.

meet the **boyz**

NAME: Donald Simpson

OCCUPATION: Application Analyst

AGE: 34

HOW LONG HAVE YOU BEEN RUNNING AND WHAT TRIGGERED YOUR INTEREST?

I had been dabbling with the odd 10k and I watched the London marathon one year and thought I really want to do that. I settled for the loch ness marathon 5 months later and it was one of the best days of my life. I was hooked. I have now been running for about 7 years.

WHY DID YOU JOIN METRO AND HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB?

I had been running for about 4 years and settled in to a running rut.. I checked out the Metro web site and it did seem a bit daunting running 10 miles on a Tuesday! I suggested Metro to a few guys I know and was promptly told to "wise up" as they thought it was too serious....how wrong could they be

WHAT'S THE BEST THING ABOUT BEING A MEMBER OF METRO?

It has to be swapping stories and getting advice from fellow runners. It also gives you motivation to better yourself..

ANY SECRETS/SCANDALS/ EMBARRASING STORIES ABOUT ANY FELLOW CLUB MEMBER/S?

I'm not mentioning any names but someone I know got caught short out on a training run and decided to relieve themselves in their mum and dads garden as they didn't have the key.....little did they know the neighbour was watching and they literally got caught with their pants down!

PERSONAL BESTS

10K: 37:52

Half Marathon:1:23:58

Marathon:2:58:48

MOST MEMORABLE/FAVOURITE RACE?

Probably my first marathon, the sense of achievement when I crossed the line was immense, it didn't matter that I just over took a guy with an ironing board strapped to his back in the last mile

MOST UPLIFTING RUNNING EXPERIENCE?

Rotterdam this year, my training had gone really well but in the last month I struggled with injury, on the day everything came together and I got the time I wanted.

MOST DEPRESSING RUNNING EXPERIENCE?

This has to be the Lairig Ghru hill race. At the beginning of the race I was looking round to see who the numpty was and I realised it was me! I had not trained nearly enough and it was my first hill race. 28 miles over the cairngorms was hard enough but it was also the hottest day of the year and my camelpack burst about half way leaving me dehydrated and stopping in streams for water. I finished but was physically sick with sun stroke at the end.

FUNNIEST RUNNING EXPERIENCE?

Not so much running but I had to laugh when I saw Peter Jennings wondering round Paphos in his metro gear last year.

ANY OTHER INTERESTS?

Football and travelling

ANY ADVICE FOR A NEW RUNNER/MEMBER?

Buy a Garmin - it's the best training aid you'll ever have and I think learning to pace yourself in training and especially in a race is essential to improvement. It also gives you a running diary for comparing year to year.

ANY REGRETS?

Asking Jackie for a marathon schedule, they work but there brutal!



Donald Simpson - It's the real thing?



meet the gurlz



NAME: **Andrea Canale**

OCCUPATION: Procedures Analyst

AGE: 28

HOW LONG HAVE YOU BEEN RUNNING AND WHAT TRIGGERED YOUR INTEREST?

3 years. I always used to go and watch my dad run in races when I was little. A few years on and my 20 mins on the treadmill soon turned into an hour outdoors. I did my first 10K with my dad in 2006 which was the Running Shop Beach 10K.

WHY DID YOU JOIN METRO AND HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB?

2 years. I joined Metro because I wanted to get better at running, I had already completed a marathon but didn't put in any speed sessions so, I was keen to improve.

WHAT'S THE BEST THING ABOUT BEING A MEMBER OF METRO?

It is great when you are in a race and someone from Metro gives you a cheer - it gives you a wee boost to keep going. Also, I have made some lovely pals who have got me through those tough long runs on the helipad and tantrums on Springfield Road.

ANY SECRETS/SCANDALS/ EMBARRASING STORIES ABOUT ANY FELLOW CLUB MEMBER/S?

After his long run, Donald likes nothing better than to lie in the bath with a packet of cheese and onion crisps, can of Coke and Talksport on in the background. Needless to say, there is never any hot water left for me when I return from my long run!

PERSONAL BESTS

3K: 12.28

5k: No idea - I should really do one properly! I did do one about a year ago and I think I got 21.something....

10K: 44.57

Half Marathon: 1.41

Marathon: 3.43

MOST MEMORABLE/FAVOURITE RACE?

New York Marathon - it was just a brilliant first-time marathon experience from start to finish. Although, I do like Fraserburgh half as you get stovies and soup afterwards!

MOST UPLIFTING RUNNING EXPERIENCE?

New York Marathon without a doubt. The race day is spectacular and the crowds absolutely fantastic. Also, this was my first marathon and the sense of achievement at the finish line made up for the fact I was absolutely knackered and had no idea how to get back to the hotel.

MOST DEPRESSING RUNNING EXPERIENCE?

Edinburgh Marathon 2008. I didn't do enough training, started off way too quick and blew up at mile 18. There were jelly babies regurgitated, tears, chaffing and don't even get me started on the bus ride home. However as usual, a few beers later all is forgotten and you find yourself entering another marathon.

FUNNIEST RUNNING EXPERIENCE?

As mentioned, I started off way to quick in Edinburgh Marathon and promptly passed some guy dressed as Banana Man wondering how on earth anyone can run with all that stuff on. At mile 18 when things were really dire, Banana Man managed to pass me. I didn't care, I just wanted home! Mile 24 and although things were bad, I saw Banana Man peeing up against a tree and knew I had to pass him if it was the last thing I did! I broke into a very painful shuffle/run. Miraculously enough, I even managed a sprint (sort of) for the last 100ms. Chuffed to bits to be finished, I lined up to receive my medal...behind Banana Man.

ANY OTHER INTERESTS?

I love cooking, possibly due to my Italian streak - Ron Coultts is convinced I am going become a Fat Italian Mama if I stop running. I also like to think of myself as a bit of a wine buff. In that, I mean I enjoy ordering it on the net and then consuming it.

ANY ADVICE FOR A NEW RUNNER/MEMBER?

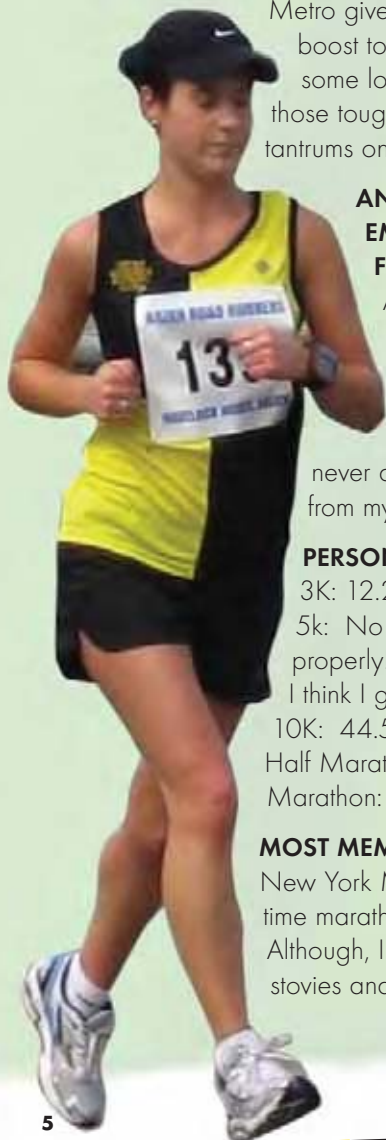
Don't put too much pressure on yourself as running and is there for enjoyment. I often let race day nerves get the better of me and end up running not nearly as well as I would have liked to or, have proved I am capable of in training. It's frustrating but I keep telling myself one day it will all come together!

ANY REGRETS?

Going out running and slipping on the ice and splitting my chin open, banging my head and hurting my knee AFTER Jackie had specifically cancelled the rep session for this reason. A long night in the A&E waiting room during the xmas party season ensued and I had to get 6 stitches.



Donald gets an offer he daren't refuse.



Training for the Medoc Marathon

Kevin Tulloch

www.marathondumedoc.com

After reading Elly's report on the Medoc Marathon I quite fancied it and have always been a firm believer that you have to train for the specific event you are doing so thought I'd better get some specialist training done so with my "Camelback" filled to the brim with red wine off I set for my usual 10 mile Saturday morning jaunt round Kirkhill.

The first mile went in as per normal, up the hill to Tyrebagger gasping for breath, mouth like a Aberdonian's sandal after a 2 day trek over Balmedie beach before Trump turns it into a golf course, better have a drink so took a fairly substantial slug out of the Camelback !

Mile 2 round the sculpture trail at Tyrebagger, some of the sculptures looked different with the early morning sunshine coming through the trees, then the climb back out of the trail towards the A96, best wait till I cross the road before I have another drink !

Mile 3 into Kirkhill and the track just goes up and up soh berst have another duink, ahh that's better as the detoxifying effects of the red wine kicking in nicley now.

Mile 4, finally made it to the top of

the trail, to the furk in the prath ahead to do the 3 mile loop round the top, which way is the easierest, left ? so I go right, best rehydrate !

Mile 5, I was shoure the right sdie was easy not that hill from where come all lumpy? Cheer's

Mile 6, Flying along now all downhill home, it is worm toady or me it is ? brest have a drunk,

Mile 7, Back to the forkietail in the pathroad and all the hill downs bits are up going somheow.

Mile 8 In the kar pork, lots o folk on bikes, is that the tmie, be drinkie for time me to have ecxltent stuf this camelthingy

Mile 8 ? What's that noise ? to much traffik kars anaw, how can corss rod, hlep?

Mile 8 wherd does some running go? homsme time furryboots hoosie, my dog its warm furrrybooth the drinkie pop pipe thingie that was there somewhere on shoulder ? Hic !

Mile 8 Aah there hoosie doon the hill, oopsie faa doon ! no damige just a skint kne, arite home sweet home easy peezie Neil Murdock Marathon, fars that American hees gettin a hidin, need fig rolls, must have kebab, ZZzzzzzzzzzz.



Mile 13 and Kev gets a little pale



Team Haemorrhoid make a late burst for the line

Kevin was damned if he'd spill a drop after 26 miles

San Francisco 2nd Half Marathon



Neil Jackson

You know the drill, book a holiday and check the race calendar, to my delight the day after I arrived in San Francisco there was a marathon!

However the thought of a full marathon about 12hrs after an 11hr flight AND a 5.30am start all on the first day of my holiday didn't really appeal but they also ran half marathons over the first and second half's of the course. Ideally the first half which runs over the Golden Gate Bridge would have been my choice but again its was 5:30am start, so I opted for the second half and its more agreeable 8:15am start and its finish of less than 1 mile from my hotel.

On the race website it stated that there was no on the day race number collections and the Expo closed at 5pm the night before, my flight was due in at 3pm so this was going to be tight. I sent the organisers an email explaining my predicament and they, very kindly, agreed that I could collect my number at the start on the morning of the race.

It turns out, what with the 11 hour flight and 8 hour time difference I could have done the first half as I was wide awake at 2am but it was 6:30am when I left the hotel and walked down to the Marathon start where some of later starters (they started the races in 10 minute waves) were just setting off...there was still a layer of the cities famous fog covering the Bay Bridge between San Francisco and Oakland where the race started below. I found the information tent and picked up my number, chip and boarded one of

the buses that would take us to the Golden Gate Park where start was.

As it was July and California I never thought of taking any warm clothes or a throw-away long sleeve t-shirt, how wrong I was - the fog was thick in the park and it could only have just been into double figure Celsius, fortunately there was no wind so it was bearable and I knew it was good running temperature.

I walked over to the course and watched quite a few marathon runners making their way past the 13mile mark, I was glad I only had that distance to run! There was about a dozen or so serious looking runners with "Invited Athlete" on their numbers and at 8:15 when the klaxon went they disappeared into the fog. The first mile was pretty much all downhill through the park and got into my stride quickly although I was close to stopping as I passed the water station at mile 14 (of the marathon) as they were handing out beer...I said to myself if it was on offer at mile 13 of my race I'd take one (unfortunately it wasn't).

The first 6 miles snaked it's way around the Golden Gate Park which was relatively flat before it headed uphill into Haight Ashbury where The Summer of Love and the Hippie Movement stemmed from back in the 60's, by the looks of some of the spectators they hadn't gone home!!! After a

long downhill section it was time to go up and down and few of the "streets of San Francisco" which were short and sharp and not what I'd have fancied at mile 21 of a marathon, I was running a decent pace and by the time we got down to the last 3 miles and the flat of waterfront I was on for about 1:23.

We ran round the concourse of AT&T Park, the home of the SF Giants baseball team, with just over a mile to go and I started to flag in the heat of the sun which had eventually burned off the fog. When the finish line came into sight I glanced at my watch and was already 1:23 something and crossed the line just under 1:25. My Garmin said 13.41 miles so I think I need some coaching on cutting corners.

After I got my medal, I was handed an empty carrier bag and directed to some tables covered with fruit, cereal bars, chocolate and drinks where you made your own goodie bag . . . I could just see Peter and Kevin getting their \$60 entry fee's worth!!

A final photo was taken in front of San Francisco famous cable cars and the short walk back to the hotel before the serious business of holidaying began. I really enjoyed the race and would encourage anyone to run if they happen to be on holiday when a race is on, the only thing is that US asphalt is not as forgiving as our Tarmac...my knees were sore for a week after (didn't stop me playing golf tho!!).

Swoosh



www.runsfm.com



Aviemore Highland Half Marathon

19th Oct 2008
Niku Millott



ON FAIR SUNDAY MORNING . . .

. . . just two weeks after the Loch Ness Marathon, I was on my way to the Aviemore Half Marathon for the 2nd year running.

It's a bit of a drive – so probably best staying-over the night before or making a weekend of it. Luckily for me, Simon; a good friend of mine who lives the other side of Aboyne volunteered to drive us (also for the second time running). If you need to find someone to drive you there, then just mention the delicious full breakfast on offer Macdonald Aviemore Highland Resort restaurant. For this to work, the driver needs to be a non-runner - as I think most of us runners would agree, best not to indulge before the race!

The Aviemore Highland Half Marathon is a fundraising event organised by the Badaguish Centre, and so fundraising (no matter how big or small) is expected. The Badaguish Centre is an outdoor activity centre designed especially for people of all abilities – and so is a worthy cause to raise a few pennies for.

The atmosphere on the bus is good, some are tense, and others are relaxing before physical exertion – but the general feeling is positive and the journey doesn't seem to take long at all. In plenty of time before the start of race, the jolly bus driver gets you to the start location at the Badaguish Centre, Glenmore Forest. This does unfortunately does mean an hour wait before the start gun goes. The good news is that free tea and coffee is available, and the baggage van doesn't go before you do – allowing for disposal of that extra layer as late as possible.

After a cup of coffee, plenty of water to hydrate and nip with over 800 runners there is not enough toilets at the start (but this is the same at any race), so easiest to nip into the woods. The call to the start follows, then a very short wait at the line – and then go... we're off!

The first couple of miles feel hilly, this continues to the half-way point on undulating forest tracks through areas of Glenmore Forest Park and Glenmore village. The views are spectacular and for most parts the track is firm enough not to have to look where you are putting your feet. After crossing a road, forest track takes you around Loch Morlich and into Rothiemurchus Estate. The route then goes back over the main road joining the new cycle track continuing through Rothiemurchus Estate, Coylumbridge and Inverdrue. This section of the course has a few

small ups and then big steep downs – making it quite hard on the knees and less pleasant than it was following the slightly down-hill road last year.

Crossing the road by the fish farm and then over the bonnie Spey River by the pedestrian footbridge leads into the final section under the main highland railway line, a wee nasty hill, then across Aviemore Main Street and then along to the front of the hotel cross country to a welcome finish line!!! The usual banana and juice go some way to replenish the calories – but a quick nip for a pint and burger at the pub across the road does the job better!

So in summary, the Aviemore Half is a great event with an interesting route and good turn-out. Definitely worth the drive, so much though, I have already booked a place for this year's on 18th October. If you want to be there too – you should get a move on with the entry, as it reaches maximum numbers well before race day.



Janes' attempt to claim her own Spot prize came as a shock to the marshal!

On arrival at the resort, the atmosphere was very relaxed. No wait at registration, few people queuing for the loo, and not many runners waiting for the buses to take them up to the start line. At this point, it's time to say goodbye to friends and family as the only way to the start is by bus – and the road to the Start is closed to all other traffic. So it's a short wait for the bus for me, and breakfast for my hungry friends.



www.aviemorehalfmarathon.org

Mountain Air Marathon Crested Butte to Gunnison

Neil Jackson

When I was lucky enough to get tickets to the Ryder Cup in the USA, thanks to Derek Thoms in the ballot, I decided that as well as a week in Kentucky I'd find a marathon the weekend before and have a 2 week break in the States.

It seems that September is the time of year for trail and off-road marathons but I did find one in Colorado that looked promising, the first thing I noticed was the 2007 winning time of 3:04 and then the course profile showed it being downhill, I thought to myself that there may be an outside chance of some glory here . . . what I failed to consider, initially, was the fact the race started at almost 9000ft . . . so I signed up and booked the flights, hotels etc.

Once I twigged the altitude may be a factor I searched high and low on the internet for advice and theories as to how I would be affected, my searching wasn't too conclusive as there is a lot of conflicting information out there but I set myself a "realistic" target, as the date became nearer, of 3hrs, which I hoped might be good enough for a podium placing (depending who turned up).

We had 4 days in Memphis before we went to Colorado and my final long run of 10 miles along the banks of the Mississippi was hard work as it was hot and sticky, at least I knew the Mountains wouldn't be nearly so humid. Next stop was Denver which at 5500ft would give me my first experience of running at any great altitude. I had two short runs and never really felt any difference although I did notice when climbing stairs I was breathing heavy.

We drove up from Denver over two 13,000+ft passes which had fresh snow so the scenery was spectacular and Crested Butte was no let down on that front. Our hotel was at 9500ft and when I went for a loosen off the morning before the race there was layer of frost on the car (thankfully Denver had a Niketown and I bought a couple of Long sleeve tops!!). This was my first foray at serious altitude, the first mile was fine but then I realised it was all downhill, when I turned to head back up the hill that's when I felt my heart nearly thump out of my chest...but I wasn't overly concerned as there wasn't meant to be any hills on the course.

I collected my race number etc that afternoon and left the hire car at the finish at the Western State College in Gunnison (for the return journey post race) and it was then I noticed the incline up to the running track, it reminded me of Kingsgate and at 26 miles it could prove to be tough although there wasn't a lot that I could do about it!!! After that it was back up to Crested Butte on the local free bus and into one of the Italian restaurants for a U.S. size portion of pasta - if that's wasn't enough fuel then I don't what would be!!!

The race started at 7:30 so I was up about 5:30 to get some breakfast and the manager of the hotel had kindly offered to give me a lift to bus pick up point about 3

miles away and then it was a short bus trip to the start line which was in the entrance to a posh housing estate on the outskirts of Crested Butte, it was just after 7am and absolutely freezing, as the sun wasn't up, most people had on hats and gloves but I never thought it would be like that so I was shivering away with just a thin long sleeve t-shirt over my race shirt. I heard quite few interesting conversations going on and notably one gent saying that he had "ran one yesterday"....did he mean a marathon?? Since coming back I found some blog with details of 2 of the runners in the race that ran a 50mile race the day before!!!

I had to think long and hard whether to start the race with my "throw-away" long sleeve still on but decided against it and at 7:30 the klaxon sounded and we were off. The first half mile was all downhill to the main highway between CB and Gunnison and by the time we turned left onto the main road I was already about 50yds ahead of the field (all 42 of them!!!), but then the road rose up and it was at that point I felt the effects of the thin air and noticed my breathing was really hard and this little brae (that's all it was) was taking a lot out of me and it was only mile 1.

runmountainairmarathon.com



Fortunately the next 7 miles were gentle downhill sections or flat and I settled into a steady pace and stretched my advantage to about 100 yds from one guy who I could see wearing an orange top (made him easy to spot), the lead cyclist was keeping me informed of the gap and also telling me about the course and where the hills were. The first of these came at mile 8 and was probably about 2 mins worth of climbing but I noticed my pace dropping by about 2 min/mile and it took a long time to get my breath back but once back on a downhill section I got back into the same rhythm.

I went through half-way in 1:27 but was starting to notice my pace slowing slightly and then came another one of these 2 min long hills, this one really took it out of me and began to struggle to get back into a comfortable stride and there was still just under half the distance to go! Once again the lead cyclist kept me going by saying my lead had increased (by then I wasn't even look behind me) and I started to think that winning the race was more important than breaking 3hrs. There was few other rises until 20 miles where the course turned off the highway onto a quiet road, which reminded me of the latter stages of the Moray Half course, which was very flat although my new best friend on the bike informed of the "final hill" at mile 23 . . . it turned out that this was Cranor Hill which is the road up to a small ski area!!

I had started to pass the last few runners in the 10 mile race which had started at 9am so at least I got

some encouragement from them as there had only been 4 yes FOUR spectators on the course at the start of the 10 mile race. My lead was still about 2 mins when I reached the hill which was a lot bigger than anything else earlier in the race, probably half a mile which felt like a lot more, at one point I ground to a walk, but some encouragement from the cyclist and I was going again....he told me that it was 1 mile downhill when I reached the top, thankfully he wasn't lying and it was a case of falling (almost literally) down the other side and the final mile and a half or so.

At the final drinks stop I looked back and couldn't see the guy in 2nd place and started to think that I would be first but still knew I had a mile to to and that hill to the running track. As the College Campus came into sight without about half a mile to go I could hear the announcer at the finish and this gave me a boost and I was told that my lead was still about 2mins so it was just a case of negotiating "Kingsgate".....I couldn't believe how tough it was and although I was giving it my all I'd probably have been quicker walking (Joanne took some not very flattering photo's at this point) but when I entered the Mountaineer Bowl, which is the highest collegiate American football field in the world, running track I had 3/4s of a lap to go and I couldn't see my closest rival, it was then I really believed I had won and just tried to enjoy those last 300 metres. I broke the

tape on 3hr 4mins 22secs and pretty much collapsed in a heap trying to catch my breath.

After collecting my medal I was congratulated by Joanne, the race organisers and some of the college staff, who suggested I should have an "ice bath" in one of the 2 large paddling pools they had set up with ice-cold water straight from the local river (ie right off the Mountains), after some consideration I manage to lower myself in to thigh height and I must say the 10mins or so I spent in definitely took some of the aches out of my legs. I had a few words with the guy who was 2nd and he was delighted with his PB and said he found the hills tough too (and he lived there!!!). I collected my prize of a dinner tray and jumped in the car for the 26miles back up the course - we passed a few stragglers and gave each one of them a blast of the horn for encouragement.

Back at the hotel I cracked open an Avalanche Beer and enjoyed it in the outdoor hot-tub and then it was into the town centre for a huge pizza and quite a few local beers. There was a pub with a beer garden which had a lot of runners in it, so a few stories were exchanged and more beers enjoyed.

The following day we were up early for the drive back to Denver airport and a flight to Louisville for the golf. At the time of the Ryder Cup I would have traded my win for a European victory but in the cold light of day there was no way I would give up my first win.



Prologue

Early in 2008 I agreed to do the Corrieyairack Challenge in a team with Iain Lindsay and Jim Hamilton. We did it, were 2nd mixed team (not too shabby), but it was the most horrible experience of my life, and after lying on the grass for half an hour, in the middle of the finishing field in Kincaig, I swore I would never put myself through such pain again.



The Challenge -

An 18 mile hill run followed by a 26 mile cycle.

Fast forward to May 2009...my step brother's wedding back home in Tarbert, Loch Fyne. A couple of guys who were there and are related to the "step" side of my family, had done the Corrie last year too, and as the wine flowed we reminisced about how awful it actually was.

The Corrieyairack Challenge 2009

"We're doing it again though!" announced Duncan, "you don't fancy being our number three do you, as we're one short?" (no height jokes please...)

Oh, how short the human memory can be...or how wine makes you a pushover! There and then at around 9pm on 2nd May in Tarbert Village Hall with glass of wine in hand, the deal was done!

Having just completed London, and then doing the Etape Caledonia a couple of weeks after the wedding I knew I was training from a very solid base of distance running and biking, it was just adjusting the runs to make them go up killer hill routes and then sticking a hard cycle on at the end. So . . . 3rd July and I found myself wrapping my most precious bike in

bubble wrap in order for it to be put in the lorry and transported to the transition field. That night, I met up with my two teamies, Duncan and Zander for lashings of pasta. The morning of the race arrived . . . hot and sunny. The bus was taking us from Kincaig to Fort Augustus at 8am for the race start at 11 am. In Fort Augustus we arrived in time to see the Mountain Bike Race start, my other half Steve was doing this . . . his first ever race.

Our race got going at 11 am, right on time...and we were being filmed by The Adventure Show too! The first couple of miles are on road, a decent warm up, then the Corrieyairack Pass begins, and it's all uphill from there. Dunc and I ran together for a while, but then he started to pull ahead, Zander was behind somewhere...as, by his

own admission, he had done NO training for this (loony). The hills were as bad as I remember, my mile splits were between 10 - 12 minutes, and then at mile 8 came the 2 hardest miles to the summit.

There was a fair bit of walking going on now as the path was so steep and rocky. At 10 miles the summit of the Corrieyairack Pass (the highest mountain pass in Scotland) had been reached, now for the down, and the 8 miles to transition. I could still see Dunc ahead at this point, but he seemed to pick up a bit on the descent, or maybe he was just a little braver than me . . . I wasn't risking any ankle injuries for sure. After about 4 miles of pounding down rocks and loose stuff the track started to improve, and then with 3 miles to go the track turned to tarmac.

This is where you think it might get easy...it didn't. The sun which had been hovering behind a few clouds for a while decided to come out in force now...hot!

Suddenly I spotted Duncan ahead, he was walking, obviously struggling a bit. I caught him and we chatted and jog walked, but he told me just to go on. Thankfully transition was now in sight...about a kilometre ahead. As I arrived at the bridge my number was shouted out so the bike marshals could get my bike and gear for me...I did a quick dash to a portalo (was keeping hydrated this year) and when I ran out to the bikes, there was my trusty steed waiting for me with a couple of marshals. I changed shoes, donned helmet, forced a quick

feeling about 200% better than I was at the same point last year, at least this year I wasn't stopping to throw up!

Head down, I passed the only bit that could be problematic, the level crossing...phew, I didn't have to stop for a train! Suddenly I was at the 5 miles to go sign, I checked my time, 4hrs 24mins...this was amazing, I knew I was on for a great time in comparison to last year, even with the slower run time. I passed the Kincaig sign and dropped my gears in preparation for "The Brae" the sting in the tail, a short but leg numbingly steep climb to the finishing field. Up on the pedals I pounded out the last 500 metres and crossed into the field in a time of 4:42:25, and absolutely ecstatic.

My bike racked, there was no lying on the grass in pain this year...oh no, a pint of cold lager and a free venison burger were mine for the taking...and it felt good!!!



Janet McRoberts



www.corrieyairack.org

Epilogue

Duncan finished not too far behind me in 4:48:50, and Zander-No-Training finished in 6:09:18, as he finished Zander honestly looked like he would never walk, cycle or even talk again . . . but after he had lain on the grass for a while said, "next year, I'm training for this!" And me . . . no, never again!

The Great North Run



Oct 2008 Andrea Canale

My friend James and I had been lucky enough to gain a place to run in the Great North Run in October 2008. Before I go any further with this story, in the previous months, my relationship with Donald had also blossomed. Surprisingly enough not put off with the Edinburgh Marathon 18 mile blow-up experience with me, he said he would like to do Great North Run as well. Entries were closed so, courtesy of EBay, Donald managed to secure a number. Unfortunately, he couldn't get the name changed on the entry and strangely enough, this girl was also called Andrea. So, Donald was Andrea for the day and I was well, also Andrea.

Wise words prior to race day from the commentators (and my mum) were "the logistics of getting to the Great North Run are more difficult than the actual run itself". However, this was not going to be the case for me, Donald and James. James' folks live in Middlesbrough which is a 45 minute drive to the race finish at South Shields. The race started at 10.30am so, leaving the house at 7am would be ample time to drop the car off at South Shields then make our way to the start at Gateshead using the shuttle bus.

A nice relaxing evening ensued and we got up at 6.30am, had brekkie and left at 7am. James mum and dad stood in the garden and waved us off (only to later realise they had locked themselves out of their own house) and 45 minutes later we were parking the car at South Shields. Off we set to the shuttle bus stop. The shuttle bus stop ended up being a good 30 minute walk from the car (possibly 45 minutes if you include the coffee and toilet stops). The queue for the bus was humungous but we had no other choice but to wait.

Eventually we secured 3 seats on the shuttle bus; the other 97 were occupied by spectators with buggies and no change for the bus...more delays. Off we set on the bus and all was going well, I was getting a bit nervous at the prospect of securing a PB. Hell, I thought if that annoying Nell McAndrew can get a PB here, so can I! After all, my legs are only a few inches shorter! After about 15 minutes the bus ground to a halt, the driver stood up and announced that the traffic was so congested that he could go no further and he was dropping up off at the nearest metro station! We didn't have to wait long for the train to arrive but, to say were we met with pandemonium at the other end was an understatement.

The race was starting in 45 minutes and we still hadn't dropped off our bags at the baggage trucks. No sooner could I make my dismay apparent, but a tannoy announcement stated the baggage trucks were now closed and people were to assemble in their pens - latecomers could use the emergency baggage trucks which were located somewhere North of Timbuktoo. I was starting in Pen C and the other Andrea was starting in Pen E. James had been clever enough not take a bag so wandered off into his pen to do some leisurely stretching. Donald and I made our way to the emergency baggage trucks...along with about 3000 other people. It was a good kilometre away so, we broke into a light jog...another tannoy - "last warning for emergency baggage"...now running faster than I would be doing a 400m rep on a Thursday night. We flung our bags into the truck and made way for the pens...which were now shut! On a

big screen in the distance, I could see Tony Blair standing with a pair of scissors. I "politely" asked a marshal how I could get into Pen C; he had a good chuckle then told me to get to the back. The race started! The only thing for it was to climb over the barrier into Pen J. Donald went first and promptly kicked me in guts leaving the mark of a nice big footprint on my white tee (that'll teach me not to wear my Metro vest). He hauled me over the side and we started running. No way was I going to get a PB here so I decided to enjoy it, with Andrea.

True to the words of the commentators and Mrs Canale, it has to be said the run was actually easier than the logistics of getting to the start...until mile 12.5 that is (yes, mile 12.5). The run was congested throughout but, we were all packed in like sardines at this point. While most people were getting on with a sprint finish, the women in front of me slowed for some reason. Donald dodged out of the way but, I tripped up and went a-fleeing. Lying on the deck swearing, hundreds of folk clambered past me - I couldn't even get up! Donald hauled me up and all I could manage was a hobble - I had skinned my knees, banged my shoulder and now bore the stigmata of the Great North Run on both my palms. It seemed however, that this time by chin had been spared! All I could think about now was getting that last half mile completed without ensuing anymore injuries. Andrea and Andrea ran through the finish line in 1:48. Now all we had to do was find James in amongst the finishers of the world's biggest half marathon.... get back to the car..... and drive to Aberdeen.

www.greatrun.org



Exert from the Metro News (2000) submitted by Kevin Tulloch
Shamelessly plagiarised and re edited from an article in the mag when it was the "Metro News" way back in 2000, probably even more relevant today !!

Acknowledgement to former member Jim Cook.

Away back in 1983 I took up running and very quickly established myself as a mediocre back of the pack athlete but nevertheless running to the best of my ability with a "run as much as you can, as fast as you can" training strategy.

I then discovered running magazines and in particular the small ads in these publications, offering so many forms of legal(ish) products to enhance my running, I was aware of "proper running shoes" and some strange training process called "fartlek" but that's as far as it went, my usual routine consisted of put on shorts, t shirt, shoes and go out running, but all these techniques and training aids offered at least a 1 second reduction in overall mile times, and in one case it was claimed by respected coach Bruce Tulloh (no relation) that "these shoes will knock at least 30 secs off your 10k time" superb, where can I get them.

I set about taking their advice below.

Within hours I had dropped from being a 7min miler to a 6min miler and the world was my oyster ! But wait there's more,

Breathable jacket and tracksters (ask Jackie what tracksters are), twin skin blister preventing socks, training partner, didn't like him so got another, didn't like him much either but persevered and he ended up being my best man !!! Createne & Gensing (natural and legal apparently), gym work, weight training, and I don't know how they did it but running shoes were improved yet again, strange looking water bottle you can carry without gripping on to which basically boils the water within 10 mins of setting off, specialist running sunglasses, the list goes on.

Before I knew it I was close on 5 min mileing and becoming a pretty serious contender !

But there was still more room for improvement

Track timed interval sessions, sweatbands (wrist and head) Batmanesque running utility belt with special pouch for my water bottle, no more boiling water, heart rate monitor, training camps, some at altitude, special balm for my nipples, I sometimes used this when not running, just liked the sensation !

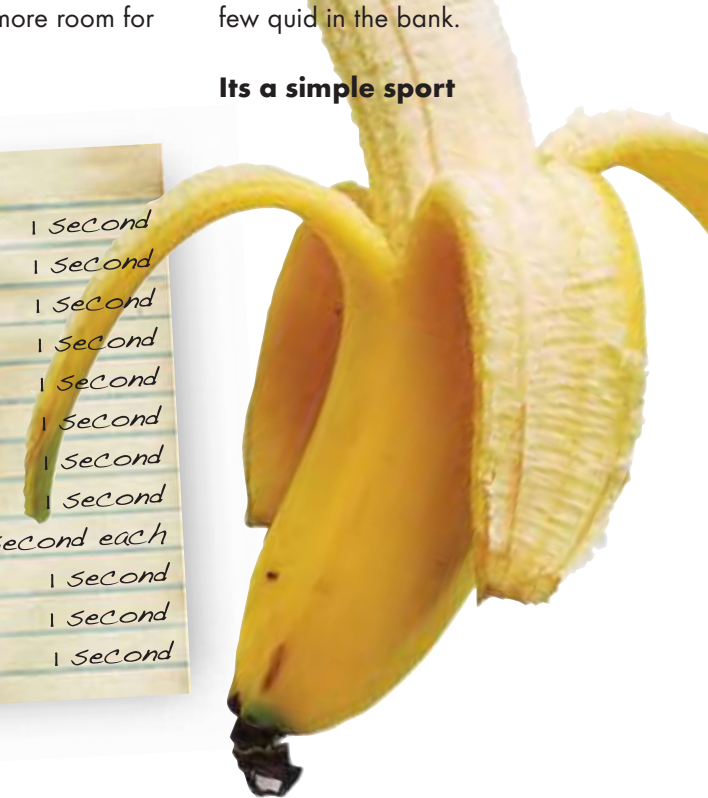
I was close to Olympic selection, however I wasn't enjoying it, was on the verge of bankruptcy and looked like a complete tit most of the time (there are photos).

So I packed in all the gadgets and just went out running again, shorts shirt and shoes although I do admit to having a Garmin GPS, mainly so I don't get lost, compression socks and the odd energy gel ! but that's it as far as gadgets and training aids go and I'm happy now running at 8 minute miles with the added benefit of a few quid in the bank.

Its a simple sport



- Join a running club, 1 second
- Buy a running top with "Wicking effect" 1 second
- Bought and scoffed a "Power Bar" 1 second
- Isotonic drinks, 1 second
- Do strides, 1 second
- Fartlek session, 1 second
- Rep session, 1 second
- Quality rest periods, 1 second each
- Cross training cycling swimming)
- Racing shoes, 1 second
- Better Reebok PB racer lightweight racing shoes, 1 second
- Change diet,



Meet the Committee



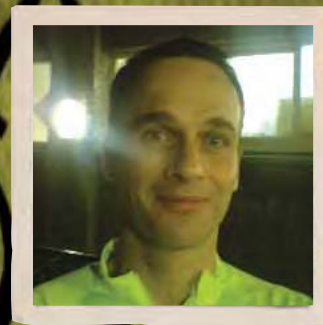
Janet McRoberts
Chairperson



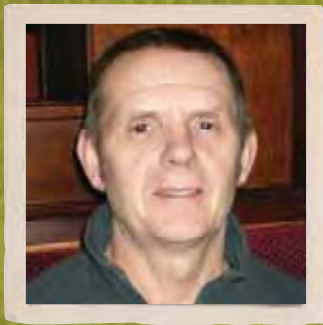
Colin Mackay
Treasurer



Jackie Stewart
Secretary



Cliff Leith
Assistant Secretary



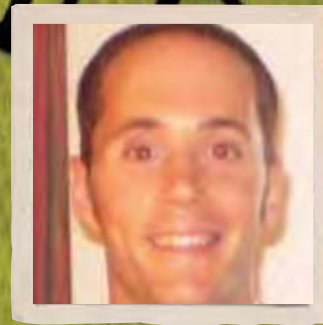
Peter Jennings
Men's Captain



Claire Smith
Women's Captain



Andrea Canale



Donald Simpson



Niku Millot



Richard Thompson



Rowena Dustan



Kevin Tulloch

Application Form

Surname	First name
Address	
	Postcode
Telephone	email (This is the email address that Metro will send your weekly update to)
Age	Date of birth
	Male/Female
1st/2nd claim	SAF No. (if member)

Annual Fee £25.00 payable to Metro Aberdeen Running Club'
Please send completed application forms to Colin Mackay, 17 Queens Avenue, Aberdeen. AB15 6WA

Race Fixtures

19 Sep 2009	Half Big Ben Nevis Triathlon
19 Sep 2009	Big Ben Nevis Triathlon
19 Sep 2009	Two Ferries Road Race
19 Sep 2009	Invercharron Highland Games Hill Race & Charities Hill Race
19 Sep 2009	Morven Hill Race (Aberdeenshire Hill Race Series #1 of 3)
20 Sep 2009	MPH Huntly Sprint Triathlon (also a Standard on same day) (Race 9 of 10)
20 Sep 2009	MPH Huntly Standard Triathlon (also a Sprint on same day) (Race 10 of 10)
20 Sep 2009	6th City of Stirling 10K Road Race (2009 Stewarts Scottish Road Race Grand Prix Series #9 of 9)
20 Sep 2009	Buckie 10K and 2K Fun Run
20 Sep 2009	Barrhead 10k Race
20 Sep 2009	BUPA Great North Run - half marathon
25 Sep 2009	Run 4 It 3K on the Green Series #1 of 3
26 Sep 2009	Cairngorm Adventure Triathlon (Sprint)
26 Sep 2009	Cairn William Hill Race (Aberdeenshire Hill Race Series #2 of 3) and Pitfichie Hill Junior race
26 Sep 2009	George Cummings Road Relay Races
26 Sep 2009	26th Two Breweries Hill Race (SHR Long Classics Series)
27 Sep 2009	MacQueen Bros Mid Argyll Sprint Triathlon
27 Sep 2009	East Neuk 10k
27 Sep 2009	Linlithgow 10K and Fun Run
27 Sep 2009	Dyke 10K Road Race
27 Sep 2009	Dumfries Half Marathon
27 Sep 2009	Pitlochry 10K
02 Oct 2009	Run 4 It Metro Promenade 3k Winter Series 2009/2010 #1 of 6
03 Oct 2009	McAndrew Road Relay Races
03 Oct 2009	British Energy, Dunbar 10 mile Multi Terrain Race
03 Oct 2009	Speyside Runner North District Cross Country League #1 of 6
03 Oct 2009	Big Fun Runs - 5K - Holyrood Park, Edinburgh
04 Oct 2009	Big Fun Runs - 5K - Bellahouston Park, Glasgow
04 Oct 2009	Atlantis Leisure Oban Half Marathon and 5K
04 Oct 2009	Bennachie Hill race - (Aberdeenshire Hill Race Series #3 of 3), junior relay (3x1 Km) and junior hill race
04 Oct 2009	Strathcarron Hospice 10K
04 Oct 2009	Prestonpans Aquathlon and Scottish Aquathlon Championship Race
04 Oct 2009	Baxters Loch Ness Marathon and Festival of Running, River Ness 10K and 5K Fun Run
10 Oct 2009	Manor Water Hill Race (and Junior race)
10 Oct 2009	Big Fun Runs - 5K - North Inch Park, Perth
11 Oct 2009	Big Fun Runs - 5K - Hazelhead Park, Aberdeen
11 Oct 2009	BMAF 10 mile Championships
11 Oct 2009	Pentland Skyline Hill Race
11 Oct 2009	Stirling Duathlon - Sprint and Junior Duathlon
11 Oct 2009	Giffordtown 5km Road Race
17 Oct 2009	Macdonald Mile Fun Run
18 Oct 2009	4th Aviemore Highland Half-Marathon (See also the McDonald mile on 17th Oct)
18 Oct 2009	Men's Health Survival of the Fittest 10K
18 Oct 2009	The Ceres '8' Mile Road Race & Relays
25 Oct 2009	Jedburgh Half Marathon
31 Oct 2009	Speyside Runner North District Cross Country League #2 of 6
01 Nov 2009	Dundee Road Runners 10 Mile Road Race
06 Nov 2009	Run 4 It Metro Promenade 3k Winter Series 2009/2010 #2 of 6
07 Nov 2009	King's Autumn Aquathlon - Swim / Run
07 Nov 2009	Stranraer 10K Road Race
14 Nov 2009	Glen Clova Half Marathon
15 Nov 2009	Fraserburgh Half Marathon
15 Nov 2009	Methlick Duathlon
22 Nov 2009	Aberdeenshire/MPH Winter Duathlon Series (Race 1 of 4)
29 Nov 2009	Glentress Duathlon Series. (Round 1 of 3) Medium
04 Dec 2009	Run 4 It Metro Promenade 3k Winter Series 2009/2010 #3 of 6
05 Dec 2009	Speyside Runner North District Cross Country League #3 of 6
06 Dec 2009	Angus Bike Chain/SG Baker Winter Duathlon Series 1 of 3
29 Dec 2009	Running The Highlands - Hogmanay and Lumphanan Detox 10k Weekend (29 Dec - 3 Jan 2010)