
FLEET FEET TIMES



March 2005

Visit the website www.fleet-feet.com

The Editor's Bit

I had hoped to start the newsletter with a glowing race report from the first of the winter series races, but unfortunately it's not to be. The race was cancelled. Not due to bad weather, but due to apathy. On the Friday prior to the race, with the exception of committee members, we only had one volunteer to marshal (thank you Ian). Inevitably we get people turn up on the day to help out, but for safety reasons alone we need enough marshals prior to the event to confirm attendance for the race to go ahead. As this did not happen the race organiser had no option but to cancel the race.

With a club membership well in excess of 100, finding volunteers should not really be that difficult. In fact, following the cancellation of the first race several members have already come forward to volunteer at the next two events. So, the race on March 27 is definitely ON. And as British Summer Time begins that weekend obviously the weather will be fantastic. The organiser reminds us that the registration for the event will be in the Green Hut and NOT the sports centre. It also appears that we will have a number of first-timers taking part, so please offer encouragement and take the time to make everyone feel very welcome.

In the notice board section we have some views on how to tackle marshalling problems in the future. Thank you for the feedback. One opinion is to reduce the number of races we provide. However, feedback has suggested we put on more races!

What we are short of this month is membership input. I know the race season has yet to begin, but articles can be submitted on any subject, so please get writing. To help fill some space I have taken the liberty of writing a request on behalf of Bella Comerford who is in need of a sponsor. Ideas anyone?

That's it for now. Hopefully I'll see you all on Sunday. As Delia would say, "let's be 'aving you!"

Bish

2005 COMMITTEE

Chairman	Philip Rhind	01569 762808
Vice Chair	Paul Kefford	01224 582088
Secretary	Ian Park	01569 762665
Treasurer	Gary Gutteridge	01569 765234
Membership	Glen Beck	01569 765313
Coach	Carol Maclaren	01569 763924
Equipment	Colin Sim	01569 766671
Newsletter	David Bichard	01224 319957

TRAINING SESSIONS

Monday

Circuit training: From 19:00 with Carol

Tuesday

Splash 'n' Dash Running Club: Leisure Centre 19:00

Wednesday

Turbo - Green Hut – From 19:00 with Sarah. Sessions will start promptly at 19:10 so please make sure you are warmed up and ready to go. The Green Hut will be open from around 18:30. If, like me, the old joints take a while to loosen up feel free to arrive early to get properly prepared.

Thursday

Splash 'n' Dash Running Club: Leisure Centre 19.30

Swim Session: Leisure Centre 20.30 – 22:00

Friday

Circuit training: From 19:00 with Jeff

Saturday

Run Session: Fetteresso Woods, off road - 09:00 sharp – To be confirmed...

Sunday

Cycling: Stonehaven Square - fast group – 09:00 sharp. Please check first with Glenn

Mackie Academy - medium group - 08.30 sharp. Please check with Carol

Mackie Academy - slower group - 08:30 sharp. Please check with Mary

CLUB EQUIPMENT TO HIRE AND BORROW

The Club has the following items that may be borrowed free of charge:

Bike stand, tool kit. Bike boxes are also available for hire at a cost of: £10/week, £5/4 days, £2/day

Turbos & heart rate monitors are available for hire for newcomers to turbo sessions - i.e. you are expected to buy your own after a time. Swim Videos and books are also available

Contact: Colin Sim

Tel: 01569 766671

Club members are asked to note that those on international duty will take priority. It is their duty to ensure that they make their booking 28 days in advance. This booking will then take priority over any booking previously made.

DATES FOR THE DIARY

Spring Training Weekend 15/16/17 April 2005

Winter Series: - [Details + Map](#) [Entry Form](#)

Race 1 - Sunday 27th Feb. Stonehaven. (R-3m,C-8m,S-400m) - **CANCELLED**

Race 2 - Sunday 27th Mar. Stonehaven. (R-3m,C-8m,S-400m)

Race 3 - Sunday 24th Apr. Aboyne. (R-5K,C-30K,R5K)

Deeside Triathlon/Duathlon : Sunday 8th May

Kids Triathlon : Saturday 11th June, Mackie Academy

Summer Series :

Race 1 - Thursday 9th June. Stonehaven

Race 2 - Thursday 23th June. Stonehaven

Race 3 - Thursday 30th June. Stonehaven SPRINT

Knockburn Triathlon: Sun 10th July

Notice Board

Comments regarding recent marshalling problems

i) For winter have run start and finish over on the loop around Baird Park, transition to bike can also be over there, there is plenty of space, then it's out natural left turn onto road and finish bike as normal at pool back door. Baird Park has a natural 1k run circuit so you may need many marshals, they could be combined with bike transition.

ii) For summer revert to method of four races, only letting the athlete compete in three races and marshal one.

iii) What happened to the prior attempt to introduce four events but with only three counting? You had to do one stint of marshalling out of four. I thought that was quite sensible.

iv) A good one a couple of years back was the summer series over four events. I competed in three and marshalled one. This was the idea, even though it was annoying that some folk competed in all four.

v) Put a levy or reduction on entry i.e. entry £10 minus £xx for marshalling

FFT TRAINING WEEKEND

15-17 April 2005

Location

We will be staying at "The Bunkhouse", Glassie Farm, Aberfeldy, which is a couple of miles outside Aberfeldy, with stunning views south over the Tay valley to inspire us whilst we train/socialise!

For details of how to find it try their website; www.Thebunkhouse.co.uk, the map reference is 854510 (OS Sheet 52), or give me a call on the numbers below...

We are welcome after 1800hrs on the Friday evening (it's about 2 hours from Aberdeen), although I plan to be there a little before this to open-up etc. We should vacate the place by 1500hrs on the Sunday to allow cleaning etc.

The bunkhouse sleeps 24 in four rooms. We have the whole place, and will organise sleeping arrangements once we know who's coming! Bring a sleeping bag and towel. For those that need to hire a duvet, this can be arranged - but we need to let them know in advance.

Self-catering is planned and we will provide communal tea/coffee/fruit/bread etc included in the price (I estimate that £25 should cover the accommodation/communal charges but will finalise this figure on the weekend – a bargain by any standards!). The carryout Indian/Chinese proved popular for the Saturday night last year so, subject to demand, we may repeat this year? So you just need to bring what you want for breakfast and lunch for two days plus training snacks etc.

Training Plans

Training will be as much or as little as you fancy, but to give you some ideas we will have a pool session (booked for 1600 – 1800 on Saturday afternoon), and some of us plan to try the ½ Ironman cycle route on the Sunday morning. For the real masochists we also plan a 'brick' session (bike/run) on Saturday morning...

More Information

For more information, or to reserve your place, please contact me on any of the following:

Work Tel: 01224 882861
Home Tel: 01224 312576
Mobile: 07799 415224
Email: bruce.bricknell1@btinternet.com

Bruce Bricknell
16.01.05

An appeal on behalf of Bella Comerford

For anyone following international triathlon you may have noticed that Bella was down as one of the hopefuls for the New Zealand IronMan event in March. Unfortunately Bella did not finish the race. While that would be a disappointment to most of us, to Bella the ramifications are far more serious.

Bella is a professional athlete and has had some wonderful achievements. These include two first places at IronMan Florida, third at IronMan Lanzarote, first at Embrum ironman, as well as a couple of fourth place finishes at World Championships events.

While Bella is well sponsored for products, she does not receive any money and relies on race winnings to carry on competing. Bella is a very marketable product competing on the international stage, and could really do with a large company with international connections sponsoring her. So, anyone working for a large organisation that may have a budget to support a local athlete please put in a request to see if any funds are available.

And now for the New Zealand IronMan report from Bella. I'm depressed. I was in good shape for this race. I had a great three months leading up to this race. I was confident about doing a really good job. I had an amazing swim. I am a swimmer now! 53 minutes is a turn-around for me. The swim training in Christchurch with Rolly, a big swim group and a 50m pool has changed me completely.

My bike was nothing special, but I got through it. I ran well for 10 miles, I had heavy legs and a painful left quad but nothing too awful. However, very quickly my body stopped working - just like in Hawaii. The only way I can describe it is like when a car runs out of petrol. I have some thinking to do as I've realized I didn't get enough calories in during the ride...so that's why at 10 miles on the run, my body stopped. Another DNF, not good at all. No paycheck giving a very scary money situation now.

CAPTION COMPETITION

And the winning entry is...."If I don't get in the water before man boobs it could be a concrete landing for me" thanks Carol ☺



Can you crack the Fulda Challenge?

Just one month after the Italian team won the 2005 Fulda Challenge, organisers of the annual extreme arctic adventure are now accepting applications for the 2006 event.

One of the world's toughest winter sports endurance competitions, the Fulda Challenge, takes place early each year, in the Yukon Territory of Canada. After touching down in the Yukon's capital of Whitehorse, the demanding schedule for the weeklong event will see the teams cover over 2,000 km surrounded by spectacular frozen scenery.

Renowned for its top quality winter sports facilities, the Yukon is Canada's northern frontier and is currently preparing to host the 2007 Canada Winter Games.

The selected UK team will face tough competition from nine other teams representing Italy, The Netherlands, Austria, USA, Canada, Germany and Poland as they embark on the adventure of a lifetime.

The teams made up of one man and one woman will drive in a convoy of Toyota Rav4s and are forced to combat perilous winter driving conditions. This may not prove as bad as expected because the Toyotas will be equipped with Fulda's dedicated Tramp 4x4 Yukon tyres for enhanced grip and performance.

During the challenge the teams will travel north to Dawson City, the heart of the Klondike Gold Rush, where they will battle temperatures as low as -50°C. From there they will continue up the Dempster Highway to Eagle Plains and the Arctic Circle. For some of the events, the teams may also move south and cross the Canadian border into Skagway, Alaska, USA.

The teams will stop only to compete in several daunting daily challenges. A range of Yukon activities, including ice climbing, snowshoeing, cross country skiing, car pulling, ski-doo racing, mountain running and event a half marathon to the Arctic Circle, are just some of the events that competitors in previous years have faced.

Fulda UK Brand Manager Marcus White said: "The standard of entries for 2005 was extremely high. As well as possessing the fitness levels that the challenge requires, all the selected athletes worked well on their own – and as part of a team. This made for two superb selection weekends, which went down to the wire in the final events. Unfortunately there was disappointment for the UK team as the competitors had to withdraw from the competition at the end of day two. Fulda UK is now hoping for victory in 2006."

Short-listed applicants will be invited to an initial selection event, which will be held at the Commando Training Centre Royal Marines in Devon. This will take place over the weekend of 18-19 June 2005. Up to five men and five women will be selected to compete in the final Fulda Challenge elimination event, which takes place in Suldén, Italy in late September/early October 2005. Here the UK team will be chosen to compete in the Fulda Tyres Challenge, which takes place in January/February 2006.

For further information or an application form, please contact Anita Patchett or Paul Farmer on 01652 680060 or email fulda-challenge@rbplimited.co.uk. You can also apply online at www.fulda-tyres.co.uk

FFT WINTER SERIES 2005

www.fleet-feet.com



27.3.2005 STONEHAVEN TRIATHLON
3 mile run, 8 mile cycle, 400m swim.

24.4.2005 ABOYNE DUATHLON
5km run, 30km cycle, 5km run.

The 'Fleet Feet Triathletes Winter Series' is open to all athletes of all fitness levels and abilities. Novice athletes who wish to try out the sport for the first time are particularly welcome for all 3 races. The swims will be held indoors and take place after the run and cycle stages. Cycle helmets are compulsory. Race maps and other entry details will be sent out upon receipt of entry form. Registration is approx 10:00 for each race, but check web site for late breaking news and results.

Entry Fees:

Normal Entry closes the MONDAY night prior to each race. A £3.00 surcharge fee for late entries.

	Junior (16-19 yrs inc.)	Senior STA/BTA Member	Senior Non-member
Race 1 Only	£4	£8	£10
Race 2 Only	£4	£8	£10
Race 3 Only	£4	£8	£13
All 3 Races on 1 Form	£10	£20	£29

There will be a surcharge of £3.00 for entries received after each Monday night

Entries to: Gary Gutteridge, 46 Bernham Avenue, Stonehaven, Scotland. AB39 2WD

Email: ggutteridge@oceanengineering.com

Tel (Work): 01224 797207 (Home) 015 69 765234

Cheques Payable to 'FFT': Please send two 9" x 6" SAE's for race instructions and results

NOTE: No SAE's required if email address included, as details & results will be posted on www.fleet-feet.com & emailed to everyone providing a legible email address.

Entry Form:

Events: [Please Tick]

RACE 1 <input type="checkbox"/>	RACE 2 <input type="checkbox"/>	RACE 3 <input type="checkbox"/>	ALL 3 RACES <input type="checkbox"/>	Fee Paid: £
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Estimated times: [Please complete all boxes as accurately as possible]

Swim (400m):	Cycle (8 miles):	Run (3 miles):
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Category: [Please Tick]

MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>			
Junior 16-19 yrs <input type="checkbox"/>	Senior 20-39 yrs <input type="checkbox"/>	Veteran 40-49 yrs <input type="checkbox"/>	Supervet 50-59 yrs <input type="checkbox"/>	Vintage 60+ yrs <input type="checkbox"/>

Name: _____ **Date of Birth:** _____

Address _____

Postcode: _____

Club: _____ **STA/BTA No:** _____

Email address: _____

[PLEASE PRINT VERY CLEARLY]

Day Tel No: _____ **Eve Tel No:** _____ **Mobile No:** _____

DECLARATION: I am medically fit to run in the above race(s) and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person or as a result of the event for any loss of property. I have no objection to the information contained on this application being entered on a computer for the purpose of race administration only.

SIGNED: _____

FLEET FEET TRIATHLETES
MEMBERSHIP 2005



NAME

ADDRESS

POST CODE

Day Tel No.

Eve Tel No.

Mobile Tel No.

Date of Birth

Occupation

E-mail Address

Are you a member of Triathlon Scotland? **YES / NO**

Do you wish regular e-mail updates on club business? (see notes) **YES / NO**

Are you prepared to marshal at a club race? (see notes) **YES / NO**

Delete as applicable

MALE / FEMALE / SENIOR / JUNIOR

Senior membership fees = £10

Junior membership fees (Age 19 or under on 31/12/05) = £3

Cheques should be made payable to **FLEET FEET TRIATHLETES** and sent with this form to the club Membership Secretary:

Glenn Beck, 13 Bernham Crescent, Stonehaven, AB39 2WQ.

E-mail: glenn.beck@pi-automation.com

Tel: 01569 765313

NOTES

The information on this form will be held in a database on a PC. It will be used for FFT Committee information, e-mail distribution of club business, and to generate a basic membership listing available on request to any paid up member of FFT. This listing will contain name, address, phone numbers and e-mail address. Please tick this box if you object to the information being used in this way, or if you wish your details to remain confidential. It should be noted that all club business will be primarily and predominantly by e-mail.

Finding marshals is the hardest part of a race organiser's duty. If you answer YES to the question above you may be contacted and asked to marshal at a club race. If you are unavailable on the race date then no problem. If you don't want to be asked to help then answer NO. This question is intended to give us a list of names as a starting point when a race organiser requires additional marshals.

ADVERTISEMENTS

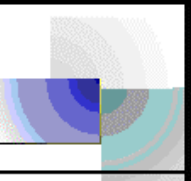

Linda Duncan and Rosemary A Clark & Associates

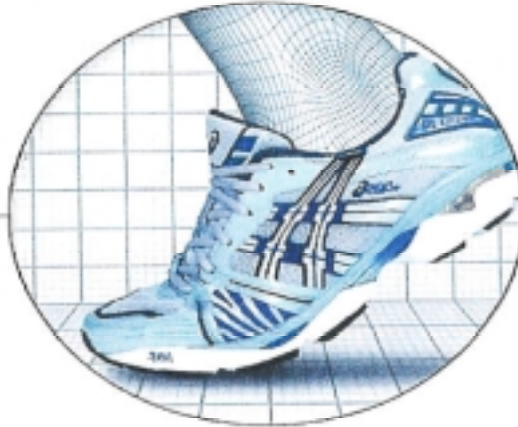
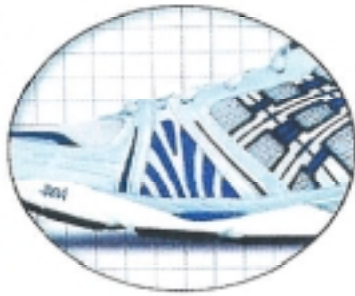
Chartered and State Registered Physiotherapists

FFT subscribes to the Aberdeen Physiotherapy Affiliation Scheme. This allows members to receive physiotherapy treatment at the reduced rate of £22 per session instead of £32. Members will also be given a priority appointment - within 24 hrs provided they contact Aberdeen Physiotherapy before 12 noon. When making an initial appointment FFT members should advise the receptionist that they are part of the affiliated scheme. At the initial appointment members should show the receptionist their current membership card in order to qualify for the reduced rate.

99 WESTBURN ROAD, ABERDEEN AB25 2SG

TEL: 01224 626266 FAX: 01224 641137

	<p>Michael Leavack BSc (hons) Physiotherapy</p> <p>Physiotherapy Clinic</p>	<p>Phone: 01 569 766307 Mobile: 07709438610 Leavackmichael@hotmail.com</p>												
	<p>Chartered physiotherapist Michael Leavack, running Leavack Physiotherapy is now working from the Mackie Academy rugby club pavilion.</p> <p>Diagnosing and treating conditions such as:</p> <ul style="list-style-type: none">• Sports injuries - acute and chronic• Back and neck problems• Joint pain• Arthritic changes• Muscular tension• Stroke rehabilitation													
<p>The treatments offered include:</p> <ul style="list-style-type: none">• Massage• Ultrasound• Spinal manipulation• Manipulation of joints• Gym routines and exercise plans for rehabilitation following injury• Reduction of tone and retraining of movement patterns	<table><tr><td>Initial Assessment</td><td>£20</td><td>(£5 discount with valid fleet feet membership)</td></tr><tr><td>Treatment session</td><td>£15</td><td></td></tr><tr><td>Full Body massage</td><td>£20</td><td></td></tr><tr><td>Head, neck and shoulder Massage</td><td>£15</td><td>Full written case report available at £5 Home visit where available +£5</td></tr></table>	Initial Assessment	£20	(£5 discount with valid fleet feet membership)	Treatment session	£15		Full Body massage	£20		Head, neck and shoulder Massage	£15	Full written case report available at £5 Home visit where available +£5	
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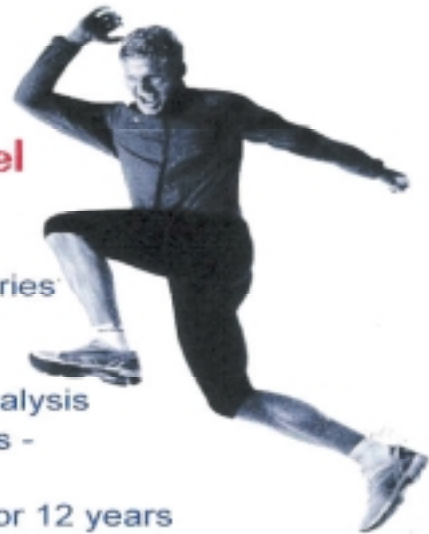


- April 30th Tartan 10K @ Balmoral
- May 22nd Aberdeen 10K
- June 14th The Running Shop Beach 10K

NEW 2005 footwear & apparel
@ The Running Shop



- ✓ Footwear, Apparel & Accessories
- ✓ Overpronator?
- ✓ Need the correct advice?
- ✓ Instore treadmill with video analysis
- ✓ Wide range of specialist shoes - width fittings & half sizes
- ✓ Advising on the correct gear for 12 years
- ✓ Easy parking



The Running Shop

17 South Mount Street Aberdeen AB25 2TN
 Tel. 01224 636299 therunningshop@btconnect.com

10% discount on production of FFT card

Massage for cyclists

Whatever your level of participation, massage is a therapy that would help improve your performance and hopefully enjoyment of the sport. Regular sessions of massage will:-

- **Improve recovery from training sessions**
 - Improving the supply of blood, oxygen and nutrients to the muscles and remove the waste products, toxins and lactic acid
 - Keeping the muscle nourished and healthy means it will be ready to train again
- **Reduce the chance of strain and injury**
 - Keeping the muscle well nourished and the muscle fibres well stretched, helps relieve any pain and tension and will reduce the chance of that muscle being injured
- **Limit injury time**
 - In the event of injury, massage will encourage soft tissue repair—limiting injury time and help prevent long term damage

Ashley Pearson works as a massage therapist and is an active member of Deeside Thistle. Ashley is based at the Aberdeen Chartered Physiotherapy Centre on Craigton Road in Aberdeen

Remember - It's not just the professionals who benefit from regular sessions of massage

**Ashley Pearson Massage Therapy
The Aberdeen Chartered Physiotherapy Centre
25 Craigton Road, Mannofield, Aberdeen
01224 316488**

Firstdrive Cars

Need to get to a race on time? Then make sure your vehicle is up to the task and have it serviced by Firstdrive Cars.

For service, repairs, MOT, buying or selling a car then Paul Mackie is your man, give him a call on 01569 766766. As well as being a renowned mountain biker, Paul is a keen splash & dasher. So, let Paul know you are a Fleet Feet or splash & dash member and he'll be sure to give you a good deal. Paul will give discounts on servicing and MOTs, and might even invite you to join him on a cycle, but only of the fat tyred variety.

www.firstdrivecars.co.uk

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