

◆ FLEET FEET TIMES ◆

Volume 4 Issue 2

DECEMBER 2000

THE EDITORS BIT

A shorter than usual newsletter this month. Although there is still lots of training going on there are no race reports from anyone so sorry. I haven't raced so I couldn't even write one.

A couple of pleas for help from me. At the AGM it was agreed that I would be responsible for trying to get sponsorship for the club and also to get Club Kit together. I have since gone back to work, which after 9 years has come as a bit of a shock for all the Howards. As a result at the moment I do not have time to follow up the Sponsorship or the kit. So please, please would a couple of people volunteer to help. I will be keep doing the Newsletter however, but cannot manage all three things right at the moment.

If you can help either contact myself or Jim Stark.

Carol has been putting a lot of effort into swim sessions recently. I have a copy of all the Time / Stroke sessions on disc. If you want a copy give me a shout.

And finally:

WELL DONE COACH OF THE YEAR !!!

Carol has been given this award by the SAAA.

Have a great festive season and please send some ditties for the January Newsletter. Also any ideas on things that you would like to have included as well.

Until 2001!

Mo



CHRISTMAS DATES CIRCUITS & TURBO

The last circuit session for 2000 will be on Friday 22nd December and circuits will restart on Friday 5th January 2001.

Turbo will be finishing on Wednesday 20th December and restarting on Wednesday 3rd January 2001.

Last Race of 2000

The annual S & D 5KM Handicap Race will take place on Saturday 30th December at 11 AM.

Forms available at the Leisure Centre. Registration 10.30 AM cost £2.00
Come along, have fun, burn off some Xmas calories and sample the double S!
(Soup and free swim in the Bay !)

FLEET FEET WEB

SITE: Our web site has now been up and running for almost a year now and our thanks must go to Nelly Shand for his on going hard work. It provides up to date information on what is happening in the club and you can print off entry forms for all of our races. It is also a useful source for links to other triathlon sites and clubs. Lookout for the flashing star and click on it. You never know who you might see. The site can be accessed from any of the web addresses below.

www.fleet-feet.com

www.fleet-feet.co.uk

www.fleetfeet-tri.co.uk



Better get these muscles toned. Maybe the sleigh won't be all I pull !!!

FLEET FEET TRIATHLETES

COMMITTEE MEMBERS – Year 2001

<u>Chairman</u>	Jim Stark Fetteresso Lodge 9 Bath Street Stonehaven AB39 2DH	Tel: (01224) 248455 [day] (01569) 764675 [eve] Fax: (01224) 248454 [day] (01569) 764675 [eve] E-mail: nscompac@netcomuk.co.uk
<u>Vice Chair</u>	Bill Roney 7 Castle Street Stonehaven AB39 2PA	Tel: (01569) 763439 [eve] E-mail: bill.roney@smit-scotland.com
<u>Secretary</u>	Glen Beck 13 Bernham Cres. Stonehaven AB39 2WQ	Tel: (01569) 765313 [eve] (01224) 647770 [day] E-mail: glennb@p1-ltd.com
<u>Treasurer</u>	Chris Milton Drumeltie Cottage Auchenblae Aberdeenshire AB30 1TZ	Tel: (01561) 320310 [eve] (01224) 741400 [day] E-mail: cmilton@brovig-rds.com
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<u>Events Co-ordinator</u>	Chrissie Gutteridge 21 School Road Stonehaven AB39 2FB	Tel: (01569) 766384 [eve]
<u>Coach</u>	Carol McLaren 74 High Street Stonehaven AB39 2JQ	Tel: (01569) 763924 [eve] (01330) 824870 [day] E-mail: cmclaren.lr@aberdeenshire.gov.uk
<u>Newsletter/ Sponsorship</u>	Mo Howard 12 Queens Road Stonehaven AB39 2HQ	Tel: (01569) 767190 [eve] E-mail: DrDHoward@aol.com
<u>Equipment</u>	Bert McIntosh Morven View Banchory AB31 4HD	Tel: (01330) 844633 [eve] (01330) 860751 [day] E-mail: bert@mphltd.co.uk

FFT TRAINING SESSIONS

Monday:

Swim session 7AM-8AM Stonehaven Leisure Centre. Cost £1.70

Circuit Training Green Hut 7 PM. Short run & circuits. Coach: Carol McLaren Cost £1.50 members, £3 non members.

Tuesday:

Run Session with S&D, 7PM, coached by Carol, cost £2.90(includes swim)

Coached swim session with Carol 8.15PM, cost £1.90.Stonehaven Leisure Centre.

Wednesday:

Turbo Training, 7PM, Green Hut, Stonehaven. Coach: Sarah Phillips.

Cost £1.50 members. £3 non members

Thursday:

Run session, Leisure Centre, cost £2.90, includes swim. Coach Carol.

Friday: Circuits; Green Hut, 7PM , as Monday

Saturday:

Run session, Fetteresso Woods, off road 3m+, 9AM sharp.

Sunday:

Cycle, Stonehaven Square, 9 AM sharp.

If you have any queries about the sessions or your training please speak to the coaches at the sessions. They are happy to speak to you at others mutually convenient times. However a charge maybe made for this.

NOTICEBOARD

Private adverts welcome free of charge. Business adverts £5 ¼ page ,
£7.50 for ½ page. Contact: The Ed. Tel: 01569 767190

For sale

Giant Once replica bike, Medium frame, campag components....more details on request. Will sell for £450 (cost £800 new)

Cannondale Multisport 1000, 56cm frame, Shimano Ultegra 18sp - cost £1500 new, excellent condition (I bought it only 3 months ago) will accept offers around £1100 (includes Flight Deck and Airstryke tribars).

Corina Cramer,
e-mail: Corina_Cramer@uk.ibm.com
Phone: 01764 684154 (home)

Club Equipment To Hire & Borrow

The club has the following items that maybe borrowed free of charge: Bike Stand, Aqua Jogger, Tool Kit

Bike bags and boxes are also available for hire at a cost of £10/week, £5/4 days, and £2/day.

Contact : Jim Stark

Tel: 01569 764675

Club members are asked to note that Club Members on International Duties 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.
The FFT Committee has taken this decision.

FLEET FEET TRIATHLETES **CALENDAR OF EVENTS – YEAR 2001**

Winter Series

Race 1 - Stonehaven	Sunday 25 th February
Race 2 - Stonehaven	Sunday 25 th March
Race 3 - Aboyne (Duathlon)	Sunday 29 th April

Deeside Triathlon/Duathlon

Saturday 12th May

Summer Series

Race 1 - Stonehaven	Thursday 7 th June
Race 2 - Stonehaven	Thursday 21 st June
Race 3 - Stonehaven	Thursday 5 th July

Kids Triathlon - Mackie Academy

Sunday 10th June

Aberdeen Standard Triathlon

Sunday 5th August
(to avoid Ballater 10 mile race)

Aboyne Half Ironman Triathlon

Sunday 19th August

**Sponsored by McIntosh Plant Hire and Royal Hotel, Stonehaven
Edwards / Clyne FASTrac Session 27th January 2001**

Royal Hotel, Stonehaven
on Saturday 27th January 2001
9.30am – 3pm

9.30am Doors open – coffee / tea and mini yums
10.00am Introduction – over to Mel / Fraser
12.00pm – 1.00pm Outdoor session Mineralwell, Harbour or Woodcot Brae? depending on weather
Soup and Sandwiches – coffee / tea / light drinks
1.45pm – 3.00pm Further talks / tips followed by ½ hour questions

Programme for the day covers: -

Training ideas and methods
Getting the correct balance in training
Benefits of motivation
Maximising performance
Question and Answer session

Cost now £3.00 per person – Juniors FREE

Maximum of 70 people.

This will be a good day so don't miss out – Book early.

Consider parking at the Green Hut, as the Stoney Centre could be congested on a Saturday.

Contact: Bert McIntosh

Tel.: (01330) 860751 (day)

Fax: (01330) 860749

Tel.: (01330) 844633 (night)

email: bert@mphltd.co.uk

TURBO SESSIONS FOR 2001

When better to start than Wednesday 3rd January 2000? – session starts at 7 pm (be there before to set up bike and ensure you get your favourite spot).

Now the fun begins – we start the “POWER” sessions (6 weeks of progressive training) and then we move onto the “SPEED” sessions (for 6 weeks). Then just when you thought I wouldn't come up with anything harder – I DO. The last few weeks prior to the start of the summer road rides we will do some new road style training on the turbo trainers – intrigued??? – if you are, then start the sessions with us in January and you too can share the secret of success.

Have a good Christmas and I will see you in January.

Sarah (your friendly cycling coach)

**WOMEN ON WHEELS
CYCLING SEMINARS**

**Supported by
McIntosh Plant Hire
Sports Match
Activ 8**

Aberdeenshire Council

Saturday 10th February

Stonehaven Scout Hall
10am – 4pm

This session will be similar to the one held in December but hopefully with some fitter riders (isn't January 2nd the day everyone starts being healthier and fitter?). In the morning there will be a choice of road ride or turbo session (both will be happening – so choose to suit yourself) again to suit the individual and allowing for the weather to throw at us what it likes. This time a talk will be given (in the afternoon) to help you plan some fun and enjoyable rides for the summer season in the form of training, leisure or racing. This will give the individual a chance to ask how to seek the most enjoyment and satisfaction from such a wonderful sport. Help will be available to advise on proper hydration and nutrition for both on and off the bike. It is your chance to ask how to appropriately fuel the body for the type and duration of exercise to be undertaken.

This year we are fortunate enough to have Dr Auriel Forrester (Senior Lecturer of Sports and Exercise Science, Luton University) return to share some of her wealth of knowledge with us. She will cover nutrition whilst considering the necessary needs for women in training.

It is guaranteed that you will learn plenty and will be receiving advice from one of the leaders in the field of nutrition for the female athlete. The advice you will receive has been tried and tested with the evidence coming from Auriel's excellent cycling results at World Championship level.

There are still places available (cost £5) so if you are keen or know of someone else who might be (women only), then please contact Andrew Miller at the following address.

Aberdeenshire Council
Education and Recreation
Gordon House
Blackhall Road
INVERURIE
AB51 3WA

Tel : 01467 628127