
◆ FLEET FEET TIMES ◆

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The Editors Bit

This months Newsletter is more of a bulletin to keep you all in touch with the goings on at Fleet Feet.

When the race reports come flooding in when the weather improves and we can venture outside on our bikes and legs then I maybe able to create a slightly more exciting newsletter for you. However read on as there are some items of interest , a new date for the first Winter series and some hill run dates for the summer.

WINTER SERIES

The first race as you will all know had to be cancelled due to the awful weather and the new date is now the 11th March same time , same place but Neil Kinimonth will be doing the honours at this one and Dave Howard will now be in charge of the one on March 25th. With Aboyne going ahead at the end of April as planned. Offer of help to Neil on : 01569 730165

CAROLS CRASH

Last week when Carol and I were out for a cycle Carol came a cropper at the roundabout at the Commador Hotel.



She is fine but took a lot of the impact on her head. Luckily she was wearing a helmet that cracked. (She has a really flashy one now!)

She has lots of cuts , bruises and road rash but has lived to tell the tale thanks to her helmet and the fact that I didn't cycle over the top of her. Please take this as a warning and make sure you wear those helmets and also be careful on that roundabout. There have been several club members that have come a cropper there.

HILL RUN DATES

The forms are in for the Highland Cross and the moment of truth has not arrived yet. But training jhas to start so a few dates for your diaries:

Saturday 14th April :
15 mile run and cycle home.
Saturday 19th May: Glen Esk to
Glen Tanner and cycle home.
Sunday 3rd June: 12 mile run Glen
Tanner and cycle home.

Stoney ½ Marathon

The half marathon committee is going to hold a 'Ronaldo's disco' in the Station hotel on Friday the 23rd of March from 8pm till about 12.30am.

The half marathon has been a council organised and funded event up until last year. The council will no longer be funding or organising the event.

Most runners are grateful that it was available in the first place. To keep

the race alive a volunteer group from Sn'D are now actively organising the

event to take place on Sunday 1st of July at 11am, there will also be a 3k

fun run. With no funding available the group hope that a well attended disco from the usual mature crowd that normally attend these functions could help

give us a head start on the monetary front.

Ticket price is still to be decided but will certainly be no more than a

fiver, tickets will be available soon and anyone wanting to go can book

their tickets from the following: -

Helen Mackie
June Dickie
Mhari Mcivor
Rod Mcdonald
Neil Macarthur

FFT SUMMER CYCLING STONEHAVEN

The start of the Summer Wednesday cycle runs is just 8 weeks away. At the committee meeting of the 13th February there were discussions on the club having a more comprehensive method of checking that all have returned safely – in other words – think about them that you dumped.

Here is a plan:

The initial runs (not races) which covers the short Denside route (25 miles) will leave the car park at the following times:

Depart 5.45 pm For those not following the route and doing their own thing, they should make their own arrangements and should inform me , Jim stark or Bill Roney.

Group 1 Estimated time 1 1/2 hours – medium speed group (MSG)
Depart 6.00pm

Group 2 Estimated time 1 1/4 hours – fast speed group (FSG)
Depart 6.15pm

Group 3 Estimated time 1 hour – very fast speed group (VFG)
Depart 6.30pm

The intention is to purchase 8 mobile phone handlebar holders, each having a memorised numbers of each group fastest and slowest rider or electric sweeper, however, the very fast group will act as a sweeper and report accordingly at the race end or when and if passing the fast group , but for sure at the race end.

This system will work even better on the 29 mile South Deeside route as the very fast speed group counter rotate the journey. As stated this is an initial plan and is subject to any sensible suggestions to our club members safety. The important point is that contact for assistance should be immediate, last year there were several cases of female riders being left stranded with punctures – not at all very COMRADE.

There is always someone in the bunch with plenty of rescue kit to get them home.

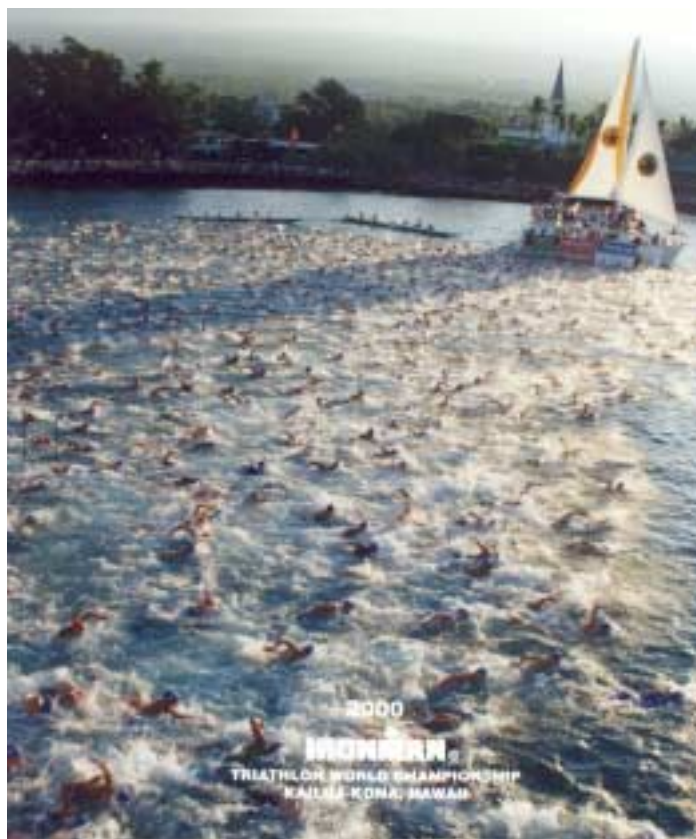
Bert

Ash does Kona!

It had finally arrived - time for the final dance, The big one - They said (well my coach said it actually but he had one athlete at the OGs and about 12 in Hawaii, so he knows) that for triathlon, the Olympics was the event, but Hawaii was the race. The atmosphere was incredible. With still over a week to go before the race, the small, relaxed, tourist town of Kona, on the west coast of Hawaii had been transformed. Everywhere you looked there were triathletes, either swimming, cycling or running. I have never seen such a congregation of supremely fit, tanned and athletic looking people. It was incredibly intimidating. At most other races you'll see a large proportion of the field that look good, but you also get a chunk that are 'slightly soft around the edges'. At every race that is, except this one. Even the friends and family of the competitors looked super fit. Yes, very intimidating...

The first few training sessions had gone very badly. The swimming was ok as the ocean wasn't too salty and there was pretty minimal swell. The water was crystal clear - I almost swam into a turtle - I think it was me that got the biggest fright though! I was swimming pretty strongly, enjoying not having to wear a wetsuit for a change. So that was good.

I knew before the race that the winds on Kona are notoriously hard. I thought to myself though, that having trained in Edinburgh and Aberdeen where the winds are also very hard that I wouldn't have expected the winds to be any worse than I was used to. Except that they might be a bit warmer - which is a good thing. Oh how wrong can you be??? I did a few rides, heading out of town then out along the highway (following the race course) On the way out of town it was windy and I thought



smugly to myself - pah! wind - this isn't even close to the kind of winds I've trained in. Not 10 minutes later after turning round and heading back into town did I realise that I had well and truly spoken too soon. Holy %£&@. The head winds back into town were insane. I figured I wouldn't need to worry about brakes as the wind would do an ample job of slowing you down. I couldn't believe it - It was going to be a very hard day. It gets worse though. Running in what feels like an oven is NOT my idea of a good time. I was not having a good time! My coach took our squad out to the last turn around point on the run course with the idea that we would run back into town (This was only about 12kms) He had water for us, so we got to drink every couple of kms which was good. BUT it was oh so hot. And as we ran I just got hotter and hotter. After about 9kms I pulled out, I was cooking.

And now I was seriously worried - A marathon - they want me to run a marathon in this heat - I was totally questioning what on earth I was doing there. It had all seemed like a good idea, qualifying and taking part, but now I was getting the biggest reality check of my short ironman career...I really wasn't sure if I was going to be able to do it???

Things improved though. With 4 days to go, I was much more acclimatised. Running in the heat without too much trouble. Most of my fears had settled down into mild apprehension and general nerves, but this race had to be respected.

Ok Race day - The swim went really well. With 1500 competitors all starting together, things were a little congested at the start. I was soo excited though. Thinking this was it - it was finally happening - oops concentrate Ash you have to

swim. I came out of the water just seconds in front of Lori Bowden last year's world champ - which was great and increases my chances of getting on tv!



My dance with the Champs was short lived though as the bike leg got under way. Madam Pele, the island's goddess of fire, who also controls the wind, was really pissed off. She had cooked up an absolute storm. We had head winds from about 15kms onwards. Then cross winds gusting at about 50mph. Some people were actually blown off their bikes and other chose to get off and walk parts of the course. It was the scariest ride I have ever done. I had ridden around 30 mins slower than normal, but that was due to the conditions. I came in off the bike positioned around top 30 which was fantastic.

Now for the run...Amazingly the first few kms went very well. I was holding back as the first part of the course is very hilly, but my legs felt great. As the course flattened off I started to catch a whole bunch of people without picking up the pace and I was getting pretty excited. I got through 10 miles and I was lying top 20 - Unreal I was really enjoying it.

Then things turned a little ugly. I became reacquainted with my stomach contents at mile 14, then proceeded to do the 'ironman shuffle' back in to town, puking at regular intervals - Absolutely not nice. This was not the way I had imagined it - Not even close.

Obviously I was disappointed but I had told myself before the race that all I wanted was to finish (preferably on my feet) and to enjoy the event. So that's what I did. I accepted that I wasn't going to get a good result, so had to make the most of it. Talking to the aid station volunteers and to other competitors who were suffering a similar fate. I made it to the finish, an hour slower than normal - eek, but that was ok. I officially retired from Ironman when I crossed the line, but I think in the future that is a race I want to go back to and do properly.

But not for a few years!

Ash.

