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# ◆ FLEET FEET TIMES ◆

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Volume 4 Issue 4

MARCH 2001

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Summer is on the way! Well that is what we are led to believe. But those of us who braved the 2<sup>nd</sup> in the Winter Series will know just how Baltic it was in Stoney on Sunday. A slight change from the previous race. There was also the added complication of road works on the hill out of town which meant that competitors had to dismount and run a total of 4 times during the bike section. Thanks must go to all those who helped. You all did a great job and it is very much appreciated. Special thanks have to go to Jim Craig who has produced the results for both races so far. There were several pairs of trainers left at the race. They can be collected from 12 Queens Road. Tel: 01569 767190, if you think that one of the pairs might be yours.

The last in the series is the Aboyne Duathlon to be held on the last weekend in April. Pat Robertson is in charge and is looking for willing helpers.

Circuits on Fridays has now finished for the summer, but the Monday session will be continuing, same time, same place.



Turbo will continue on until the first Wednesday in May. If you have not yet suffered at the sessions it is not too late. Turbo as with Circuits starts at 7PM prompt.

Congratulations, although slightly belated have to go to Ashley Ramsey who completed the BIG Ironman. An article on her epic is included in the newsletter.

Other news is that the woods are now open again as are National Trust Properties so its goodbye to those few weeks of training on the road. It is amazing how running the same route for the past 3 weeks or so becomes very tedious very quickly.

However some races have been cancelled or changed. The East Fife Sprint is cancelled on the 15<sup>th</sup> April and Turriff Tri on the 27<sup>th</sup> May is now an Aquathon.

The Inverurie kids Tri on the 20<sup>th</sup> May is still on.

I have included a list of useful web sites that may be of interest and a few different races that are going around. A full list of this years Scottish Tri calendar is available on the STA site and will be sent to you if you are a member. I will try and remember to post a list on the notice board at the Leisure Centre and Green Hut.

Forms are available for the next Ladies Training Weekend in Aberfeldy which is being held on May 26<sup>th</sup> /27<sup>th</sup> on the Leisure Centre notice board. It is a really good weekend. Social as well as hard work and is suitable for all standards.

Sarah is organising a girls cycle run for Saturday 7<sup>th</sup> April. See details inside. A reminder of the Proms Races. Details later in the Newsletter.

A plea for something for the next newsletter which will hopefully be coming out at the end of April, with full race report and results from the Winters Series and more.

Until then train well and race hard. Remember we are meant to have fun!

*Mo*

## **FLEET FEET TRIATHLETES**

### **COMMITTEE MEMBERS – Year 2001**

|                                    |  |   |
|------------------------------------|--|---|
| <u>Chairman</u>                    | Jim Stark<br>Fetteresso Lodge<br>9 Bath Street<br>Stonehaven<br>AB39 2DH     | Tel: (01224) 248455 [day]<br>(01569) 764675 [eve]<br>Fax: (01224) 248454 [day]<br>(01569) 764675 [eve]<br>E-mail: nscompac@netcomuk.co.uk           |
| <u>Vice Chair</u>                  | Bill Roney<br>7 Castle Street<br>Stonehaven<br>AB39 2PA                      | Tel: (01569) 763439 [eve]<br>E-mail: bill.roney@smit-scotland.com   |
| <u>Secretary</u>                   | Glen Beck<br>13 Bernham Cres.<br>Stonehaven<br>AB39 2WQ                      | Tel: (01569) 765313 [eve]<br>(01224) 647770 [day]<br>E-mail: glennb@pl-ltd.com  |
| <u>Treasurer</u>                   | Chris Milton<br>Drumeltie Cottage<br>Auchenblae<br>Aberdeenshire<br>AB30 1TZ | Tel: (01561) 320310 [eve]<br>(01224) 741400 [day]<br>E-mail: cmilton@brovig-rds.com   |
| <u>Membership<br/>Secretary</u>    | Graeme James<br>54 Bingham Cres.<br>Milltimber<br>Aberdeen<br>AB13 0HP       | Tel: (01224) 733095 [eve]<br>(01224) 744044(day)<br>E-mail: <a href="mailto:catbeam@jameshqfreeserve.co.uk">catbeam@jameshqfreeserve.co.uk</a>      |
| <u>Events<br/>Co-ordinator</u>     | Chrissie Gutteridge<br><b>21 School Road</b><br>Stonehaven<br>AB39 2FB       | Tel: (01569) 766384 [eve]   |
| <u>Coach</u>                       | Carol McLaren<br>74 High Street<br>Stonehaven<br>AB39 2JQ                    | Tel: (01569) 763924 [eve]<br>(01330) 824870 [day]<br>E-mail: <a href="mailto:cmclaren.lr@aberdeenshire.gov.uk">cmclaren.lr@aberdeenshire.gov.uk</a> |
| <u>Newsletter/<br/>Sponsorship</u> | Mo Howard<br>12 Queens Road<br>Stonehaven<br>AB39 2HQ                        | Tel: (01569) 767190 [eve]<br>E-mail: <a href="mailto:DrDHoward@aol.com">DrDHoward@aol.com</a>   |
| <u>Equipment</u>                   | Bert McIntosh<br>Morven View<br>Banchory<br>AB31 4HD                         | Tel: (01330) 844633 [eve]<br>(01330) 860751 [day]<br>E-mail: <a href="mailto:bert@mphltd.co.uk">bert@mphltd.co.uk</a>                               |

## **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.

### **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

## **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 28days in advance. This booking will then take priority over any booking previously made.

The FFT Committee has taken this decision.

## **FLEET FEET WEB SITE:**

[www.fleet-feet.com](http://www.fleet-feet.com)

## Girls Cycle Run

Following on from the very successful Active 8 Ladies cycle sessions Sarah is organising a cycle on Saturday 7<sup>th</sup> April leaving the Leisure Centre at 10AM.

There will be several groups so everyone will be catered for. So please spread the word and come along on the 7<sup>th</sup> April. We will be going for Coffee and cake afterwards too!! Please remember to bring a spare inner tube, puncture repair kit, juice and something to eat on the bike. See you then.

## UPCOMING EVENTS

**Ellon Adventure race: Sat. Jun 24**, entry forms now on noticeboard. Race is a cross-country run with additional challenges, roughly 7 miles long. Enter as an individual, but you can do it alongside others. All challenges can be diverted round. Includes a knee-deep wade across the Ythan. No equipment needed. For further details, call Bill Kenny, race organiser on 01771 613697 eves., [bill\\_kenny@lineone.net](mailto:bill_kenny@lineone.net); [ythan.challenge@talk21.com](mailto:ythan.challenge@talk21.com)

**City of Aberdeen Baker Hughes 10K and Fun Runs: Sun. May 20:** 10k race, Secondary School team challenge, Family Fun Run (1k). Entries close Tues. 1 May. Details and entry forms: 0870 902 7500

**Proms 2001 Races: Aberdeen North Prom: Thurs. 26 April, Stonehaven Prom: Thurs. 3 May, Aberdeen South Prom: Thurs. 10 May.** All ages from 8 up. Kids: 6.30pm, Ladies 7pm, Gents. 7.30pm. Forms on the notice board.

Further info: Jim Stark 01569 764675 (Aberdeen races), Carol 01569 763924 (Stonehaven race).

**Banff 10k: Sun 27 May: Fun Run at 11 a.m. 10k at 12 noon at Duff House.** For further details contact: [christine.chinchen@aberdeenshire.gov.uk](mailto:christine.chinchen@aberdeenshire.gov.uk)

**Ythan cycle club race news: The Ythan CC confined 10 mile Time Trials start on Tuesday 10th April 2001 at 6-30pm and will take place every fortnight until Tuesday 28th August. Ythan CC Hilly 20 Mile Time Trial: The hilly 20 takes place on Sunday 22nd April at 11am. This race is open to all clubs and starts at the Ellon, entries in by 14th April.**

**King's Aquathon Aberdeen: May 5<sup>th</sup>.**

## USEFUL WEBSITES:

### Triathlon:

TPT: <http://home.petronett.com/3peakstriathletes>

STA: [www.tri-scotland.org](http://www.tri-scotland.org)

<http://triathlonlive.com/>

Adventure Racing: [www.arauki.co.uk/](http://www.arauki.co.uk/)

Joe Beers website: [www.ergogenesis.com](http://www.ergogenesis.com)

Extreme, long distance events: [www.xtri.com](http://www.xtri.com)

[www.transitiontimes.com](http://www.transitiontimes.com) If you give your e-mail address they will send you a password that enables you to take part in discussions. Also you can ask questions and also get heaps of workouts, swim, bike, run specific. Top coaches write these and you can ask these coaches questions about your own workouts.

### Swimming:

[www.h2oustonswims.org/](http://www.h2oustonswims.org/) [www.totalimmersion.net/](http://www.totalimmersion.net/) [http://www.svl.ch/svl\\_swim\\_like\\_a\\_fish.html](http://www.svl.ch/svl_swim_like_a_fish.html)

### Cycling:

Ythan Cycle Club : <http://www.ythancc.org.uk/> Deeside Thistle Cycle Club : [www.scozzie.freeseve.co.uk](http://www.scozzie.freeseve.co.uk)

### Magazines:

220 magazine: [www.220magazine.com](http://www.220magazine.com) Runners World: [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

Running Fitness: [www.onrunning.com/runningfitness](http://www.onrunning.com/runningfitness)

Ultrafit: [www.ultra-fitmagazine.com](http://www.ultra-fitmagazine.com)

## **Friday night in the pub!**

A guy is sitting at a bar in a skyscraper restaurant high above the city. He's slamming tequila left and right. He grabs one, drinks it, goes over to a window and jumps out. The guy who was sitting next to him couldn't believe that the guy had just done that. He was more surprised when, ten minutes later, the same guy, unscathed, comes walking back into the bar and sits back down next to him.

The astonished guy asks, "How did you do that? I just saw you jump out that window and we're hundreds of feet above the GROUND!".

The jumper responds by slurring, "Well, I don't get it either. I slam a shot of tequila and when I jump out the window, the tequila makes me slow down right before I hit the ground. Watch." He takes a shot, slams it down, goes to the window and jumps out.

The other guy runs to the window and watches as the guy falls until right before the ground, slows down and lands softly on his feet. A few minutes later, the guy walks back into the bar. The other guy has to try it too, so he orders a shot of tequila. He drinks it and goes to the window and jumps. As he reaches the bottom, he doesn't slow down at all...SPLAT! The first guy orders another shot of tequila and the bartender says to him, "You're really an asshole when you're drunk, Superman."

Boom Boom!!