



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 27
QUARTER 3 - 2001

Editorial

Phill Thompson

Welcome to a very mixed bag of Bullsheet items this time, with contributions from our far flung Cosmics, Ann Anderson and Ian Searle and a couple of people I've never even heard of before. (Thanks to Ewen for these fillers.) Most people are on the email distribution lists and will have seen the ones from Ian and Ann. but as not everybody gets email I thought it well worth putting them in the Bullsheet.

Sue Buchan's article on pre-race talk is timely, as I was thinking of writing a bit on post-race talk!! It was interesting after the Balmoral 10k road race, won by Dan Whitehead, how many people commented to me how I had past them on the big hills and it was probably easy for me cos I'm a Cosmic and used to the hills. Ha! Nothing of course could be further from the truth as I hate hills! I only joined Cosmics cos I thought this was a club dedicated to "bashing hills" and making this world a less hilly place. I had this vision of club runs picking a hill, running over it continually, bashing it flat, sticking two fingers up at this flat pile of dirt and moving on to do some Cosmic Hillbashing on the next hill. So it was quite a shock to find people actually ran up hills and enjoyed it. It was a bit like joining the Flat earth Society and discovering they weren't dedicated to making the earth flat but actually believed it was flat. Crazy. Still where would we be without our hills.

Anyway, being a Cosmic certainly seems to have a psychological advantage in hilly road races where people assume that you are ace on the hilly bits and I actually convince myself I am better on the hills than them and push hard up the hills. Members of softie road running clubs are quickly demoralised by this hill runner "storming" past them! Unfortunately of course it doesn't work in hill races when most people are regular hill runners and are singularly unimpressed by other hill runners.!

Finally a quick mention for Catherine Mangham and the Mercy Ships charity which we received an acknowledgement from via Tim Griffin regarding the large amount of money Cosmics raised, and matched by BP. Unfortunately the letter has disappeared into the general chaos which is the Thompson household at the moment, but a big thank you to everyone who helped raise the money, and at the time of writing this John Buchan's Run is about to take place proceeds of which will also go to the Mercy Ships. Phill

STUCK IN KATMANDU - A nightmare, but, may give some of you a
laugh
- Ann Anderson

What a nightmare. Stuck in Katmandu the city of human degradation where they treat the cows with more dignity than they do the children.

Went to the airport this morning at 6a.m. to check in. Was told that as I had not confirmed, there was no space on the plane. Told to wait but the desk was swarming with Nepalese and Indians etc. Told by the manager that they had funerals to go to or sick people to visit; All of them? Well I could have cried.

I was heading back to civilisation (of a kind) and a party by the pool side tonight (and I had bought my beach wear) and now instead I have to face another night in the sleeping bag (the sheets are grey as are the towels in the little hotel) and spend yet another day breathing in the fumes of this place. (When you fly here from the mountains you see a big black cloud over the city.)...

I have just been to Qatar airways to confirm the b... ticket for tomorrow. I have never confirmed a ticket in all my flying, and thought that if you had paid your money and the date was on the ticket then one would fly.

On the way to the airports saw people and children picking over all the rubbish that lies by the side of the roads. This morning walking to the airline saw yet another leper, badly maimed, begging. Last night in the rain young boys and two mothers and babies were sleeping out at the side of the narrow streets around this Thamel area, the tourist quarter. Also, made another alarming taxi journey yesterday to two places to deliver letters from the Nepalese boys in my work.

One was to The Asha English Boarding School. To a sister. Sounds good? Well I waded my way up a lane that Fagan and the boys should have inhabited and came to a derelict building with no electricity. (It was 5p.m. and there was an electrical storm). A lady who said she was a teacher came out into the rubbish strewn yard and I was taken into the broken down, dark building. A girl of about 15 appeared, and I was told she was Dava,

sister. She could not read or write but helped with the little kids who were swarming around. Someone was chopping vegetables in the gloom, on the floor. It was a truly hellish scene.

The other place was again down the subterranean lanes and into a dark doorway of a sort of working mans, hostel. I gave in the letter as the man was not there. The city center is Durbar Square famous for temples and monuments. All is scruffy and dirty. I have seen and have been told that there are no large stores. The taxi driver told me his wage is approx 12 pounds per month. No I did not mistake it.

If this country does not have a political uprising soon I shall be amazed. I am moaning about 1 more day here when all of these souls have no choice in life. The statistic of this country make your hair stand on end. Highest rate of leprosy, high rate of TB (they all spit) high rate of child mortality, and no health care for the poor. Virtually no higher education for the children and certainly, apart from Aid organisations of which there are hundreds, no social security for young or old. Drink is a problem and it is reckoned there is a high incidence of woman being beaten at home. The fuel is not pure and there are many two stroke little cabs as well as the usual crush of old cars and busses all jammed together on the roads as well as hundreds of motor bikes, many with woman and babies hanging on behind.

Well this is my last missive from Nepal(I hope,)and I, am sure a lot of you are saying the same. Is this like being forced to watch someone else's holiday video. Imagine if everyone sent dispatches from their holidays!!

We would stop reading our e mails. I think I am in shock. It is maybe because I have not had a gin and tonic for at least two weeks. I,ll be kissing the soil of Britain when I do at last return to a civilised nation.
Ann

I'm finally catching up on correspondence and email from the comfort of a super apartment overlooking Singapore city, complete with the luxury of a shower, large bed, cold beer and a/c. Visiting like this also gives a very different perspective on a place compared with staying in hotels. Singapore is an amazingly well organised place, very well designed, very green and very efficient - although after a while I suspect it might seem possibly a little over-managed and just a little bland. Nevertheless it has been a great stopover which has rushed by as usual and I'd be happy for a few more days R&R here before we set off for Mauritius.

Getting here was the most unusual leg of the race so far. Initially we left HK together with around 25 other boats as we were taking part in the San Fernando Race run by the Royal HK Yacht Club. This took us SE for about 500 miles to the Philippine island of Luzon. True to the norm we set off in quite a stiff NE breeze but after 3-4 days the wind died and the last phase of the race into SF was in light and frustrating air. For us very frustrating, as we ended 7th (again!!) having been as well placed as 3rd at one point.

The SF stop was only for 2 days; barely enough for the beach party and aftermath before it was time to leave for Singapore. After the hectic, high rise and high activity time in HK, even just 2 laid back days on a palm fringed beach were certainly welcome. Being anchored a few hundred metres off the beach, with none of the usual marina paraphernalia, just added to the picture and transfer to shore by local fishermen in outrigger canoes (albeit with small engines) finished things off quite nicely.

After we left SF our route took us generally SW for some 1300nm across the South China Sea. Wind conditions are notoriously fickle and after a few days of reasonable wind things turned very flukey with progress often being a case of who could catch the thunder squalls as these were the prime source of breeze. Squall activity is greatest after sunset and at night, whereas around midday we were often becalmed.

The race route had 'gates' that we had to pass through, positioned so as to ensure we didn't attempt to cut corners across poorly charted shallows and reefs. The other purpose of these intermediate points was to provide potential early finish lines which were expected to be needed given the

light winds. In the event we and Plymouth got comprehensively caught the wrong side of a wind shift and fell well behind the others. When the finish was called we were last unfortunately. Teaming up with Plymouth we then had a couple of days motoring together with occasional mass swims and also swapping around of crews to watch movies on DVD! By the time we were approaching Singapore everyone was low on fuel and a boat had to be sent out about 40 miles from the marina to give us all a top-up to make it in. You may have also seen from the Web that on the last night we drove into an outrageous electric storm and Plymouth got hit by lightening (again, as they also got done in the Caribbean) This time it completely fried their electronics but nobody was hurt. Although we were only about 0.5nm apart, I've no idea exactly when it happened as the flashes and bangs were almost continuous for 30+ minutes. Seemingly it has taken the electricians all of the 5 days we've been here to sort it out.

I'm now sitting in the very plush Raffles Marina trying to tidy everything up before we sail tomorrow. We've just restocked the boat with a whole heap of goodies and it is slowly beginning to look like we might be ready in time. As I've been somewhat tardy over the last few weeks I will also jump back and fill in the gaps since my last dispatch.

Working backwards, HK was an altogether crazy stopover. An incredible city where we were again very lucky to be staying in a small oasis of calm slap bang next to all the chaos. The Royal Hong Kong Yacht Club is a truly impressive place, recently restored and very plush. Everything worked by being charged to membership cards - nothing as tacky as handling cash!! The bar and restaurant were excellent and much frequented. It is rumoured that our account bills will catch up with us here in sing - oh dear!!

As HK was the halfway stopover we had quite a lot of maintenance to do on the boat and they were also lifted out for a complete clean and antifoul of the hull. Even though we were there for over 2 weeks it was amazing how fast time went. In my case I also shortened time in HK even further by arranging a trip to China to do what we had planned to do from Shanghai. China was completely fascinating with extreme contrasts from ancient to modern. In Beijing I simply signed up for the guided tour thing and the must see's: Tiannanmen Square, Forbidden City, Summer Palace and Temple of Heaven. All very impressive, serene rather than spectacular and just a little similar after a while. On the second day we went out to the Great Wall, but again with limited time and on a tourist bus I only got to one of

the most visited and over-developed sections. Provided you shut your eyes to the circus of hawkers, traders and other tourists etc. it was quite impressive. Fortunately, from the pass where the road crossed the Wall, one side was much steeper than the other and by going this way I managed to leave the vast majority of people behind. After about an hour of some steep climbs plus other undulating sections I managed to get to the end of the reconstructed section and at least had a brief view of the line of the ruined wall snaking away across the mountain ridge lines. For a bit of fun, I also tried turning on my mobile and after a little trouble with signal and connection, did manage to make a call to Sis in London. Quite what that says about today's world I'm not so sure.

The following day I flew to Xian and was again met with extreme efficiency by my guide - only this time it turned out I was on my own rather than joining a small group and hence, somewhat embarrassingly, found myself with my own car and driver as well as guide. Xian is an old walled city which I saw a little of when I arrived, but the main point in coming was to see the Terracotta Warriors. These are as completely magnificent as you have ever imagined and I will not easily forget the impression of walking into the main hall for the first time (despite any number of National Geographic articles) In the end I spent a good few hours just wandering around looking at the whole thing - slightly to the consternation of my guide who also had an agenda to get me to the necessary tourist shops (a function he is expected to perform and get a little chit stamped to prove it - irregardless of whether I bought anything) Actually we had quite a good laugh talking about things like this. He was a young graduate (of tourism with English) and was up for discussing most subjects. The incident with the US spy plane wasn't one of them though!!

Overall my brief trip confirmed many of my preconceptions about China but also showed others to be very out of date. The place has everything from pre industrial revolution agriculture to thoroughly modern electronic industries. The trouble is that the former still predominates, but in the big cities everything (sadly) is starting to look very familiar. Air quality and pollution were awful but the ability to make changes were clear.

Beijing has had a plan to 'green' the urban landscape for a few years and there are thousands of trees being planted everywhere. They are also pushing for the 2008 Olympics and already building great chunks of the infrastructure. I'd bet that they will win the contest to host them.

Take care, Ian

Social Retrospective

March

Saturday 24th

Thanks to Steve for organising an alternative day out instead of the run at Forvie due to foot and mouth. Steve planned out a bike ride taking in Ellon and the surrounding countryside. We set off in not the best of weather, rain & hail were still to come. Some decided to go at their own pace as waiting for the slow coaches would definitely have resulted in hypothermia. Dave & Bob left the rest of us standing as they sped off, Dave in the lead with his mountain bike & Bob fighting to keep up on his racer. The weather was all too much for Keith who decided that going for a run would be a better way of keeping warm. The numbers in the main pack were reducing fast. Steve was on his recumbent cycle, which is fine if you're going down hill with a back wind. Helen decided to put her trust in Dennis and go on the back of the tandem. By the time we reached Haddo House some realised that this was an appropriate place to take a short cut home, the thought of a hot sauna was a better option than carrying on. Some of us hardy souls carried on regardless or at least for a few miles more, till we turned and headed back in the direction of Ellon. Just as well that we cut the bike ride short as the original route was a lot longer than Steve had stated, as Bob & Dave were soon to find out. We all enjoyed the warmth of the sauna afterwards, and a good spread of food. Should the Cosmic virgin still retain his title as he was seen to be giving a topless girl a massage? Niall Watson displayed his other talents and entertained us with a few tunes on the bagpipes, was he practising for the 5am morning call at the LAMM?

April

Thursday 5th

A few of us Cosmics had a good night out starting with a meal at Nargile's, then it was on to Under The Hammer for a few more drinks then a bit of dancing at O'Donaghues.

May

Tuesday 15th

Thanks to Ewen for organising the BBQ after the Balmedie Beach Bash.

June

Saturday 2nd

Watson & Pryor's Bike Trip

Saturday 2nd

Congratulations to Steve & Laura Rivers who got married at the wonderful setting of Ross Priory near Loch Lomond. A few Cosmic's went down in the evening to join in the celebrations.

Forthcoming Features

July

Weekend 7th/8th

Cosmic jolly weekend away to Skye for the Glamaig Hill Race. There are still a couple of places left in the bunkhouse if anyone else fancies joining us; I have booked for both the Friday & Saturday nights. There might also be the possibility of staying over on the Sunday night for those of you who have the Monday holiday. If anyone wants to hill walk on the Sunday and mountain bike on the Monday then take appropriate equipment with you.

The race starts at 3.00pm on the Saturday, its 4.5 miles & 2400ft; the entry fee is £3, which includes hot food & 2 free drinks of your choice. There is usually a live band in the Sligachan Hotel afterwards. For those staying in the bunkhouse remember and take a sleeping bag and your own breakfast food although this can be had at the hotel, and any other drink that you may require.

Tuesday 17th

After the run round the Forvie Nature Reserve we will have the usual BBQ at Hackley Bay. There will be games and a bit of skinny-dipping for those that are brave enough. Bring along a suitable rucksack to carry your BBQ food and drink in, as you will need to run with it.

Thursday 19th

On a sad note we have to say goodbye to Liz Horton, she's leaving Aberdeen to take up a new position in Glasgow. No long trips now for the Postie's van!

To celebrate her promotion and move Liz is having a leaving doo at Nargile at 8.30. Hopefully this will give you enough time to get there after Dan's 5K run.

August

Weekend 4th/5th

SAF Championship and SHR Super League Race

Creag Dubh Hill Race, The Eilan, Newtonmore

3 miles 1223ft £1 entry fee start at 3.15pm.

Cosmic Jolly weekend away, probably going over on the Saturday and staying over with the possibility of mountain biking or walking on the Sunday.

Thursday 16th August

Another chance to have a pizza at Carmines followed by a night at the theatre.

What's on? - **Ladies Night** is the hysterically funny story about a group of lads who decide to take up stripping as a way of increasing their assets...and boy do they have assets!!!!

Their act, however, known as The Raging Rhinos, can only be described as one of the seven sexless wonders of the world – definitely more comic than seductive! That was before they met Glenda. The lads, with her help, learn all about the art of stripping and their astounding success in their new found careers almost end in tears – but not before some hilarious moments lead to the climax of the play where everyone certainly gets everything (or more) than they bargained for.

'Ladies' Night is a very funny play ...more than a jock-strap full of laughs'.

Cost Carmines approx £7, Theatre £7.50.

You need to be at Carmine's by 5.30pm.

Tuesday 21st

After the orienteering or running at Balmedie there will be a BBQ, so bring along your own food and drink.

September
Saturday 15th

After the Morven Hill Race: -

Dick Hobson's curry night to be held at Ann Thomson's house. This was all Dick's idea, but due to his early nights and family commitments it was best decided that the Cosmics (none of whom would go home early), that the event should be held in someone else's house, Ann Thomson kindly agreed to provide the venue.

Hopefully Dick will cook a curry for us; we also need other volunteers to show their culinary skills. Those not cooking can take along rice, nan bread etc.... We will also need a few curries of the vegetarian variety to keep the non-meat eaters happy.

Let Elaine know nearer the time if your coming and what you plan to provide, also take your own drinks.

Address: - 6 Norfolk Road, Aberdeen

Tel: 317184

Time: 7.30pm

DON'T FORGET..... TUESDAY NIGHT IS PUB NIGHT.

EXPLORE THE MOUNTAINS OF CENTRAL ASIA THIS SUMMER

The Great Game Travel Co. is launching trekking and climbing trips to the mountains of Central Asia this summer. Rick Allen, Cosmic, of Aberdeen and somewhere near the Caspian is leading a pioneering trip to check out itineraries for next season from 23rd August for about three weeks. Could be climbing in the Pamirs if numbers are sufficient but more likely this year trekking in the Fann mountains of Tajikistan, a beautiful alpine region which offers the option of some climbing for the more adventurous.

If you are interested for this year or next checkout www.GreatGameTravel.co.uk or contact Aubyn or Jo at the office of the Great Game Travel Co on 01763 220049.

Rick

Years ago, three friends of mine and I climbed Mount Olympus, in the heart of Washington State's Olympic National Park. The approach is 17 miles, followed by a long climb to the summit of the 7,900-foot-tall peak. As we hiked in on a busy July 4 weekend, we encountered a disturbing site: Long lines of climbers heading out, many walking barefoot (much of the first 10 miles is on damp, soft trail), their bandaged feet bleeding from blisters. Our own party developed its own share, although we managed to keep our boots on.

The story is amusing, but blisters are not. Blisters can ruin a trip, prevent you from reaching a summit, or send you to the doctor with an infected foot. It's worth the effort to know how to prevent, and if need be, treat this common outdoor affliction. Prevention is the key. And that starts with fitting your boots properly - not loose (friction from slippage will cause blisters) or too tight (pressure points, ditto). The right sock combination also is important; except for the lightest-weight boots, it's wise to always wear two pairs of socks. The inner layer should be a thin, fast-drying sock made of Coolmax® or polypropylene, such as Bridgedale's A.T. Coolmax Liner Sock. The outer sock provides cushioning and additional sweat absorption; among the best are the new generation of wool-based socks such as SmartWool's Light Hiker or Wigwam's Merino Wool Rugged Hiker.

Next, make sure your feet are properly toughened up. Don't make the first hike of the summer a 15-miler; work up to it slowly. Try to get at least 50 miles in of short hikes before tackling something longer.

Before the hike, take preventive measures. If your feet sweat heavily, spray them with an anti-perspirant. A little moleskin or adhesive tape applied to known trouble spots can prevent problems later. And make sure your socks fit smoothly, without bumps or wrinkles. Set your feet into unlaced boots, banging the heel on the ground to make sure your feet are all the way in, then lace the boots snugly. Getting a hot spot? Don't fool around - treat it at once by cleaning the sore spot, then covering it with moleskin. Make sure your socks aren't contributing to the problem. It also may be possible to use a knife handle or other blunt instrument to re-shape the leather inside the boot to create some space around the hot spot. If a blister is forming, place a non-stick pad immediately over the sore spot, then cover with tape or moleskin. It may also be helpful to build up the area around the blister with Dr. Scholl's Molefoam. The idea is to construct a "doughnut" of material around the forming blister, pushing the boot away from the blister.

Should a large, but unopened blister be lanced? There is debate on that point - some argue that doing so opens you to infection. But I have found that lancing the blister with a sterile needle or scalpel blade reduces the risk of completely tearing

the "roof" of the blister and exposing the raw skin beneath. To lance a blister, clean it thoroughly; pierce the blister from the side, and drain. Cover with a generous amount of Neosporin (or similar antibiotic cream), and bandage. A torn blister can be a serious problem. Clean the area with Betadine or soap and water, and let dry. Spread antibiotic cream over the broken skin, and re-bandage with an adhesive bandage, or non-stick pads and tape or moleskin. Spenco 2nd Skin is another good dressing for broken blisters, cushioning the damaged area with a watery gel.

Better-fitting boots and blister-preventing socks mean that I don't see many barefoot hikers these days. But it still pays to be well prepared to prevent or treat blisters. A successful - or enjoyable - trip may depend on it.

" PRE RACE TALK"

On chatting or making small talk before a race I have decided that you could just hand a sheet with the following statements on it and say "tick the boxes".

"I haven't been training"

"I've been injured"

"I'm taking it easy today"

"This race isn't important"

"I'm not fit at the moment"

"I've got a sore leg, knee, foot etc."

"I'm just getting over a cold"

"I've got a virus"

"I was up late last night and didn't get much sleep"

"I'm not nervous"

Excuses, excuses why bother? Everyone who runs knows that SOME of the races are important to them and that they have trained up and then down for them. So come on all you fellow runners own up and be honest. Yes I've trained and I'm feeling good or even ok and I'm hoping to have a decent run.

PS Despite all the excuses runners all share the same determination, energy and love for pounding the hills, streets and fields. Keep on running.....

PPS Has anyone seen JB lately?

Sue Buchan

When the flu strikes, stay out of the gym. Exercise could make you feel even worse. The runny nose, stuffy head, and hacking cough: Those telltale signs of a cold or flu can be hard to ignore. Yet many exercise devotees find it tempting to do so (and they know who they are). But working out through an illness can backfire, depending upon what type of bug you've got and on how intensely you exercise. When deciding whether it is better to hit the bed instead of the gym, exercise physiologists tend to subscribe to the "neck-up" rule. That is, moderate exercise gets the green light if symptoms are confined to the head, such as sneezing, headaches, and watery eyes.

One of the few human studies on the topic studied people infected with rhinovirus, the type of virus believed to be responsible for 30% to 50% of all colds, and who exhibited "head cold" symptoms. After 10 days, they found no difference in symptoms between the 34 people who exercised 40 minutes every other day and the 16 who did not exercise.

"If it's a sniffle and you're otherwise fine, it's okay to do some exercise," says Richard Cotton, chief exercise physiologist for the American Council on Exercise. But caution should prevail when illnesses strike below the neck. The official recommendation from the American College of Sports Medicine is to lay low when symptoms include fevers, body aches, or extreme fatigue. Evidence from animal studies and human case histories indicate exertion during the flu exacerbates the symptoms of the infection and prolongs the recovery period, Cotton says. "When [the illness] moves from the head to the chest, it's time to take time off," he tells WebMD.

Increased physical activity also speeds up the circulation of pathogens through the bloodstream, raising the risk of transmitting infections to the heart, says David Nieman, DrPH, a professor of health and exercise science at Appalachian State University in Boone, N.C., and a well-known researcher in exercise immunology. Overdoing it may even lead to death when a systemic infection is present. The bottom line is the "concept of sweating it out with a fever is foolish," says Nieman. "You can make it more severe, and you risk a relapse."

Even if you are not ill, pushing too hard can leave you susceptible to colds and the flu. "Research has shown that individuals who engage in vigorous exercise are susceptible to upper respiratory infections," says LaGary Carter, DA, president of the American Society of Exercise Physiologists and professor of kinesiology and physical education at Valdosta (Ga.) State University. He says the process of warming the inhaled air you breathe can irritate the lining of the lungs and worsen coughs. The problem worsens when the outside temperature is cold.

Research also has shown that overexertion -- as may happen with long-distance running or heavy training for competitive sports -- can stress the immune system. Nieman conducted one of the largest studies to date on this topic in 1987. In that study, he and his colleagues followed 2,311 athletes who were training for the Los Angeles Marathon for two months before and for one week after the race. They compared runners who actually ran the marathon with those who had signed up but did not run for reasons other than illness. The researchers found that during the week after running, those who ran the race became sick at a rate six times greater than the athletes who did not run. "These changes [in the immune system] last for half a day, and some can last up to three days," says Nieman, whose study was published in the *Journal of Sports Medicine and Physical Fitness*. Such work suggests that lack of sleep, poor nutrition, mental stress, or weight loss, open the window for infection to creep in and take hold.

Overdoing it also can come back to haunt you through the risk of post-viral fatigue syndrome, a condition Nieman -- a veteran of 58 marathons -- has witnessed firsthand. He describes how a fellow marathoner continued a race even though he had developed a fever the day before. "He then spent two years with post-viral [fatigue] syndrome," says Nieman. "He was so fatigued he could hardly do any exercise." Nieman says he has worked with five other runners with the same condition, each having the common trigger of exercising too hard while sick. So what's a fitness enthusiast to do? Besides eating well, getting plenty of sleep, and avoiding stress, taking vitamin C may be helpful. Nieman says more study is needed on its effectiveness, but says there is some evidence that vitamin C supplements may help if taken a few days before and after a session of high intensity exercise, such as an ultra-marathon. However, "for the average Joe Blow, it does no good at all," he says.

When the coast seems clear for a return to a workout, experts suggest easing back into a normal routine. If the cold was relatively mild, it may take less than a week to get back into full swing. However, those getting over a severe bout of the flu may want to take up to a month before attempting an intense workload. The good news is, a healthy lifestyle that includes regular exercise may boost the immune system and help prevent illness. The message? Stick with a routine of regular, moderate exercise, but don't overdo it. Signs that you're pushing the envelope may include labored breathing, prolonged fatigue, or an elevated heart rate the morning following a hard workout.

Listen to your body. If it hurts, if there's discomfort where you usually don't have discomfort, it's worthwhile backing off until that passes.

RACES and Saturday runs

I've avoided organising a run over the school holidays if there is a local or Scottish Championship race (capitals) and indicated known local races.

Sat. 7th July Glamaig Trip

Sat. 14th July MELANTEE - Fort William - 3pm

Sun. 15th July HALF BEN - Fort William - Noon

Sat. 21st July Bennachie from Rowan Tree - meet Hazlehead 9-15am

Sat. 28th July BEN RINNES 5 TOPS - Dufftown - Noon

Sat. 4th Aug. CREAG DUBH - Newtownmore - 3-15pm
and Aboyne Games HR 4pm (Check for possible F&M cancellation)

Thur. 9th Aug. Ballater HG Hill Race - 3pm.

Sat. 11th Aug. Millstone - meet Hazlehead at 9-15am or out there.

Sat. 18th Aug. Tap O'Noth HR or Gala Road Race - 2pm

Sat. 25th Aug. Durriss - meet Duthie Park at 9-15am or out there.
and Lonach HG Hill Race

Wed. 29th Aug. STREET 'O' Score challenge
7pm Copper Beech Pub, Garthdee.

Sat. 1st Sept. Ben Nevis Trip or Braemar HR

Sat. 8th Sept. Cairn William HR - 3pm
(Check for possible F&M cancellation)

Sat. 15th Sept. Morven HR - 1pm (Check for possible F&M cancellation)

Sat. 22nd Sept. Bennachie from Rowan Tree - meet Hazlehead 9-15am

Sat. 29th Sept. Kerloch - meet Duthie Park 9-15am or out there

Sun. 7th Oct. Bennachie HR - 2pm.

Late Summer Tuesdays

Meet at Hazlehead at 6-15pm or venue for 6-45pm approx.(depending on distance from Aberdeen). For Krunces go straight to venue.

3 rd July	KRUNCE 4	GR-NJ851055	Bielside Inn
10 th July	KERLOCH	GR-NO699917	Old Mill Inn Maryculter
17 th July	FORVIE SANDS	GR-NK003270	Barbecue at Hackley Bay. Bring own food and booze -NB - Alfie!!
24 th July	CLACHNABEN	GR-NO649868	Feughside Inn
31 st July	MITHER TAP	GR-NJ699217	Grant Arms Monymusk
7 th August	KRUNCE 5	Remember your 50p	Bielside Inn
14 th August	DURRIS	GR-N0762916	Old Mill Inn Maryculter
21 st August	BALMEDIE	- chance to Orienteer	BARBECUE
28 th August	MILLSTONE	GR-NJ672190	Grant Arms Monymusk
4 th Sept.	KRUNCE 6	Remember your 50p Presentation - Bielside Inn	
11 th Sept.	DURRIS	GR-N0762916	Old Mill Inn Maryculter
18 th Sept.	NE KIRKHILL	GR-NJ845116	Bucksburn Manor
25 th Sept.	BRIMMOND	GR-NJ858101	Bucksburn Manor.
2 nd Oct.	Back to KINGS	Riverside Run	