

Cosmic Bullsheet



The News Sheet of

The
Cosmic
Hillbashers

<http://www.cosmics.org.uk/hillbasher/>

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Editorial : Peter Larkin

Greetings, Fellow Cosmics.

I guess the first thing I should do here is introduce myself as *your* new editor. *Your* opposed to *The* new editor as it is my aim to try and develop a degree of interaction between the **Bullsheet** and it's both vast and varied readership!

Secondly, I would like to propose a vote of thanks on behalf of all the **Cosmics** to Phill Thompson for producing the **Bullsheet** for the last nine years or so. On an individual note, I would also like to thank Phill for the assistance and guidance he has given to me over this 'transition' quarter – Thanks, once again, Phill and good luck with your post-**Cosmic** ventures.

Being a relative newcomer to the interstellar world of **The Cosmic Hillbashers** (the joining of which, I might add, made settling back into a new job / UK – and all that entails, a lot easier) and yet another person to turn their hand to the **Bullsheet**, I wanted to glean a bit of the history surrounding the inception and development of the **Bullsheet**. Fill (sic) consequently has philled me in.

Apparently, the **Bullsheet** even pre-dates his period of tenure and started life as the **Cosmic Comic** under the stewardship of Rennie and (Bill) Lawrie. The 'comic', I believe, was printed on yellow A4 paper and presented with a glossy plastic cover. The **Cosmic Comic** evolved into the **Bullsheet** sometime during the 1990's A.P. (*Anno Priori*).

According to Phill, Steve Prior (perhaps one of the more 'socially-minded' members to have passed through the **Cosmic's** ranks) had 'something' (loosely defined) to do with the name / format change. It's from some point shortly after this that Phill T. took up the quill and type-setting machine and began to exercise his editorial prowess.

It's my intention to selectively re-print a few of the earlier articles ; by way a touch of nostalgia for some of the more established members and as an insight into the heady, hedonistic ways of the early **Cosmics** for the more recent members.

In my opening paragraph, I emphasized the **Your** bit over the **The** thing. Over time, there has been a fair bit of discussion with regard to the format (E v Hard amongst others) and content matter of the **Bullsheet**. In the forthcoming editions, I'd like to mould the **Bullsheet** into a sheet for the 'readership'. So, I'll need your comments and thoughts – I do have a few ideas of my own. In the meantime, please accept this first offering!

I note that I haven't even mentioned the word 'running' once in this opening editorial piece – Oh Dear! Perhaps, I'm not the right person to take on this role Alternatively, I could let the following articles (graciously received) and information do the 'talking'.

On that note, I'll sign off but, please remember : Feedback – and I'll try and accommodate / modify accordingly.

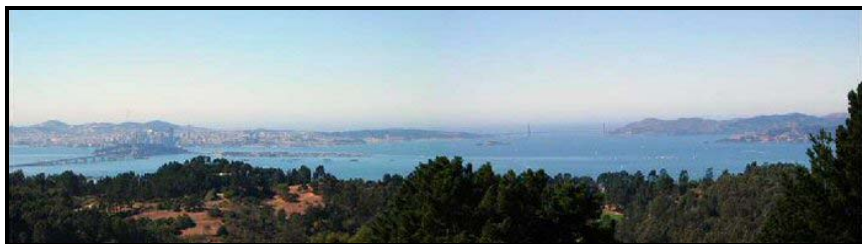
As they say in Kosmikistan

Continuez de courir !



Golden Hills Trail Marathon October 2005.

By Jonathon Bellarby



I'm 4 miles into a marathon and there's a check-point. It has a table with stacks of bananas, gels, cookies, salt, fruit slices, some sandwiches and pretzels. Only in the USA, I mutter; help yourself says the official. I shake my head and head off again up the hill, somewhat confused at the potential waste.

Houston is a common destination for many from Aberdeen for obvious reasons. Two problems with Houston; its very flat and you get arrested for walking; running there is also akin to running in a sauna. One upside – it has an airport and I have a free weekend.

So one weekend in October I see myself in California – much more runner friendly. A quick check on the internet reveals the Golden Hills Trail Marathon with entries on the day. I turn up, pay my \$70 and along with a 100 or so other runners toe the start line (in my yellow Cosmic's vest) on a point to point race along the sky line overlooking San Francisco Bay. It has rained gently overnight; I ask when it last rained – 6 weeks ago apparently. Starting up the first hill, the ground is slightly muddy, but this mud is a Californian specialty and builds up on the shoes. I am soon running with a 5 cm layer of mud attached under my shoes. It feels like running in high heels (well what high heels could apparently feel like anyway). We crest the top of the hill and break through the early morning mist. On the left, I can see the Golden Gate Bridge and San Francisco beyond the bay and the mist. Awesome dude!

Soon after the first check point on a steep downhill stretch I pass a



runner going the opposite direction – going uphill and fast too. He also has a race number. Strange coincidence two races in the same day? He's probably going so fast as he's probably only doing a 10k or something? Over the next 5 miles I pass at least 100 runners going the opposite direction – same greeting from all - 'going strong'. My 'fit like' response doesn't seem to fit in? (*Boom boom – Ed.*) In chatting to a runner going in the 'right' direction it turns out that the other runners are doing the Firetrails 50; our marathon in reverse then turn round and retrace steps. The well stocked aid stations make sense now. They had a 3 hr head start.



As we descend we enter a cool forest of giant redwoods – draped in mist and lichen. The trail is narrow and in places steep; but soft, quiet and easy going. A short ascent and we pop out of the mist again and follow a broad ridge, then a series of long switchbacks down into the valley. It's getting warmer now and the regular and well stocked aid stations are welcome (I get used to blue Gatorade anyway). The next climb is 1000 feet and has no shade, but only 7 miles to go.

From here its largely downhill; but doing the Inverness marathon 2 weeks previously is taking its toll. I get overtaken by the lead runner of the 50 mile race within a few miles of the finish, but never mind. I am the fastest (only) runner from outside California and a BBQ with fresh salmon awaits. 26.2 miles, 6,000 ft ascent and Californian hospitality – most pleasant. And the Firetrails 50; its bigger cousin – its main purpose is a qualification race for the Western States 100 (100 miles, 18,000 ft ascent). They certainly like everything big here.



Cosmic Social Events – Q2 Year 2006
Social Secretary's – Elaine Stewart

Social Retrospective :

January

Thanks to the 18 Cosmics who turned out for the Devils Burden this year. I'm sure for those who haven't done it before it's a good day out and the tea and cakes at the end make it all worth while (especially if you've done leg 1 and get back first!!).

February

Good turnout of 19 Cosmic runners for the Carnethy Five Hill race. Congratulations to Ian Wilson who won a lovely print for being the first Policeman.

March

Not much happened, just snow...snow...and more snow.

Forthcoming Features :

April

Saturday 8th

Clachnaben Hill Race

This is a Cosmic organized race, mainly by Shelley and Ian, they will require as many volunteers for marshalling on the day as possible, some home bakes would also be greatly appreciated for after.

Possibility of going in the evening to the Carron Restaurant, Stonehaven. Let me know if you are interested in coming or would prefer some location closer to home.

Check it out at...

<http://carron-restaurant.co.uk/>



Saturday 29th

Possible day trip away for the Stuc a'Chroin Hill Race, Strathyre, nr Callander. The race is 14 miles, 5000ft of ascent, starts 1pm and a £5 entry fee on the day.

May

Saturday 6th

Ben Lomond, Scottish Championship Race

For those who have already entered the race, we could perhaps meet up and share transport.

Tuesday 16th

It's the Balmedie Beach Bash race with BBQ to follow so remember and take along your own food and drink.

Friday 19th – Sunday 21st

Ramsay Round

This year's Cosmic challenge will be an attempt to complete the Ramsay Round in 3 (maybe 4 days). This includes doing 24 Munro's from Ben Nevis, the Aonach's, Grey Corries, Easians and all of the Mamore's. The trip is planned for the weekend of 19th/21st May. Anybody who is interested in partaking in this **grueling** event should contact Steve Helmore at...

steven.helmore@helix-rds.com

more of an insight at

<http://www.cosmics.org.uk/hillbasher/articles/nevis2002.shtml>

June

Sunday 4th

Scolty Hill Race – Scottish Championship Race

Starts from the Scolty Forest car park, nr. Banchory at 2pm, 4.5 miles 1300ft, entry fee £5.

BBQ afterwards, take own food and drink.



Sunday 25th

This summer's Ythan Challenge will take place on Sunday 25 June, starting as usual at 11am from The Meadows sports centre in Ellon.

Entries will open in March and this year we're joining forces with Born2Run, bringing benefits including online entries for the first time. Please keep checking the Ythan Challenge website for more info.

www.ythanchallenge.org.uk

info@ythanchallenge.org.uk

**Don't Forget.....
Tuesday Night Is Pub Night**

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A Proposition From Nurse Noble

..... to fellow **Cosmics** who aspire to punishing their bodies in a Stewart-like fashion (a compliment, Elaine!) but lack the motivation to do so.

Some of us sometimes do it, some don't but would like to, and others are very good at doing it on their own, however for those of us who regularly mumble about it, I would like to set the ball rolling about the possibility of introducing an informal but regular Thursday evening run – something not too time consuming, convenient (for most) and predictable so folk could easily join if arriving late, or shorten it if pushed for time. A starting suggestion could perhaps be, to meet at Johnstone Gardens Car Park around 6.30pm and establish a run round Hazlehead lasting approx an hour, and see how things go from there.

I realise there are probably political issues here, e.g. putting this suggestion to the committee at the AGM, but I was away at the time and basically forgot, thereby demonstrating my problems with motivation! However, if this starts off as a non-official run then maybe we could see if it musters sufficient interest to introduce into the Club officially.

Any takers / comments ?

Lois
(a.k.a. Nurse Noble)

Ed : Thanks, Lois – Here's an opportunity to test the water and feedback.



TUESDAY NIGHTS

It's meet Hazlehead at 6-15pm (sharp) and then it's off to the hills. Usually for a 6-45pm start with a Pub thereafter (not compulsory though highly desirable).

4th April - First KRUNCE of season at Rotten O'Gairn, NJ852045 then Roos

11th April - **NE Kirkhill** at NJ845116 at **6-30pm** Bucksburn Manor

18th April – **Durriss** at NO761914 then Old Mill Inn, Maryculter

26th April – **Millstone** at NJ672190 then Grant Arms, Monymusk

2nd May – 2nd KRUNCE of season at Rotten O'Gairn, NJ852045 then Roos

9th May – **Kerloch** at NO-698916 then Old Mill Inn

16th May – **Balmedie Beach Bash**
at NJ976181 then Barbecue **£2 entry fee**

23rd May – **Durriss** at NO761914 then Old Mill Inn, Maryculter

30th May - **Scolty Preview** from NO-686947 then Burnett Arms

6th June – 3rd KRUNCE of season at Rotten O'Gairn, NJ821055 then Roos or Bielside Inn

13th June – **Clachnaben from Glen Dye** at NO-649868 then Feughside

20th June – **Mither Tap Race**

27th June – **Carn Mon Earn** at NO-7689924 then Old Mill Inn



SUMMER WEEKENDS

Meet at venue at 9-45am for start by 9-50am latest (except Glen Tanar)

Saturday 1st April – **Clachnaben Race Preview** 9-45am at NO-647902

Saturday 8th April – CLACHNABEN HILL RACE – 11am
Run or help BUT BE THERE

Saturday 15th April – **Millstone** from Donview -NJ672190 for 9-45am

Saturday 22nd April – **Kerloch** - NO 698916 for 9-45am

Saturday 29th April – **Mither Tap (Bennachie)** - from Visitor Centre – NJ699216 at 9-45am

Saturday 6th May - BEN LOMOND (SHR) or Colin's Trip - Take a peek ; (The Circuit of Glenmalure, www.imra.ie/?sec1=racedetail&id=343)

Saturday 13th May – **Durriss** - NO761916 at 9-45am

Saturday 20th May - **Rowan Tree** - NJ693245 for 9-45am

Saturday 27th May – **Glen Tanar** - NO479965 at 10am - remember £2 for parking

Saturday 3rd June – **Kerloch** - NO 699916 for 9-45am

4th June – Scolty (SHR) 2pm

Saturday 10th June - **Green Hill** from White Hill Stone Circle - NJ654131

Saturday 17th June - **Kerloch** - NO 699916 for 9-45am

Saturday 24th June – **Mither Tap (Bennachie)** - from Visitor Centre NJ699216 at 9-45am

