



## Hi Rutlanders

First off a very warm welcome to another bunch of new members (Fantastic news) in the form of **Joanne Shore, Sarah Reeves, Sam Jeffries and Gary Kirk**. I know Sam and Gary from the last set of Beginners sessions so it's great that you have decided to join the club. Also want to congratulate both on getting parkrun PBs at last Saturdays parkrun at Rutland Water (aren't you glad you finally got those new running shoes I recommended Gary!). I'm sure you will all have a great time with the club and look forward to seeing you out and about at the club sessions.

I'm not aware of any club mates in action this past week but there are some interesting club activities in the next 7 days for you to get involved with.

Here is this week's news ...

### 2016 Club Mini-Tri Social

A final, final reminder that next Sunday 07.Aug) is the club's mini-tri social event. This is being held at **Paul & Cheryl Rogerson's** lovely home in Braunston. It's a very low-key affair so if you fancy trying a tri for the first time or just want to come along to cheer your club mates then please do so.

The triathlon will start from 1pm and involves a 120 metre swim in the pool, a 7 mile bike ride and a 3.5 mile run. The disciplines can be done in any order and there is no transition timing so you can have a rest between each one if you want. No fancy kit is necessary, just turn up with your bike, a pair of running shoes (and some running kit) and a swimming costume ... oh and a savoury dish to add to the buffet would be great.

Families of club members are most welcome including children and non-runners (especially if they can help with timing – but not mandatory).

### Tuesday Night Training Sessions

For the next 3 weeks, our Head Coach **Zoe Smith** has arranged with the club coaching team for some hill rep sessions on Burley Hill. Therefore she has obtained permission for club members to be able to use the car-park at Oakham Vet Hospital on Ashwell Road. I will be coaching tonight's sessions so I look forward to seeing many of you there at 7:30pm. Zoe will provide more confirmation in her usual weekly club sessions email – so look out for that.



## 📍 Club Championship – August Race(s)

Just in case you forgot from last week's edition of The Racer, the designated Club Championship race for August is to run any parkrun during the month of August. So you can have multiple attempts to beat your time. There may well be a small prize for the person running the parkrun furthest from Oakham ... so make sure you are registered on the parkrun website and let's see those gold cells appear on the Club Championship tables on the club website :)

## 📍 Rutland Round 2016 Leg 7: Empingham > Pickworth

So last Thursday saw 8 of us reach the far east of the County. This week we were joined by Dean Marshall from Nene Valley Harriers who turned up to join us and very welcome he was too. He seemed to enjoy himself and in spite of living in the area for many years had never been on some of the trails we travelled on the pleasant 6.75 miles between Empingham and Pickworth. He did say he would like to join us for the final legs of this year's Round and he is more than welcome. Well done and Thanks to **Jo Smith, Becky Murton, Kate Howes, Bryan Clary, Ian Prendergrast** and Lee Collins for another lovely evening.

So we have reached the far eastern side of the County and we now start to head back west for the final 3 legs. This coming Thursday (04.Aug) we head from Pickworth to Thistleton via Clipsham (passing through the quarry) and Streetham. This is a total distance of 7 miles. As the nights are noticeably drawing in we need to be punctual so meet at Thistleton (outside the church) at 7pm for a 7:30pm start back at Pickworth. (Sadly there are no pubs in either Thistleton or Pickworth. Therefore, if the weather is favourable so we can sit outside, I am suggesting the post-run rehydration session should be at the Olive Branch in Clipsham). Hopefully see you there :)

## 📍 and Finally ...

Not much else to report this week. I know its holiday season so if you are having any running/tri adventures whilst away please let us know as we all like to hear what everyone is up to ... oh, and let's hope for fair weather for Sunday's club mini-Tri :)

Until next week ...

**Happy Swimming, Cycling, Running**  
**Richard Evans**



## 📅 Events Section

Take a look at the calendar on the Website for upcoming races and club sessions

All details on the website: <http://www.rutlandrunandtri.co.uk/calendar/>

## 🎵 Tunes Section

During last Thursdays post-Rutland Round session, **Ian Prendergrast** suggested I check out this band so here you go ... enjoy :)

### Running Track #1

**The Kills:** Impossible Tracks

*"I'm gonna run on back on impossible tracks"*

**Spotify** <https://open.spotify.com/track/7GZvjJkHoTSiP51zNqVnMP>

**YouTube** <https://www.youtube.com/watch?v=-lm6ssRtnpw>

### Running Track #2

**The Kills:** Run Home Slow

*"and you run home slow"*

**Spotify** <https://open.spotify.com/track/52AW52A6TO5p1nSmNgkurw>

**YouTube** <https://www.youtube.com/watch?v=YoBfGyBI7W4>

### Running Track #3

**The Kills:** M.E.X.I.C.O

*"running into trouble"*

**Spotify** <https://open.spotify.com/track/0ov6N4saNGbeaOe1t68IUW>

**YouTube** [https://www.youtube.com/watch?v=\\_HwPCiK7bio](https://www.youtube.com/watch?v=_HwPCiK7bio)