

Hi Rutlanders

In this week's edition we have details on some new club kit plus a shout out for teams at this year's Equinox24 and also some events that you might want to get involved with.

Here is this week's news ...

New Club Hoodie & Kit Order

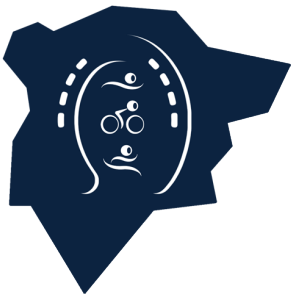
Fanfare please ... as I proudly unveil the design for the new club hoodie:



These are nice chunky hoodies made from 400gsm super heavyweight fabric and will definitely warm you up before and after the race. The front design (above left) will have the club logo and lettering embroidered whilst the lettering on the back (above right) will be of a flock print.

The cost will be about £23 (I will confirm next week) so please let me know by next week if you would like one ordered and what size. Now's the time to do so. We will not be holding much stock so if you want one after this initial order you may have to wait until a minimum order quantity has been generated by other members.

Also now is the time if you want any other club kit. Please let me know if you want anything ordered.



📌 Equinox24 Shout Out

Megg Humphrey is kindly offering to organise the teams for this year's Equinox24 on the weekend of 23/24 September. So if you fancy taking part please contact Megg preferably before 26th January as this gives her time before the price increases in February.

Details of the event are available via the link below but if you are interested in being part of team please liaise with Megg beforehand.

<http://www.equinox24.co.uk>

📌 and Finally ...

if you have any news or need anything broadcast to the members then please let me know until next week ...

Happy Swimming, Cycling, Running
Richard Evans

📌 Events Section

Chris Jones has some items that might be of interest to you:

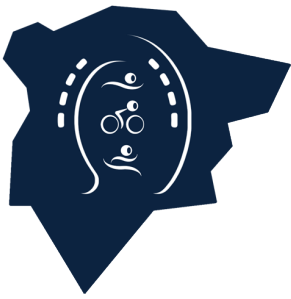
This coming Sunday (22.Jan) entries open for the **Northumberland Coastal Run**. Last year 5 members from the club entered and all found it to be well organised and a very scenic race. Entries will probably fill up by the end of the day for the race which takes place on 23rd July. Details available here: http://www.alnwickharriers.co.uk/?page_id=103

Loughborough Half Marathon takes place on 2nd April. There is also a relay event as well if you want to form a team. Details here: <http://www.loughboroughhalf.co.uk/>

August 26th sees the annual **British Triathlon Relay Championships** at Holme Pierrpont in Nottingham. This event is one of organised chaos and all those of you that enjoy triathlons should consider it. Please let Chris know if you are interested in taking part as it would be great to get a team together once again. Details here: https://www.britishtriathlon.org/events/triathlon-relay-championships_7827

Take a look at the calendar on the Website for upcoming races and club sessions. All details of these races plus more are now on the website: <http://www.rutlandrunandtri.co.uk/calendar/>

If you know of any events that you think should be included in the listing then please email Chris (chrisinlangham@hotmail.com)



Tunes Section

Something a bit different this week, 3 mainly instrumental tracks from the genius that wrote the Chariots of Fire soundtrack – Vangelis. These are great for zoning out on those long mileage runs ... enjoy :)

Running Track #1

Vangelis: Pulstar

Spotify <https://open.spotify.com/track/1iXsHi0p8VgYdIM2AFQukl>

YouTube <https://www.youtube.com/watch?v=Oho8H9ggEPk>

Running Track #2

Vangelis: Alpha

Spotify <https://open.spotify.com/track/6DwslIq5xfrB0kGXYIEa1N>

YouTube <https://www.youtube.com/watch?v=S9pCUEIIDLE>

Running Track #3

Vangelis: To the Unknown Man

Spotify <https://open.spotify.com/track/0IHkJRb16dVrEqS0y0p61v>

YouTube <https://www.youtube.com/watch?v=EvIb1JsaHLQ>

Running Track #4

Vangelis & Jon Anderson: So Long Ago, So Clear
"once, we did run, how we chased a million stars"

Spotify <https://open.spotify.com/track/7ggqsWse5ByOm5ps5kAP2j>

YouTube <https://www.youtube.com/watch?v=qjj3Y1tuLO4>