

Welcome to **STRIDERS EXPRESS** our own newsletter



This is going to be a regular newsletter full of news about members, written by members for members.

If you have any hot gossip (not too hot) or interesting news that you would like to share with members of Seaford Striders then drop me a line at lan.pwalker50@ymail.com Or catch me on a Seaford Striders Wednesday evening.

Keep it clean and polite and it does not have to be about running. In fact we are not just about running, we do walking, tug o war, curry nights, Thursday clubs and anything else that we can think of that might be fun

Sussex Grand Prix (and some other races) guide – Part Two

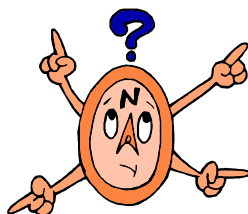
This is an attempt to tell anyone who has not run one of these races before what they might expect. By people who have run in these events so it is first hand information tell these brief reviews. Of course you have a right to reply. There are 18 Sussex Grand Prix races, and a good number of Cross Country and Fun Runs in Sussex. There we will be different races covered in each forthcoming issue

Hastings 5 mile (March)

This is a nippy little challenge where the rule is simple, 'run as fast as you can for five miles'. Usually a good turnout with many different clubs being represented. Starts and finishes at the Town Hall and easy parking where you can park in the multi-story nearby for £1.00. As this is almost an out and back route if it is windy it can be in your favour or against you a bit like Eastbourne. I have run here in both rain and wind, and sunshine and always enjoyed the day. Hastings comes high on my list for best organised races.

Beginners rating: 9/10

	<p>STRIDERS EXPRESS GOLDEN TIP Number 2</p>
<p>Run and enjoy the experience, look after your body and your body will look after you. In short don't push it. It is not worth over training then having to rest to get over an injury. It will mean all that work comes to nothing. So listen to your body and learn what is good pain and when it is a message to ease up a touch.</p>	



A highlight for July 2010 was Alan Lade's walk along 104 miles of the Southdown's way. Alan's walk took him 36 hours 7 minutes. Fantastic, Well-done Alan.

August saw Seaford Striders organise The Seaford Marathon, and they made it a real challenge to by arranging every imaginable change in weather to happen in one day not only that but the event was made all the more exciting as there was a horsy endurance challenge on the same day. I know because I was there as a marshal stuck in an open field that could not have been more open to elements if Gary had tried.

Talking of Gary, I was very impressed with Gary, Geoff and the whole team of organisers and fellow marshals, water station operatives etc who made this event possible.

I would recommend helping out at races and giving something back, it is very rewarding and the sense of being part of something special give a great sense of achievement.

I was a team leader at one of the water stations for the first Brighton Marathon this year; I was there for 12 hours and really enjoyed myself.

What I am saying is two things;

1. Its not all about running or racing
2. Without marshals or other helpers who give up their time for the sport they enjoy there would be no races and this would mean very likely no clubs either.

So just think about it and it is also another great way to meet people and make new friends.

Back to the Seaford Marathon, the day started with just drizzle and it looked like it was going to clear up. But we were wrong, first we had fog and no ordinary fog but a real pea souper. Where I set up my camp meant I saw nothing much at all for a large part of the time, not until runners were about 20 or so yards away. The rain came down from all angles, as the wind seemed to have a problem making its mind up which way to blow and the rain settled in for the day. When it thundered and the lightening came I realised that I have never sat on the top of a hill in rain and fog watching lightening hit the ground all about me. It never dawned on me that we were actually at risk of being struck.

One time I spotted a lone runner approaching out of the fog then behind him appeared four horses and their riders. When the runner felt their presence he turned and was so startled he almost jumped off the trail, it must have looked a frightening sight like the four horses of the apocalypse.

I did make friends with some nosey sheep but there was a language barrier so we never exchanged numbers.

Such is life and the loneliness of the long distance marshal.

September highlight was I went away with my wife for a relaxing holiday on a Greek island. This has nothing to do with Seaford Striders, or running, or Striders Express, but it was a highlight for me.

Some Striders ventured out of the county to Hampshire and the New Forest.

I have not been able to hear a story about this trip so I have nothing to write.

I can tell you that I have completed the New Forest Half Marathon twice before and can confirm that it is an enjoyable well-organised event and I would recommend it if you get the chance. You can make a weekend of it, as the accommodation is plentiful and there are some nice places to visit and to eat.

October, Julie Moore run in the Isle of Wight Marathon and finished in 4 hours. 25 minutes. I love Julie's quote, "Its not the speed in which you finish it's the grace".

STRIDERS EXPRESS is being created for Seaford Striders and we would love to hear from you.

Please exercise your *right to reply*, and subject to our code of decency we will include all replies in following issues. Any items that may be considered offensive or too personal will not be included.

Cheers