

Welcome to **STRIDERS EXPRESS** our own newsletter. Number 6 June 2011



This is the 6th issue of Striders Express if you are new members to the club we welcome you.
If are not new members and have not read our newsletter then where have you been?
Next issue (7) is due later this month

Your contributions to future issues are welcome ian.pwalker50@ymail.com



**FUN IN THE FOREST FOR THE SEAFORD STRIDERS
THE FOURTH FRISTON FOREST FIVE MILE
HANDICAP FUN RUN
PLUS
POST RACE PICNIC
SUNDAY 17TH JULY MEET 11A.M.
BUTCHERSHOLE BOTTOM CAR PARK FRISTON FOREST
(ROAD BETWEEN FRISTON POND AND JEVINGTON)**

RUN DETAILS

AN EVENT JUST 4 FUN NO WINNERS NO LOSERS NO PRESSURE!
A 5 MILE COURSE MAINLY FLAT WITH FEW SMALL RAMPS ON THE PATHS AND TRACKS IN FRISTON FOREST. THE RUN WILL BE ON A HANDICAP BASIS I.E. SLOWER RUNNERS STARTING BEFORE FASTER ONES. STARTING ORDER TO BE SORTED ON THE DAY. THIS WILL BE DECIDED BY THE RACE DIRECTOR USING A UNIQUE MATHEMATICAL FORMULA BASED ON STATISTICAL INFORMATION GATHERED FROM RECENT AND NOT SO RECENT EVENTS (OR PURE GUESSWORK FOR THOSE WITH NO PREVIOUS)

IF YOU FANCY AFTERS

TAKE A PICNIC, PUT A BLANKET ON THE GROUND.
HAVE A POST RACE NATTER AND GET TOGETHER
IN THE LOVELY FRISTON FOREST.

EVERY ONE WELCOME FROM NEW MEMBERS TO THE OLDIES TO THE YOUNGSTERS!!

PLEASE LET NEIL SMITH, GEOFF GRAY OR NATALIE McCREATH KNOW IF YOU ARE GOING TO PARTICIPATE OR JUST TURN UP ON THE DAY!!

Neil's contact..TEXT/PHONE 07801474367/ EMAIL neitherunner@tiscali.co.uk

THIS YEARS WINNER (NOT NECESSARILY THE FASTEST) WILL RECEIVE A TROPHY KINDLY DONATED BY THAT FAMOUS OCTOGENARIAN STRIDER PETER WATSON

NO RACE ENTRY BUT CAR PARK IS PAY AND DISPLAY

STRIDERS EXPRESS GOLDEN TIP Number 6

Do what I should have did.

Left, left!!

Trainers can look very similar unless they are bright and colourful.

The two pairs I use for road running both look similar apart from their logo markings. My Wednesday / Monday routine is to pack my running gear in the morning to go running with the Striders direct from work. On one such day I arrived at the Downs Leisure Centre and got changed only to find I packed two left footed running shoes. I received some curious looks as I drove off in haste to return later with a matching pair.

Our Chairman told me after he stopped laughing that this story must go in the newsletter.

Smart Move

When parking in a multi-level car park, make a note of where you have left your car.

I failed to do this when I went to run in the Hastings 5 mile race in March. I did eventually find my Smart car after a tour of all the levels. Smart car, can't always say the same about the driver.

Jo Jo Gunne is a rock band, formed in Los Angeles, California, in 1971 by Jay Ferguson (keyboards, vocals and guitar) and Mark Andes (bass guitar and vocals) after they had left Spirit. The group's name is derived from a song by Chuck Berry, Joe Joe Gun, a single that peaked at #83 in November of 1958.

Jo Jo Gunne had a top ten hit in 1972 called ***Run, Run, Run.***

Our great Chairman Robert "Rob" Webber is standing down from his post after this year. The team at Striders Express think Rob has been a great Chairman as we are sure many other Striders agree. A future issue will be dedicated to our Chairman and further issues will also be dedicated to other committee members. Without these people there would be no Seaford Striders.

As a parting gift Rob and Puma Gardening Services are donating a trophy where any strider can have their name on a plaque, all they need to do is run three races in three days and satisfy Rob or the committee this has been achieved.

Easy, the races can be local or anywhere in the world, they only need to be in three consecutive days, you don't need to be fast. Give it a go and see if you can be one of the first names on the Jo Jo Gunne Trophy.

Striders Express would like to invite you to enter a fun competition.

Entry fee .50 pence

Rules: name as many song titles as you can with Run or Race in the title, there will be bonus points if you can also name the singer / band or year, There will be a prize subject to number of entries, and entry fees will contribute towards club funds.

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, Jan***