

This is the 9th 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?

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



Right! Lets start by saying it's been a long time since the last Striders Express.

Chair 'Ok, so what's the excuse then Ed,

Oh, sorry readers I have not introduced you to 'Chair'. Chair is short for Chairman, he will have the odd say in the Strider's publication as will *Rob of the Juniors*.

Chair calls me Ed because he thinks it newspaper talk, but as I have pointed out to the old git this is not a newspaper, if it was I would be taping conversations and writing something completely different.

Chair, 'So, answer the question what is your excuse for not writing a newsletter in a while?

Sorry Chair, I don't have an excuse, I went away on holiday in September and on my first day back in the office was told my position was being made redundant. Since then I have decided set up on my own again. Therefore, things have been busy in one way or another and writing this newsletter slipped off the priority shelf.

I have now picked it up dusted it off and started all over again.

Chair, Tell the readers about musical chairs.

What?

Chair, You know the shifting of the Chairs!

I think Chair is refering to the Chairman's position

Chair, That's right *Rob of the Juniors* has stood down as Chairperson to use the politically correct term and I am now Chairperson.

No your not I am

Chair, No I am?

I need a drink

..... Ah that's better

Please note this newsletter is always going to be catching up so stories may take a while to be published in the **STRIDERS EXPRESS**

STRIDERS EXPRESS GOLDEN TIP Number 9

If you want to receive this newsletter electronically in the future please let me have your current email address. We prefer to deliver this via email so if we do not have your address you may not get a copy

THE MARSHALLING MOAN

REMEMBER: MARSHALLS ARE VITAL TO THE FUTURE OF OUR SPORT.

GO ON BE A LITTLE HERO AND STEP UP TO BE A MARSHALL.

DURING MY FOUR PLUS YEARS OF BEING A MEMBER OF SEAFORD STRIDERS THERE HAS ALWAYS BEEN A PROBLEM WITH FINDING ENOUGH MARSHALLS. PERSONALLY I CAN'T SEE WHAT THE PROBLEM IS, I MEANS ITS NOT WHAT I WOULD CALL HARD WORK. ALL IT TAKES IS GIVING UP A FEW MINUTES OR A COUPLE OF HOURS A FEW TIMES A YEAR.

POSSIBLY THE HARDEST PART OF MARSHALLING IS POINTING, OR HANDING OUT WATER, OR SAYING SOMETHING LIKE 'NOT FAR NOW, NEARLY THERE, OR SOMETHING ELSE THAT THE RUNNERS IGNORE ANYWAY.'

MARSHALLING IS VERY SATISFYING AND IT PROTECTS OUR SPORT, WE NEED MARSHALLS. NO MARSHALLS = NO RACES, NO RACES = NO RUNNING CLUBS. NO RUNNING CLUBS = MORE BREATHLESS COUCH POTATOES.

IF YOUR FIT ENOUGH TO RUN, YOUR FIT ENOUGH TO MARSHALL.

SO DON'T WIMP OUT, INSTEAD YOU CAN MARSHALL IT UP FOR THE SEAFORD STRIDERS

Well how about this for some news about an important event

The 2012 Seaford Striders Presentation Night,

(A celebration of Seaford Striders 2011 and on, and on)

**Where its at: SEAFORD CONSTITUTIONAL CLUB
CROUCH LANE, SEAFORD BN25 1PU**

When: Saturday 28 February 2012

What time: 7pm until midnight – 7:30pm prompt for the presentation

What is there: Cold buffet, disco, licensed bar

How much does it cost: Entry fee £10 for adults and kiddywinkies up to 16 years of age get in for free

How do we get tickets: See Natalie McCreath or Geoff Gray to purchase your tickets

Here is something for you to think about:

During darker days when it is difficult for us to get out onto the open fields and trail where we are happy little bunnies, we all run a route we call the "Winter Route".

This is an exciting little route that has a short version and a long version. The long version is just under 6 miles. (now tell me I'm wrong)

Here is the question, 'How many post boxes can you see on the longer winter route?'

That is not how many can you see if you stop and look down a road that joins the winter route, i.e. in the distance but how many do you pass actually on the route.

And for your information I don't know the answer, but I know a man who does.

Get this right and the sponsor may give you a prize

What to look forward to in Futures issues 2012

- Movember 2011 story, and other stories of Striders
- Wordsearch
- Crazy competitions
- Your bits

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 personal will not be included.

Cheers, Ian