

The Trotter

Issue 2 December 2020

**A glimmer of
light**

Return to actual events

Top training tips

Virtual London Marathon



Welcome



Welcome to the Christmas 2020 edition of The Trotter Magazine. With no Mince Pie Run or Awards Night to look forward to, Trotter World continues to be strange.

I'm just about to sign up for my first half marathon of 2021 though, and I'm strangely exhilarated by the prospect of an actual race. And with the Dartmoor Discovery selling out in a record time of 3 hours and 35 minutes, it seems I'm not the only one keen to return to the starting line.

Who knows if the event will actually take place? We live in hope. And in the meantime, we keep on running. Enjoy your festive read.

Ali Clayton

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CLUB NEWS

Official training is now on hold until Monday 28th December. A big thank-you again to committee members, the Chair and of course the coaches/leaders for all their hard work in recent times. Keep an eye on our Facebook page for news and sign up for sessions via the booking system in the usual way.

The club's annual AGM will be held on Tuesday 23rd February at 7pm via Zoom. Due to Covid, there will be no nomination sheets displayed on our notice board.

If you wish to stand for any of the positions on the committee or any of the non-committee posts, please email club secretary Liz Barnett with the names of your proposer and seconder (both copied in), two weeks before the AGM. Resolutions should also to be sent to Liz along with the names of the proposer and seconder, two weeks before the AGM.



CLUB CHAMPIONSHIP



The latest update from Club Champion Secretary, Graydon Widdicombe

Club Championship 2021

Probably there will be no real surprise in what I'm about to say, but unfortunately we won't be able to organise a Club Championship to start in January 2021. Obviously with races being cancelled or rescheduled, and the usual race calendar being very disrupted with RDs delaying opening entries for their races, there was just no way that I was able to put a proposal to Committee for the competition to commence at the start of 2021.

Teignbridge Trotters' Races

As the Trotters' races are later in the year, let's hope they will go ahead as planned. Here are the dates for 2021 and the key players involved.

Dartmoor Discovery ~ Saturday 5th June

RD: Roger Hayes
Assistant RD: Liz Barnett
Chief Marshal: Keith Anderson

Haytor Heller ~ Saturday 17th July

RD: Nigel Barnett
Assistant RD: Allen Taylor
Chief Marshal: Graydon Widdicombe

Totnes 10K ~ Sunday 1st August

RD: Bob Small
Assistant RD: Ruth Johnson
Chief Marshal: Alan Boone

Ladies 10K ~ Sunday 19th September

RD: Jason Trevenen
Assistant RD: Kate Williamson
Chief Marshal: Gary Caunter

Sibelco Templer Ten ~ Sunday 7th November

RD: Chris McIntosh
Assistant RD: Nathan Elphick
Chief Marshal: Gary Caunter

For more information, see the club's website- teignbridgetrotters.co.uk

WOMEN'S CAPTAIN LUCY EVANS COMMENTS ON THE YEAR



What a year we've had, with most races being cancelled, our weekly chinwag at training a distant memory and Zoom quizzes rather than social gatherings. It's all been a bit disjointed and hard to stay motivated. So all the more reason to celebrate the achievements of the ladies who have stayed on top of their game and set new goals. Kay Shillabeer and Alison Clayton took on their first London Marathon, albeit virtually, on a wet October Sunday morning. There were no race vibes and just a small but essential cheer squad. Similarly, Rachel Steele ran both the virtual Chicago and London Marathons. Sue Tremlett ran along with Karen O'Brien from Babbacombe to Exeter Quay to raise money for the THHN charity. And Wendy Goldthorp is training to run 256 miles self-supported along the South West Coastal path next September.

Looking forward to next year. Let's hope our new 'normal' includes the events we know and love and we can get back to putting on our races and filling the gaps in our calendar. We can start setting new goals whilst being inspired by our lovely team mates.



Merry Christmas to you all and see you in the new year hopefully.



Sue and Karen at the start of their marathon with friend Brian in support

MEN'S CAPTAIN ANDREW FOX SHARES HIS NEWS

I would firstly like to thank you all for letting me be your men's Captain, alongside Lucy Evans, our Ladies' Captain. An honour, I can tell you.

So 2020 has been an incredible year which started promisingly with the training nights, everyone planning the year ahead, marathon, DD, 1/2 marathons, ultras, 10k and 5k runs.

So with London Marathon not far away, Wednesday night marathon training was going well, then we hear about the news of a pandemic in the east!

Quicker than Usain Bolt, Covid-19 took over the world and all things shut down.

So as Trotters do, they make a positive out of a negative by posting their individual exercises, projects, but most of all keeping us all entertained!

So we start with the Summer, and the duty of the Captains is to arrange the teams for the Virtual Erme Valley relay! With a little bit of social media contact, we managed to get four teams and some very commendable times too! But no silverware. To run when no competitive runners are around you is tough mentally. To push yourself for a team you don't even meet is even harder but strangely, it worked. But not for all.

We all dealt with our training in different ways with the limited time we had.

When we came out of lockdown, there were lots of Trotters out there waiting in anticipation to see if any events would be held, but everything was being cancelled left, right and centre.

One person who managed to do a run, not just any run but 100 miles was Kris Ward! I congratulate you on this achievement - fantastic.

Another person who kept himself fit but not running was Derek Skinner, (due to an Achilles problem) and what a journey he had on his bike. I think we all enjoyed his posts along with his pictures, and I'm now delighted to say he's back running and running well.

Keeping with Derek, he kindly rode his bike to mine and gave me 2 books to read. 1st FINDING GOBI. What a read! And I'm half way through the next. I'm not a reader so to get through this was amazing. There have been a few nasty injuries and illness within the Trotters and you know who you are so let's all hope for a speedy recovery and let's see you back with in the Trotters camp whether running or having a pint!

With the Chair and the committee arranging the Wednesday night training with a lot of Covid Restrictions, we managed a few months training and I'd like to thank you guys for managing this for us to train together again. But as we know, Lockdown 2 came along.

On a last note, let's hope we can get back to some kind of normality next year and I do hope to be part of this!

Merry Christmas and a Happy New Year.

Captain Foxy



Foxy spreads his Christmas cheer

The Teignbridge Trotters are here to stay
So please get out there, run the pavements and shout hurray

Green blue and gold
The colours we all wear when we get enrolled

We see Trotters here
We see Trotters there
We are the Trotters who run with a smile
Whether in pain or not - you've all got style

Our training sessions are fun and never a chore
Which means you want much, much more

From the eight miler with the Chair
To speed work or hills with Clare

This is the norm as above
But the pandemic has given us a right hook like a boxing glove

So we hath to learn to be safe
Be sensible, just like running with a chafe

I'm sure we will all come back stronger
You never know you may run faster and longer

So come on now get your name down for the DD
Let's get it on on - you may enjoy it - we'll have to wait and see

So all that leaves me to say
Merry Christmas and a Happy New Year—Hip Hip Hooray!



And shares his Words of Wisdom

- **Runderful** (adjective) how you feel the minute after you finish your run.
- The best part of running is...nothing- I hate it- but when I get home I'm happy I've made it.
- Run when you can, walk when you have to, crawl if you must but just never give up.
- When you run alone, you run fast but when you run together, you run far.
- If you see me collapse, pause my Garmin!
- Running has a unique way of bonding us all together.
- If we can't laugh at ourselves, what is the point?

Joe Hornsby shares his experience of 80/20 running



What is 80/20 running?

80/20 running is a modern methodology of endurance training popularised by research by Dr Stephen Seiler, an exercise physiologist who conducted large scale meta-analyses studies of elite athletes in the early 2000's and discovered that during a weekly or biweekly training, almost all top level athletes conducted 80% of their training at low intensity, with 20% being higher intensity leading to increase performance (1)(2)(3). In 2014, a book showcasing it as training methodology was published by Matt Fitzgerald: "80/20 Running: Run Stronger and Race Faster by Training Slower"

Why is low intensity training important?

49 days a year on average are missed by runners due to injury, mainly achilles injuries, calf strains and stress fractures (3). Most of this injury comes from increased training volume, meaning that just by increasing volume, it will lead to injury regardless of speedwork. Combine this with higher intensity work and it's an injury waiting to happen...

Why give 80/20 running a go?

At this time of year (winter) it is a great time to commit to a block of easy training, that is purely about building aerobic endurance, building a good "base fitness" and then slowly adding in the race specific work in spring.

80/20 running continued

Case study showing improvement

Two groups of recreational runners (15 in each group), were given 40 hours of training before running a 10k race effort. Both groups were controlled for similar training experience, age, and experience. Both groups followed similar training plans, one following an 80/20 split and the other following 50/50 distribution. Both groups improved, with mean improvement being 3.6% and 1.6% respectively(5).

Finish up

So there you have it. It may keep you injury free and give you a block of training long enough to smash that pb! If you are interested in any of these topics there is plenty online to read about and most of the papers referenced can be found for free. Dr Stephen Seiler and Matt Fitzgerald have also done lots of books/papers on the subject and if you feel your running is growing stale, or if you keep getting injured, this may be for you.

Further reading

Matt Fitzgerald “80/20 Running: Run Stronger and Race Faster by Training Slower”

Keep running, stay safe.

Coach coordinator - Joe

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Club Membership

Membership Secretary Kevin Besford gives us an update

It is coming to that time of year when we all look forward to some time with our families and all the festive fun and activities. Of course this year is a bit different and amongst other things, we will not have a Trotter Awards Night.

In the last issue I wrote that at least we were open for business again though now it seems that our current one month break could well become another extended one. We await guidance from England Athletics.

Mondays never really got going after being just about ready to add to the Wednesday rota. Hopefully by the time you read this we will at least be finding things a bit clearer as to what we can and can't do.

Our renewal cycle has now been completed and our numbers held up reasonably well at a figure of 242 as at 1st December.

On a down side we did again this year suffer a number of issues with the online payment system which took a Zoom call from myself and some of the committee to resolve. We will be keeping a close eye on things over the coming year and the next annual renewal. Before that we will have a renewal cycle for England Athletics, which should be much easier as, due to a direct result of lack of races, the numbers of you registering with England Athletics was well down on previous years.

It has been normal in the past to have a write up of many new members but, just like in the last issue, these have been very minimal, not only due to the lack of club nights but I have not as yet learned much about any of them.

Michael Mooney, a past Trotter, has returned and this time he brings with him his wife, Jane.

Another Jane, Jane Hutchinson from Harbertonford has also joined and she was a regular at training nights before we had to stop again. We have also seen the arrival of Kaz Martin from Bovey Tracey and Natalie Burgess from Kingsteignton.

Sarah Jane Barr from Bovey Tracey has come back to us and is finding her feet having attended a few of the late sessions and has joined myself on some weekend runs. Finally Harriett Blackburn has joined the junior ranks at age 16. Harriett is the daughter of established Trotter Steve Blackburn.

Its happy birthday to quite a number of members who celebrate notable birthdays coming up in January, February and March.

James Kerr 35, Natalie Burgess 40, Kris Ward 45, Alison Clayton 50, Wendy Goldthorp 50, Michael Mooney 50, Kim Knight 50, Angela Blakesley 55, Chris McIntosh 65, Wilf Taylor 70, and finally Yours Truly, 60.

Happy birthday to all!

Kevin Besford, Membership Secretary



The Virtual London Marathon

This year, 43,000 runners from all around the world took part in the 40th London marathon. Whilst elite athletes ran a closed course in St James' Park, everyday runners had 24 hours to track their 26.2 miles on an app devised for the event. So how did The Trotters fare? Here are a few experiences of the unprecedented and memorable day.



Graydon Widdicombe

Because I was injured on the day of the event I decided to walk the distance locally, as I was fortunately able to do that pain free. I was also looking forward to watching the elites on TV, so I started mine at 00:01, meaning I was back for a shower, coffee and breakfast and I was in front of the TV before the elite women started their races.

My route took in Paignton, Torquay and Newton Abbot town centres, and because of the Covid situation it was very odd walking around with the streets so quiet for the majority of it. Usually at 1am on a weekend, there would be people piling out of pubs/clubs, or queuing for taxis/KFC, but it was dead as the pubs had closed at 10pm. Towards the end of my walk, I did see someone running around Paignton Green for his virtual event, so that would have been 26+ laps for him!

My watch clicked over the distance right outside my house, so I was back inside making a coffee within a minute or two of finishing, which was brilliant! I finished the event in 6hr29min which is just over 4mph, so I was quite pleased with that really, and I was delighted with the medal and decent New Balance shirt that turned up in the post.

Sitting down to watch the elites was strange, as they did laps of a course in London. It drilled home again that the success of the "real" London Marathon is partly because it's the crowds and atmosphere that make it so special. It was great being able to see some live sport on TV but it did feel quite flat to me and I'm sure many of us are looking forward to getting back to toeing the start line at "proper" races in 2021.



Picture was taken at 1:30am on Torquay pier, about 6 miles into my walking event.

London Marathon continued

Kay Shillabeer



So I have recently learnt that I am easily tempted into doing things!

Hence, before I knew it I had signed up for 2020 London marathon ballot. To my surprise I was actually lucky enough to get a place! The training plan started, only for COVID to arrive, meaning it would be rescheduled for October.

So the training slowed right up, ready to start again in July. Then the talk was, that it may not happen after all, so do I train, don't I train? So I did, but half-heartedly.

Then the announcement was made, it was to take place virtually. Did I want to take part? I asked a few people. Some said, "Oooh it will be tough on your own. It's the crowd that get you round, it's the atmosphere. If you're doing London, it's gotta be in London". So I decided I would anyway. By pure luck, one of my lovely buddies had also signed up, so it was game on. By this time we had 6 weeks to get ready.

So every week we upped our miles more than everyone told us we should, obviously 😊

Training was fantastic, early morning adventures all over the place, laughs & chatter all the way.

In the meantime, I realised I didn't actually want to know where I was going, so Lucy (Evans) very kindly offered to plan the route & accompany me on the actual day !! How amazing is she? Thank you again.

We trained every week in lovely weather conditions, only to be faced with heavy rain on the day. But nothing was going to stop us.

We set off on our journey, me not knowing where I was going, in this lovely (not) weather.

It was very exciting, when we saw fellow VLM runners; the support we had from fellow trotters, and the general public was amazing!

I felt so proud of us all at the end, and we were greeted at the finish line with Prosecco, cake, chocolate & a cappuccino. A bit of mixture I know, but whatever. My experience of it all was incredible! I have a place in 2022 for the real thing. So I'm hoping after a very hilly tour of Newton Abbot, London will be a breeze .

Ps I love my T-shirt & my medal, best one I have by far 😊



Lucy and Kay on the day

The finish line at last!



London Marathon experience continued

Roger Hayes

Not a big fan of virtual races but I thought I'd enter into the spirit of it and 'do London'. Oodey (my wife for those of you that don't know her) dropped myself and my running mate, Christian Robinson, into Exeter on a rather wet and windy Sunday morning. We had checked the direction of the wind and decided it would be behind us on our planned route back to Teignmouth.

We started our watches at 8.50am and spent the first 15 miles taking in the sights of Exeter, this included a couple laps around the quay. It was during this time that we started seeing dozens of other runners 'doing London', all wearing their race numbers with pride. I saw loads of runners I recognised, including a posse from Okehampton that always do the DD and Adam Johnstone, looking rather splendid in his Trotters crop top! South West Road Runners were out in force, they even had a couple of drinks tables set up. Their supporters were also there in numbers, we felt like we had gate crashed the party! They still gave us a friendly cheer, such was the buzz we decided to go around again!

We filled up our water bottles at a cafe down on the quay before heading out of Exeter and onto the canal path to Kenton. There were yet more runners with their Virgin Money race numbers on; it was obviously a popular route, something to do with the lack of hills perhaps! The road at the back of Powderham Castle always seems to go on forever, today it seemed like we would never get to the end of it!

Chris needed sustenance, so we stopped at the shop in Starcross and he filled up on all things sugary. It was here that we saw the Barnetts, who had come out to give us a cheer. I tucked into Nige's jelly babies and after a bit of a chin wag we were on our way.

Chris hadn't actually entered the virtual race, he just fancied a long run! When we got to Dawlish Warren he'd pretty much had enough, he'd clocked 23 miles and had done magnificently in keeping me company and keeping me going. Oodey was there to pick him up, tempting as it was to jump in the car with them - on I went to Dawlish via the sea wall.

Would you believe it, the wind had inexplicably changed direction, I was now running into a strong head wind. I got to nearly the end of the wall only to find they had shut it and was faced with a load of barriers blocking my way. I managed to squeeze through them as the thought of running back to Dawlish Warren and over my 26.2 miles (I only had a mile to go) wasn't worth thinking about. Having managed to get through, the smile on my face was quickly replaced with a look of horror as now I was faced with a six foot locked gate. I managed to get one foot in the latch opening and heaved myself up and somehow managed to clamber over without getting cramp or more importantly losing my manhood!

I finished my 26.2 miles on Marine Parade, outside the Palm Court Nursing home. I hadn't intended to finish there, I wasn't too sure where I would finish to be honest. However, it was rather fitting as that was where my sister, some four months earlier, had passed away. She had always shown a keen interest in my running and I felt we shared a special moment when I stopped my watch outside and looked up to her window.

Having run London many times, this was a very different experience and one I have to admit, I thoroughly enjoyed. Hopefully next year I and many thousands of others can get back to pounding the streets of our great capital city.

On On



Chair with sister, Ally.

And if you are lucky enough to get a place....

If you're looking for somewhere to stay for next year's London Marathon, I can recommend the Travelodge at Raynes Park. I've stayed there a few times, along with many other Trotters. It's only about 200 yards from the train station and a short journey to Waterloo before changing to get to either the Excel (expo/number collection) or Blackheath (start of the race).

There's a Wetherspoons and numerous other pubs and restaurants all within walking distance of the hotel. However, the real attraction is the cost! I have just paid £129.97 for three nights staying in a double room (Fri, Sat and Sun), that price allows for free cancellation up to noon on the day of your arrival. If you didn't want that option then the price was £107.97. Obviously for those prices breakfast is not included!

Be great to see some familiar faces.

On On

Chair



And in other marathon news,

Congratulations to all who took part in the Plym Trail event over the weekend of the 12th and 13th of December. Please see the club website for more details.



Day trip to Torquay 2022

John Skinner shares his club ambitions for 2022 ...

I once asked our club chairman, the right honourable Roger Hayes the question:

'Would you switch clubs and join Torbay for a million quid?' I asked the question because I already knew the answer. I think it's safe to assume that we all know just what a privilege it is to be members of probably the greatest club in the galaxy.

I hold a long harboured ambition, it's one that stretches back 20 years and it's my opinion that now is the time to action the master plan. In short, my friends, the time to strike is upon us.

We are a club boasting hundreds of members, so imagine this. 2022 we target the Torbay 10k. We mobilize the Trotter army in all it's glorious entirety and swamp the event beneath a shimmering blanket of blue green and gold. So. No holidays planned for the weekend in question, anniversaries, birthdays, weddings put on hold. This is THE event.

My thinking is this. On the evening in question, we congregate at the REC then march en masse, to Torquay, passing through Newton Abbott, rolling over Kingkerswell, and pushing through St Mary-church and Babbacombe, before finally swarming into Torquay itself.

Anthony and Cleopatra, Act II Scene II William Shakespeare 1564-1616

Enobarbus describes Queen Cleopatra:

I will tell you

The barge she sat in, like a burnished throne,

Burned on the water: the poop was beaten gold;

Purple the sails, and so perfumed

That the winds were lovesick with them;

The oars were silver

Which to the tune of flutes kept stroke,

And made The water which they beat to follow faster...

Some entrance I'm sure you'll agree and this is how I envisage the spectacle as we sweep into Torquay. With that in mind I suggest we fashion our own 'burnished throne' of the sort that could be hoisted onto the broad shoulders of a handpicked band of sturdy Totters. I would naturally occupy the throne, and from my lofty position toss blue green and gold petals into the seething throng gathered on the heaving byways. For the sails we would of course have to replace Cleo's purple for our own colours, our banners fluttering and dipping in the summer breeze like butterflies caressing the cheeks of our astonished audience.

Day trip to Torquay continued

At our vanguard would stride our Chairman in the club vest. On our march we would attract a myriad of minstrels and general wayfarers. It would be like Joni Mitchell: ' By the time we got to Woodstock we were half a million strong'. Never would any event in the Southwest have borne witness to such a visual feast. My friends, we are presiding over our own fate. History fellow Trotters, HISTORY.

And yours, dear Trotters, shall be the cherished honour to regale your great grandchildren as they sit around the dying embers of the campfire, with tales of that great day and mesmerized by the wise one they shall quiver as the last spark sails into the ether. You will gaze into the sharp blaze of the long ago, and you shall be able to say... 'I was there little ones.....I was there'

So what do you think? Maybe the throne thing might be a tad over the top, but an all out turn out of Trotters would be quite something to experience. As I said a little bit of Trotter history. ON ON!

OK, the throne business is completely ridiculous, but what about this? We meet at the Railway Inn by Newton Abbot Station for a pre run livener, and then board the Torquay bound train, a swaying blue green and gold horde! Brothers and sisters linking arms we converge on to the English Riviera as one. Together Trotters ON ON TOGETHER!



Cross-country Captain

An interview with our inspiring club coach, Wendy Goldthorp



Wendy Goldthorp joined the Trotters in September 2016, having moved to Devon from the Midlands. You may have seen her taking out some of the running sessions. Wendy's also the Club's Welfare Officer and Cross Country Manager.

Having opted out of doing P.E. at school aged 14, making up for lost time, Wendy joined the Army Reserves aged 29, where she was required to run a mile and a half in under 10m 30s. Having only trained for that distance, shortly after she completed the Tunbridge Wells half marathon on zero training. The experience put her off running for another 5 years until she replaced a colleague with a charity spot in the London Marathon and completed that on 11 weeks training, but again that put her off running for another 4 years. However, she decided to tackle running one last time and train for Marathon des Sables (156-mile desert race) for her 40th, when the running bug finally took hold.

What has running given you in covid-19 situation?

At the start of the first lockdown I had to give up running to use that one trip outside of the house a day to walk my dog (although there were a couple of times he missed out - sorry, Cooper), so I lost a lot of my running fitness. However, when restrictions eased up, I typically went out and did a long run at the weekend. When we were able to meet up with people outside of our household, it was great to get out and go training with a handful of local Trotters and get some of that running camaraderie back. I generally find running very relaxing, so being able to get out for some fresh air and movement during the pandemic has been most welcome.

What are you training for?

I've got a few things on the horizon for 2021. I'd like to run 50 miles for my birthday in February - with cake, of course! - and the Dartmoor Discovery in June. However, it's also 10 years since I did my desert run. I did want to repeat that again as I go up an age group, but the cost of entry isn't within grasp this time around. So instead I've set my own challenge to cover 256 miles self-supported along the South West coast path in September. I want to see if I can do it as I've never attempted that distance. At the moment, the scale of the challenge is a little overwhelming so I'm just trying to focus on one week at a time. I also want to use this challenge as a way to say thank you to Rock2Recovery (<https://rock2recovery.co.uk/>), who have been supporting me through a relapse of the post traumatic stress I first developed after serving in Iraq some 16 years ago.

Wendy Goldthorp interview continued

What is your mileage looking like?

I started training in September for my event. I'm training in 4-week cycles following Krissy Moehl's book. Currently at the start of each cycle, I'm running about 55-65 or so miles a week, increasing to around 70-75 miles by the third week. The fourth week is a recovery week of around 35 miles. The mileage in the week is comparatively light, with longer runs at the week-end.

How are you staying consistent?

This time around, I'm sticking more closely to my running plan and gradually increasing mileage each week to try to avoid injury / niggles as best as I can. I've blocked out time to train and meet up with other Trotters a couple of times a week. It's great to have someone else to work off. I also share updates on my FB page and Strava to keep myself accountable, and have made sure that I've told enough people that this is what I'm doing, so I'd better now do it!

Biggest challenge with training?

Going out and running on tired legs from the day before. Knowing that I need to be able to do that when I'm on the coast path means I just get on with it and shuffle if that's what it takes to get round. Second would be making sure that I'm going to be physically strong enough to carry all my own gear.

Best tips for people getting back into training after a long time away.

Take your time getting back into it. In the past I've been a bit gung-ho and gone out and run whatever distance I've felt like that day. Now though, having learnt the hard way, I'd suggest sticking with adding either 10% of your mileage or 10% of time on your feet from your previous week's training to your mileage each week. Strength training is often overlooked as part of a running program, so I'd look to include a couple of 30-60 minute fully body sessions a week. I'd also find a few running buddies to ensure that you turn out at least once a week to get a run in whatever the weather might be up to. Good luck if you're coming back to training - you've done it once, so I'm sure you'll be back to it again.

To learn more about Wendy's 256 mile challenge, please click the following link :

<https://teamfortitude.uk/collections/team-members/products/wendy-goldthorp>

Wendy and Cooper
enjoying the fresh
air (and a stick)



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and to Keith Anderson, who proofreads the issues.**

Don't forget to contact me about ideas for your club magazine!

