

Watford Joggers

WINTER

Newsletter

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Inside

40 Pages !

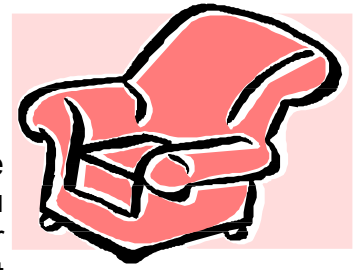
London to Brighton Report

Paula's Secrets Revealed

All the Joggers' Times

Fatima's Guide to Health

From the Chair



As you packed away the Christmas decorations did you note that the seasonal spread has moved from the table to you midriff!! The time has come for a season of optimism, longer days are round the corner, and some hard work. The darkest days of winter are behind us. The marathon training season is picking up. Don't be put off if you aren't doing London. There are many other marathons in spring and I would also say that a marathon does not need to be 26.2 miles. If you only run 3 miles a 10 mile event will seem like a marathon. Set a goal and go for it. This is the time to set a good challenge. The National Cross Country at the end of Feb, a Marathon in Spring, a 10 mile debut or a 10K in May. Set your target, train hard and live the dream.

The Autumn Challenge was a huge success. A large number of you gave up your Sunday morning to support the event. Thank You. I am extremely grateful. The response of runners throughout the field was very positive. The marshalling, results taking and the spread of food at the Sun all got praise. This is a club event, the marshals are the face of the event. So Congratulations to all the helpers on a good job well done. And we managed to field 30 runners from the club.

The Club AGM is on Feb 2nd. Please remember that all positions are to be voted on. This is your club the committee should be working for you not following their own agenda. I would like to thank the committee of 2005 for all their hard work and support. 2005 has seen a steady increase in the number of new members coming to the club. Retention of these and developing existing members is key to the success of the club. The committee of 2005 have done well in this so again Thank you all.

Please attend the AGM. Do not sit back and assume anything. It is your club, your chance to voice your opinions and vote for the committee that will best carry forward your club.

Colin

Editorial

A very impressive series of articles for this edition should give you something encouraging to read through the bleak weather that is ahead (so we are told)

Congratulations on all those Joggers setting forth on the London Marathon trail—and don't forget we shall expect a concise summary of your impressions on completion.

If you've any experiences to share amongst the Jogger community the final closing date for material is

Wednesday May 3rd

Bob

