



“the maggot's mouth”

ISSUE 2
June
2009

The eagerly awaited second edition of our brief and infrequent club newsletter.

FOR ONE NIGHT ONLY!! THURSDAY AT THE MAGGOT - 7.15pm

Most of you probably know that there will be a time change this Thursday due to Gordon wishing to experiment with us. Please remember that we will be LEAVING the Maggot, by car, at 7.15pm to drive through to Culbin Forest. Don't panic though - I'm assured it will be suitable for everyone.

FOREST RUN SERIES & CLAVA HILL RUNS

For the next few weeks, to allow for the Forest Runs, we will be ascending the great Clava every second week. Please note the new time - Meeting at the Westerlea layby at 6.30pm we will make our way to Clava Hill ready to run by 7.00pm. Both Clava and the Forest Runs are suitable for everyone.

10th June	Forest Run at Roseisle - 7:15pm
17th June	Clava Hill Run
24th June	Forest Run at Quarrelwood by Spynie, Elgin - 7:15pm
1st July	Clava Hill Run
8th July	Forest Run at Monaughty by Elgin - 7:15pm
Thereafter	Clava Hill Run each Wednesday until further notice.

Forest runs start at 7.15pm and usually cover 3.5 - 5 miles. Entry is usually £3

Clava is included free within your club membership!!



SOCIAL NIGHT NEXT FRIDAY - INDIAN MEAL

Another in our "Indian extravaganza" evenings.

We've booked the function room at the Royal Bengal for another club curry night. It's open to family and friends too. Please give your name to Marianne if you would like to join us - e-mail mlmcinnes@aol.com. - note the revised address. Sorry for the incorrect address on last e-mail.

WHILST AT THE MAGGOT....



Dog do's.....and don'ts

As was discussed at the recent AGM, we were asked last year if we could ensure that all dogs are kept both on a lead and well away from the youngsters from the Athletic Club which meets at the Maggot as we are gathering to run on Thursdays.

The reason is simply that quite a few of the kids are scared of dogs.

If you do bring your beloved pet along, we ask that you keep them on a lead at all times whilst we are around the Maggot and that you keep them well back from the kids.

Within the club we take your safety very seriously and, following some near accidents, we would ask that to ensure the safety of those running with us, if you do bring a dog with you on any of the club nights that they remain on a short lead and under your control at all times.

Parking.....

Never used to be a problem, but since the construction work started, parking has been at a premium on Thursday nights.

We have been asked NOT to park within the overflow Golf Club car park.

It would be helpful if we could use the car park down by the Caravan Park. Yes! it's a wee bit further I know, but you **are** an athlete after all, and you can use the extra distance as a pre-run warm-up.

Details of all forthcoming runs and events, can be found on the club site - www.nairnroadrunners.co.uk.

If you have news or reviews of races etc. please get in touch with Geoff, our Webmaster, at -sgmain@btinternet.com

Keep on running
Alistair