



# “the maggot's mouth”

ISSUE 3  
AUGUST  
2009

The next eagerly awaited edition of our brief and infrequent club newsletter. Free to all fully paid-up members.

## NAIRN HALF MARATHON UPDATE

Oh, for a quiet night in, feet up and a good book.....

Not if you are a NAIRN ROAD RUNNER, one who lives life in the fast lane and enjoys leaving aside the sedate life-style, replacing it with.....the Half Marathon

Over the next week or so we're going to be very, very busy, both those running the Half Marathon and also the many volunteers who have offered their support to make the event possible. Thanks to all volunteers - in the next few days you will receive details of your particular roles. If you have somehow forgotten to volunteer, then there is still time to do your bit for the club. As an added incentive to help we've arranged free games entry for all volunteers, along with friends, family and everyone else. Here's an example of what's on offer in the "I want to help list" -

- |             |  |
|-------------|--|
| Friday PM   | Goody Bag Packing at the Maggot (a bit like a Tesco checkout but a lot more efficient)<br>Course Marking with Gordon - A brief introduction into Gordon's unique method of course marking. Bring hammer, pliers and a sense of humour. |
| Saturday AM | Water Station set-up (8:00ish)<br>Course Marking part 2 - "The Final Frontier" with Gordon.<br>Arena set-up (10.00 ish)<br>Everything else under the sun.....from 11.30ish until the last runner finishes.<br>Clear-up                 |

Honestly, it's a great day out and the weather is .....well, wait and see.



What's on ..... A few notable runs for this month.

- |                            |  |
|----------------------------|--|
| <b>Sat 8<sup>th</sup></b>  | <b>Abernethy 10 mile race at Nethy Bridge</b>      |
| <b>Sat 15<sup>th</sup></b> | <b>Nairn Half Marathon – not to be missed</b>      |
| <b>Sun 23<sup>rd</sup></b> | <b>Spey Valley 10 miler at Aberlour (Off road)</b> |

Details of all forthcoming runs and events, can be found on the club site - [www.nairnroadrunners.co.uk](http://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](mailto:-sgmain@btinternet.com)

Keep on running  
Alistair