

TODMORDEN HARRIERS

BRINGS YOU **THE TORRIER**

NEWS, GOSSIP, MOTIVATION, OBSESSION, LIFESTYLE, BANTER AND WHATEVER ELSE YOU WANT TO PUT IN!

Aiming High

Todmorden Harriers skill-share sessions

Along with Graeme and Ben's regular Tuesdays, the intention of the skills-shares is to make sure we are as prepared, informed and fired-up for the season ahead, and, it being Tod, to have a good time doing it. We had a great and vocal turnout of 20 for the first Toddies skill-share on "Planning your season", with everyone chipping in and, surprisingly, no blows exchanged. To celebrate I have produced a simple one-page season planner and a 4-weeks-to-a-page training log/planner for more detail, available as a pdf for the sum of zero pennies. Happy Xmas you lucky dogs.

Here are some more dates for your diary if you want to skill-up for the 2014 season (and if you can offer help with any of these sessions, please let me know):

If you would like to receive updates and any useful stuff that comes out of them please e-mail me:

blackstonedge@gmail.com or tel 079666 89237 if you have no 'puter.



Some of the Toddies attending discussing ideas at December's skill sharing session.

Calling YOU! The hungry, the hopeful, the lovely and enthusiastic. Tod Harriers Fell teams - The English Champs need YOU! JOIN US!



Wear your Tod vest and come compete in some of the finest, most epic and legendary races. See the Tod Harriers forum or Kath and Nick for more info

Committee meeting the first Monday of each month at Staff of Life 7:00

Tuesday - Running focused training at Tod High Juniors 5:00-6:30 Seniors 6:30-7:30

Wednesday - Pack runs 7:00-8:00 **2014**

January - Bramsche Bar, 31A Rochdale Rd Todmorden, OL14 7LA

February - TBC Hebden Bridge

March - Polished Knob, 31 Burnley Rd, Todmorden, OL14 7BU

Thursday - Pilates 6:45 £5 Machpelah Mill, Station Road, Hebden Bridge



Aiming High contd.

Todmorden Harriers skill-share sessions

Here are some more dates for your diary if you want to skill-up for the 2014 season (and if you can offer help with any of these sessions, please let me know):

January 5th Sunday 9.00am

Basic pre MMM navigation practice. Short chinwag then on the fell, from Geoff's 32 Halifax Rd. Littleborough OL15 0HB. Suitable for beginners. Bring South Pennines map, compass, map case, at least FRA safety gear and a mob.

January 12th

Tod Mini Mountain Marathon from Mason's Arms, Bacup Rd

January 25th (Saturday)

Mandy's navigation skill-share (she is the best navigator in the club) Time and place to be confirmed

February 2nd (Sunday)

Descending and rough-stuff with Geoff at Chew Valley, Saddleworth, 9.30am. Meet for lifts at Mario's car-park, Tod, 8.30am

February 15th (Saturday)

Mandy's navigation skill-share details to be confirmed. Blimey, if you keep coming to these you will be getting good by now!

23rd February (Sunday)

New Chew O event: a good tester to put into practice what you have learned. See FRA calendar for details

Tuesday 25th February 8pm

Approaching races skills-share: diet, recceing, visualizing and pacing races

March 7th/8th/9th

Training and social weekend away. Details depending numbers, but probably the Lakes or Snowdonia in a family-friendly hut or hostel. Run, ride, recce, navigate, eat, laugh, sleep, and talk copious amounts of tosh. What's not to like? Suitable for all levels Expressions of interest to Geoff please.

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Geoff Read