

## Spectrum and the Canal Ring Relay



The club has decided to run the Cheshire Ring Relay this summer - the weekend of **July 13<sup>th</sup> and 14<sup>th</sup> 2019**. Please get your name added to the list by **Monday 4<sup>th</sup> March** if you think you'd like to take part (contact Kate Johnson or a committee member) Then we can get on with planning the groups and sections. And we will be needing some idea of your approx running speed & maximum distance too. If you aren't 100% certain of your availability in July – better to put your name down anyway.

**So what is the Cheshire Canal ring?** It's a circular route of 98 miles, using 6 different canals. We start and finish near Lymm village centre and pass through Manchester, Macclesfield, Congleton and Northwich. Mostly it is beautiful Cheshire countryside, with a few more "urban" parts around Manchester. The paths are a mixture of tarmac, trail, and grass; of course there are many tunnels, locks and bridges; and even some hills, such as around Northwich when the canal disappears into its own tunnels and you have to go up and over to find it again.



**How much navigating is required?** Don't worry, we will make sure you have directions where they are needed but mostly you really do just follow the canal towpaths.

**How far and how fast do you have to run?** We will divide all the runners into groups of similar speed and ability so it really doesn't matter what speed you run at. We just want as many club members as possible to come and join in. Hopefully the Beginners group will run a 5K section. And the mad people looking at this year's 40 mile Warrington Way ultra (that includes me!) could even do 10 miles Saturday and

10 miles Sunday? It will require a bit of organisation for dropping off cars at the finish of your own section, but that's where non-running partners can come in handy, as well as for baking post-run goodies for tired runners! 😊

**What happens at the end?** Sunday evening we would like as many people as possible to gather at Lymm Bridge to welcome the last group over the Finish line. Time to take some photos and then go and celebrate in a nearby pub, where food will be waiting for us (and possibly a beer or two! 😊)



So have I persuaded you to sign up? I hope so, and if not, what is stopping you? We want as many people as possible from Spectrum to take part, and especially we would like runners from Blue Group and the Beginners Group. Don't be shy to come forward – talk to me if you need more information, and check with your coaches if you're not sure what distance and speed you are capable of.

Hope to see you all there 😊 Kate x