

ROAD RUNNER? or FELL RUNNER?

Which one are you??



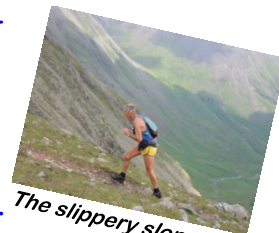
A typical road runner

You may have noticed that occasionally someone in your running group suddenly 'disappears'. You never see them again except you begin to notice them in several photos in the Abbey Newsletter or on the website. On these photos they are usually standing on the tops of remote mountains. They may be posing with other 'lost' members. Often they look very muddy.

We have designed the simple quiz below to answer whether you have tendencies to engage in fell running or, more worryingly, if you already practice it. Answer honestly because there may still be time to help you. For each question circle the answer that is **MOST LIKELY** to apply to you.



Utterly disgusting



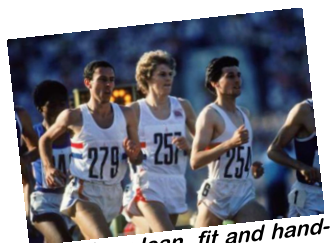
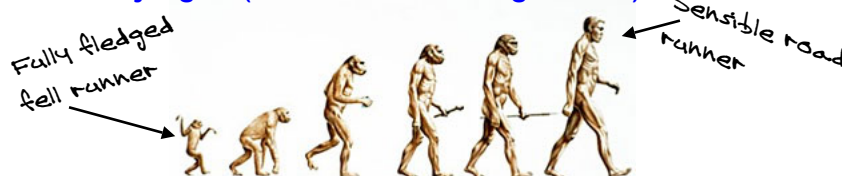
The slippery slope?

- When is the best time to go running?
 - 8pm on Tuesday evenings of course! Or Thursday track sessions (although I tend to avoid hill training. Urghh.)
 - Between the hours of midnight and 4am (in Winter)
- How clean are your trainers?
 - Spotless
 - Completely and utterly caked in mud and rocks
- How often do you wash your running shorts?
 - Every week and certainly and after every race
 - Never
- Do you take energy gels?
 - Every 5km or so (on longer runs)
 - Never. If I get hungry on a run I tend to either look for road kill, or, failing that, catch my own wildlife (birds, rabbits, cattle) with my hands
- Do you wear a Garmin?
 - Always. Totally lost without it
 - No point. Can never get a signal in the remote areas I run in
- What kind of tent do you own?
 - Four berth family tent that we use maybe once every couple of years on holiday in Cornwall
 - One man tent...well, more of a sheet and a pole really. But usually I just sleep outside in a ditch somewhere or up a tree
- Do you drink alcohol?
 - Only in moderation and never the night before a race
 - I drink several bottles of Brown Ale and/or Guinness before a run (and sometimes during it)
- What's your perfect gadget Christmas present?
 - The latest Garmin naturally!
 - Headlamp
- Do you have any pets at home?
 - An 'indoor' cat and some tropical fish
 - Difficult to tell. I sometimes see movement around the house that could be explained by animals (badgers, rats)
- What is your favourite film?
 - Chariots of Fire! So inspirational!
 - Saw IV
- What kind of car do you drive?
 - 5 door saloon (automatic)
 - I think it used to be a Vauxhall Viva, but after several additions welded onto it or replaced, hard to tell. It just tends to sit in my back garden (in several rusty pieces)
- What do you eat the evening before race day?
 - Whole wheat pasta mixed with quinoa, celeriac, crudites and humus with a sprinkling of Himalayan crystal salt
 - Soil and twigs, washed down with Brown Ale and/or Guinness

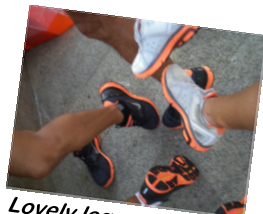
So how did you do?

Mostly A's - Relax! You're a road runner through and through. You are an upstanding, clean shaven member of society and your family must be very proud!

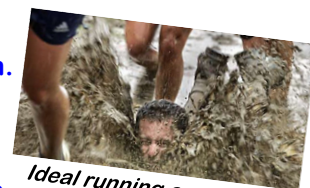
Mostly B's - don't panic! Your knuckles may scrape along the ground but Darwin proved that it is genetically possible to change! You probably just need to mix with the 'right types' on Tuesday nights (ask Peter Leach for guidance).



Look how lean, fit and handsome they are



Lovely legs and clean shoes



Ideal running conditions for a fell runner



Oh my!