

Date: 19th August 2001

Run No: 367

Venue: The Station Hotel, Kegworth

Hare: **Barritone**

The best way not to get caught running in new shoes is turn up for a run without them. This I did, but unfortunately forgot to bring my old ones too. **SKID MARKS** came to my rescue with a pair of running shoes somewhat smaller than my feet but better than nothing.

A typical **BARRITONE** run memorable for all those stinging nettles against which lycra shorts are no protection. I saw most of the run from the back handicapped by undersized shoes and injuries to both legs. This gave me time to appreciate the deviously clever route found by the hare in an area I knew well rather than doing the usual off trail numerous checks. It was really nice to be back running in the countryside again.

The ON-IN was one of those occasions where I knew I was in a lot of trouble. A down-down for forgetting my running shoes was expected, but not the one for apparently discovering myself used to illustrate the "Joys of Sex". **MALTEASER** also received a down-down for locking her key in the car, it was a long walk back to Derby to get the spare!