



# A.C.E. RaceRunning Club Newsletter - Spring 2013



We are already well into club activities for 2013 so please read on for the latest news.

## [RaceRunning Article](#)

*One of our young adult members has written about her experience of running bikes for the International RaceRunning website. It is a very moving piece and to be read with tissues at the ready. The link is:*

<http://www.racerunning.org/FrontPage/default.asp?action=showarticle&articleID=237&id=5>

## [‘Come & Try’ events](#)

In April & May we supported two ‘Come & Try events, the first at Ravenscraig Sports Centre and the second at Meadowmill Sports Centre, Tranent, Edinburgh. Meadowmill are very keen to have regular RaceRunning activity there so this could be the start of another opportunity in Scotland.

## [Running Bike Festival](#)

The latest Running Bike Festival was held on May 12<sup>th</sup>, at Ayrshire Athletics Arena, Kilmarnock, with the support of students from the Sports Degree course at SRUC, Ayr. It was a great success, with 33 participants of different ages taking part. For almost one third of those it was their first chance to try out a Running Bike.

In the morning, in addition to the Running Bike session, the students organised fun challenges as well as face painting and nails by Bella Mani. All these activities were greatly enjoyed by both RaceRunners and family members.

Unfortunately the weather prevented us from moving outdoors in the afternoon for our races, but that didn't diminish the competitive spirit on display on the indoor track. A huge thank you goes to the students for all their hard work before the event and to them & all the volunteers for their enthusiasm on the day.

Our thanks go as well to Ayrshire Sportsability, David & Andy from Quest88, our club sponsors, Murphy Insurance & Financial, and to the staff of Ayrshire Athletics Arena for their assistance both prior to the event and on the day.



## [Competition News](#)

The Scottish competition season gets underway soon. Our school aged club members who are part of the National SDS Squad or Development Squad will be in action on 5<sup>th</sup> June at the SDS Junior Athletics championships, Grangemouth.

The Red Star AC Championships, the first open athletics event of the year, will be held on 15<sup>th</sup> June at Crownpoint Athletics Track, Glasgow. All club members are eligible to enter and all those participating will receive a wonderful welcome and lots of encouragement. Please see our website for further details.

## [Club Website](#)

You can read more on these and other news items on the club's website at [www.acerr.org](http://www.acerr.org).