

INteresting – 16 Jan 2021

Belated Happy New Year to everyone. Rather quiet over Christmas, but things are starting to happen again ... read on for news of 'Winterlopes' and club Strengthening and Conditioning sessions!

Club Stretching and Conditioning Sessions

Interlopers "Stretching and Conditioning" Zoom sessions start on Monday 18th, thrice weekly:

- **Monday at 9pm** led by Lorna
- **Wednesday at 6:30pm** led by Zoe
- **Friday at 9pm** led by Lorna

Lorna's sessions are sedate with a focus on balance/ stretching and winding down at the end of the day, and you'll need not much more space than an exercise mat. 30-40 mins with time for a chat at the end.

Zoe's session is a little bit more energetic, it will consist of a warm up, some mobility and strength exercises, lasting around 45-60 mins. Just a mat, towel or comfy bit of floor needed, no other equipment required.

Zoom meeting details to follow by separate email (as INteresting ends up publicly visible on the website).

News

- Unsatisfied with his first 15 minutes of fame, Professor Ackland has been at it again, this time on the BBC's 'The Nine'. Sadly it seems that you can no longer view the episode but I've included the link in case anyone else has more luck: <https://www.bbc.co.uk/programmes/m000r1xz>
- There are currently no official club training runs while current COVID restrictions are in force.
- Several club members took part in a socially distanced Christmas Day run
- There's a whole series of orienteering videos (Scandinavian in origin but with subtitles) on YouTube. This is one example (#7 – couldn't find #1!) https://www.youtube.com/watch?v=hd_vSFAjDSI&feature=youtu.be – enjoy!

Forthcoming Events

- The [Scottish 6 Days](#) will hopefully take place in August and entries are now open!
- **Fight With the Night (FWTN)** will hopefully resume soon, along with (or incorporating) **Winterlopes** ... details to follow once format has been determined
- ESOC's Covenanters Wood event is available on Maprun, until 31st January: <https://www.esoc.org.uk/covenanters-wood-courses-transferred-to-maprun/>

Regards,

William