June 18th

Memory verse
He telleth the number of the stars; he calleth them all by their names. (Ps. 147:4)

Do some running!
In 1990 fell runner, Hugh Symonds, ran up and down all 277 of the Scottish Munros (mountains over 3000 ft./914.4m high) and those in England, Wales and Ireland as well. There are 277 Scottish Munros, fifteen in Wales, seven in Ireland and four in the Lake District. Hugh ran 2,000 miles in 97 days and climbed half-a-million feet of mountain. He is still the only person ever to have done so in a continuous journey running every step of the way.

Diary of Hugh Symonds June 18th 1990[1]

There were 254 Munros behind me and 23 to go. My sense of self-preservation and caution in negotiating roads and mountains was stronger than ever. I was very aware that should I, for any reason, be forced to drop out in the following few days, then the mission would be a long unfinished journey. At least if I was forced to drop out between Glasgow and North Wales there would have been the satisfaction of having run the [Scottish] Munros, if not the Mountains of Britain.

After a healthy lie-in avoiding the morning midges, I departed Glen Strae for the isolated and unexciting hill of Beinn Bhuidhe. Mike Walford and Phil Clark [Hugh had running companions who joined him so that he did not have to run alone] had returned for their second session. The relatively civilised, suburban environs of Dalmally contrasted strongly with our previous meeting points on Skye and in Knoydart.

Running over wet grasslands and a mixed terrain of occasional rocks and knolls, we crossed seven miles of open land. Nearing the wet and misty summit, we startled a young fawn which was hidden behind a rock. It ran to escape but plunged into a pool almost as deep as itself. Mike pulled it out and it ran away in a flash. A few minutes later we were on the summit and suddenly blasted by southerly gales and rain. The noise of the wind was too loud for talk, but before racing away from the tumbled trig point we found a packet of fruit pastilles and a good luck message from Kendal runner, Mick Fox. The postcard dated 30 May showed that the sweets had been there for nineteen days. Either this hill has few visitors or Munro climbers are honest people...

...In the three years planning I've come up with a schedule and come up with places and dates and it has not worked. I'm now almost two weeks ahead of schedule, which has surprised me greatly. Being used to traversing Munros by now, I've got a reasonable idea of what I can handle – about 20 miles and 6000 feet of ascent each day.

Why are these mountains called “Munros”? In 1889 the Scottish Mountaineering club was formed. One of its aims was to establish exactly which of Scotland's mountains were over 3,000ft high. Sir Hugh Munro (1856-1919) was a Scottish mountaineer and a founder member of the club. He took on the task and used his experience as a mountaineer to study the Ordinance Survey maps and produce a list. The most famous Munro is Ben Nevis (right), the highest mountain in all of Great Britain at 4413ft/1345m.

While Hugh was running his epic mountain run, his family lived in a camper van so that he could

1 Extract from Symonds, Hugh, *Running High* (Moffat, 1991) by kind permission of the author.

come home to them each night after his run. His wife Pauline educated the three children "at home" in the van and there is a short description of the lovely things they did in Hugh's book about his adventure, *Running High.* There is no doubt that their education was wonderfully enriched by the experience.

Do you have any mountains near you? What is your nearest Munro-sized peak? Even if you live in a flat part of the country, have a think about your nearest hill; it could be quite a small one. Plan a run or a walk up it – see below for how to train. Plan your expedition carefully (it took Hugh three years to plan his!) and look at maps even if you have been to the place before. Make sure you have the correct clothing and footwear and what about refreshments? You may not find a packet of fruit pastilles on the top as Hugh did!

Get in training[2]

If you have never done any running before here is an enjoyable way to learn how to do it. There are ten easy stages to get you running for 30 minutes non stop! You could do this activity in the park or even possibly in your own garden (if you have one) with a bit of planning.

transFit Kids Couch to 5K - Let's Get Moving!

Name: _____

Date	Stage
GREAT JOB! YOU EARN _____	
GREAT JOB! YOU EARN _____	
GREAT JOB! YOU EARN _____	
GREAT JOB! YOU EARN _____	
GREAT JOB! YOU EARN _____	
GREAT JOB! YOU EARN _____	

	RUN	WALK	REPEAT
Stage 1	2 min	5 min	5x
Stage 2	3 min	3 min	5x
Stage 3	5 min	2.5 min	4x
Stage 4	7 min	3 min	3x
Stage 5	8 min	2 min	3x
Stage 6	9 min	2 min	3x
Stage 7	9 min	1 min	3x
Stage 8	13 min	2 min	2x
Stage 9	14 min	1 min	2x
Stage 10	RUN 30 Min!!!! Congratulatons!!!		

INSTRUCTIONS:

*To complete each stage: Run for the amount of time listed, walk for the amount of time listed, then repeat the number of times listed. So for Stage 1 you would run 2 minutes, walk the next 5 minutes, and go back to running for two minutes, and so forth.

HELPFUL HINTS:

*Always designate the first 5 minutes as a fun warm up!!
*It's easier to run in the Fall because it's not as hot.
*Run with your iPod to make it more fun - update your songs so each time you run you'll have something new to listen to.
*Run to a destination like your neighborhood pool or park so you'll have something to look forward to!
*Run with a friend to make the time pass by more quickly.
*Go at your own pace - even a slow jog is the same as running!
*Work on each stage week by week - when you feel comfortable, move on; if not stay where you're at until you're ready to move on.
*As always, have fun! :)

PARENTS:

*This program is appropriate for children ages 5 and up.
*Try to encourage your child to run 3-4 times a week.
*Give incentives such as new socks or running shoes, and many high fives along the way!

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6

Some geology

Have you ever wondered where mountains came from? When God created the earth did he make Mount Everest and Ben Nevis on Day three of the creation week when the dry land appeared? Well, of course, he *could* have done but there is some curious evidence that He didn't. Did you know that there are fossils of sea creatures like the ones

2 The plan below is included by kind permission of https://www.transfitathens.com.

on the left on top of mount Everest and many other mountains in the world have sea creatures fossilised on top of them?!

When God flooded the world at the time of Noah every mountain was covered. No bit of ground was left exposed above the surface of the water.

Then as the flood began to end, the waters began to drain off the continents and into the seas. Why? Because there were tremendous upheavals of the earth's crust and the continents began to rise and the ocean basins began to sink. As the continents rose and the water drained away into the seas there was erosion of the continents' surfaces. This carried rock debris across the continents while they were still under water and rounded off hard rocks into boulders and gravel. As the mountain ranges began to rise above the water this made channels in the mountain ranges and in ridges and plateaux making gorges and water gaps through which streams now flow today. Geologists who study the shape of the earth's surface can see this. Along the lines of geological faults they see where mountains have moved up and the valleys next to them show evidence that they have sunk down, and then collected sediments. The sediments are the evidence that the movement of the earth's crust began while what is land today was still under the floodwater.

On the top of most mountains today is sedimentary rock. Sedimentary rock is rock laid down by water. In that rock there are fossils of sea creatures such as the sea lily fossils in the limestone right at the top of Everest. This shows us that Mount Everest and the other high mountains in our present world rose up out of the floodwater during the end of the Flood of Noah's time.[3]

Map Work

Constructing a profile of a mountain or hill from an OS map gives you the “outline shape” as though you were able to take a slice through it. You will need an OS map of a mountain or hill of your choice.[4]

To begin with you need to find a line on a map that will give an interesting outline and which is not too difficult. To do this look at your chosen area and examine the contour lines. These are the faint brown lines that you will see curving about on the map. Each line represents a height above sea level so if there is a hill sticking up from the surrounding land the lines will go round it in rings getting smaller and smaller towards the top. The top of a hill will usually be within a small brown circle. If the lines are very close together that means there is a steep slope. Very close lines might be too difficult for your first attempt at a profile.

Using a ruler, draw a faint pencil line on the map. Make your line pass through the top of a hill. If it is not possible to draw on the map or you are trying to do the exercise from a map displayed on a tablet device you may be able to do the next step without drawing a line.

Place the edge of a sheet of paper along the line you have drawn. Taking care not to move the paper, make a mark on the edge of your piece of paper at every place where a brown contour line touches

3 To find out more see: https://creation.com/how-did-the-waters-of-noahs-flood-drain.
4 If you do not have one you can find OS maps here: https://www.bing.com/maps.

it. The thicker contour lines all have a number, although you may have to hunt about a bit to find it. The thinner lines are evenly spaced between the thicker ones. Beside each dot that indicates a thicker line on your paper you must write the number (elevation) of the contour line that touches the paper at that point. You should end up with a line of little marks on the paper, some of them numbered.

Now you need some graph paper. You are going to draw a graph. The points on the x (horizontal axis) will correspond to the dots on your paper. Put your paper along the x axis and mark on the points. The y (vertical) axis is the elevation. The hill I chose had contours numbered 10 and 40. There were unnumbered lines in between for 20 and 30 another unnumbered line for 50. These are metres above sea level. You can see from these numbers that I chose an easy little hill. On the y axis mark the heights of the contour lines on your hill. I numbered my y axis 0, 10, 20, 30, 40, 50. You should start from 0 but if your hill is higher than the one I chose you will need to go up to bigger numbers. Now plot your graph. Mark each point where a vertical line from an x co- ordinate would cross a horizontal line from a y co-ordinate. Now join the points together with a smooth curve and you will see the shape of your hill.[5]

5 There is an easy tutorial on how to do this here: https://serc.carleton.edu/mathyouneed/slope/topoprofile.html if my explanation is too difficult to understand!