



8 THINGS TO KNOW ABOUT TAM

- 1 TAM stands for Team AKobE Marathon.
 - 2 AKobE is a combination of letters from David's dogs, all malamutes – Akela (who has passed away), Kobe and Ekko.
 - 3 TAM is funded by money left to David by his parents. He said: "Mum and dad would have supported the community aspect of TAM. I subsidise it with help from donations."
 - 4 The five Couch to Marathon medals cost a suggested donation of £25.
 - 5 You can walk, run or canicross each session.
 - 6 Each person who completes a Team AKobE Marathon recorded by David receives a black medal, free of charge.
 - 7 A dog that completes TAM while leashed to the owner gets a yellow medal, which is also free.
 - 8 The six-day TAM Challenge is:
- Day one:** Team AKobE Marathon 26.4 miles within 8hrs
Day two: 20 miles within 6hrs
Day three: 16 miles within 5hrs
Day four: 13 miles within 4hrs
Day five: 6 miles within 90mins
Day six: 3 miles within 50mins

GEAR OF THE WEEK

Saucony Peregrine 7

New for summer 2017 is an update of the popular Saucony Peregrine.

The Peregrine 7 is ideal for trail running. Features include high-traction "PWRTRAC" outsole to grip a variety of terrains. EVERUN cushions every foot strike, while the shoe also offers good upper support and has a breathable lining.

The heel offset is 4mm and each shoe weighs 266g. The Saucony Peregrine 7s are sold in male and female fit, priced around £105.

■ See www.saucony.com



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MR MOTIVATOR
David Parry with
Kirsten Cowling and
Kirsty Gladwell, who
have been awarded
TAM Challenge medals

Going the distance



FIONA RUSSELL

Hundreds of people are racing to join David Parry's marathon programme which he set up using an inheritance to encourage and support others to walk, run, have fun and get fit for free. Four-legged runners get medals too

A marathon challenge programme set up by a Scots runner is inspiring hundreds of people to get up off the couch.

David Parry, of Glasgow, launched the TEAM AKobE Marathon (TAM) in February and has seen Facebook followers rise to almost 700.

TAM is a reward and motivation programme to help runners to build mileage from zero to 26.2 miles in a "fun, flexible and social way".

There are five coloured medals as part of a TAM Couch to Marathon plan, each awarded for running three, six, 13, 16 and 20 miles. There is another special medal for a full TEAM AKobE Marathon.

If a dog runs the marathon with an owner, it is also awarded a medal. David was motivated to start the community after running more than 125 "official" marathons worldwide.

He said: "I love marathons and training for them but it did become quite time consuming and expensive.

"I thought there must be an easier, more exciting way to get my marathon fix and I wanted to do something that encouraged a community of healthier people.

"My original idea was to encourage and support people to train for a marathon and reward that with a medal.

"But then people said they wanted more motivation so I came up with the idea of medals for different stages of running.

"TAM has really taken off."

Kirsten Cowling, of Stewarton,



DOGGED RUNNERS

Kirsten, David and Kirsty with their pets

Ayrshire, is one of the first people to be awarded a TAM medal.

She recently completed a six-day running challenge, starting with a full marathon on day one and then 20 miles, 16 miles, 13 miles, six miles and three miles on consecutive days.

She said: "To look at me, you would not think this was the sort of challenge I would do. I am a lot more, shall we say, sturdy than many runners – and I am slow.

"I prefer to plod through my miles, chatting with my friend Kirsty Gladwell. I have come last twice in longer-distance – ultra – running events but I don't care. I have finished them.

"I enjoy running and I love a challenge that makes me run more miles so TAM is brilliant."

Kirsten first heard about TAM through canicross, a sport that sees owners run with their dogs.

She said: "As well as being a good marathon runner, David does a lot of canicross races.

"In fact, he encourages people to run with their dogs and even gives out a medal for dogs that run a marathon while leashed to their

owner. TAM is about getting more people to run and help people to keep their dogs fit too.

"It's feels really good to be part of a growing community of runners, I thoroughly enjoyed doing my TAM challenge."

David, who is retired, has so far recorded 14 TAM marathons, 11 of which were completed with dogs. He knows he will need to develop a new system for other ways to record the marathons as the community grows.

He said: "We have interest from runners across the UK, China, Brazil and France already and this has the potential to grow further. So far I have been able to record TAM marathons myself but, as the community grows, this will need to change.

"I would like to see TAM marathons being recorded all over the world. My next step is to work out how to keep track of it.

"It would be great if a TAM marathon was to become officially recognised."

■ To find out more, see Team AKobE Marathon Community (TAM) on Facebook.

Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at www.fionaoutdoors.co.uk. You'll find lots of great information about walking, cycling, running and other outdoor activities, as well as kit reviews.

Advice and ideas