

April 22nd

The following morning we set off in the van back to where I had finished the previous day just west of Vetralla. Sonja wanted to have a long training run as well so we left the children with David and set off. We planned to meet David and the children in Vejano, about 25 kms. away. The start was steep and quite hot – much to Sonja's displeasure. However, after a while we had cloud, then rain, then hailstorms!! Not exactly what was expected but the sun did reappear towards the end. Best described as a pleasant Sunday morning training run. We got to Vejano after about 2 hours 30 minutes where David and the children had been watching a soccer match. At half time, one of the other spectators, who happened to be watching from his horse, gave both Gala and Aran a ride on the horse. After the game they had found a stray dog with whom they had become great friends (they both suffer from lack of pet syndrome!) so they had had a hoot. I was concerned that the distance required tomorrow would be too great if I wanted to link up with this finishing point so I carried on another 9 kms. or so to Oriolo Romano to set myself a manageable target for the following day.

We returned to the hotel as David and I had to meet with Pamela. I got the track suits and we (both David and I) had to sign a disclaimer (bone of contention and long, long story). We then all (Pamela, David Green, Maggie and us 5) set off for an evening with some Alumni of the University.

Sonja, the children and I left early at around 10 p.m. to get two very sleepy children to bed.

Distance: 33 kms.

Shoes: No.1