

# Everything You Always Wanted To Know About Sex (But Were Afraid To Ask).

To those of a certain generation the title brings back memories of a well thumbed yellow paperback. To film goers and aspiring fell runners it's the indelible image of Gene Wilder in bed with a sheep that is dressed in suspenders. But in an act of either misleading titillation, duplicity, or misunderstanding worthy of a road race selection meeting the headline has grabbed your attention and inspired an article about the Grand Prix.

So, to the uninitiated and GP virgins out there, here are the answers to some questions you were too embarrassed to ask the more experienced members – the chased rather than the chaste.

## How often should I be doing it?

As often as possible. To star in the GP you need staying power: - a minimum level of performance is required and athletic versatility is highly desirable. You need to display your prowess in a number of scenarios; from a quickie 5k on hard core tarmac to a long session of upping and downing for hours, finally coming good over some filthy fells

The more promiscuous you are the greater your chances of picking something up – hopefully points. Remember, you don't want to miss out on that race where you'll hit the jackpot, the 'points fest', the 'money shot' that will see you exploding up the GP table.

## What happens to my performance when I get old?

No need to worry. Like some specialist top shelf magazines the GP favours the more mature participant – if you're over 50 you can look forward to a rewarding role. The older you are the more 'bang for your buck' you get. Just look at our previous GP stars and starlets – all veterans who have put it around a bit and are still going strong. Defiantly no need to buy any performance enhancing blue pills - and alcohol will be the only lubricant you need.

## Should I think about a sex change?

Yes - if you are male. While the GP has always attracted plenty of men desperate to make an impact it is the participating women who will receive more plaudits and points. For men the task in hand is hard – they need to pull it off every time to get anywhere close to the amount of scoring women can manage. Females who go for it will be the ones constantly peaking.

## What is the best position?

Difficult to say what is 'best'. Do you desire the most comfortable, or the most exciting, or just need the climatic feeling as you surge over the finishing line?

The plot line of the GP is designed to cater for many varied tastes and personal preferences; and involvement whilst ensuring superb delectation will challenge those getting involved. The more masochistic will opt for half marathons and Lakeland classics; there is plenty of vanilla action close to home for those wanting something short and sweet. Or you can always just come along and watch. The appeal of the GP is its potential to introduce you to new experiences, things you would never have considered before. Go on; do it! Throw your keys in the ring. You're amongst fellow participants, so don't be embarrassed.

## Can 'dressing up' add extra excitement?

To a degree. Some get a buzz wearing figure hugging lycra, others enjoy the liberation of stripping down to virtually nothing. Those of a 'tri' persuasion love to squeeze into rubber suits for their al fresco water sports.

But there is one essential you will have slip on – the "something for the weekend" that you should always have on – a Tod vest. It must be worn on all conceivable occasions if you want to pull some points. For the true club aficionado this item attains a fetishist status - so attractive and deemed so necessary they wouldn't consider allowing anyone to score with them if not wearing one.

## Is Tantric running really possible?

For some. Ultra runners in the club are certainly able to keep going for a very long time, in some cases for well over 24 hours. These phenomenal achievements are much commented on, especially when their stiffness lasts for days afterwards. Easily identified by their oft repeated karmic mantra "awesome", their stamina is aspired to by some, whilst others simply regard them as 'self pleasers'.

Many, though, are turned off by the soreness and pain these events inflict on the body, so luckily there is no absolute need to participate in marathon sessions in the GP. A long race (or ride) is one of the few activities where you don't want to 'bonk'. But a Tantric attitude to running can be useful in the GP: last years Club Champion, managed to hold back for ages before finally coming from behind.

## Should I attempt some 'afterplay'?

Most definitely. Usually a few pints will keep most Toddlies satisfied.

## Will I be chased over the fells by a giant breast?

Sorry Clive, no.

So, there you have it. To save any embarrassment the etiquette of participation has been explained, difficult encounters demystified. It's now time to get out there and make the most of the opportunities on offer. Play the field and grab a piece of the action. Have fun!!!

An evil dildo (anagram)