

# Bullietini



The nights are drawing in again and we've had our last evening run to Winch Bottom, so it will be back to the 'town run' again for the next six months, what a depressing thought.

However there is now the cross-country season to look forward to, see the fixture dates on page 10. Last year the Chiltern League races (held on a Saturday) were well attended but the club turnout for the Thames Valley League, which is held on a Sunday morning in a similar format to the summer 5k series, was very poor.

This is surprising as this series is less competitive than the Chiltern League, also tea and sandwiches are provided afterwards. If you're not sure what it's like, come along and help at our own race on December the 11th.

Following the success of the summer series of 'Handy Cross on tour' events Peter has promised to publish some of the routes used. He has also decided to try and continue with

these events through the winter, but on a bi-monthly basis on a Sunday morning, ending at a pub. The first one will probably be towards the end of October.

Social events to look forward to in the next few months include a visit to the pantomime *Dick Whittington* with Basil Brush and Todd Carty at the Wycombe Swan on Friday 9th of December, see page 10 for details, followed a week later by the Christmas Disco at the Judo Club. This will be your chance to vote for the Handy Cross 'Runner of the Year' and don't forget when making your choice that people in the club who may no longer run but still work hard on your behalf, are equally eligible for this award.

Finally my apologies for the lack of pictures in this edition, but my colour printer has died so I'm having to use an old black and white model!

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## The Way We Were

**I**t was great to see Gerry Grosse again when he travelled up from Weston Super Mare for the 5K handicap race he inaugurated eight years ago when still living here. Gerry was a former chairman of the club and brought with him some pictures from over twenty years ago. It will be interesting to compare these to the recently taken club photo.

He also had copies of the earliest newsletters, the first of which was dated June 1982, four years after the club was formed. The editor, John White, was a lot faster than the current one, being the first member to record a sub three hour marathon. The club had twenty nine finishers in London then and thirty-four in the following year!

The newsletter was only of two to four pages, but was produced every month or so. There are lots of names in the earlier editions that will be familiar today, such as Vernon, Martyn Franzese, Kevin Duffy, Chris Gentry, Richard Stone, Margaret Moody, Benji and Phil Stephens.

In the first edition was an article called 'Tips for Beginners' which I have reproduced on page 5 to show that some things never change. I will include some more of these old articles in future editions.

## Congratulations

**T**o Julie Dean and partner Mark on the birth of Archie on the first of April, weighing in at 7lbs and 12 ozs.

In April 2004 she did the London Marathon, I wonder which was hardest?

## Progress Report from Sue Neale

**S**aw my Surgeon for latest x-rays and update. X-rays show uneven surface on base of knee cap since fracture which would explain pain when I run. Nothing can be done at the moment as it's only 5 months since last surgery.

Go back in 3 months when he will consider keyhole surgery to smooth out bumps. In the meantime anything but running!!!!

## Indoor Hill Sessions

**W**hich of our club mates has developed this workout?

- Obtain a 10 litre can of the very best quality paint and a one inch paintbrush. (*Hasn't ICI gone metric yet?*)
- Put the can of paint at the foot of your stepladder.
- Dip the brush into the paint and run up the stepladder with it.
- Apply two strokes of paint to the ceiling and run down again.
- Repeat until the ceiling is covered.

For an average size ceiling this should take about 6 hours.

*No prizes for guessing the correct answer!*

## ICE

**F**ollowing the disaster in London . . .

East Anglian Ambulance Service have launched a national 'In case of Emergency (ICE)' campaign with the support of Falklands war hero Simon Weston.

The idea is that you store the word 'I C E' in your mobile phone address book and against it enter the number of the person you would want to be contacted 'In Case of Emergency'. For more than one contact name ICE1, ICE2, ICE3 etc.

In an emergency situation ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them. It's so simple that everyone can do it. Please do.

*Thanks to Paul Palmer for this advice.*

## Le Tour de France (and a little of Espania)

### The Prologue

**I** always preferred to run from A to B rather than a circular or out and back route. Once past the half way distance there is no point in turning back, however bad I'm feeling, and that always appealed to me! This naturally progressed to my cycling and I have travelled to various places to cycle home. I've bored some of you with details of my trip back from Land's End and I can regularly be found on the train to Leamington Spa or even Birmingham and cycling back. So when I decided I wanted a cycling holiday it seemed only proper that I should carry on this habit but go a little further a field. So I have booked a ferry to Bilbao in Spain on the 10<sup>th</sup> September and intend to cycle home!

Of course, I thought that whilst I was that far from home I may as well have a look around the little hills there, I think they're called the Pyrenees. I know they'll be easy because I've watched Lance Armstrong cycling up them. I intend to spend about a week there and will then spend about three more weeks taking in the countryside on my way back and no doubt, some of the local wine.

There are several reasons why I chose France as my destination. Firstly and most significantly I have studied the language. Shortly before I left primary school (aged 11) for a couple of months we began learning French. Okay, so I only remember, "Quel âge avez vous?" and it's not much of a chat up line but it's a start! I've also been a fan of le Tour de France for many years and am conversant with "Seize cent soixante quatre... la sponsor le Tour de France"

Another reason is France only has a quarter of the cars that there are in the U.K. and whilst the French still drive as fast and dangerously, there are less of them trying to kill you!

I'll be keeping a diary and hopefully will have some interesting tales, so I thought I'd write this introduction before leaving. By the time you read this I may well be half way up a mountain, or if I'm less lucky, over the barrier on the way down.

There are a couple of rumours I'd like to quash while I've got the chance. It has been suggested that since I've been unable to run I've become lazy, drinking too much beer and getting fat. I would like it known that this is untrue, as is the other suggestion that I've been coping exceedingly well in combating a bout of anorexia. The simple truth is that I've been carbo-loading.

Enjoy your running and in the words of Del boy, "Bonjour!". Steph.

## The Chiltern Marathon

**T**welve Handy Cross Runners ran/jogged/walked/hobbled this popular event, this year taking us to Turville, Pishill, Cookley Green, Northend, Ibstone, West Wycombe and back to the start at Lane End.

Just before the first checkpoint, our little group was joined by a gentleman from Southend who wanted to let us know how good not just a runner, but all-round athlete he was! Thankfully he was too fast for us and soon sped off into the distance to annoy the next people he could find.

However he kept speeding off in the wrong direction, probably because he was too busy talking to read the route instructions and was constantly re-passing us. At one point, as I was crossing a stile at the top of a hill I looked back to see him coming up behind us. "Oh no, not again!" I muttered and the runner in front said, "So you've met him too?"

In the end it fell to Lucy to provide the perfect put-down. When he caught us up yet again she suggested that he was doing more miles than he needed, but he airily brushed this aside by saying he didn't mind as he was an ultra-runner. "What's the furthest you've run then?" asked Lucy. "Forty two miles" he proudly replied. "You see that chap in front?" said Lucy pointing out Rod Palmer, "He's just run eighty five miles along the Ridgeway and before that he ran the Birmingham to London canal race which is 145 miles!" We didn't see him again after that!

What we did continue to see though was Lucy's backside as she disappeared behind the hedge every five miles! Apparently she's not properly potty trained yet.

## Why Run?

This man may run and hope the sweat  
Will wash away the tears.  
That man may run and hope to get  
Safe distance from his fears.  
Here's the woman running with style  
Restoring self esteem.  
There's the woman who's twenty sixth mile  
Has realised a dream.  
Here is the man with glory in mind  
Who strives to be the best.  
There is the man for whom the finishing line  
Is welcome excuse for a rest.  
So whether you run  
For profession or fun  
Are average or elite  
As soon as you chose  
Those first running shoes  
Your fate is at your feet.

John 'Rabbie' McGilvray

*Thanks to Vernon for this contribution.*

## The Womens' Response to 'Why ARE Men Happier?' in the July issue

MENTal illness

MENstrual cramps

MENTal breakdown

MENopause

GUYnecologist

AND when women are really in trouble, it's a

HISterectomy

*Thanks once again to Sue Walker's sister  
for this response*

## Tips for Beginners

Catch 22 – It gets worse before it gets better.

**I**t comes as a surprise, or even a shock, to many runners that the harder they try to get fit the worse they feel. Instead of feeling fit and strong they feel tired and listless. Instead of feeling healthier they suffer from aches, pains and numerous minor illnesses. It can be disheartening and is probably the reason why so many give up after just a few weeks.

Distance running is about strength AND stamina. How fast and how far you run depends upon two things: how strong you are and how much reserve of energy you have (your stamina). Starting running means trying to do two things at the same time, getting the muscles stronger AND increasing the stamina.

Now here is the Catch 22 situation. To get the muscles stronger means using the reserves of energy, which makes you feel tired and listless. To increase the stamina means subjecting the muscles to harder and longer workloads, which makes the muscles ache, more prone to injuries and again makes you feel tired.

Initially there is no way out of this situation. In order to become fitter you must go through a period of feeling worse. There is no quick, easy way out. Pushing yourself harder and harder every time you run will result in constantly feeling tired, always at the mercy of niggling aches, pains and minor injuries.

You can minimise the effects of feeling worse by becoming less ambitious. Allow yourself plenty of time for a long, slow build up. Keep running regularly but not pushing yourself too hard or too far.

Let yourself enjoy your running and you are less likely to give it up.

## Computers! It's a boy-girl thing

**A** group of language students was asked to decide which of the two grammatical genders should prefix the French word for 'computer' and explain their reasoning. The women in the group agreed computers were definitely masculine because:

- In order to get their attention, you have to turn them on.
- They have a lot of data but are still clueless.
- They are supposed to help you solve your problems, but half the time they ARE the problem.
- As soon as you commit to one you realize that, if you had waited a little longer, you could have had a better model

The men in the group agreed that computers were obviously feminine. They reasoned that:

- No one but their creator understands their internal logic.
- The native language they use to communicate with other computers is incomprehensible to everyone else.
- Even the smallest mistakes are stored in long-term memory for later retrieval
- As soon as you make a commitment to one, you find yourself spending half your salary on accessories for it.

Who do you think was right?

The women were right! A computer in French is 'ordinateur'. Like other mechanical devices it carries the masculine gender.

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### Ridgeway Run

**T**hose of us who have run in the Ridgeway Relay will appreciate the superb effort made by Rod Palmer by running the whole distance of 85 miles from Marlborough to Ivinghoe Beacon alone.

He did this in 19 hours, 31 minutes and 52 seconds finishing first in the over 50s category and 4th overall!

His epic journey started at midday on Saturday and finished on Sunday morning.

A big thank you from Rod to all his helpers: John Bradbury, Margo, Dave Leighton, Debbie Jones, Debbie Ridout, Mike Hickman,

Nick Martin, Lucy, Pete, Steph & Trudy Jones. Without their help and support he said he could not have finished.

### New Members

**A** very warm welcome to the following new members:

Pippa Kay Ashfield, Helen Beeson, Richard Hubbard, Colin Knight, Natalie Pitt, Michelle Putman, Josie Redford and Caroline Ward

Don't forget as a new member you are entitled to a free t shirt, see Dave Nash.

## Gerry Grosse Trophy/Wednesday Track Group 5k Handicap

Following a day of exceedingly heavy rain which thankfully ceased before the start, our annual 5k Handicap Race took place on Wednesday 24<sup>th</sup> August. All Handy Cross members were competing for the Gerry Grosse Trophy, and those that number amongst my Wednesday night regulars for the Wednesday Track Group Plaque also. All participants were eligible to compete for the other prizes.

All competitors (Apart from Peter who, true to form, arrived late) were started off at the same time with the aim of bettering the unknown (closed handicap) target times I had set for them. These times had been selected from this year's 5k Series results, or calculated by factoring known times for other distances where no 5k time was available.

The outright winner this year, beating her season's best 5k result of 29:56 by 25 seconds, was Ann Palmer. Ann received the trophy and also the plaque for 'First Lady'. Congratulations Ann.

Russell Dean won the plaque for 'First Man'. He was 3 seconds inside his season's best time of 22:30. Well done Russell, your hard work at the Tuesday sessions is certainly paying dividends.

Robert Pettingell was awarded a bottle of wine for setting the fastest time of the evening finishing in 19:07. Sorry Rob, but as you had no previous 5k form and as I had none of your other results to hand, I was unable to calculate a target time for you.

Our last year's Gerry Grosse Trophy winner Jo Hutchby, was awarded a bottle of wine for being the person coming closest to the times I predicted. She was spot on. Sorry it was red Jo.

Nick Martin was awarded some bottles of Somerset Cider, kindly donated by Gerry (as I had managed to break the bottle of wine intended as a prize by knocking it over track-side. What a waste!) for being the person with the largest deficit between the time predicted and the actual time he took.

Elaine Brewster was awarded a bottle of wine for being the person who savoured the experience of this event for the lengthiest time. This was not strictly the case as Jo had that honour, but we couldn't have her having to drink two bottles of red could we?

Richard Evans of Marlow Striders won The Wednesday Track Group Plaque for being the member of my Wednesday night regulars coming closest to his target time. He was just 22 seconds over his seasons best of 19:51. Well done Richard.

One of our newest members, Caroline Ward, set the fourth fastest time of the evening finishing in creditable 20:35. I had calculated a target time of 19:49 based on her recent Bearbrook 10k result and think that she is more than capable of achieving this if she keeps up the good work she has put in since joining us. Well done Caroline.

Many thanks to Debbie Ridout, Margaret Moody, Stephan Naunko and Vernon Martin for officiating and handling the difficult task of keeping track of the twenty-three runners whilst they completed each of the twelve and a half laps. Thanks to those who turned up to support the runners. Thanks to Gerry Grosse who travelled up from his home in Weston-Super-Mare for the race and without whose generosity in providing the trophy there would be no race. Last but not least thanks to all of you runners for taking part. You are all winners!

Mike Hickman

(See the full results on page 11)

## Tikka

**W**hilst lying in the bath last night, I was thinking the following...

- James Bateman has a dodgy Tikka, but fortunately for him they replaced it under warranty.
- Frank Fulcher has an old Tikka, but is looking to get a new one soon!
- Caroline Ward has a very strong Tikka, but doesn't like to boast about it!
- Mike Hickman has a very powerful Tikka with a strap on battery pack that keeps him going all night.
- Julia and Samantha are both interested in seeing how a new Tikka might help them, but wish to borrow one before forking out some dosh!

If this isn't making any sense, I am talking about head torches for running off road at night, now the evenings are drawing in...

Not to feel left out I have ordered my very own Tikka (The XP model) which either means extra power or extra short life, so I might end up having to run back faster?

So if you are in the middle of nowhere and see lights flying across the sky, before ringing the X-files, check they are not attached to a Handy Cross Runner first?

*Thanks to Trevor Hunter for revealing his bath-time secrets!*

## Update on New York City Marathon

**I**t's almost a year since I asked in the news-letter if anyone was interested in running the New York Marathon 2005. How time flies!!!

The subject raised a lot of interest and I am pleased to say we have a team going from Handy Cross, consisting of Trevor Hunter, Nick Martin, James Bateman, Samantha Amend, Helen Murdoch, Elaine Brewster and of course myself, Lucy Couturier. Along-side supporting us (thank you in advance) is Ian Murdoch, Martin Brewster, Helena Stone and Julia Downes.

We are all flying out on the Thursday before the marathon and returning on different dates taking in a few days holiday, the run being on Sunday 6<sup>th</sup> November, same day as the Marlow Half. The trip was really taken out of my hands as British Airways Running Club seemed to have got the monopoly on this, guaranteeing flights and more importantly the confirmed entries rather than the normal ballot.

We have all been in training throughout the summer and now, less than a month away, we are still taking in the miles and really wondering where the time has gone. Needless to say we are looking forward to running with 40,000 others and all the magic sights of New York City. Having heard how fantastic the support is along the way, I must admit I can hardly wait. Some of the supporters are taking part in the 10k run round Central Park on the Saturday prior to the run on Sunday.

I am sure you would want to wish everyone the very best as we do to all taking part in the Marlow Half the same day. With Trevor on hand with his camera I am sure the pictures will be available shortly after his return. So it just remains for me to say 'thank you' to all those people who have helped us along the way and one way or another, we are going to have a ball..... New York here we come!!!!!!!



# Results

## Datchet Dash 10k

Aidan O'Donell 42:55  
Howard Taylor 43:19  
Colin Knight 45:47  
Vernon Martin 67:19

## London Triathlon

Paul Palmer: 1500 metres Swim  
37:58, 40K Bike 1:17:33, 10K  
Run 45:06 - Total 2:46:55

Ann Palmer: 750 metres Swim  
26:17, 20K Bike 58:13, 5K Run  
25:23 - Total 2:08:21

Gill Brookes: 750 metres Swim  
17:31, 20K Bike 44:46, 5K Run  
23:07 - Total 1:30:26

## Milton Keynes Half Marathon

Dan Charleston 1:24:3  
Howard Taylor 1:36:19  
Terry Eves 1:49:25

## Waddesdon 5k

Peter Edington 21.16  
Mike Hickman 23.46  
Chris Gentry 25.32

## Selby Half Marathon

Caroline Ward 1:27:49 (pb)

## Bearbrook 10k

Peter Smith 40:54  
Caroline Ward 41:36  
Howard Taylor 42:41  
Margaret Moody 46:08 (1stFV)  
Mike Hickman 47:20  
Mike Owen-Evans 54:21  
Helen Murdoch 54:52  
Darinka Reilly 58:41

## British Masters Championships

Dave Bosley 1500 metres  
6th place 4:22.84

Margaret Moody 5000 metres  
4th place 20:57.43 and 10,000  
metres 4th place 44:06.99

## Thames Turbo Triathlon

440m swim, 22k bike and 5k  
run, Helen Murdoch: 1:25:38  
Gill Brookes: 1:22:38

## Amersham 5

Ellen Haynes 40:03 (pb)  
Gill Pilley 43:22  
Stephen Lynch 47:47

## Lacey Green 5K

Caroline Ward 19:29 (1st lady)

## Wycombe Half Marathon

Alfred Benjamin 1:33:32  
Trevor Hunter 1:34:27  
David Leighton 1:35:03  
Michael Hickman 1:52:10  
Colin Knight 2:03:13  
Lucy McGee 2:12:49  
Deborah Harris 2:34:05  
Elaine Brewster 2:35:35

## Seahorse Fun Run 5K

Dan Charleston 17:24 (2nd) pb

## Headington 10k

Chris Lansdown 47:31

## Chalfont St Giles 10K

Trevor Hunter 40:29 (10th)  
Caroline Ward 43:37 (1st lady)  
James Bateman 44:31  
Terry Eves 53:46  
Gill Pilley 60:06

## London Duathlon

11k run, 22K cycle, 5K run

Paul Palmer 2:01:17  
Ann Palmer 2.44.43

### Gerry Grosse Trophy

Robert Pettingell 19:07  
 Richard Evans 19:51  
 (Marlow Striders)  
 James Cunnane 20:19  
 Caroline Ward 20:35  
 Peter Edington 21:10  
 Paul Palmer 21:17  
 Chris Lansdown 22:12  
 Nick Martin 22:22  
 Russell Dean 22:27  
 Karen Jenkins 23:02  
 Terry Eves 23:36  
 Penny Fisher 23:37  
 Phil Hutchby 23:58  
 Martin Dean 23:59  
 Blanche Morrissey 24:43  
 (Marlow Striders)  
 Lucy Couturier 25:09  
 Martin Brewster 25:32  
 Helen Murdoch 25:34  
 Gerry Grosse 26:57  
 Jackie Harding 27:31  
 Ann Palmer 29:31  
 Elaine Brewster 29:48  
 Jo Hutchby 31:48

### Windsor Half Marathon

Trevor Hunter 1:19:45 (17th)  
 James Bateman 1:34:26 (pb)

### New Forest Marathon

Terry Eves 3:48:39  
 2nd place in his age group and  
 qualifying as 'good for age' time  
 for London

### Panto Time Again

Just to let you know I have reserved 20 seats.  
 The performance will start at 7:00pm and the seats are in the  
 Upper Circle and cost £12:50 per ticket, Adults or Children. I  
 need to have names and money asap to secure seats. We have  
 always had a good time and a nice start to the festive season.  
 Please can you contact me if you are interested either at the  
 club or direct on 01494 462251 (ansa phone) or txt me on  
 07881931930 Lucy Couturier

### Chiltern League Cross Country

Confirmed Dates	Venue
15th October 2005	Watford
5th November 2005	RAF Halton
3rd December 2005	tba
7th January 2006	Stowe
11th February 2006	Wing

### Thames Valley Cross Country League

Provisional Dates	Venue
November 13th 2005	Datchet Dashers
November 20th 2005	Metros
November 27th 2005	Sandhurst
December 11th 2005	Handy Cross
December 18th 2005	Reading Road Runners
January 8th 2006	Tadley
January 29th 2006	Finch Coasters
February 5th 2006	Bracknell Forest Runner

# Tuesday Night Training Programme

- October 4<sup>th</sup> Pyramid Session (Oak Crescent) 200/400/800/1200-1600/800/400/200 (200m walk/jog recovery)
- October 11<sup>th</sup> Paarlauf Session (Dave Nash Estate) 12-15 x 310m
- October 18<sup>th</sup> 10-12 x 400m (Blenheim Way) (200m walk/jog recovery)
- October 25<sup>th</sup> 6-8 x 600m (John Hall Way) (Recovery on remainder of loop)
- November 1<sup>st</sup> I will be in Dublin but don't let that stop you enjoying 5-7 x 800m (Oak Crescent) (200m walk/jog recovery)
- November 8<sup>th</sup> Hill Session (Knights Hill) 5-6 long & 4 short
- November 15<sup>th</sup> 4-5 x 1000m (Oak Crescent) (200m walk/jog recovery)
- November 22<sup>nd</sup> Fartlek session 3 circuits anti-clockwise Cressex Road / John Hall Way circuit
- November 29<sup>th</sup> 3-4 x 1200m (Once around small circuit Cressex Road / John Hall Way and up footpath continuing to Turnpike Corner (Recover back along Cressex Road to start point)
- December 6<sup>th</sup> 3 x 1 mile around Cressex Rd. /Marlow Rd./Rupert Ave. circuit. (Recover back to start point)
- December 13<sup>th</sup> Hill Session (Knights Hill) 6-7 long & 2 short
- December 20<sup>th</sup> 5k Time Trial. Cressex Road/John Hall Way
- December 27<sup>th</sup> No Session.

Keeping the dream alive.

# Wednesday Night Training Programme

Wednesday Training Programme Up To 28-12-05

Venue:- Athletics track at Wycombe Sports Centre, Marlow Hill. Starting promptly at 7:00pm.  
All abilities will enjoy and benefit from these sessions.

ALL SESSIONS START AND FINISH WITH 4 LAPS (OR EQUIVALENT) WARM UP/COOL DOWN, FOLLOWED BY STRETCHING AND MOBILITY EXERCISES.

- 12/10/05 Pyramid session 200/400/600/800/1000/800/600/400/200m (200m walk/jog recovery)
- 19/10/05 5 x 1200m (200m walk/jog recovery)
- 26/10/05 Paarlaf Session 12 x 400m
- 2/11/05 I am on holiday. Please do 4 x 1600m in my absence (200m walk/jog recovery)
- 9/11/05 "Upper" 200/400/600/800/1000/1200/1400m (200m walk/jog recovery)
- 16/11/05 Hill session (Knight's Hill) 8 x full circuits maintaining effort until 2<sup>nd</sup> corner. Recover on remainder
- 23/11/05 5k Time Trial (Please wear a stopwatch)
- 30/11/05 "Downer" 1400/1200/1000/800/600/400/200m (200m walk/jog recovery)
- 7/12/05 2 x 12 x 200m (200m walk jog recovery)
- 14/12/05 7 x 800m "Differentials" 1<sup>st</sup> lap of each at 5k pace, 2<sup>nd</sup> at hard effort (200m walk/jog recovery)
- 21/12/05 Hill session (Knight's Hill) 8 x full circuits maintaining effort until 2<sup>nd</sup> corner. Recover on remainder
- 28/12/05 **No session**

Mike Hickman

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