



Garden City Runners: News Release from a Distance

Issue Five: 19 April 2020

In these strange and worrying times, we're here to keep you in touch with your fellow club members, bringing you news and views of solo runs and challenges, plus tips and info to keep you fit and motivated. Please send any content for future releases to results@gardencityrunners.org.uk

Team GCR rises to the Three Peaks Challenge

While we can't meet up in person, our run leaders have been keeping us on our toes with a series of inventive club challenges. This week was no exception, with Tuesday's challenge to climb all 1345m of Ben Nevis. Following some impressive early ascents, the summit was reached by lunchtime so the target was extended to include Snowdon (1085m) and Scafell Pike (978m). Inspired by the challenge, GCRs continued to post their elevation gains, and by Wednesday evening the club flag was flying on top of all three peaks. Adding on other runs including Thursday's 10Ks and Saturday's not-parkruns, our running total by Sunday was nearly 6000m, higher than Kilimanjaro! Everyone's metres counted towards the total so it was a true club effort. Thanks to all who contributed - a few notable achievements: Tom Rogers ran 153m; David McCabe 218m; Markus Allen 164m; Steve Ellerd-Elliott 178m; Nick Genever



262m; Lee Wood 210m, and Barbara and Mattie Kubis-Labiak (*pictured, left*) 163m. The prize for the most innovative climb goes to Beth Dean who ran up and down her stairs 75 times. Watch out for the Everest challenge in the coming weeks!

GCR Bingo Challenge

Don't forget to compete in the GCR Bingo challenge – see the Bingo Card attached with the news release.

Injury Clinic with Dr Terry



This week, our in-house expert Terry Fowler looks at a common, and painful, condition affecting many runners: shin splints

Shin pain is pain on the front of your lower leg below the knee and above the ankle. It can hurt directly over your shinbone (tibia) or over the muscles that are on the inner or outer side of the tibia.

Medically known as medial tibial stress syndrome, shin splints often occur in athletes who have recently intensified or changed their training routines. The increased activity overworks the muscles, tendons and bone tissue.

Most cases of shin splints can be treated with rest, ice and other self-care measures. Wearing proper footwear and modifying your exercise routine can help prevent shin splints from recurring.

Causes

Rapid increase of mileage

Running on hard ground

Insufficient cushioning in shoes or running in worn out shoes.

Tight or fatigued muscles.

Shin splints are caused by repetitive stress on the shinbone and the connective tissues that attach your muscles to the bone.

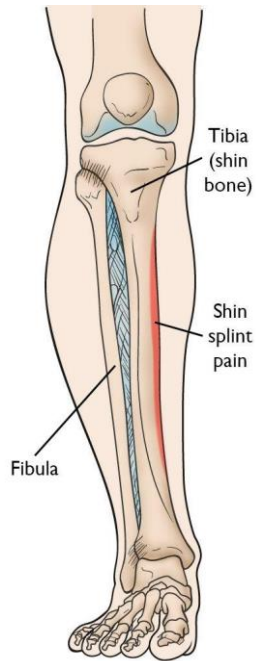
Symptoms

- If you have shin splints, you might notice tenderness, soreness or pain along the inner side of your shinbone and mild swelling in your lower leg. At first, the pain might stop when you stop exercising. Pain is often worse at the beginning of a training session but eases as the session progresses only to return again later in the session or the following

day. When pressing in (palpating) along the inside of your shin, the area will feel painful and tender.

- Eventually, however, the pain can be continuous and might progress to a stress reaction or stress fracture.

YOU CANNOT RUN SHIN SPLINTS OFF AND YOU CANNOT RUN THROUGH IT.



Rehab

Don't be tempted to return to exercise too quickly! This mistake is easily made but the condition will just return if a full rehabilitation program is not followed.

Starting to add walking to shin splints treatment programme.

As with most soft tissue injuries the initial treatment is –

Rest

Ice

Also, make sure you're [stretching your calves](#) after your workouts. If your calves are really tight, massage them using a foam roller or other [massage tool](#).

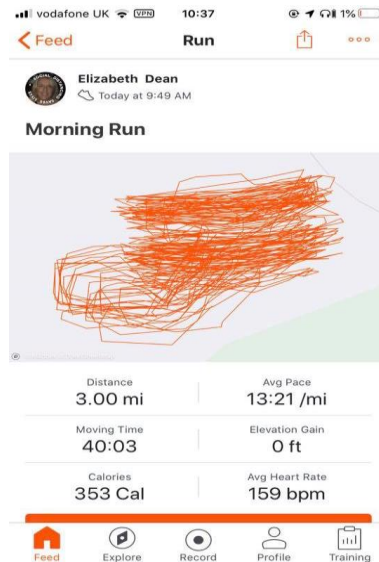
Ice is an excellent way to reduce the inflammation caused by Shin Splints. However ensure you don't place ice straight on to the skin as it'll most likely burn it.

Returning To Running

- Cross-train while shins are healing. Use low-impact activities like water exercises or cycling to maintain your conditioning, while avoiding stress on the shin muscles and tendons.
- When returning, increase mileage slowly. Ideally, the increases should be no more than 10 percent every week.
- You may wish to consider switching your running shoes. It is possible the injury was sustained because your shoes did not match your pronation style.
- If pain—even if it is slight—is still present while you are healing, avoid hard surfaces and hill running until it is gone. If you want to incorporate these into your training, gradually reintroduce them to your routine so you can lower the risk of recurrence.
- Make sure you stretch your calf muscles and Achilles tendon on a regular basis to prevent the shin splints from returning.

not-parkrun roundup

Once again GCRs took to the Herts streets and trails to tackle self-navigated 5k routes of their own devising. And there were pbs and course records galore this Saturday. Despite feeling a bit blue and fuzzy headed, Brad Smith made it out to run the inaugural Chequers, Ascots Lane and a bit of the outskirts of Stanborough Lakes 5K in 23:17. Brad comments: "Not my fastest time, but the boost to my mood was priceless!" Amelia Loveys (running with mum Angela) and Sherry Pearson were among those recording PBs on their not-parkruns, with Lee Wood clocking within 20 seconds off his best time, in spite of a busy week at work. Elizabeth Dean ran a not-parkrun in her back garden (*course map below*) encountering some exotic wildlife



along the course. Paul Guy ran the 4th Kimpton not-parkrun and was first finisher with a course pb of 19:33. Holly Casey Smithson ran the Moneyhole not-parkrun and clocked a new course pb of 33:07. Hayley Connolly ran a six-lap not-parkrun close to home with her two daughters. Sharon Threfall ran the Ball Park not-parkrun

with her twins, who both ran their first sub-30 minute 5k. Terry Tristram set off at 5am for his not-parkrun, and although he was disappointed in his time of 41:14 we say, Terry, you still ran it faster than someone who stayed in bed.

FORTHCOMING EVENTS:

Run Leader Challenge Tuesday 21st April

In 2019 we managed a few 'out and back' runs as a club, 25 minutes each way; and this week's challenge is a virtual out and back club run.

If you haven't got an out and back route that long, shuttle runs work just as well (even in the garden). Why not use it as an opportunity to finally start your Bridge to 10k programme? Just do a 10 minute run and one minute walk four times, with a four minute warm up and a three minute cool down.

Please send your 'results' in (with optional selfie). Who was the closest to a 'perfect pace', i.e. did you finish exactly where you started? Who managed the furthest distance in 50 minutes? Did you find the the main road outside your house so lacking in traffic you could run up and down it? Was your average pace a PB?

26.2 Fancy Dress Challenge for UK Charities

UK charities are forecast to lose £4 billion as a result of the Covid-19 pandemic. In response, the London Marathon charity, parkrun and the London Landmarks races are encouraging us to take part in the 26.2 challenge, starting from next Sunday, 26th April, which would have been London Marathon day. The event organiser Nick Rusling said: "You can run or walk 2.6 miles, 2.6km or for 26 minutes.

“You could do the same in your home or garden, go up and down the stairs 26 times, juggle for 2.6 minutes, do a 26-minute exercise class or get 26 people on a video call and do a 26-minute workout, or run the marathon distance over a week.”

To make it even more exciting, we’re asking GCRs to do the 26.2 challenge **in fancy dress** (maybe the costume you had ready for the marathon, or your Festive Five outfit?) and post a picture on our Facebook page, or email a race report with photo to the GCR results email. Once you’ve completed your challenge, don’t forget to donate to your favourite charity, or to the [GCR NHS fundraising page](#) if you prefer. There will be a prize for the best outfit and for the most inventive (yet socially distanced) challenge undertaken.

Brad and Rebecca’s Quiz Nite for NHS Charities



You may not be able to see Brad in his legendary brown shorts (pictured, left) but you can feel the Smith-Barden energy by joining us for a soon-to-be legendary Zoom Quiz Nite in aid of NHS charities at **8.15pm on Thursday 30th April**. Entry is by donation (suggested minimum £3 per person) at our new [GCR NHS Fundraising](#) page. Simply label your donation ‘Quiz Nite’ with your name and we will share details nearer the time.

Running safely

We love to see club members being active in inventive ways in these difficult times. We urge everyone to exercise safely – not just for their own benefit, but especially that of more vulnerable members of our community and our NHS. As a club we have an opportunity to set the best example in how we exercise. Ways you can help:

- Exercise on your own or with someone you live with, and in groups of no more than two. Running in larger groups makes it much more difficult to adhere to social distancing, especially if you encounter other larger groups
- While out running, keep a safe distance of at least two metres from others, stopping if necessary to allow others more room to go by
- If possible, plan routes that take you away from town centres and out into the countryside
- Try to run outside popular times when larger family groups are likely to be out and about
- Remember only one outdoor exercise a day

- If you cough or sneeze while running, it's extra important to cough or sneeze into your elbow
- Wash your hands as soon as you get home.

Happy and safe running everyone!

London Marathon Coach

ÅSA MOBERG GROUT is very nobly organising the GCR London Marathon coach for a second year running (running!). Åsa writes: "For any of you who are running or supporting at the VMLM on the new date of 4th October: I've organised a coach to the start at Blackheath and the cost is £12 per person. As long as we have space this is also open to non-club runners so if you know anyone else who'd like a seat please let me know.

The coach will leave from the carpark at Premier Inn, Stanborough Road, WGC, AL8 6DQ at 06.30 on Sunday 4th October.

To reserve a seat please contact me via messenger or email at asamgrout@yahoo.co.uk and either BACS the money to account number 48529376, sort code 07 01 16, Mrs A M Grout, Nationwide Building Society.

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £20, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)
- Women's vest from XS to 2XL
- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

Avery League 2020

The Avery League is currently suspended.

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group. It's a great way to keep in touch with your fellow club members during this time of isolation.

Join Garden City Runners

Do you live in or near Welwyn Garden City? Like running? Garden City Runners is your local running club. It has nearly 300 members and encourages participation by all. The club has a


varied training programme to suit everyone, from working up to 5 kilometres right through to full marathons. Try a few sessions before joining. Membership is only £20 per year and is available on the GCR website via the new Membermojo platform (note that it is no longer possible to join via the old application form). Simply log into <https://membermojo.co.uk/gcr> and follow the instructions. If you want to know more about the Garden City Runners please contact Helen Paine (Secretary) or Sue Fletcher (Membership) at gcr@gardencityrunners.org.uk, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

E N D S



Runners' Bingo

With thanks to Chapel Allerton Runners for the inspiration

DO AN INTERVALS SESSION	STRAVA ART. DRAW SOMETHING GARDEN RELATED	 FANCY DRESS RUN	CHAT TO A GCR BUDDY YOU'RE MISSING
RUN 3 DAYS IN A ROW	 DO A HILLS SESSION	20 MINUTES FOAM ROLLING	30 MINUTES HOME WORKOUT
 RUN IN BLUE ON THURSDAY FOR NHS	READ THE GCR NEWSLETTER	  TAKE A PICTURE WITH AN ANIMAL	 SELFIE AT A LOCAL LANDMARK
RUN IN CLUB COLOURS	NO-PARKRUN 5K	 HAVE A REST DAY	  TAKE A PICTURE OF NATURE

Good Luck!

www.gardencityrunners.org.uk