



## Garden City Runners: News Release from a Distance

Issue seven: 3 May 2020

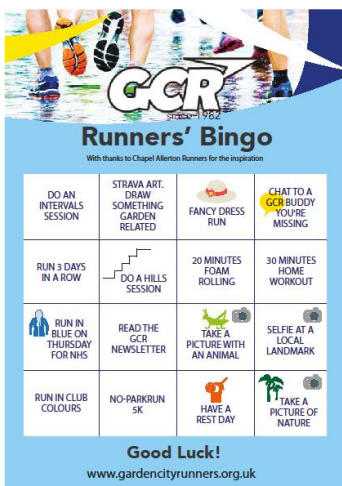
**Club members continue to take on a variety of challenges with gusto in these peculiar times. Keep your creative and helpful contributions, as well as the fabulous pictures, coming into [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk)**

### Happy Birthday, Eleanor

Thanks to TIM COOKE for the reminder that 1<sup>st</sup> May marks the birthday of the GCR legend, ELEANOR DRAPER. As editor this week (Jane Molloy), I can indulge myself by using this newsletter to acknowledge the perennial inspiration that Eleanor is. As for many of us, Eleanor was my introduction to the club, guiding me through my Monday and Wednesday beginners' sessions in 2013, up to my VLM debut in 2014. Her encouragement and advice were everything to me, and I was very touched to be given a Good Luck card on the morning of that VLM by Eleanor and Dennis. She instilled in me a joy of running for which I will be for ever grateful. Thank you, Eleanor – and many happy returns.



### Bingo Card Winner



KATH EVANS was the first person to call 'House' on the GCR Runners Bingo, having put in a determined effort this weekend. On Saturday, she reported "10 hill sprints supervised by Mike was absolute TORTURE, you were cursed for this flipping BINGO repeatedly under my breath, then a home workout in the garden supervised by Beth & foam rolling". That just left the intervals session, which KATH duly completed on Sunday, and was delighted to achieve first place in a 'running thing'!

By being the first completer, Kath became the proud winner of a top quality ARC backpack.

## **not-parkrun highlights**

Saturday's not-parkrun challenge continues to get us out in our masses, with some runners showing impressive regularity. The day was kicked off joyfully by KERRY HENDERSON, at last released from her quarantine in South Africa, after weeks of doing not-parkrun 5ks in her garden, and now able to round outside. On the weekend of the traditional Kimpton Festival, it was appropriate that PAUL GUY ran his sixth consecutive Kimpton not-parkrun PB (19:11). If he continues at this rate, he'll be finishing before he starts by the end of June! STEVE EDWARDS recorded a new Strava record for his not-parkrun of 21:06, and HOLLY CASEY recorded another PB on her personal Moneyhole not-parkrun (31:42). SHARON THRELFALL ran the fourth event of the Balls Park not-parkrun, and both ACER and JAKE smashed it, knocking over a minute off their PB's. HANNAH FRANK was back with buggy and completed parkrun in 30:29, nearly losing Flo in the process! HELEN HARRISON combined various challenges by competing not-parkrun, sporting a Santa hat (fancy dress) and wearing multiple colours of the rainbow. Other parkrunners included JAMES HUIISH, BARBARA KUBIS-LABIAK, MATTIE LABIAK, TOM ROGERS, JUDY EDEN, KAREN & NICK ATKINSON, GEMMA SLOAN, JUSTIN HILL, HAYLEY CONNOLLY, JEN DENMAN, SHERRY PEARSON, JANE MOLLOY, JAC & FRASER MACCALLUM, MEL KING, MAGGIE WRIGHT and JAMES AITCHISON. Meanwhile, STEPHANIE and ROY HERBERT decided to do more than a double not-parkrun (13.36k) – their longest run in ages.

## **Running A Rainbow Week**



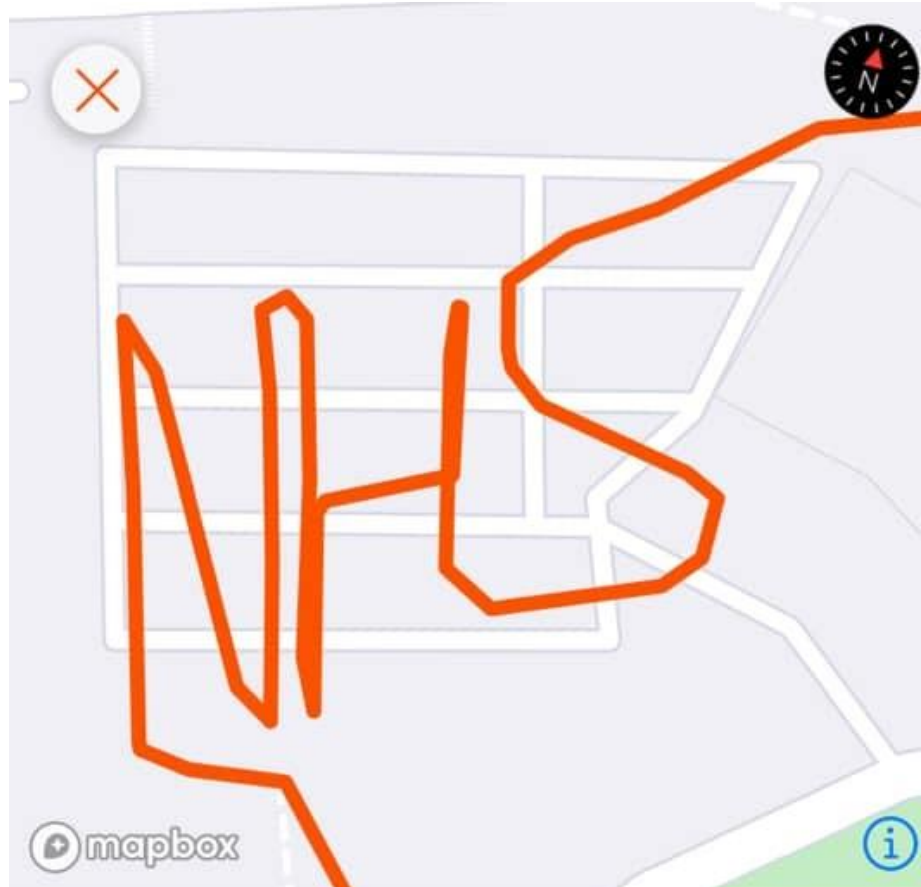
Last Tuesday, KAREN ATKINSON set us a challenge of running a rainbow, which incorporated running in blue on Thursday for the NHS. We all were asked to dig out our race shirts in red, orange, yellow, green, blue, indigo and purple. The Club FB page has never been more colourful.

GEMMA SLOAN (pictured left) went above and beyond the call by not only covering a rainbow in shirts, but also wearing the most pairs of jaunty leggings in a week.



Our Challenger, KAREN ATKINSON, also took to donned multi-colours and made it an opportunity to try out a new photo app! The rainbow collage includes Karen with husband NICK ATKINSON, running in blue for the NHS on Thursday past the blue fountain in the town.

Meanwhile, RICHARD DARLEY managed this impressive Strava Art in Campus West car park to honour the NHS.

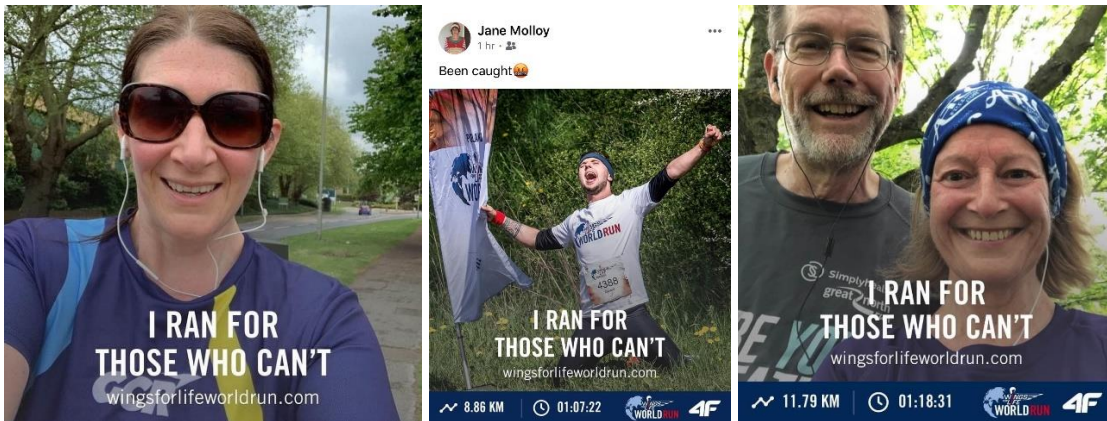




## WINGS FOR LIFE WORLD RUN

This unusual race is one where participants all over the world start running at exactly the same time (12 noon in UK), and their race continues until they are overtaken by the 'Catcher Car'. Over 65,000 participants joined in for this virtual race, with 100% of entry fees going to spinal cord research.

KAREN and NICK ATKINSON, WILLOW GIBSON and JANE MOLLOY took part in the race. Willow reports "We all had 'race day nerves' because it really felt like a real race! I'm so grateful to Jane for offering out a voucher for this virtual race and I would love to do the real one next year. It was a great experience and it really got me to push myself."



KAREN & NICK ATKINSON completed 11.79k, JANE MOLLOY managed 8.86k and WILLOW GIBSON did 8.64k (including charging up Knightsfield!) before being caught by the Catcher Car.

For the first time in its history, the overall global winner was in the UK. MICHAEL TAYLOR of Riverside Runners managed a stunning 69.92k in Cambridgeshire before the Catcher Car reached him.

## This Week's Challenges

### Selfies Challenge

Men's Vice Captain, RICHARD DARLEY, is offering the winner of his 'Selfies Challenge' a bottle of champagne. Can anyone beat GILL SOL, Queen of Selfies, to the prize?

Collect the following selfies and post them all together on GCR's Facebook page:

1. Selfie with the viaduct
2. Selfie with the fountain
3. Selfie with a rainbow
4. Selfie with some water (like a lake or river, not you stood next to a tap!)

5. Selfie with a horse, cow, sheep or llama
6. Selfie looking sad outside a closed pub
7. Selfie in front of one of the new Welcome to WGC signs

## **Run Leader's VE Day Challenge**

BETH DEAN's Run Leader challenge is in sync with the 75th anniversary of VE Day.



"We've done the Rainbow - now for a bit of RED, WHITE & BLUE! So if you're dying to run in your union flag vest or shorts (the ones that you keep especially for holidaying) this week is the week to get them on or just simply anything Red White & Blue.

75 plays a big part, so perhaps you could aim for 7.5k or 7.5 miles or whatever distance you run, challenge yourself to finish .75k or .75 miles further. The super fit amongst you might even want to see if you can complete 75k or 75 miles for the week?? Whatever you do, don't forget to post, remember your selfies and celebrate with your neighbours on Friday!"

## **Terry's Injury Clinic**

TERRY FOWLER has received a few emails in the last couple weeks from 4-5 runners who have, unfortunately, found themselves injured. He describes their injuries as "too much too soon injuries" and goes on to provide the following explanation.

The majority of running injuries are caused by "overuse". Normally involving:

1. Calves
2. Achilles Tendinitis
3. Hamstrings
4. Runners Knee
5. Shin Splints
6. Glute Pain

When I've asked those currently injured about their recent training since "lockdown", without exception all had increased the amount of runs per week and significantly the amount of miles

they are running per week. Surprisingly, when I explained the 10% rule, some hadn't heard of it and those that knew about it hadn't considered it.

### ***Ten Percentage Rule***

The 10-percent rule (10PR) is one of the most important and time-proven principles in running. It states that you should never increase your weekly mileage by more than 10 percent over the previous week.

So, for example, you've been running 15 miles a week. Now you have more time on your hands and you want to make sure you make the most of your permitted exercise allowance under lockdown rules, you manage to fit in five 5-milers. Your training increases from 15 miles a week to 25 miles a week—a 67 percent increase!!!

Similarly, if your longest run pre lockdown was 5 miles and you up it straight away to 8 miles as you have the time to do it, well that's an increase of 60%!!

As you can see, it's very easy to go well beyond the 10% per week increase.

It's at this time you certainly don't want to pick up an injury, as it's the opportunity to hit the streets that's helping our mental state.

Also it's worth bearing in mind that you need to check your shoes more regularly if increasing the running, as obviously they won't last as long.

So please remember the 10% rule and try your best to stick to it and avoid "overuse" injuries and the frustration of missing out on your daily exercise fix.

### **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.

Government advice is changing regularly. Please check before you run. At the time of writing:

- Exercise on your own or with someone you live with;
- Remember only one outdoor exercise a day and that you should only travel if essential, avoid driving to your running route and instead plan a route from home;
- 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, and give a wide berth when over taking;

- If possible, plan routes that take you away from town centres and out into the countryside, the fields and footpaths are nice and dry so take advantage;
- Generally, places are quite quiet due to social distancing but it is best to avoid busier areas – at the moment that seems to be the Waitrose car park queue and Sherardspark woods at lunch time;
- If you cough or sneeze while running, it's extra important to cough or sneeze into your elbow;
- Avoid touching or contacting other surfaces with your hands, like gates or stiles, use your sleeve or gloves to open gates if necessary;
- Wash your hands before you head out and as soon as you get home.

### **Route planning**

Struggling to find a suitable route without your run leaders guidance? Check out the GCR Strava members group for inspiration from your fellow GCRs! Strava have also just realised a route planning feature for Summit members.

The following apps and websites also come recommended by club members:

- Footpath (app)/ MapAMeter (online): Editors recommendation! Footpaths and distances across the UK and Europe (I've successfully used it in Norway and Italy), with a handy "snap to path" feature for the less-diligent route planners amongst us;
- Map My Run: Also has others saved nearby routes for inspiration.
- Plot A Route: Same as above.

Happy and safe running everyone!

### **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. Karen Atkinson also has some women's kit stocks. 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](mailto:gcr@gardencityrunners.org.uk), visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/)

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