



Garden City Runners: News Release from a Distance

Issue three: 5 April 2020

*As we continue with our quarantining, we'll 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. This week, we have a reminder of the weekly challenges, reports on the enthusiastic response to these challenges, a photo collage of club runners in their colours, and invaluable guidance from Welfare Officer, MARKUS ALLEN, on keeping safe in solo running. In addition, there's a reminder about the AGM which will be hosted on Zoom this year. Tips on using Zoom and an invitation to a try-out will be coming out this week. **Keep your creative and helpful contributions coming into results@gardencityrunners.org.uk***

Corona Virus Weekly Challenges

Saturday	<p>no-parkrun challenge day</p> <p>Run 5k. Wherever you want. Simple! Let's continue to get 60+ members out doing their best 5k on Saturdays, come rain or shine. Wouldn't it be amazing if GCR achieved a host of course PBs on the first official day of parkrun's return?</p>
Tuesday	<p>Run Leaders Challenge Day</p> <p>As members are missing out on all the fun of our regular training sessions, each week a different Run Leader will come up with an idea for club members' solo sessions that day. It's a day to work on your own personal goals, the reason why you come to the club each Tuesday. It's also a day when the Run Leader's challenge will aim to bring us closer together virtually in our running community.</p>
Thursday	<p>10k Challenge Day</p> <p>We were all set to initiate two different 10k training regimes – and we're not going to let a pesky virus stop us! If you've just completed your Beginners Programme, or maybe you've never run a full 10k, then there is the Bridge to 10k programme (thanks to HELEN HARRISON). If you're keen to improve your current 10k performance, follow the excellent plan devised by TOM WACKETT. For these two 10k plans go to https://www.gardencityrunners.org.uk/covid19-2/</p> <p>The aim is to dazzle with our league performances next available opportunity.</p>
Sunday	<p>Long Run Day</p> <p>In the light of government guidelines on time spent on exercise outside the home, the long run challenge is now being retired. Ideas for an alternative Sunday's challenge would be gratefully received! This week's efforts are reported below.</p>

Tuesday Run Leaders' Challenge

On Tuesday, HELEN PAINE challenged us all to wear club colours with pride on our daily exercise and there was a magnificent sharing of selfies to show just how many did just that. Below is a collage of selfies from Tuesday's runs. No need for social distancing in print!



Thursday's 10k Challenge

A number of club runners picked up on this challenge. RICHARD SOMERSET completed his 10k in a run from home in Ware to Stansted Abbots and back. BECCA HAYDEN combined her 10k with delivering essential supplies to her gran. HANNAH FRANK mixed it up by using her 10k to undertake the intervals challenge set by MARTHA HALL last week. Also ticking the 10k box on FB were HELEN PAINE, DANIEL PUDNER, JUSTIN KEANE, STEVE EDWARDS and JANE MOLLOY. SHAUN KENT reported that although he didn't crack 10k, he did exceed 8k in his first run after 18 days of 'house arrest'.

not-parkrun highlights

Lots of 5ks reported on Saturday (and Sunday). Although everyone forgot their barcodes, there were speedy times recorded, included a course record by PAUL GUY at the Kimpton not-parkrun (20:14). He was joined in celebrations by STEVE EDWARDS who clocked a new Strava record for his not-parkrun of 21:43, and JANE MOLLOY who achieved a course PB of 35:26 in the third running of her not-parkrun. Thanks to LOUISE O'DONNELL and GEMMA SLOAN (pictured below with her daughter in their not-parkrun photo frame), who both earned volunteer credits as well as running credits as Tail Walkers. Other not-parkrunners who



confirmed completion of Saturday's challenge were RICHARD DARLEY, HELEN PAINE (an out and back to Katie's bakery in Welwyn), WILLOW GIBSON, MAGGIE WRIGHT (confined to the garden), TOM PARMLEY, JEN DENMAN (canine assisted), KAREN ATKINSON, HOLLY & RUSSELL CASEY, CAROLINE HUGHES, TOM

ROGERS, SHERRY PEARSON, HAYLEY CONNOLLY, ELAINE GILES, NICK PORTALSKI (with FINN), MATTHEW HUNT, and HANNAH FRANK (baby Flo remembered her barcode but was pipped at the finish by dad!).

RACHAEL EVERARD with fiancé, MARK ASHWORTH, also ran a non-parkrun along Parkway, sending in this lovely picture of the fountain which has been coloured blue as a thanks to the NHS.



ADAM WADLEY and family completed a junior parkrun of 2k, with all three kids scoring unofficial PBs.

Several people took serious liberties with both the day, time and distance of their not-parkruns. Perhaps the worst culprit was JERRY GILBERT, who ran two Ellenbrook Fields not-parkruns back-to-back *MIDWEEK* respectively timed at 28:59 and 30:46. Other rule-benders included BARBARA KUBIS-LABIAK and STEPHANIE ROY, who both reported not-parkruns of over 10k. Joining the #onedaylate club were AMELIA LOVEYS, TERRY TRISTRAM, KERRY HENDERSON, JAC MCCALLUM, who all completed their 5k not-parkruns on Sunday.

Sunday Long Runs

This weekend's messages have been dominated by concerns and confusion over the rights and wrongs of long runs. Reports suggest that GCR members have been diligent in starting from home and maintaining social distance in all long runs and therefore we give them credit here. We'll keep a watching brief on any new advice or instructions emerging from the Government. Whatever we do, please let's be mindful of everyone's right to walk/run in the great outdoors. ***Please, please do not do anything that jeopardises this.***

This week's Long Run Sunday, was much about the WGC Centenary route, prompted by JOHN DAVIS (the Taller) encouraging club members to take on all or part of the route as a long run challenge. DANIEL PUDNER threw down the gauntlet to other club speedsters by self-navigating the full WGC Centenary path (20.20k) in a blistering 1h 27m, sporting the full Union Jack kit. JOHN DAVIS registered a time of 2:04:53 for the route. TOM ROGERS went early with his long run challenge, completing the centenary path on Thursday, in 2h 26m. BARBARA KUBIS-LABIAK also covered the route in 2:18:10.

RACHAEL EVERARD sent in this report: "In honour of not running Manchester Marathon today I completed the centenary loop in my GCR vest, following my own recommendation to do it anti-clockwise. Passed a few GCRs coming the over way at pace, including Glen (I think) wading his way through the Lea at the Lemsford underpass. I opted against have wet feet for the next 10 miles and instead retraced my steps back to the Great North Road to take a the diversion. Also passed Brad with Richard hot on his heels on the stretch from Mill Green to Stanborough. Took my time in the heat, enjoying the sunshine and the scenery!"

REBECCA LEWIS, who missed out on the cancelled London Landmarks Half last week, completed 10.5 miles of the route.

In the absence of 'real' races, marathon maestro DAVE HEAL undertook his first Virtual Marathon Golden Phoenix pm Saturday "On a remote/isolated hilly/rough underfoot circuit with plenty of trip hazards. A 2.38 mile circuit – I did 11 and bit laps in 5:43:07. A chilly start but warmed

up to a nice 15c. I pledged that I would donate £1.00 for every mile to a good cause of Ray of Sunshine children's charity and I rounded it up too £27.00, which is on the way to them now. It's really important to support charities at the moment in this current world health situation where funds are running out for them."

Running Alone Tips and Thoughts – Markus Allen

A great number of us have found confidence, pleasure, motivation and safety from running in a group over the years. As a result of the current global pandemic we in the UK have been instructed to socially distance, which means running alone (or with members of our household). I would like to share some general tips of running alone I have pulled together from previously published articles with one or two extra steps you may want to take during this time. As a summary: share your route, take extra care, don't take risks, take a phone and carry ID with you.

Before you go out – plan your route and share it

Planning - For your routes, try running loops around your house with your house in the middle, or try figure of 8's coming back past your house (enabling a quick drink stop if needed). Running routes in reverse and on the other side of the road does provide some variety. Try to run on wider paths and not down alleyways. Googlemaps is a free and easy resource to use for looking at the layout of local streets, also see the newsletter from 29th March for more planning tools.

Share your rough route and expected training duration with people you live with. If you live alone, text a friend or use social media before you go and when you come back. (e.g. a friend on Whatsapp, a Whatsapp group or Facebook messenger). As a back up try using one of the applications listed at the end.

Try to avoid areas that are particularly hazardous to help "protect the NHS". Reduce the risk of a fall by slowing when the going gets rough, especially if in a secluded area, as it is less likely you would be found by a passing good Samaritan.

Ensure your phone is fully or nearly fully charged.

Whilst Out

- Make it more interesting by **varying your pace**. Set yourself challenges, e.g. try running faster to a tree, sign, lamppost or a road crossing.
- **Sing** to yourself to help keep your cadence from slowing.
- Give yourself **motivational encouragement** by talking to yourself, e.g. it's great to be out, I am already past ½ way and feeling good (even if tired), this run is going great, I have not got lost yet.

- Stop from time to time and **appreciate being outside**. Smell the air near spring blossoms or near pine trees. Take a photo of the quiet roads.
- **Think about your running form**. Are my arms swinging nicely, how is my stride length, am I looking ahead and not at my feet all the time?
- **Take extra care** when crossing roads, especially look out for cyclists - they are quiet and with fewer cars you may not look as much.
- **Consider not wearing earphones** and listening for birds; being more aware of your surroundings will help with hearing people coming from behind or around a corner.
- Ensure you **give people a wide berth**, stop and walk if need be. Cross the road if safe to do so.

What to Take With you

I strongly suggest you take two items with you or three if you have any allergies or conditions.

1.) **A phone to call for help**, 2.) **ID** – driving licence, piece of paper with your name and an emergency contact number (or even a bank card). 3.) add to your emergency contact any allergies or medical conditions you have if not running with a medical alert wrist band.

Wear appropriate clothes for the time of day and conditions, e.g. reflective at night, hi-vis colours at dawn and dusk, wind/waterproof top in the wind/rain. As you may need to slow for others to ensure social distancing, side with more instead of less and perhaps items that can be easily removed and carried. A snood around your neck or on your head can be transferred to your wrist. A lightweight jacket could be tied around your waist. These can all help keep you in good spirits should you need to walk home perhaps due to a stich, or a slight injury.

If doing longer runs and not passing your house, then take isotonic gel and/or liquid. Shops have limited opening times and queues (plus pose a health risk), so you should not plan to buy something along the way.

Additional Safety steps

- Don't run off road after dark, it is much harder to be found. Do these runs in the daylight or at dawn.
- Do ensure your phone is set up to make an emergency call for you (on the iphone it's called Emergency SOS in settings, on android I can't find an app but some phone manufactures include an app. e.g. Samsung)

Smart phone tools & apps

There are several apps on the market you can use for free or with a subscription that can track you and share your location with others. This might help if you are not sure of your route or duration. Some will alert people without you having to handle your phone, e.g. if you have a

fall (signal dependent and phone/app specific). Please post to the Facebook group your experience and any tips with good location tracking applications.

- FIND MY (APPLE) – easy to set up, do not need to start and stop when leaving the house. Comes already on your phone just need to add sharing details.
- Family Locator & Safety (Android) – no experience but sounds easy to set up and does not need to be stopped or started.
- bSafe – No experience. Promoted on several women’s running articles.
- ROADiD – No experience. Started out making ID bands for watches, shoes etc.
- STRAVA – Called Strava Beacon not sure how it works but you need a subscription.
- Glympse – (free) shares live location for a time period or till you get to a destination. Could be battery hungry.
- WhatsApp Location sharing – shares current location but tends to be inaccurate as updates are less frequent.

Additionally, there is an app called **what3words**, they have mapped the world into 3x3 meter squares each with its own code. My understanding is that the UK emergency services (999) also use this. The app can tell you where you are using three words, this will allow the emergency services (or family/friends should you call them instead to come to exactly where you are). For example one of the entrances to the Ridgeway Academy is identified by the three words “places.those.lands”

I hope that this helps, happy lockdown running, stay safe, protect the NHS & look after your mental health.

AGM

Due to Covid-19, this year’s AGM will be hosted virtually using Zoom, with a link being sent to members a week before the event. There will also be an opportunity to try out Zoom for anyone who is new to it, which will happen in the week before the AGM, and an email will be sent to all members with details.

AGM AGENDA

1. To receive the Committee's Report.
2. To receive the Financial Statement.
3. Election of Officers.
4. Election of Committee Members.
5. Any Other Business.

ANY OTHER BUSINESS.

Any member wishing to place business on the Agenda must give written details via email to the Secretary (helenpaine@hotmail.co.uk) not later than **Sunday 12th April**.

ELECTIONS (of Officers and Committee Members)

With a number of committee members standing down, the following posts require election:

- Chair
- Secretary
- Treasurer
- 1 x general committee member

Nominations for election should be sent to the Secretary via email not later than **Sunday 12th April** with the email containing the following information:

- Name of person nominated
- Position nominated for
- Name of proposer
- Name of seconder

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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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