



## Garden City Runners: News Release from a Distance

### Issue eighteen: 27 July 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](mailto:results@gardencityrunners.org.uk)

### **Lockdown Frolic**

A number of GCR runners took part in a 12-hour run/fun/treasure hunt organized by White



Star Running – [‘Lockdown Frolic’](#) on 25 July, with wooden medals in the shape of different woodland creatures to arrive at a later date.

**Jane Molloy** writes:

“Challenges to be completed included finding various oddities (a dinosaur, a fox, cows with horns, and a unicorn), taking different selfies (with vegetables, an elderly relative, doing bunny ears with a random person, and hills), wearing fancy dress and singing Delilah.

Although prizes were available for mileage, **GCR Super Sleuths** team of **Charlotte Jones, Alex Yates, Emma Dempster, Hannah Frank, Jac**



**McCallum** and **Jane Molloy**, concentrated on the fun and creativity rather than the running, which resulted in some fabulous pictures and lots of laughs. The day started with a Zoom planning call at 8 am once we'd received the full list of challenges, which allowed the first photo involving vegetables. Then 4 of the team met at Panshanger Park with fancy dress, stuffed toys, and the makings of an impressive 'love station'. Hannah and Alex switched between their matching outfits as 118 men and Where's Wally, while Emma sported a very fetching hula skirt, and Charlotte filmed the dinosaur chase and set up the love-station. Meanwhile Jac went fox-hunting in Heartwood Forest for a lovely picture of the wood carving there, while Jane alarmed the neighbours by bellowing out Delilah (including maniacal laughing)".

The second group, called **GCR Second Sleuths**, included **Sharon Threlfall** with her daughter **Isla**, **Shena Lancaster**, **Becca Hayden**, **Barbara Kubis-Labiak** and her daughter **Annika**.



This group also picked Panshanger Park as one of the key locations to frolic around, as well as Hertford and other local fields – as long as any cows or other animals were to be found. There were some close encounters with local cows (including our very own Longhorns in Panshanger Park) as well as the curious case of the **running dinosaur**... Not to mention random

unicorns.

Sharon writes: "The Lockdown Frolic was my first attempt at a virtual Scavenger Hunt, and offered the chance to run with my WWL partner in crime Shena and my daughter Isla. While it was deceptively humid, especially in a dinosaur outfit, it was great fun and we even found some new local routes. Plus any excuse to wear the **correctly coloured dinosaur suit!**"

Becca Hayden added: "A great way to add some fun to running and communicate with my lovely team. Although we didn't all meet in person, I felt it was a lovely team treasure hunt – also my first treasure hunt!"

## **Becca's Virtual 5k run**

Becca writes: "I competed in the virtual Nice Work Summer Holiday 5k today. Really great full to have to opportunity to run these virtual events to keep me motivated during lockdown. I finished in 20:15 mins and am currently the First Lady for the 5k". Well done, Becca!



## **Weekly challenge by Daniel Pudner**

Daniel writes: "Marriage of town and country... and athletics? There are 9 of these eye-catching new (ish) signs to be found on road entrances to Welwyn Garden City.



Featuring an illustration of Howardsgate by artist Richard O'Neill, the signs were installed in late 2019 in anticipation of the Centenary celebrations. They are located on Ascots Lane, Chequers (A1000), Stanborough Road, Lemsford Lane, Valley Road, Bessemer Road, Waterside, Herts Lane, and Cole Green Lane (B195). I have plotted the approximate locations on this [map](#)".

How many can you get to in an hour? Can you see them all in one week? Post your results on the GCR Facebook page.

## **Garmin Connect app is down**

Garmin Connect app is down! What are we going to do? Fret not, my dears, help is near. You can use [this link](#) to upload your run from your Garmin watch.

## **Update on club training runs**

At the moment we are still limited to groups of six running together so our Tuesday evening groups will continue as they are for now. Please continue to book-in so we can manage numbers. Details of which groups are meeting will continue to be posted on Facebook and from this week this will be a regular slot in the newsletter and a weekly all-members email, as per below.

Ridgeway Academy will be re-opening. We have made the decision to return to RA in September by which time they will have dealt with any teething problems.

If you would like to help the club by becoming a run leader have a chat with your run leader, or Karen Atkinson or Jane Molloy about what is involved.

### **This week's Tuesday Club Runs**

All groups meet at 6.30pm:

- 9/10k – meet at Moneyhole Park carpark
- 7/8k – meet at Stanborough Green (Lemsford Lane end)
- 5k – meet at Campus West car park (free after 6pm)
- 

We are running in groups of six. To book your place either reply to the Facebook post or email [runleaders@gardencityrunners.org.uk](mailto:runleaders@gardencityrunners.org.uk)

## **FORTHCOMING EVENTS:**

### **Virtual Run Events**

For those that love a bit of bling or the challenge of a race or competition to spur them on, please find below a list of upcoming virtual races of various distances, a number of which are for charity.

Don't forget to share results of any virtual events for inclusion in the newsletter.

<b>Fairlands Valley Challenge</b>	Distances from 5K to a 50K Ultra; run from 4 <sup>th</sup> July to 6 <sup>th</sup> September <a href="http://www.fvchallenge.org.uk/">http://www.fvchallenge.org.uk/</a>
<b>5k</b>	<a href="https://www.runfly5k.com/">https://www.runfly5k.com/</a> (for runners in Herts, Beds and Bucks – run a 5k of your choosing, submit your results, see yours and others' results on the website)
<b>10k</b>	<a href="https://www.virtualrunneruk.com/product/run-the-rainbow-2020-challenge/">https://www.virtualrunneruk.com/product/run-the-rainbow-2020-challenge/</a>
<b>Any distance</b>	<a href="https://www.saturnrunning.co.uk/post/run-for-heroes-virtual-challenge">https://www.saturnrunning.co.uk/post/run-for-heroes-virtual-challenge</a> <a href="https://whitestarclothing.co.uk/products/virtual-races">https://whitestarclothing.co.uk/products/virtual-races</a> <a href="https://racethedistance.com/collections/all-current-challenges">https://racethedistance.com/collections/all-current-challenges</a>
<b>Other</b>	Complete against someone or collaborate in a team to achieve a goal, or just run solo <a href="https://findarace.com/plan-b-virtual-race">https://findarace.com/plan-b-virtual-race</a>

## **Continuing the GCR coronavirus weekly challenges and running sessions!**

While our usual group running routines are out because of social distancing, we are inviting club members to take on specific challenges on certain days of the week. The overall aim is to help us all to be as fit and strong – if not more so – when we come out of the other side.

<b>Tuesday</b>	<b>Run Leaders Challenge</b> 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. Please keep an eye on the GCR Facebook page for the weekly challenge.
<b>Thursday</b>	<b>10k Training Challenge</b> We were all set to initiate two different 10k training regimes – and we're not going to let a pesky virus stop us! 10k is the average distance for both Midweek League and Sunday Cross-Country League, where we aim to shine for both performance and inclusivity.  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, then follow the excellent plan devised by Tom Wackett. The aim is to dazzle with our league performances next available opportunity.  For more info - <a href="https://www.gardencityrunners.org.uk/covid19-2/">https://www.gardencityrunners.org.uk/covid19-2/</a>
<b>Saturday</b>	<b>Not –your-average-parkrun Challenge</b>  Run 5k. Wherever you want. Simple. Let's continue to get 60+ members out doing their best 5k on Saturday mornings, 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?
<b>Sunday</b>	<b>Long Run Challenge</b>  Sunday is traditionally the day when endurance runners gambol far and wide, often going further than anticipated as a result of joyfully getting lost. This is your opportunity to get an impressive number of miles under your belt.  Maybe you have had a marathon or half-marathon cancelled – do one anyway! Without the encouragement of the crowds or companion runners, what are the things that make you want to keep going?

There'll be weekly reminders on our Facebook page, and we want to see lots of submissions to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk) of photos, reports of personal achievements and stories for future newsletters.

### **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, with someone you live with or with up to six people from another household so long as social distancing recommendations are met;
- You can now travel to your preferred run route and can exercise as many times or for as long as you wish;
- 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 – Stanborough Lakes is a bit of a no go on a sunny day;
- 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;
- It is due to be hot this week – please think before heading out for a run and carry water.

### **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 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.

All of these include elevation to help plan out your Midweek Lockdown series runs.

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. 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 Karen Atkinson (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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