



Garden City Runners: News Release from a Distance 1st February 2021

For those of you on Facebook, keep us updated on your running exploits – and any other news – and do post suggestions of challenges that might appeal to your fellow club members. Please send any content for future releases to results@gardencityrunners.org.uk

“RED” January Completed!

Rachael Everard reported on Sunday ...

Really pleased to have completed my “Run Every Day” January challenge today. Admittedly a fair-weather runner, usually only clocking 3 or 4 runs a week, this was a bit of a step up for me. Especially with the added challenge the January weather we’ve enjoyed over the past few weeks!

My partner Mark Ashworth coaxed me round a final half marathon distance today, kindly waiting at the top of all the hills, which rounded my total distance up to 130 miles/ 200 km - by far my highest ever monthly total.

Early on in the challenge I noticed the positive difference getting out in my trainers every day was having on my mental health, so I decided to donate 50p per mile I logged to Mind UK. Like many charities over the past year, Mind have been missing out on their usual fundraising whilst providing more support to people than ever. I’d be really grateful if you could include a link to their website (www.mind.org.uk) in case anyone wants to find out more about their work, access their support and resources, or make a donation.



GCR Annual Awards 5th March – Keep the Date

This year's annual awards night will be virtual, and we'll be doing lots to make it as celebratory as possible. We have continued to thrive as a Club throughout the year, and we have some worthy winners lined up to receive our prestigious awards.

Details of the event will be publicized soon. But for now, please put it in your calendars – something jolly to look forward to!

Run Leaders Challenge – Signs of Spring

After all the gloom and incessant rain of January, we're tickled to see the early signs of spring. So our latest Run Leaders challenge is to make the most of our outings to celebrate the lengthening days and arrival of new life. You can do this wherever and however you like – creativity encouraged. We want to see lots of lovely photos. But if you prefer to spell out something spring-like using the initials of street names, please do. If you are a STRAVA-artist, impress us with your artistic creations of spring (think Botticelli's 'Primavera'). No prizes but think of all the smiles you'll create. Early inspiration can be found in the pictures of snowdrops that Kath Evans has posted this weekend.

As posted by Rob Jones on GCR Facebook page - it's time for another Run Leaders Challenge. Rob writes: 'It's not an original one, but an excellent challenge that had its first outing at the end of first lockdown. Cast your mind back to a warmer climate, flowers budding and strawberries aplenty. It was the brainchild of GCR's sage and thinker Mr Daniel Pudner. Please follow the instructions below, and there's a link to all the signs. No cheating on the photos. You may be tempted to post your photos from July, but the vests, shades and surrounding flora and fauna will be a dead giveaway. We need to see big smiles and cheesy grins. Runners are happy people and like to spread a little happiness. Please adhere to current regulations and enjoy the challenge'

History of the Club

We now have a History of the Club on the website. This has been written by Dick Meredith who was a former Chair of GCR and is now President of the Club. It is an interesting read and a very personal account of the growth of our club.

Really worth a read!

<https://www.gardencityrunners.org.uk/the-club/club-history/>

Avery league is back for 2021!

Following a nine-month, pandemic-related hiatus, the GCR committee have brought back the Avery league in a new, flexible, virtual event friendly format for 2021. The emphasis is still on participation, not performance, to give all members equal opportunity to accumulate points, regardless of speed.

Owing to the constantly changing situation, and especially in light of current restrictions, the league will be published as a three-month rolling calendar of events, which will initially be virtual. The first five events of the league are as follows:

Number	Date	Event	Venue
1	Late Jan/ early Feb TBD	Virtual GCR 5K	TBD
2	21 st February [Note correction to date]	GCR x-country	TBD
3	21 st March Note correction to date]	GCR x-country	TBD
4	28th March	Lea Valley half marathon	Cheshunt

Special provisions will be put in place for COVID-related restrictions this year. For a virtual event, as long as the law requires people to remain in isolation when contacted, the following extension applies:

- If you are required to self isolate, you can request an extension of the deadline to complete your run by notifying Richard Somerset (rich.somerset@ntlworld.com) before the end of the original event period;
- The race is run within a week of the end of your isolation period and you must then submit your results to Richard via email.

Covid 19 – All GCRs Please Read the Following:

The advice and guidelines about Covid-19 continue to change. The club is affiliated to England Athletics and the Association of Running Clubs and we follow their guidelines to help reduce the risk of spreading Covid-19.

Please always follow the following advice for your own and others' safety:

- do not run if: you are feeling unwell; if you have any Covid-19 symptoms or have had a positive test; if you are self-isolating for any reason. Always follow any medical guidance you may have received.
- you may run alone, or with one other person
- maintain social distancing at all times including at the start and end of the session.
- no spitting
- try to avoid touching anything eg a gate or stile but if this is unavoidable use hand sanitizer and avoid touching your face afterwards.
- look out for pedestrians, horse-riders, cyclists etc and move to one side to let them pass and maintain social distancing.

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;
- OS Map app – basic version free; if you buy printed maps you can upload them to the app for full features
- 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 £19.99, 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

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 over 350 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, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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