



## **Garden City Runners: News Release from a Distance**

**14<sup>th</sup> February 2021**

*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 runs, races 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)*

### **GCR Awards Night Friday 5<sup>th</sup> March**

The GCR Awards Night will be virtual but we hope just as entertaining, even if we'll miss the sight of Peter Harvey throwing moves on the dance floor. This is our annual opportunity to celebrate the many stars of our club and this year you can do it all from the comfort of your own home. Do feel free to dress for the occasion and have a glass of something to hand to celebrate the winners. The event is from 7.30-9pm on Friday 5<sup>th</sup> March. Register for your free place [here](#).

### **Help Us Make a GCR Video**

Club member **Adam Wadley** is putting together a short film celebrating the many wonderful ways in which we've supported each other and kept the GCR flame burning bright during this year of lockdowns. Adam writes: "I am in the process of pulling together a video that celebrates the last year of running in the GCR community. Despite its being an incredibly tough year, I think the GCR community has been a beacon of light and the aim of the video is to capture some of the personal achievements, recognise people's efforts within the GCR family to bring us together, provide support and celebrate any acts of kindness or fun from the last year.

Given we are still restricted in our interactions and I am not able to film you all in person, I was hoping you could help me.

Can I ask you (if you are happy to) to **film a short video (ideally around 20 seconds or less)** of yourself mentioning any personal GCR highlights from the last year.

It doesn't matter what you film it on, mobile phones will do just fine. If you can, set it to the best quality your device will cope with for sending it across and please film in landscape rather than portrait. It can be filmed anywhere you want: at home, outside, on a run etc.

Once you have filmed it, please can you send your videos (email or link to your file sharing) to: [adapafilms@gmail.com](mailto:adapafilms@gmail.com)

If you could send your videos across by **Friday 19th February** it would be greatly appreciated."

### **Sharon's Half Term Challenge**

GCR's **Sharon Threlfall** has devised a challenge to keep us busy over half term:

"Those of you who see my Strava might have noticed that I take part in Scavenger Hunts; the idea being that you find various items within your local area. It proved a useful way to get the kids out and about, and find a new way to look at the same places during lockdown.

I have designed a list of 60 items for GCR to find during half term; how you do it is entirely up to you. You could set yourself a one hour limit and see how many items you find, or set out to find all 60 items regardless of the time taken. You can run or walk, and can engage other members of your family to help.

Any item which relates to a person should not be someone in your own group.

Theoretically you shouldn't look at the list of items in advance but it's only a bit of fun, so just do whatever works for you. Remember that the social distancing rules still apply, so you can complete the challenge in your family or household group, or with one other person

If you are taking it "too seriously", you should take selfies to prove that you found the items during your run or walk, and that you didn't use stock images or get outside of your team to find an item. However this is just for fun, but it would be nice to have some photos to share on the GCR Facebook page."

### **GCR Scavenger Hunt**

Street names (10)

Street name beginning with G

Street name beginning with C

Street name beginning with R

A street name with three words

A street name with a person's (first) name

A street name including an animal

A street name including a tree or plant

A street name including four different vowels

A street name with two consecutive consonants

A street name with an X in it

Numbers (5)

House number 19

House number 82

A full postcode  
A telephone number  
The number 14

People watching (5)  
Someone in uniform  
Someone wearing a hat  
Someone on a bike  
Someone wearing a red coat  
Someone drinking a coffee

Urban playground (10)  
Scaffolding  
Something you can hide in  
Something you can climb over  
A traffic light on green  
Social distancing signage  
A water feature  
A post box with the initials G R  
A door knocker in the shape of an animal  
A weather vane  
Your favourite street art

High Five (30)  
Five blue house doors  
Five yellow cars  
Five people running  
Five roundabouts (can be playgrounds, or highway)  
Five different coloured hearts  
Five different circular road signs

### **Staying Motivated During Lockdown**

As many of us are finding Lockdown III particularly hard going, we thought we'd share again **Becca Hayden's** wise words on how running can help with mental health.

"With organised races on hold and social group sessions suspended, it's hard to stay motivated to run during these strange times.

With everything slowing down to a halt and people practising social distancing and self-isolation, we are all finding lockdown a struggle, and feeling distanced from each other in more ways than one.

Despite all the changes to our daily routines, the unknown and the worry, there is still one thing that is always there, through the good times and the bad ... running.

For me running is more than exercise, it provides me with a sense of release and escape. When I run all of my worries, anxieties and the pressures of daily life go away. Nothing matters for that moment in time but the steps I make, the breaths I take and the feeling of being free.

Running has helped me a lot to overcome my anxieties over the last few years. I am not ashamed to say that I continue to struggle with my mental health, and have done so over the past few years, therapy has helped a bit but to be able to get out and be at one with my mind and body in nature has helped me big time. This is my therapy! Time to think time to myself, to be able to push my body to keep going and to push my mind when it wants to give up.

Running for a lot of us is something we crave, if we can't get out we will go crazy! We associate it with friendships and strengths with like-minded people. It's something we can't live without!

Running makes me feel like myself again and I am sure a lot of you will agree.

During these difficult times it is so important to try and schedule in your routine runs, if you choose to run with others just keep your distance and if you can't run due to injury or are having a rest day, walk! It's so important to get some fresh air and escape from the isolation of your home even for just 5 minutes!

We will miss the mid race high fives, the hugs at the end of a session and the group selfies but we will be back! We will not give up and if running has taught us anything it's to push through the difficult times and come out the other end feeling stronger.

The lovely GCR committee are coming up with some great ways to keep motivated and in contact with each other and I can't wait to see what they have planned.



One way I will be keeping motivated is to do some litter pick runs, just to change things up a bit over the coming weeks, and being a positive thing to do for the environment makes me feel good.

While social runs are on hold we runners are a social bunch and while we may be socially distancing physically we have all got one thing in common emotionally.

So stay positive try and get

outside to run or walk and at least we know running is something contagious that we won't want to eliminate!"

*Becca (above, front row, with fellow GCR women at the Fairlands Valley Relays)*

### **Lockdown Running Motivation**

During Lockdown our usual Tuesday interval sessions, group runs and track sessions can't take place. But let's stay positive.

We can still meet up with one person from outside our own households, so let's stay in touch with our running buddies and keep each other motivated to run, jog or walk. WhatsApp groups are a great way to stay in touch, or post on the club's Facebook page to find someone new to run with. Martha Hall is setting interval sessions by email and on Facebook, so look out for details to give you inspiration for a speed session, solo or with a friend (ideally someone of a similar pace so you can chase each other around the circuit).

### **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.

At present, you can run on your own, with members of your household or with one other person from another household provided that the number of people does not exceed two.

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.
- 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 sanitiser 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.
- Particularly on longer runs, take your phone with you, and when running after dark, wear a head or chest torch and reflective clothing.
- Run in your local area

### **FORTHCOMING EVENTS:**

We will be posting news of forthcoming races once it becomes clearer which are going ahead.

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Online entry</b>
Fly 5K: self-timed 5K	Every Saturday	8am-12pm	Submit your result <a href="#">here</a>
GCR XC series: Race 5; Virtual 5 miles Avery League Race 3	25 <sup>th</sup> -28th February 2021	Runner's choice	n/a
GCR Awards Night	Friday 5 <sup>th</sup> March	7.30-9pm	<a href="#">Click here</a>

### **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

### **Avery League 2021**

The Avery League is back with races to be confirmed as soon as possible, depending on current restrictions. Points are for participation, whatever your time or position. Details [here](#).

### **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](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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