



Garden City Runners: News Release from a Distance

21st 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

GCR Awards Night Friday 5th 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 5th March. Register for your free place [here](#).

GCR club x-country – next weekend

As lockdown continues, the next x-country event (and Avery race number 3!), planned for 25th to 28th February will be another virtual event (editors note: fingers crossed for some good news from Boris tomorrow and we can run together soon!).

Run anytime between Thursday 25th and Sunday 28th, over any five mile, off-road course in your local area. Remember to clearly name your run so it can be picked up for the results.

Sharon's Half Term Challenge (half term may be coming to a close but the editor would be very impressed if anyone's managed to complete the list!)

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

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).

For some extra motivation, try gameifying your run with apps like "Run an Empire" or the website "City Strides". How many local streets can you tick off? If you're a Strava premium member you can also generate your own heatmap, showing your most frequented routes – can you colour a new part of Welwyn Garden blue?

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.

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

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

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