

E-BULLETIN

20 MAY 2020



SOMEWHERE OVER THE RAINBOW...



...YOU'LL PROBABLY FIND A READING ROADRUNNER

Chairman Chat

Phil Reay



Phil joined the club in 2010 and from 2016-18 was the Men's Team captain. Outside of running he works in Marketing, Sales and Business development roles. Phil enjoys long distance running and has completed over 59 marathons, including the ultramarathon Marathon des Sables in 2016.

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A rainbow is a promise of sunshine after rain, of calm after the storm, of joy after sadness, of peace after pain and of love after loss. And so, it's very apt that in a week when restrictions began to ease, Reading Roadrunners completed the Rainbow Challenge – completing a physical activity each day wearing a different colour of the rainbow. Well done to everyone who participated, I enjoyed seeing all the happy faces in the photos.

Early on in this period of restrictions, Women's Captain **Sam Whalley** hosted a Bingo exercise challenge and so it's a sign of progress that she's now able to virtually host a Bingo run. If we keep consistently taking small steps we'll look back and realise we've come along way. This activity will take place on 25 May, please contact teamcaptains@readingroadrunners.org or visit our Facebook page for more details.

We've a scavenger hunt taking place this week and once again **Coach Katie** hosts an exercise and strength virtual class. It's been wonderful to read all the supportive comments members have been making on social media and we should all feel proud at the positive impact the inclusive events are having on our well being during this difficult time.

It's often around the 20 mile marker in a marathon where runners feel the most tired, the most drained and for me, when my mind is most likely to drift. We've come so far together and have a little further to go. Let's stay focused and stay connected.

Wishing you and your loved ones a happy and healthy week.

Phil

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Editor's Note

Ben Fasham

Hello all,

I hope you've all been enjoying the dozens of events that everybody's been putting on. From Sam and **Jamie** conjuring up fun news ways of keeping us active, to the coaches providing the benefits of their experience via online classes, to the non-fitness things that are also going on, it sometimes feels like there's not enough time spare to do much else at the moment! However if you do have some time spare then why not write something for the newsletter? **Zoë Browne** has risen (spot the pun) to the challenge this week and it'd be great to see some new names contributing, alongside our trusty regulars. You can write about anything you like – even if it's just a few words just to explain a photo that you particularly like.

This edition sees a welcome return to **Mark Apsey's** recipes, and the cooking theme is continued in Zoe's report of the club's Bake-Off. **Coach Alexa** brings us some tips for strengthening the core, while **Kathy Tytler** again turns her attention to the written word.

Stay safe and hopefully see some of you out there for a run,

Ben

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Club Charity of the Year Update

Rachel Helsby

In just the past two weeks, I am delighted to report that we have raised another £300 directly for our charity of the year - Parenting Special Children. Roadrunners have generously donated for all the wonderful running and social events that others have organised, from the virtual mixed-up relays, the beer festival to the Eurovision party. A big thank you from me to all those who have organised such an exciting array of events for us to get involved in. For anyone who would like to make a donation click on the link below:

<https://localgiving.org/fundraising/readingroadrunners/>



As a charity, Parenting Special Children are very keen to link up with any roadrunners who are planning any events. Please get in touch with me in the first instance if you have ideas.

This week, as many of you will be aware, is national mental health awareness week. PSC, like many of us, have highlighted the importance of kindness for mental health. They have challenged themselves and the families they work with to focus on simple acts of kindness both given and received.

Thank you from them and me for your acts of kindness in giving so generously to families in great need.

Women's Captain's Report

Sam Whalley



Sam joined the club in 2015 just after her first marathon. She has 3 teenagers, 2 dogs and one husband; she works part-time as a secondary school teacher. She is a huge fan of XC running, doesn't mind swimming and is a fair-weather cyclist. When not running, she will quite often be baking.

teamcaptains@readingroadrunners.org

Another week has gone by, and I, for one, have managed to enjoy a couple of socially distanced walks with friends, on top of my usual exercise. It's incredible what a difference actually catching up in person can make to your mood.

During the week I have enjoyed participating in both the Rainbow Run, and the Two by Two Hurrah, in which I teamed up with one of my daughters.

As a mum to older children (my youngest - twins - are now 17), I am completely in awe of those who are having to homeschool, and in some cases, work from home as well. My sixth formers seem to just work independently through the tasks that are set, at least, that is what I assume, so if you are having to be the teacher at home, I salute you.

I am so impressed too, at how whole families are getting involved in our events. I am glad that we are managing to bring people together, and create a bit of motivation. I asked two of our supermums how they get their families exercising.

Mum of 4 (2 boys and 2 girls), and a triathlete herself, **Liz Ganpatsingh**, tells me that her children have never really been interested in events that are aimed at their age groups, so Joe Wicks, junior parkrun and school sports activities get the thumbs down.

But joining mum or dad, **Roger**, also a Roadrunner, on a run or bike ride is a good opportunity for a bit of one-to-one parental attention, a challenge of its own in a big family. Liz says that despite the draw of screens, she makes exercise optional for her children, but no doubt seeing mum and dad keeping fit is a huge inspiration for them. They have certainly been out and about a fair bit in recent weeks!

I bumped into another mum of 4 (3 boys and 1 girl), **Jo Sollesse**, with her eldest son, while on my run this week, so asked her later how she is managing to keep the family fit during lockdown. This is what she said: "I like to run early myself to get it done for the day, and I was lucky I could still do that in lockdown. Kya had been doing parkrun and my boys play football and rugby so I wanted to encourage them to keep up their fitness. It started with Joe Wicks PE every day and then I suggested to Couch to 5k to the older two, and they are now on week 7. I encourage them all to get their exercise done early so it's done for the day so on Monday, Wednesday and Saturday (after my run), I take Kya and Hayden on their run and we also still try to do Joe Wicks. We then have a late breakfast, followed by school work, lunch about 1pm and then the afternoon is more relaxed. Just before dinner we take the dogs on a walk round the field. They very much like their computers so I like to try and make sure they are active too. As for the younger ones, I try to encourage them but they don't go out regularly. They ask me to take them occasionally and just before lockdown they had started junior parkrun again. I do encourage them to do Joe Wicks each day and my youngest is doing his gymnastics on Zoom once a week."

I don't know about anyone else, but I find it hard enough to get my own exercise done let alone everyone else's. Well done to you both! You might not feel like it all the time, but you are doing a great job!

Mental Health Awareness Week

Alexa Duckworth-Briggs – Mental Health Champion

Controlling the Controllable and Worry Time

One of the things that we are all finding unsettling and stressful at the moment is the amount of things outside of our control; we have guidelines to follow, things we aren't allowed to do and a whole new way of life to get used to.

One of the tips that's been helping me is to control the controllable. For example, I can't control the guidelines we have to follow, but I can control how it impacts me by planning to make the most out of my one outdoor exercise slot a day. I can't control if a family member is struggling with what's going on, but I can control how I respond to that can, perhaps by planning to support them.

A technique that really helps me is "worry time". I keep a notebook by my bed and before I go to bed every night I write down the things that are worrying me at that moment. I write beside them whether I can actually do anything about each of them, I have to be honest with myself as to whether I really can influence it!

All the ones I can't do anything about get "banked"; they are out of my head and in the notebook before I go to sleep. For things I can do something about I write down one or two things I'm going to do the next day to help reduce or "action" the worry. Again that thinking is then paused until the next day and it really helps me sleep better.



Reading Roadrunners Great British Lockdown Bake Off

Zoë Browne

I have always enjoyed baking and even more so since having children. As a child I have really fond memories of the birthday cakes my mum would make for me. I remember a bear, a snake, a hedgehog and a massive cake filled with fresh cream and strawberries (which nearly made me sick because I very greedily had a huge slice!). I decided that I would try and make similar memories for my children and so every birthday I make them a really special cake. We have had the Gruffalo, a Minion, a rainbow, a watermelon, hidden surprise cakes, Lego cakes, Shopkins and a fairy toadstool house, to name but a few. I feel like I may possibly have made a rod for my own back but I hope that in years to come my children will look back on their birthdays and remember the cakes that I have made for them with love rather than whether they got the latest iPhone or not! I do just need to add the caveat that I am by no means a brilliant baker, but I am very enthusiastic.

This love for baking is what prompted me to organize the Reading Roadrunners Great British Lockdown Bake Off.

I was out on a run one day, tossing ideas round in my head and wondering whether anyone would be interested in taking part. By the time I got home I decided I would just give it a go and see what happened. My first mistake was saying that cake has nothing to do with running. I was soon shot down in flames and firmly told that it had EVERYTHING to do with running. I was secretly extremely pleased to hear this. One of my main motivators to run is so that I can eat as much cake as possible and I have now found out that I am by no means the only one at the club with this mindset. Phew!

Once I had put the idea out there, the entries started flooding in. There were so many different bakes: cakes, bread, rolls, pastries, brownies, muffins, cookies, tarts, cheesecakes, crumble and even a handful of savoury dishes. You guys are just so amazing! Some people made multiple entries, and by 'multiple' I mean a baker's dozen from at least one person. My second mistake was not suggesting that everyone drop a slice off on my doorstep so that I could taste test them all. I shan't make that mistake again! Instead, I posted them all up on Facebook in 4 categories (Cakes, Bread, Individual Bakes and Miscellaneous) and let the members vote by 'liking' the bakes they preferred. The final 'like' tally was taken early on Saturday morning and the star bakers were as follows:

Cake

Gary Tuttle's wife Trinity for a magnificent cake for their niece's birthday (right)

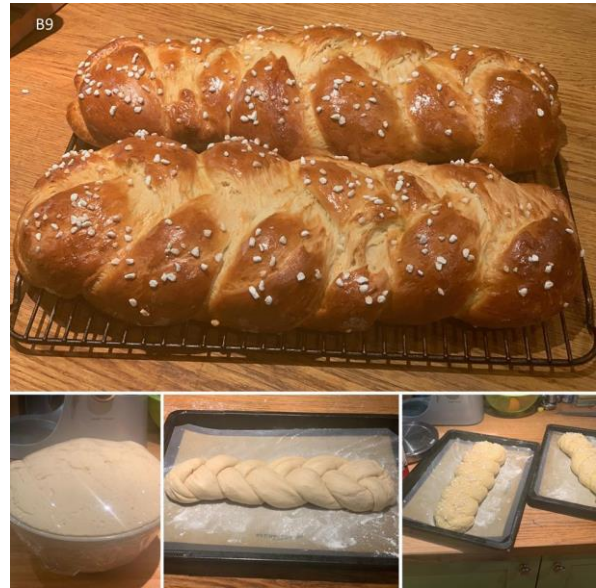
Miscellaneous

Noora Eresmaa's son for a mouth watering patriotic tart which also happens to be gluten and dairy free (below)



Bread

Rabea Hands for her amazing pleated loaf (right)



Individual Bake

Rabea Hands again for some delicious looking Danish pastries (below, left)

Congratulations to all the winners and a huge well done to everyone who entered!

I would love to be able to do this again but be able to taste the bakes. Who is up for repeating this when we are allowed to socialize so that we can see if they taste as good as they look?

P.S. Here's a picture of my 3rd birthday cake. I am the one wielding the rather large knife, the 1970s were not known for health and safety. We lived on a catamaran in the Mediterranean at the time so I'm super impressed that my mum was able to make a cake at all in the teeny tiny galley with a gimble cooker, let alone a bear shaped one.



Feet in the Clouds by Richard Askwith

Kathy Tytler

First a confession. I love running; I love talking about running; I love reading race report from club members – but books about running? I can take them or leave them. Put it this way, I would rather read ‘Marathon Man’ (William Goldman) than ‘Ultra-Marathon Man’ (Dean Karnazes).

‘Feet in The Clouds’ is a tale of fell running and an obsession. A Londoner gets addicted to fell running in The Lake District and aims to complete The Bob Graham Round; running 42 of the highest peaks in 24 hours. During this quest he introduces the reader to a world of extreme athletic achievement in areas of sublime beauty. It is inhabited by modest people, whose life and work is often in the mountains of their sport, far away from the celebrity culture and fuss of media attention.

And it is very well written.

Askwith alternates his running experience with chapters dealing with the history, traditions and personality of the sport and his description shows experience of the landscape, that you cannot get by just looking. Some writers have copied this format (e.g. Julie Welch on 100 mile walking), but have never equalled it.

I hesitate to recommend books about running to non runners, but I would recommend this to anyone with an interest a quest, in life, in some of our wonderful landscapes. I run because I want to. Sometimes it is cold, wet even painful, but I enjoy it. Enjoyment is too mild a word to describe what runners get from running. This book celebrates running and manages to put into words these feelings. This is his description of the end of a training session of hill reps that he ran with local fell runners:

“And then – the recurrent miracle at the heart of every runner’s faith – it is over. We’re done; we are still alive; we’re starting to feel better already. All that remains is to jog down, chatting and marvelling at the view. The sun has sunk somewhere behind us, on the far side of the mountain, and the slopes are flooded with deep, prehistoric shadow. A white moon glows icily out of the deepening blue ahead; and though the necessities of downhill running mean that one cannot glance at it for more than a second at a time, the sea of ancient Cumbrian twilight that stretches ahead must look much as it did to Ernest Dalzell when he ran (and worked) here, or for that matter, to that other famous gamekeeper of these parts, Bill Teasdale.”

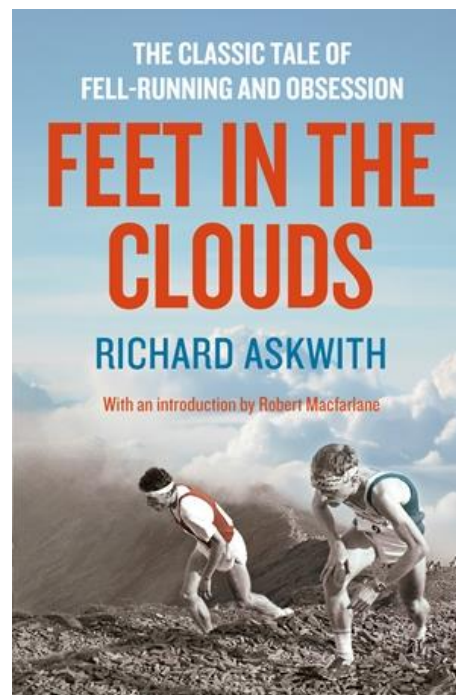
On a visit to Keswick I thought I would try this session. I parked where he had met up with the local fell runners and followed the route out of town to the lower slopes. I was worn out before I even got to the starting point for the reps!

I won’t be attempting the Bob Graham Round, but if you think it might be for you, please don’t be tempted to visit The Cumbrian Fells just yet.

Happy Running!

Kathy Tytler

<https://www.quartoknows.com/books/9781781310564/Feet-in-the-Clouds.html>



Core Exercises for Runners

Alexa Duckworth-Briggs

For all these exercises start with 8-10 reps and build to 12-15 reps, rest for 30 seconds and repeat twice more. So you do three sets of each exercise. For those where you hold the movement start at 30 seconds and build from there.

Focus on good form, if you are unable to keep to the form cues then stop. Do the exercises slowly and with control, this is more effective than a fast approach and will mean you are more likely to be doing them right!

If you can it's useful to have a mirror nearby so you can check your form for the exercises.

Plank

- Lie on the floor on your front. Position your elbows under your shoulders with your forearms on the floor and hands together.
- You then lift your hips and move into a plank, the easier option is with the knees still on the floor. The more challenging option is rising up to be on your toes.
- With either option you want the muscles in the bum and tummy to be engaged (imagine pulling your tummy button back towards your spine) and hold the position steady for up to 30 seconds to start with.
- If this hurts in your lower back then stop. Aching shoulders, bum and tummy are fine!
- Imagine your head and feet driving in opposite directions and make sure your bum is in a straight line with your shoulders, not lifting or dipping. A mirror is handy to check side on.



Side Plank

- Lie on your side on the floor, lift your shoulders up and have your elbow under the shoulder supporting your chest.
- Straighten your legs and lift the hips and knees so you are in a straight line feet to head.
- You can bend the knees and keep them on the floor as an easier option.
- If the on the feet version feels too easy rotate the shoulders and hips to bring your hand under your chest for a few repetitions.



Chest Raises

- Lie on your front and place your hands on the floor out to the side of and level with your shoulders.
- Engage your core by pulling your belly button back towards your spine
- Keep looking at the floor and engage the glute muscles in your bum to lift the chest and hover the hands of the floor pulling your shoulder blades together behind you, slowly lower back down



Swim Kick

- Still lying on your front rest your arms on the floor under your head and engage your tummy muscles by pulling your belly button back towards your spine.
- Squeeze your bum muscles and flutter kick your legs like you are doing the front crawl swim stroke to lift and lower each leg off the floor alternately



Crunch with Twist

- Lie on your back on the floor with knees bent and feet flat on the floor
- With your fingers lightly against your temples and elbows wide lift your chest and head up and across towards your left knee, lower back down
- repeat the movement to the right knee and lower, keep repeating



Toe Taps

- Still lying on your back on the floor with knees bent and feet flat on the floor
- Switch on your tummy muscles by pulling your belly button back towards your spine. Make sure your whole back is flat against the floor throughout this exercise, that's key!
- Lift each leg in turn so that your thighs are at right angles to the floor and your shins are parallel to the floor
- Slowly tap one foot to the floor and raise back to the start position, alternate with the other leg.
- Your spine should remain flat on the floor throughout, with no arching in the lower back.



Apsey's Recipes

Mark Apsey



Mark is a self-employed chef specialising in high-end dinner parties, and a former Head Chef at L'Ortolan Restaurant in Shinfield – so not only is he one of Berkshire's top runners, but also one of its best culinarians. In a semi-regular series for the E-bulletin, Mark brings us a delicious, healthy recipe. Do let us know if you've tried any of them, and enjoyed them!

Hi All,

Sorry for no new recipe last week. I spent many an hour on zoom calls with a company in the US and holding discussion with the local council working to amend my company output. Thus, after plenty of lost sleep and lots of planning, from this Saturday, I am launching a doorstep meal delivery service, every Saturday with plans to expand this if it proves popular. It will still be of the same standard of cookery and ingredients I've prided myself on through a career in a number of one and two Michelin-starred restaurants, but finished and plated by your good selves in your own kitchen. For anyone who is appealed to this idea, please do see my Facebook page for more information.
www.facebook.com/mylkd.

This week's recipe takes you to Brazil. The weather is warm again, and this recipe - whilst not the prettiest of plates - eats like a dream. Great post run food too, packed with protein, carb and fat to rebuild for the next run. We're making "Feijoada". It's also a great way to use of some of those old tins in the cupboard, and cuts of leftover cooked meat.

Ingredients:

500g Pork Ribs - ask a butchers counter or I know they sell them in most Sainsbury's. You can also swap this for something like ham hock, bacon trimmings, etc if you can't get the ribs, but the bones really make a difference here.

4 sausages - anything goes here, I like something like a Cumberland for its flavour. Maybe not those weird flavoured sausages.

100g chorizo - cut into chunks

Any left-over roast pork? Or about 300g shoulder or belly cut into chunks

2 onions

3 cloves garlic

1 can black beans - or another type of beans hanging about at the back of the cupboard

½ can chopped tomato

3-400g ham/chicken stock

5 bay leaves



2 tsp ground cumin

1 tsp smoked sweet paprika

30g bbq sauce - I use Jack Daniels bbq sauce because I think it's the best, but anything smokey is good (if a you have it a drop or two of liquid smoke doesn't go a miss either)

Method:

- Brown the ribs, chorizo and whole sausages (plus pork shoulder/belly if not using roast pork) in a pan on a medium heat, then when the colour is golden, remove from the pan. Some items may be ready before others.
- Dice the onions and garlic. Sauté with the bay leaves, paprika and cumin in the oil left by the meats.
- When soft, cut the sausage into good sized chunks and add back into the pan with all the other meats (including the roast pork if using).
- Drain and rinse the beans, then add to the pan with the tomatoes, bbq sauce, and cover with just enough stock so it comes up to the level of the meats.
- On a medium low heat, heat gently, with a lid on for around 30 minutes, then give a good stir and transfer the whole pan to the oven without a lid for around 2 hours on 110°C. It will be ready when the meat is falling away from the bone in the ribs.
- Season according to your own taste, and pick the bones out if you wish, or leave them in.

Serve with some sticky rice, spring onion and coriander.

The feijoada can be made way in advance and cooled down, then reheated when required. It lasts about 5 days in the fridge, or 3 months frozen.

Happy cooking, and if eating without the cooking is more your thing, just shout.

