



good luck and be safe. Record your efforts accurately using a fitness app. Wear something bright as there won't be any marshalls – I'm sure of that. Let's try and stay fit and motivated in spite of our current 'interesting' circumstances.

### **NINETY NOT OUT**

Come July, Calliope will be 90 years young, one of the oldest harriers and athletics clubs in the land. Let's hope we get to have a proper face to face party before the end of 2020! In the meantime, we would appreciate any brief reminiscences, anecdotes, incriminating photos or notable memories of the club to be shared with the club email, [calliope.birkenhead@gmail.com](mailto:calliope.birkenhead@gmail.com) by way of leading us into a time of remembering and celebration. Committee will edit contributions as needed. We will compile them and do a special edition of the Capers at an appropriate time. This will be particularly helpful for relative newbies such as myself. None of us were around in 1930, but we can appreciate the history and anticipate a good future for Calliope in the coming years.

Make sure you keep an eye on the weather if you're heading out for some exercise. It's all about the layers. My southern friends report winter weather from Kaka Point to Queenstown, with some snow about the tops. Some of that will be blowing our way no doubt. Winter ills and chills take on whole new significance just now right?

Also, if you're looking to upskill with smart watches, exercise apps and the like, get in touch. I'm sure there will be a club person who can assist in some way. Take care and run strong.

Martin