

CALLIOPE CAPERS

15 APRIL 2020

ISOLATION INSPIRATION

I suppose I used up most of my alliterations last week, which was a bit foolish of me. It's been great to participate in some fun activities in the last week or two. We had a #roundthebend challenge which involved people running a 5 or 10k in close proximity to their home, with elements of creativity built in. I employed Rod and Chris as totally independent judges for this exercise, a task which I must say they approached with commitment and enthusiasm. The full results should come with this edition of the Capers. Thanks to everyone who participated in the fun.

I must say these things become a lot easier to organise in isolation by employing the social media platforms of Facebook and Strava. Now could be a good time to get on board with Calliope Strava – you just need a (relatively) smart phone. If you don't know how, just ask. Here are some highlight pictures from the challenge:



Wednesday last week we had an evening drinks catch up on **Zoom**, supposedly after a run. Some of us went running earlier in the day when the conditions were nicer. I guess we are creatures of 'Wednesday night habit'...Thanks Bev for the inspiration on that one. Details of further catch ups will be on our <u>Calliope Facebook page</u>. I know it's not quite the same as the real thing but will do in the meantime. By the time you read this, we will have been in level four alert isolation for three weeks. Like me you might be moving through the stages of anxiety, irritation and now perhaps peaceful acceptance. Well, it's a nice theory right...?

Vicki came up with the bright idea of a half marathon challenge this coming weekend, in the absence of any official ones, so you will find details of that on <u>both our Strava and Facebook pages</u>. It is called #OUCH (Official Unofficial Calliope Half). I imagine we will see some pretty fast times for solo efforts, so

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 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