



CALLIOPE CAPERS

29 APRIL 2020

Not another Rāhui Rev up – next level

Having been deprived of takeaways for weeks and weeks (first world problems) it seems a lot of folk were prepared to queue for long periods to get a taste yesterday as level three rules re-opened the wondrous possibilities of fast food. Local councillor Richard Hills posted a picture on Facebook of the crush of people waiting for their orders outside Glenfield Burger Fuel. Apparently, the smell of grilled beef and bacon overpowered the sense of personal space developed assiduously in level four. Social distance be damned!

The other day I tried Mairangi Bay Countdown, which I would guess has the worst designed carpark in the Southern Hemisphere. However, inside all was a picture of Covid-19 serenity as a flowing system of floor arrows guided us through the store without having to pass another shopper going the other way - Except for the elderly lady clad in PPE who I passed not once, but *three* times furtively scuttling against the flow of arrows and people in order to get what she wanted. At times like these, having expressive eyebrows is a great benefit. She probably would not have appreciated what my actual thoughts were, had I shared them.

Not to worry, one of the skills I have been honing during the *lock-down* is leaping out of the way of folk during my bush runs at Centennial Park. There have been some humorous moments and friendly banter. I've been glad this particular park has been left open, as it provides all the benefits of trail running in a compact suburban park. I've been careful to identify the wider trails to avoid those awkward lock-down dances when you come round a blind corner into the dreaded spit-zone of another microbe-infested human.

My observation is that Covid-19 rules can bring out the best or worst in people. Creativity, kindness and humour emerge like winter sun through the blinds on a fine morning. Dark corners of self-interest, aggression and plain old stupidity also become apparent. With some grace we might put those down to stress.

I'm proud of the way we as a club have dealt with the lock-down scenario. I think we have seen examples of creativity, kindness and humour in the online activities and solo challenges dreamed up by various members. Kudos this week for the YouTube video featuring several club members and the mad IT skills of Mike Shaddick https://www.youtube.com/watch?v=2_YLw6LxWlg such fun, but also proof there are some things we've seen in lock-down that we can't *un-see* and will be burned into the backs of our eyeballs forever.

Next week we'll be reporting on the #nextlevel relay which appears to be a logistical masterpiece (at least on paper) curated skilfully by Bev Steward. It will conform to level three lockdown rules i.e.: there is no baton, only a digital photo handover and no-one will be running the same route or doing high fives #togetheralone.

The *NZ Herald* obituary for Ray Ambler reminded us his mantra was "use it or lose it". We know that he was still biking regularly in his late 80s until medical events intervened. On that note, I encourage you to follow his example and keep getting out there in the fresh air and cracking weather we've been blessed with lately. You're not allowed to wash the car or the house so you might as well go for a run or a walk.

Kia kaha, run strong

Martin

UPCOMING CLUB EVENT - Rotorua EKIDEN Relay - Saturday 17 October 2020

The committee are committed to doing the Ekiden relay as a social event for the club. Families are included and can enter in the team for the event.

The Rotorua Ekiden is a fun team relay run or walk around beautiful Lake Rotorua. Rotorua Ekiden welcomes people of all fitness levels and abilities to sign up for this marathon distance event. Rotorua Ekiden is broken down into six achievable legs for a team, ranging from 3.24km to 9.27km.

Check out: <https://ekiden.co.nz/>

The Ambassador Motel is booked for Calliope for Friday and Saturday nights. Do you wish to participate in this team relay and/or be a support please email Bev Steward beverley.steward@gmail.com with name(s), wish to be part of a team, run or walk.

#Nextlevel Relay

This Saturday 2 May we will be having a Level 3 Relay. The focus is local! No batons, just a photograph. We have three teams of six runner with each team running a total of 45km. Each runner will start on their local corner. Look out for Calliope runners. The finish is in Mahara Avenue outside the club so come and see them come in. Watch Facebook for pics and finish time. Any queries to beverley.steward@gmail.com

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.