



CALLIOPE CAPERS

6 MAY 2020

Zooming through lock-down #togetheralone

Having had a flat week followed by a pretty good week at level three, I guess I'm getting the hang of the new normal. One thing I've managed to do is keep my running up at a *reasonable* level. There are various online challenges on offer, including the Run 5/Donate 5/Nominate 5. I did that one Wednesday morning after being nominated by Sandra and managed a respectable (for me) 5km before making a donation to the North Shore Hospice. Organisations that rely on the flow of charitable funding are really struggling just now, so I thought it had to be a good idea. There are lots of amazing and necessary worthy causes out there.

Last Saturday, by virtue of being at level 3, Calliope held the #nextlevel relay which was indeed a logistical masterpiece overseen by Bev Steward. It conformed to level three lockdown rules i.e.: there was no baton, only a digital photo handover. All physical distancing guidelines were respected. I ran my first leg from Forrest Hill which was one of the *least* hilly, but still managed to include Stanley Rd. at the end which hurt a little bit. Others (esp. Brian, sorry Brian) also had some monster hills to contend with. Each team ran 45km.

My thanks to all who participated, members, friends and associates, especially Duncan who we had to co-opt at the last minute for injury cover. It was great to see Chris and Rod driving the various courses and acting as photographers and mobile cheerleaders for the crew. They covered 67 km in their car! A special very big thanks to Bev who spent a lot of time setting up the teams, routes and making sure everyone was able to run their leg from a corner close to their home. We only had fleeting glances of various people, but it was enough to remind us how we miss running together on a regular basis. It's another example of creativity and tenacity in lock-down mode. You will see the results with this edition of the Capers. We'll try and dream up another (possibly less ambitious) challenge before the end of level 3.

Some of the news / self-help chatter is saying 'be kind to yourself' during lock-down, because you won't be as efficient juggling all the things you are having to do in different ways than you normally do. Apparently, *lockdown fatigue* is a thing. I'm being kind to my dodgy knee this week, having been doing a lot of hilly loops around here. 'The North Shore is flat'; said no one ever. Look after yourselves and those who are dear to you.

Keep an eye on the dates for the proposed relays in October, we are hoping to make a big thing of that. Let Bev or myself know if you are coming. Also, a club survey is in the pipeline, so all those thoughts about where you see Calliope in the future can be shared. 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.

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.

RESULTS for the Inaugural #NEXT LEVEL RELAY

Only one discrepancy - Bevan and Sara both look like they did 5km

Also the actual clock times are a.m. not p.m. (24 hr format) ie: 19:45 should be 7:45

	Est	Final	Difference
Team A	4:15.00	4:00:35	14:25.00
Team B	4:01:27	3:54:00	7:27.00
Team C	4:01:27	4:47:41	4:19.00

Fastest time	B Team	3:54:00
Fastest over their est time (Nailed it)	Vicky	8:54:00
Closest to est time	Bevan	0:00:19

Overall winners Team C - 4.19 over their overall estimated time

Team A	KM		Time est h:mm:ss		elevation	Start
Martin	10	9.87	0:50:00	0:48:47	181	19:45:00
Vicky	10	10.24	1:00:00	0:51:06	187	20:35:00
Duncan	5	5	0:30:00	0:28:00	84	21:35:00
Sara	5		0:30:00	0:29:09	130	22:05:00
Bevan	5	10.01	0:30:00	0:30:18	130	22:35:00
Saz	10	10.01	0:55:00	0:53:15	193	23:05:00
TOTAL	45		4:15:00	4:00:35	905	

Team B	KM		Time est h:mm:ss		elevation	Start
Pete	5	5.07	0:25:57	0:27:07	75	19:58:33
Greg	5	5	0:26:30	0:25:00	126	20:24:30
Sophie	10	9.98	0:57:00	0:53:17	138	20:51:00
Sandra	5	4.69	0:30:00	0:27:07	117	21:48:00
Sara D	10	10	1:00:00	0:58:21	191	22:18:00
James	10	10	0:42:00	0:43:08	194	23:18:00
TOTAL	45	44.74	4:01:27	3:54:00	841	

Team C	KM		Time est h:mm:ss		elevation	Start
Brian	10	10.04	1:10:00	1:09:04	223	19:08:00
Mike	5	5.13	0:30:00	0:29:10	71	20:18:00
Jeanne	10	10	1:00:00	0:58:57	193	20:48:00
Dene	5	4.95	0:40:00	0:38:52	86	21:48:00
Bev	5	5.01	0:35:00	0:32:35	150	22:28:00
Mike S	10	10.27	0:57:00	0:59:03	187	23:03:00
TOTAL	45	45.4	4:52:00	4:47:41	910	