

A club providing running & cycling opportunities to the local community of varying abilities, which they can pursue for fitness and / or social purposes within a supportive, friendly atmosphere and where encouragement is given to participate in organised local events.

Welcome to autumn



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Autumn seems to have arrived with a bang as we all adjust to shorter daylight and mapping our outdoor activities around wet weather and muddy fields.

However with autumn comes a renewed focus on strength and conditioning, endurance training and C25k for those of us new to running, so why not set your autumn goals now?

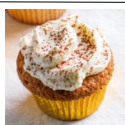
Club members looked fabulous in their new kit at last month's Duxford Dash 5k & 10k and the 10k friendship run/walk, and there are a couple more additional pieces of club kit for the autumn in the pipeline. So there's every reason to be out there, Powered by Cake as always!



Tiramisu Cupcakes— a well deserved treat!

Ingredients

- ◆ 180g butter (soft)
- ◆ 180g caster sugar
- ◆ 1 tsp vanilla extract
- ◆ 3 large eggs
- ◆ 180g self-raising flour
- ◆ 1 tbsp instant coffee
- ◆ 2 tbsp granulated sugar
- ◆ 4 tbsp carnation caramel
- ◆ 125g mascarpone
- ◆ 50g icing sugar
- ◆ 125ml double cream
- ◆ cocoa powder, for dusting

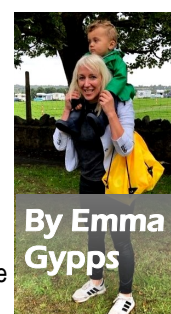


Method

1. Preheat the oven to gas 5, 190°C, fan 170°C. Line a 12-hole muffin tin with paper cases. Beat the butter, caster sugar and vanilla with an electric whisk, until fluffy. Add the eggs and flour; beat well. Divide the mixture between the cases and bake for 20 minutes, until risen and firm. Transfer to a wire rack to cool.
2. Meanwhile, make a coffee syrup. Put the coffee and granulated sugar in a pan with 3 tbsp just-boiled water. Stir, over a gentle heat, until the sugar has dissolved. Set aside to cool.
3. Hollow out a small lid from the middle of each cake and fill with a

little coffee syrup and 1 tsp of caramel. Return the lid to each cake, trimming as needed.

4. Combine the mascarpone and icing sugar. In a separate bowl, whisk the cream until thickened. Add the mascarpone, one third at a time, mixing until combined. Spread the mixture over the cakes and chill for 30 minutes to firm up. To serve, dust with cocoa powder.



Night running safety



By Astrid

So, with the nights quickly drawing in, it is limiting our opportunities to get out during daylight.

I personally really enjoy running after dark and it is quite often the only time I have.

Thought I'd share some tips to ensure for staying safe while running at night (and yep, most are common-sense):

Avoid loud music

Use a low volume setting on your running headphones to ensure you're still aware of what's going on around you

Stay visible

Always ensure you're visible from the front and the back by wearing hi-viz, so both directions of traffic will see you

Lights

Consider investing in a running head torch and light, so you can see the path ahead (avoid stumbles) and others can see you too

Run with a friend or a group

Safety in numbers and much more fun as well

Tell someone where you're going

Stick to routes you know well and tell

someone where you're going and what time you reckon you will be back

Run against traffic

Run against the traffic so you can see any potential dangers coming

Vary your routes and times

Avoid being predictable and try not to run the same route at the same time every day

Finally, **trust your instincts**, they are most likely right!!!

But above all, keep running!!!!



Coaching

If you are considering a coaching qualification, British Triathlon and English Athletics offer suitable courses, these include:

- ⇒ Run leaders Course, English Athletics
- ⇒ Level 1 Triathlon Coaching
- ⇒ Club Coach Leadership
- ⇒ Community Activator
- ⇒ Strength and Conditioning Coaching

For more details, see <https://www.britishtriathlon.org/get-involved/education> and <https://runtogether.co.uk/about/become-a-run-group-leader>



The Ghost of Tween Town Woods Halloween Fun Run

Saturday 31 October 2020—3pm to 5pm



Includes

- A spooky route up to 5k
- Halloween costume a must!
- Halloween treats for finishers
- A spine chilling ghost story



Full members: FREE

Associate members: £3

Dates for the diary

4 October to 20 December

C25k programme

17 October

Baton Challenge

31 October

Halloween Fun Run

7 November

Steeple Chasers 10-Miler

14 November

Night Run

13 December

Santa Fun Run

20 December

5k Celebration Run

Join the events advertised on the Facebook Group for more information.



**Membership fees are due from
1 October 2020.**

Full membership: £20 per year
Associate membership: no charge

Please send bank transfer to the Club Account.

What's happening in October—SCRCC events organiser updates

Time for more event planning now that LEJOG is over.

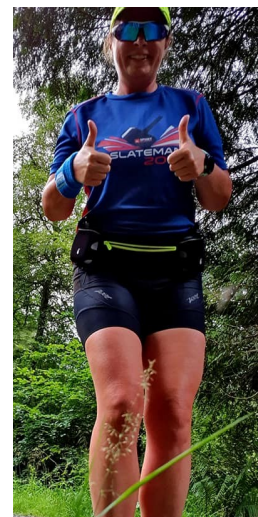
We have two events coming up this month, which include the Baton Challenge on Saturday 17 October and the Ghost of Tween Town Woods Halloween Fun Run on Saturday 31 October. The Baton Challenge may be a familiar event for some, and unheard of for our newer members. Participants are all split into teams and will each run, walk or cycle to place a coloured baton somewhere ready for the next person in their team to find it. Photos, strava or map screenshots or even what3words are different ways you can send the location of the baton to your next teammate. We ask that each person wipes down the baton as they place it to ensure we are Covid-19 safe. The Ghost of Tween Town Woods Halloween Fun Run is currently in the planning process. The run route will be turned into a spooky route of 1k laps of how ever many you dare to do, up to a maximum of 5. Wrist bands will be handed out per lap and also some treats for any children completing. Halloween costumes for runners

are encouraged but compulsory for our marshals who will be placed along the spooky route. The run will be planned with Covid-19 safety measures which will mean staggered starts per individual or family bubble will be in place, no mingling at the start and finish line and social distancing at all times. There will be treat boxes or bags for the end courtesy of our volunteer bakers. The start time is expected to be around 3pm but a full briefing will be on the Facebook page soon.

With our new membership fee rules, we will now be asking you to fill in a Google form to secure your entry to our events. If you're are not a paid member then you will be asked for a small entry fee.

Remember that all participants for events need to send a return to play form back too, which most have now done.

The recent LEJOG challenge was a big success and so its decided that there will be a JOGLE (John o'Groats to Lands End) in Spring 2021!



**By Abigail
Salter,
Events
Organiser**



Made Strong!

"Oh no, I'm having a heart attack, no a stroke". It is the early of the hours of the morning and I am awoken by the strong smell of burnt toast. I immediately fear the worse having read that people who are about to have a stroke smell this. My heart is racing but after ten minutes or so the smell goes away, and I go back to sleep.

A few hours later I wake up and feel fine. I take a hot shower but as I step out of the cubicle and onto the mat, I cannot feel my right foot. It has gone numb. As the morning progresses the numbness spreads up my right side into my lower back. Later that day I am staggering around the narrow-cobbled streets of the quaint town of St. Augustine, Florida with my two young Springer Spaniels – bumping into passers-by and outside dining tables. I just could not seem to coordinate my legs properly.

A few days later I am lying in an MRI machine. Ten minutes after that I am sitting in the Neurologist's office staring at images of both my brain and spinal cord and a number of white masses. The Neurologist confirms that it is Multiple Sclerosis. I later discover that the burnt toast was a phantom smell common in people with MS. Other reported smells include typewriter ink, petrol and roses.

Four years later, in 2010, having suffered one acute relapse after the next, I was warned by my MS Nurse that I would likely lose my balance and require a wheelchair. At the time I was working long, stressful hours as a Detective Inspector with the Metropolitan Police. I said to Abigail I need a radical change of lifestyle – which is exactly what we did!



So, in early 2012 our car and furniture were packed into a large shipping container and our four dogs packed into wooden crates ready for their

flight to Sydney. Abigail and I had both secured lecturing positions with a university who delivered the academic subjects to New South Wales police. My allocated word count for this article is nowhere near long enough to talk about our three years in Oz – all I can say is that we had a blast. I took up sailing, gaining my Day Skippers qualification, we skied, and we even managed to get on a float at the Sydney Mardi Gras!

My plan worked, my condition stabilised and we returned home at the start of 2015, and I continued with my passion to become a triathlete.

My best friend commented on how I always wanted to be a triathlete – years before I was diagnosed with MS. I am not sure what stopped me at the time however I have my suspicions that if it were not for being diagnosed with MS it would have remained as a mere aspiration.



My first triathlon took place in September 2015 at Hever Castle. Kent. The event I entered was aimed at novices with a requirement to swim in open water for 200m, cycle 12 km and run for 2km. I just loved it and from then on, I have been absolutely hooked.

I am grateful that 14 years after being diagnosed I am still able to compete in middle distance triathlons, half marathons and cycle sportives. In fact, in the last five years I have successfully competed in 11 triathlons inc Ironman 70.3 Canada (1.9k swim – 90k bike – 21k run, 8 half marathons (my first was in the Disney Magic Kingdom, Florida), 3 cycling



sportives and various 10 milers and 10k runs. Not bad for a girl who thought she was destined to spend the rest of her life sitting on four small wheels not two – plus I like collecting the bling!



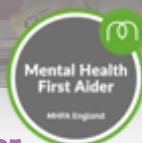
I particularly love the challenge of doing triathlon as it truly helps with emotions of having a critical illness. Training for the Ironman 70.3 was life changing. It made me forget about having MS as I was training to doing something that most able-bodied people cannot or will not do. This confirmed that I am **Made Strong!**

Obviously, I would not choose to have this medical condition however it did change my life in an extremely positive way. Despite suffering from relapses including sight problems, hearing loss, nerve pain and fatigue I live life to the full. I am sure that many will agree that being diagnosed with a critical illness make you appreciate the importance of embracing life. Luckily, I have a fantastic partner who supports me in so many ways – she is **My Soulmate**.

Mind your language!



By Helen Shelswell,
Welfare and Covid-19 Officer



Do you ever find yourself telling yourself you're too tired to run .. even before you've got your trainers on? Or berate yourself that you're not good, strong, fast, motivated enough? Convincing yourself you can't carry on? It's too far? Too hard? You're just not good enough? Or as good as Jane?

Our self-talk can have a massive impact on our running .. and the rest of our lives for that matter, including our stress levels! So, what is self-talk? It's that little monkey on your shoulder. All day long, most people have a running dialogue with themselves – it's amazing we get anything done!

It can be helpful (reminding us to rest if we have a niggly pain) but also be pretty unhelpful and limiting (you'll never be able to run a decent 5k, why even bother!) It's the voice that tells you to take the short cut home from a run, or that you just can't do it.

Negative self-talk can influence our confidence and emotions which affects performance, according to research by Dr Christopher Carr. It can create nervousness before or during a run as well as affecting breathing, muscle tension and a loss of concentration and focus.

Conversely "If an athlete's self-talk is positive and relevant, the resulting emotional experience is one of relaxation, calmness, and feeling centred; as a result, the chances of good performance increase dramatically."

Our language can also have a detrimental effect on others - how demoralising to hear "I'm rubbish, I can only do a 40-minute 5k" from a running friend, when, for you, completing a 5k seems like a pipe dream.

So, what can we do?
Many things ... these are a few to get started.

1. Notice - pay attention to what you say to yourself. Just be curious, with no judgement, keep a self-talk journal for a week.

2. Reframe - take your negative statement and reframe to be either neutral or positive. Rather than "I'll never be able to run 5k without stopping" try "I know that if I follow the Couch to 5K programme with Victoria, that I'll work towards running 5k, at my own pace".

3. Make the words personal and meaningful to you; and like any new skill it will take practice to create that mental muscle.



So, reframing your thoughts not only provides bit of self-compassion, it also helps boost your belief in your ability to succeed in the future. Give it a try and see if it works for you!

Mind your language .. because language affects your Mind!

Next month we'll look at the power of Mental practice.

In the spotlight



Do you have a story to tell, and event achievement to shout about, or would you just like to share a short autobiography to inspire other club members?

Here's your chance to shine. It's great for club members to be able to read about fellow club members, especially as so much has to be virtual at the moment. If you would like to send information, achievements or your story to be included in future issues, please email to steeplechasersrcc@gmail.com by the 20th of the month, and it will be included in the next issue.

Thank you for reading our Club Newsletter!

