

Good News

hj
horsham joggers

keeping the club connected

#RunAndTalk

Welcome to our first edition of 'Good News', pulling together all things positive from the HJ family!

We hope this will be the first of many regular updates to help keep our fantastic club connected during these difficult times.

I'm sure the suspension of club activities will have had a big impact on many of you, running and being part of a club is a significant part of a lot of our lives. We all know the physical and mental wellbeing benefits of running, and also the social interaction of club life. I'm sure we're all missing this, so it's important that we keep connected and help each other wherever possible to navigate the weeks ahead.

This will largely rely on you guys to share your news and views so don't be shy, please let us know what you're up to! Thankyou to everyone who has sent in photos this week.

The road ahead won't be easy, but we've already seen some fantastic examples of how we can adapt and be resourceful. In

the words of Martin Luther King Jr., "Only in the darkness can you see the stars", and I strongly believe it's in these testing times that we really will see the best in people.

Social media has its flaws, and has rightly come in for a lot of criticism recently, but used well it can also be a wonderful platform. We have pretty much everything we want at the touch of a button, so let's use that for all the good that it can do.

"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listening more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

- Kitty O'Mera.

outside spaces in and around Horsham, many of which are still open* so keep active and make sure you're getting outside for fresh air whenever you can - but please do so sensibly, and within the government guidelines!

This has been put together in between home working and home schooling - like many of you trying to juggle several commitments and adapting to a very different way of life - so if you can overlook the odd typo I hope it gives us a positive place to stay in touch, share advice and help keep motivated.

Please do send in your stories, pictures, or anything helpful and positive to HJRunAndTalk@gmail.com - we'd love to hear from you!

Keep safe x

*circumstances and government advice are obviously changing on a daily basis, but at the time of writing the information is correct to the best of our knowledge. Please of course check for yourselves before venturing anywhere.

A special shout out to the key workers amongst us, especially those on the front line in the NHS working in the most testing of circumstances. You are all heroes! If you'd like anyone to have a special mention then please let us know.



We received this beautiful picture along with good wishes to us all from our friends at TG Lage in Germany. We hope you and all our HJ Family are staying safe all around the world at this time.



EVENT CANCELLATIONS

The club are receiving a large number of emails from race organisers to confirm cancellation or postponement of local events. Copsale butties, Mels 10k, CH relays, WSFRL, Riverside Walk, SGP etc and our own Horsham 10k are all affected. Basically, take it that ALL events over the coming months may be subject to change and check with organisers before entering or travelling from home (if permitted!)

What's inside...

Virtual Bootcamp

Personal fitness and bootcamp instructor Claire has been putting HJ'ers through their paces.

Member Feature: Streaky Runner

We caught up with HJ member and run streaker Andy Mitchelson

Your Photos

It's been great to see what you've been getting up to

Beating the Self-isolation Blues

Some recommended running-related reads

Useful Resources

Coronavirus and your wellbeing

In the Headlines

A selection of good news and updates from near and far

MEMBER PROFILE: STREAKY RUNNER

Unless you have been living in a cave, if you run locally the chances are you will know - or at least recognise - club member Andy Mitchelson. Horsham Joggers was Andy's first running club back in the late 1980's, and he returned to us last year. He is a parkrun regular (280 and counting) and is often seen running the streets of Horsham - in fact he's been running every day for a VERY long time. We caught up with him to find out a bit more...

So, for those that don't know, what exactly is a run streak?
Running consecutive days for a minimum of a mile

I understand that you have kept your streak going for a long time now, how long exactly?
My running streak started on the 6th June 2006 so after my run home this evening (19th March) it's currently 13 years, 9 months and 14 days.

Wow, that's some achievement! How did it all begin?
A friend had a running streak. Craig Vanderloef inspired me to start as we ran together on all the Brooks sales meetings we attended. Lots of hungover runs!

There must have been many high and low points along the way, are there any in particular that stand out for you?
The highs are the great friends I've made through running. Low points have been a couple of injuries that nearly ended the streak.

I am sure. So what's the closest you've come to breaking your streak?
I fell heavily on the Downs link and badly cut my knee. The emergency practitioner at East Surrey described it as 'macerated'. He was a friend so I of course asked if I could run the next day. He said yes, just don't fall over and pop your stitches!

Must be difficult fitting this in around everyday life, what's the strangest place you've had to run?
I've run in all sorts of places. I think a 05:00 round the docks in Liverpool was a fairly odd venue.

You are consistently running 50+ miles a week, what's the secret?
Eat healthy. Stay hydrated. Make the easy days really easy.

Do you have an end goal in mind, or will you just keep going for as long as you possibly can?
I'd love to keep going as long as I can. I know one day I might not be able to run so I enjoy every day I get.

Too right. And who is your running inspiration?
*I've been inspired by many runners but growing up in the North East I was surrounded by awesome runners. Charlie Spedding and Mike McLeod were particular favourites. John Walker was my favourite foreign runner. Also Oveff. Never Coel!
The amazing Ron Hill is the hero for all Running streakers. Plus Mark Covert in the USA.*

Noting our article about Pan Shancu (the Chinese runner who claims to have run 31 miles in his living room), do you have any contingency plans if we're confined to our homes?
The great Czech runner Emil Zatopek ran on the spot in his house. I might have to do that!

Cheers Andy!



Did you know...

The longest recorded running streak in history came to an end on a Saturday in January 2017 when England's Ron Hill completed a one-mile run. The 78-year-old former Olympian did not run the next day, his first day off in 52 years and 39 days -- a streak that dates back to Dec. 21, 1964, five days before the Beatles topped the Billboard charts with the single "I Feel Fine." Hill called time on his streak due to ill health. Impressive stuff indeed.

Ron Hill won the 1970 Boston Marathon in 2:10:30, a course record at the time. He competed in the 1964, 1968 and 1972 Olympics, placing seventh in the 10,000 meters in 1968 and sixth in the marathon in 1972. He has run 115 marathons -- all but three at times under 2:50 -- and has held world records in 10-mile, 15-mile and 25-kilometer road races, all of them during his streak. His final marathon was the 100th running of Boston in 1996, where he ran 3:12:46 at the age of 57.

GUIDE TO RUNNING TERMINOLOGY

RUNDERFUL (adjective)

How you feel the minute after you finish your run.

RUNGRY (adjective)

The hunger you feel after a long run and a banana just won't cut it.

RUNCRASTINATION (noun)

Having a long list of things to do but going for a run instead.

GRUNPY (adjective)

How you feel on a rest day, or when injured, or on any other day where the world conspires to stop you from running.

RUNHOLE (noun)

A runner who missed a training run or a long run and therefore treats those around them rudely.

"Did you miss your run today? Because you're being a real runhole."

IF YOU'RE HAVING
A BAD DAY,
I hope you might have AN
OPPORTUNITY TO
HAVE A GOOD
tiny, BRIEF MOMENT,
AND THAT IT helps you
GET THROUGH.

@VERONICADEARLY

On particularly rough
days, when I'm sure
I can't possibly endure,
I like to remind myself
that my track record for
getting through bad days
so far is 100% and that's
pretty good

You have
within you,
right now,
everything
you need
to deal with
whatever the
world can
throw at you.

"THE ULTIMATE MEASURE
OF A MAN IS NOT WHERE
HE STANDS IN MOMENTS
OF COMFORT AND
CONVENIENCE, BUT WHERE
HE STANDS AT TIMES OF
CHALLENGE AND
CONTROVERSY." - MARTIN
LUTHER KING, JR.

Being negative
only makes a
difficult
journey more
difficult. You
may be given a
cactus, but you
don't have to sit
on it.

- Joyce Meyer

BEATING THE SELF-ISOLATION BLUES

For those finding themselves with a bit more time on their hands, you might like to try one of these inspiring running-related reads. If you have any recommendations you'd like to share, then please let us know...



Jog On: How Running Saved my Life - by Isabella Rusbridger

In Jog On, Bella explains with hilarious and unfiltered honesty how she used running to battle crippling anxiety and depression, without having to sacrifice her main loves: booze, cigarettes and ice cream. With the help of a supporting cast of doctors, psychologists, sportspeople and friends, she shares a wealth of inspirational stories, research and tips that show how exercise often can be the best medicine. This funny, moving and motivational book will encourage you to say 'jog on' to your problems and get your life back on track - no matter how small those first steps may be.

Running Is My Therapy: Relieve Stress and Anxiety, Fight Depression, and Live Happier - by Scott Douglas

Everyone knows that running builds stronger muscles and a healthier heart. In Running Is My Therapy, longtime runner Scott Douglas shows how endurance running is also the best form of exercise to develop a healthier brain. A natural antidepressant, running reinforces the benefits of therapy and triggers lasting, positive physiological changes. In fact, some doctors now "prescribe" a running regimen as part of their first-line treatment plan for depression. Marshaling expert advice and a growing body of research, Douglas explains how we can all use running to improve mental health--and live happier.



Outrunning the Demons: Lives Transformed through Running - by Phil Hewitt

An exploration of the transformative power of running - and how it can be the key to unlocking resilience we never knew we had.

Running can take us to fantastic places. Just as importantly, it can also bring us back from terrible ones... For people in times of crisis, trauma and physical or mental illness, running is often the means by which they reconstruct fractured, fragmented identity - or indeed the means to a new identity. When normality collapses, running can put it back together again. In the very worst cases, it can actually create a new normality and offer us the chance to move on.

Written with insight and understanding the author himself used running to rebuild his life after being viciously mugged - the book covers the themes of trauma, bereavement, depression & anxiety, addiction & alcoholism, violence/sexual abuse, long-term health conditions and eating disorders.

Eat, Drink, Run: How I Got Fit Without Going Too Mad - by Bryony Gordon

The new hilarious and inspirational memoir from Sunday Times no. 1 bestselling author Bryony Gordon.

Bryony Gordon was not a runner. A loafer, a dawdler, a drinker, a smoker, yes. A runner, no. But, as she recovered from the emotional rollercoaster of opening up her life in her mental health memoir MAD GIRL, she realised that there were things that might actually help her: getting outside, moving her body and talking to others who found life occasionally challenging.

In April 2017, Bryony Gordon ran all 26.2 miles of the London Marathon. In Eat, Drink, Run., we join her as she trains for this daunting task and rises to the challenge one step at the time. Through it all, Bryony shows us that extraordinary things can happen to everyone, no matter what life throws our way.



Running For My Life: How I built a better me one step at a time - by Rachel Ann Cullen

A hilarious, heartfelt and inspirational story of one woman's marathon journey through mental illness. Interspersed with Rachel's real diary entries, from tortuous teen years to eventually running the London Marathon, Running for my Life will make you laugh, cry, and question whether you really can outrun your demons.

Run for Your Life: Mindful Running for a Happy Life - by William Pullen

We all know how a long walk, a slow jog or a brisk run can free our minds to wander, and give us a powerful uplifting feeling. Some call it the 'runner's high', others put it down to endorphins. But what if we could channel that energy and use it to make positive change in our lives?

William Pullen is a psychotherapist who helps people dealing with anxiety, lack of motivation and addiction, to work through their issues using his revolutionary method, Dynamic Running Therapy. He believes that we need a radical new approach to mindfulness: an approach that originates in the body itself.

Whether you are looking for strategies to cope with anxiety, change or decision-making, or simply want to focus your mind while pounding the streets, Run for Your Life offers a series of simple mental routines that unleash the meditative, restorative powers of exercise.



401: The Man who Ran 401 Marathons in 401 Days and Changed his Life Forever - by Ben Smith

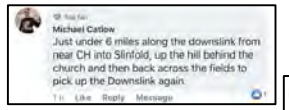
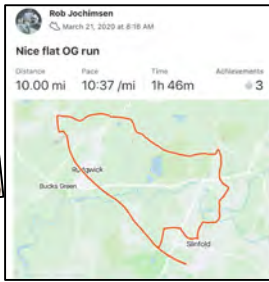
The story of Ben Smith, who decided to run 401 marathons in 401 days. People thought he was mad, until they heard his story, then they began to understand. Having endured years of bullying as a child, Ben tried to take his own life. In adulthood, Ben struggled to feel content with the life that was mapped out for him. But having found his passion in running, Ben sold his possessions, escaped his old life and set off on what seemed like an impossible mission - The 401 Challenge.

During his 10,506.2-mile odyssey criss-crossing the UK, Ben ran in 309 different locations, accompanied by more than 13,500 people. He visited 101 schools, burned an estimated 2.4 million calories, wrecked his back and braved every extreme of the British weather, while raising £330,000 for charity, touching the lives of millions.

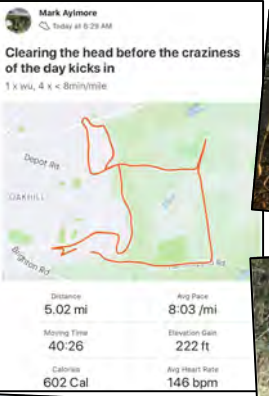
This is the inspiring journey of a previously lost and broken man who discovered that anything is possible, if only you choose to search for what makes you truly happy.

YOUR PHOTOS!

It's been great to see that so many of you have been out enjoying this fantastic weather. Keep the pictures coming in...



Michael Carlow
Just under 6 miles along the downlink from near CH into Salford, up the hill behind the church and then back across the fields to pick up the Downlink again.

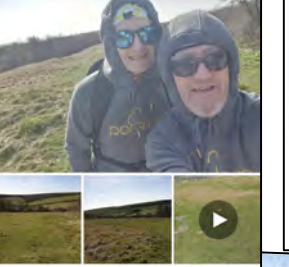


Sue Hensman > Horsham Joggers
2 hrs · G

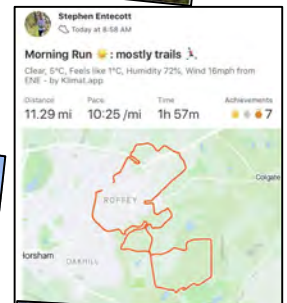
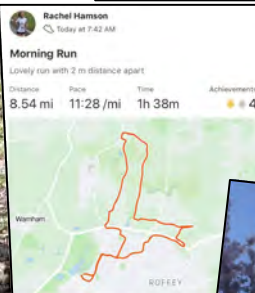
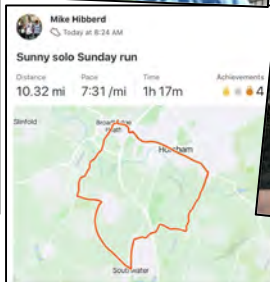
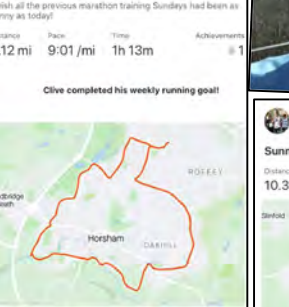
Lovely little 6k run from home with Louby 🐶, xxx



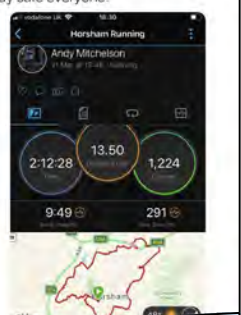
Gavin George
Went on a fantastic walk with my lovely family and did the Horsham Joggers 5-10K route behind Tesco's.



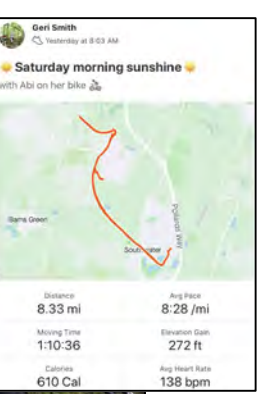
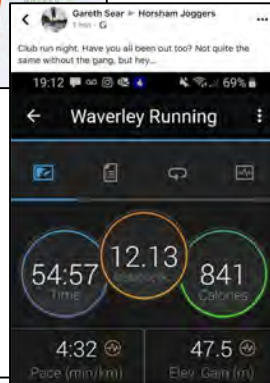
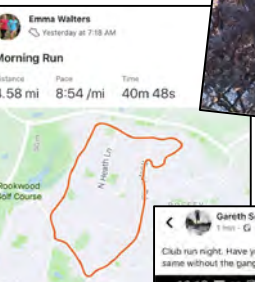
Phillip Liberman is feeling chill with Claire Miller.
Beautiful day today banishing the blues of a parkrunless Saturday. A lie in and lazy breakfast taking part in the... See more



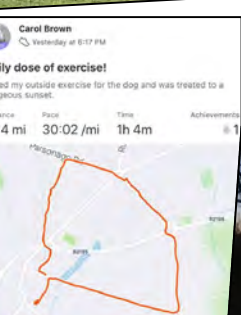
Andy Mitchelson @stepler
@horshamparkrun @HJoggers Self isolating long run. Alone on the riverside walk with my own thoughts. Stay safe everyone.



Nicola @runsmiles18
In amongst the mayhem & uncertainty at the moment some calm found on the muddy trails this morning with #horshamjoggers 🐶🐶 @UKRunChat @runr_uk @247running #ukrunchat #runr #247running #sundayrun #trailrunning

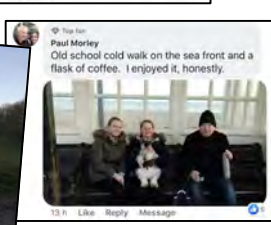


Sam Edwards
Well I still didn't come first on my run with Scamp!!

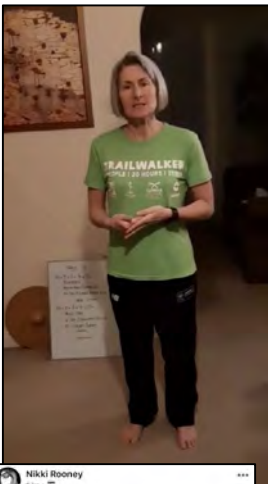


Gareth Sear
One good thing, at the moment, is how busy it seems over the woods, lots of people reawakening with nature, being mindful of 2m distancing. Long may it continue after the Virus.

Mike Hibberd
A single minute of woodland stillness and crossing from my officially sanctioned run this morning. Lucky to be able to find space and solitude and this is one of my very favourite spots Horsham Joggers



VIRTUAL BOOTCAMP!



WARM UP - 5 minutes
 2 x 4 x 6 x 8 x 10 x 12
 1 DRIVING STAIRS
 1 PLANK JACKS
 10 PLANK ROTATIONS
 + REST - 2 min +
 1 SIDE LUNGE SQUAT L.R.
 1 SIDE PLANK LEG RAISES
 20 MOUNTAIN CLIMBERS
 GLUTES + CORE



Sok Wei Lee - Virtual BootcampBuddies
 Took me a few days to get started on Claire's first challenge, but as a warm up to my 5k round the park this morning, I did 3 sets of 10 push-ups, 10 v sit-ups and 10 jumping squats. Now, I over heated! Too keen..... need to calm down. Off to the park.....



Fiona Clifton - Virtual BootcampBuddies
 This stuff really does work. I've been doing more strength training over the last few months. Had my annual healthcheck this week, and my grip strength (which normally declines as you get older) has improved. So thank you, Claire, for all your encouragement! 🙌
 Andy Robins and 9 others

Ian Hines
 Today at 4:34 PM
Afternoon Run the Park
 Distance 5.07 km Pace 7:28 /km
 Achievements 1

SPELL YOUR NAME
 DO THE WORKOUT EVERY DAY

A: 10 PUSH UPS	N: 5 SETS OF STAIRS
B: 1K JOG	O: 20 LEG RAISES
C: 10 SQUAT JUMPS	P: 1 MIN PLANK
D: 20 BURPEES	Q: 30 STAR JUMPS
E: 10 SQUATS	R: 2 MIN SKIPPING
F: 20 STAR JUMPS	S: 20 BURPEES
G: 20 LUNGES	T: 30 SEC PLANK
H: 1 MIN SKIPPING	U: 15 SQUATS
I: 45 SEC PLANK	V: 15 PUSH UPS
J: 3 SETS OF STAIRS	W: 20 SIT UPS
K: 10 BURPEES	X: 10 LUNGES
L: 20 SQUATS	Y: 20 SQUAT JUMPS
M: 2 MIN PLANK	Z: 2 MIN PLANK



Tanya Keeling
 The longest walk I have had for a number of weeks, no calf pain during or after... physio exercises later... fingers crossed gentle jogging next week xxx



Fairy @L.Fee.Verte...
 This morning, courtesy of the very lovely Claire @HJoggers I did a virtual bootcamp... Before during and after I'm going to leave isolation beach ready!



Ali Shears
 Wooded walk and my first sighting in the bluebells - and we didn't see another soul! 🌸



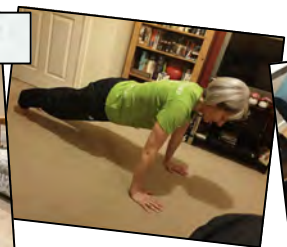
Clive Walker - Virtual BootcampBuddies
 Not much work to do from home. Lovely sunny day for a run. Lucky to be able to run during the day. "Always look on the bright side of life..."



Victoria Robins
 Cheeky 4m followed by exercises for my name. I only went first name, but blimey that's a lot of plank!

Victoria Robins
 Evening Run
 Distance 4.08 mi Avg Pace 8:43 /mi
 Moving Time 35:36 Elevation Gain 98 ft

Thomas xperikin - Virtual BootcampBuddies
 Quick 10ish minute core workout
 Substitute the weights for tins/anything round the house with a bit of weight to them - just don't drop it on your face though... or just use your arms!
 10x - 8x - 6x - 4x - 2x structure
 10 of everything, 8, 6, etc...
 Take a rest when needed but try and keep it continuous



The Plank Challenge

Personal Fitness and Bootcamp Instructor Claire is looking to keep us all fit and toned during this difficult time.

Claire is posting workouts, technique hints and tips and fun challenges.

Claire said "I want this group to be a safe and supportive group that keeps us 'connected', positive and inspired, as well as fit and healthy during these coming weeks, especially as many of you will have those deferred marathons in the autumn months.

We can all support each other!"

If you are interested in joining the Virtual Bootcamp Buddies group please message Claire and she can send you an invitation to the group.

Well done to everyone who has taken part so far - great work - please keep the updates coming.

Thank you so much to Claire, this is fantastic!

USEFUL WELLBEING RESOURCES

You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

Mind have put together a range of useful information including:

- Plan for staying at home or indoors
- Taking care of your mental health and wellbeing
- Checklist: are you ready to stay at home?
- Finding the right place to stay
- Eating well and staying hydrated
- Taking medication
- Continuing to access treatment and support
- Taking care of your immediate environment
- If you have care needs, or provide care or support to someone else



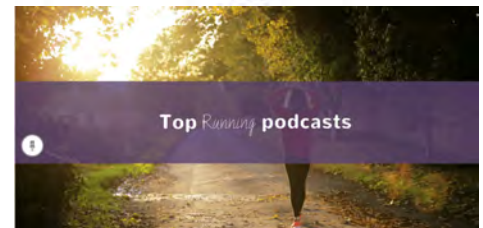
To find out more visit

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/



WhatPods

Looking for a motivational running podcast? We've found 35 of the best!



Health

Coronavirus: How to protect your mental health

By Kirstie Brewer
BBC News

16 March 2020

Coronavirus pandemic



Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety and OCD. So how can we protect our mental health?

Read more at

<https://www.bbc.co.uk/news/health>

GOOD NEWS NETWORK



The Latest Positive COVID Updates From Quarantine: A Pandemic-Positive Podcast With Geri & Anthony (Ep #4)

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BBC Radio 1 Life Hacks Podcast

Coronavirus: How can I look after my mental health?

In the first of a series of Life Hacks podcast specials, Katie and Dr Radha share their personal feelings about the ongoing coronavirus pandemic and talk about ways we can look after our mental health at this time.

Mindfulness

Emily was at the Ariana Grande concert when a bomb went off. She shares how mindfulness has helped her deal with anxiety and trauma in this special Matters of the World takeover.

How Running Saved My Life

Katie and Dr. Radha are joined by Bella Mackie who shares her story about her battle with mental health and describes how running saved her life

Show more

Download

20 March 2020
Available now
34 minutes

27 June 2019
Available now
11 minutes

08 January 2019
Available now
32 minutes



Quarantined Man Runs Marathon on Apartment Balcony Amid Coronavirus Lockdown

Elisha Nochomovitz spent six hours and 48 minutes running the distance on the small balcony of his apartment in Toulouse, France.

It was a marathon effort to keep fit and stave off boredom amid the coronavirus lockdown in France.

Elisha Nochomovitz spent 6 hours and 48 minutes running 26.2 miles around the 7-meter balcony of his apartment in Toulouse on Tuesday, just as a 15-day nationwide ban on people leaving their homes (apart from essential outings) came into effect. Video shared online shows the 32-year-old restaurant worker, who is currently furloughed from his job, running repeatedly up and down the small space. In all, he completed around 6,000 laps.

"I wanted to bring something playful to the containment," said the seasoned marathon runner, who has 36 such races under his belt.

"I saw pictures of people going out of their homes for jogging. But if everyone does the same, we will all end up outside," he told HuffPost France, noting how it was the first time he hadn't been bothered about recording a lengthy time. "Part of my goal was to kill as much time as possible," he said.

Source www.huffingtonpost.co.uk



COVID19 - ESSENTIAL STORES

Working in conjunction with Horsham District Council this website contains details of Horsham COVID 19 Essential Stores, Information and Official Updates designed to help the Horsham Community get through the COVID19 Coronavirus crisis.

Read more at www.visithorsham.co.uk



Coronavirus: Parks, leisure and public venues

Horsham District's parks and countryside sites are vitally important at this time. The website includes a list of all venues and facilities that remain open to the public.

Read more at www.horsham.gov.uk

Chinese man under lockdown runs 31 miles in his living room

Pan Shancu, from the city of Hangzhou, completed 6,250 laps of track consisting of two large tables set up inside his apartment

The amateur marathon runner said he "could not bear sitting down anymore", as he and many other people across China have been confined to their homes for weeks.

Pan posted proof of the feat on social media site Weibo last week, with video of his set up and screenshots from his running app that tracked his run.

The runner said each lap of his room was 8 metres, and he eventually completed more than six thousand in six hours, 41 minutes

Source www.theguardian.com



Horsham Self-Isolation Support group established as Boris advises 14 day isolation period

Posted on March 16, 2020



In response to the Coronavirus outbreak and the advice to self-isolate if ill, the Horsham community has come together to provide support for its more vulnerable residents.

Read more at www.thedistrictpost.co.uk

CHEERS!



Social distancing didn't stop these running buddies enjoying birthday celebrations last week.

They are all friends from the L2R 2016 group, and still run and socialise together - even from afar as seen to the right. This may well be the new 'going out' for the foreseeable.

Love it - Happy Birthday Simon!

Please let us know how you're keeping in touch with you running friends!

