

September 2021

LEITH LASSES



Issue no. 5

LEITH HARRIER AND ATHLETIC CLUB

www.leithharriers.com

leithharriers@gmail.com



facebook.com/groups/959042407988145

[@leithharrierandathleticclub](https://www.instagram.com/leithharrierandathleticclub)

AUGUST'S Roundup

As we looked at the jam-packed August events schedule, one would ponder how we could possibly fit a monthly results roundup in one small write up – enter Covid Lockdown 2.0!!

August kicked off with a hiss and a roar at the NZ cross country champs held at Chisholm Park. Orraith and Christine represented our Leith contingent running for Otago. Both placed 4th in their age-grade races. Well done!

Surf to Stadium fortunately managed to squeeze itself in before Covid came to town. Although none of our registered lasses ran the event, plenty of the girls within our Leith community gave the run a crack on what was a stunning late winters day.

Otago Road Race Champs, August Leith Harbour Free, Great Naseby Water race Ultra and the ever-popular Clyde to Alexandra all succumbed to Covid restrictions while we all waited with bated breath as to what the call would be on the Dunedin Marathon – postponed to 7 November.

Despite it all, the runner must be the luckiest of the sports mad contingent – we can still do what we love despite the pandemic's restrictions. The cancellations, postponements and interruption to the training schedules are small sacrifices in the bigger picture. Hang in there, normality cannot be far off!
Stay safe 😊

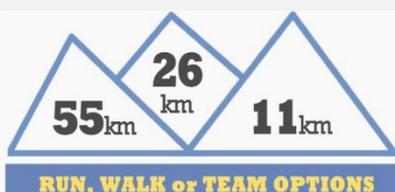


ENTER THREE PEAKS 2022

Believe it or not, last year there was a 60 / 40 split of male to female entries across the Three Peaks events with the boys just pipping us to the line with the larger of the split.

For 2022 we aim for a 50 / 50 gender split across the events. So, let's make up the deficit and set in stone the growing trend of female trail running participation!

Enter here and take advantage of the early bird pricing:
<https://threepeaks.co.nz/>



SOCIAL MEDIA

Join our new Facebook Group:

<https://www.facebook.com/groups/959042407988145>

On this group you are able to post your own running content and chat where we hope for a much better member interaction, conversation and voice. Post as you please!

We're on the 'Gram

Follow us @leithharrierandathleticclub

Make use of our hashtags so we can see your running adventures too. #leithharrierandathleticclub #threepeaksmountainrace #leithharriers



INJURY – the identity crises it creates in us

The late runner-philosopher Dr. George Sheehan called running injuries “diseases of excellence”. But let’s face it, most runners don’t tolerate injuries well. We despise the fact that we can’t participate in something that keeps us physically and mentally healthy. We fret over the loss of fitness, the possibility of weight gain, and the anxiety that we won’t return to our previous level of performance. Runners who are injured become miserable, we are subject to the stages of grief (denial, anger, bargaining, depression, acceptance), and we all know how we take it out on our nearest and dearest – sorry!



Psychologically, injury can do more damage to us than the physical limitations of the injury itself. Running becomes our identity; we’re known in the office and social circles as “the runner” – but what happens when “the runner” can’t run?

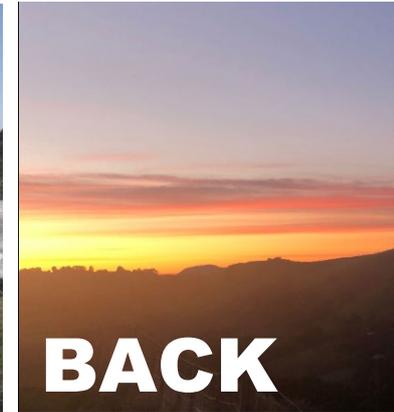
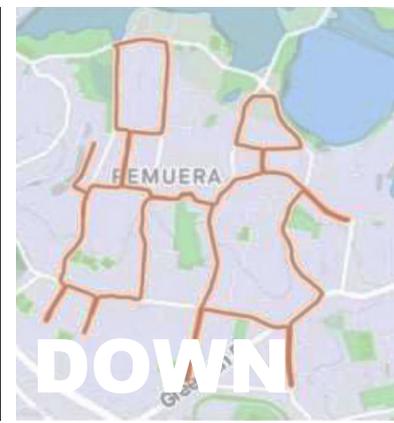
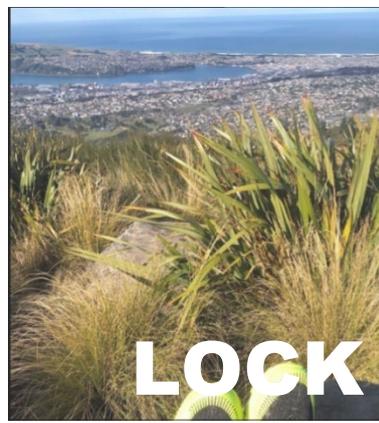
Having a strong identity as a runner is not a negative trait, the pitfall however comes when we allow our sense of purpose to fully hinge on our success, or lack thereof, as a runner. Not balancing our passion for running with a well-rounded sense of purpose introduces mental struggle, especially during injuries or after a bad race.

What is your purpose for running? To improve health and physical fitness. Or, maybe you just want to be faster than others and set PBs. All good reasons, but is there a greater purpose to your running?

Imagine if your usual reasons for running didn’t apply – all your running desires can be achieved by taking a pill. Would you still run? If your answer is yes, then running must have some higher value to you above and beyond your performance success.

If your purpose is solely to beat others, run PBs or lose weight, then it’s easy to feel under-accomplished when you don’t. Approaching your passion for running in a holistic way, in terms of its intrinsic meaning to you, and focussing on the knowledge you will return to running after an injury should keep your cup full!

Source: *Overcoming the Runner’s Identity Crisis*. By Chris Robertson, Fleet Feet, January 16, 2019



PENINSULA RELAY

On 18 September (Covid permitting) the annual running of Dunedin’s Peninsula relay will be held. A handicapped 6-women relay run from Portobello and circumnavigating via Hoopers and Papanui Inlets back to Portobello. Running legs range from approx. 3km to 7km.

If you are interested in running for us please let Chris or Lydia know:

chriscsole@gmail.com

lydiapattillo88@gmail.com



A PAIN IN THE BUM!

The largest muscle in the body is indeed your bum. The muscle is actually a group of three named the gluteus maximus, medius and minimus, or more commonly referred to as the 'glutes'. Despite being the largest group of muscles and of extreme importance to running efficiency, they are often the most neglected by runners. Studies link glute weakness to Achilles tendinitis, runner's knee, iliotibial (IT) band syndrome and other common injuries. For females, glute function can be of even higher importance due to our wider hips creating a greater hip to knee angle for the glutes to work with. Think of the horrid saying and image of 'run like a girl' – this whipping action of the legs, pronounced in the female population, can be a clear indicator of weak glutes.

Your gluteus maximus is essentially your butt, the two smaller, glute muscles are located on the side of your butt, slightly above your hip joint. When we run, the glutes' job is to hold our pelvis level and steady. The gluteus maximus is responsible for hip extension or raising your leg behind your thigh and knee behind you after pushing off with your foot. Without good hip extension you won't have a powerful stride, limiting speed. The other key role of glutes is providing stability for the pelvis and knees, keeping our pelvis and torso aligned. Strong glutes limit side-to-side motion creating a more efficient runner as energy is directed forward – basically, you can run faster at the same effort level.

When the glutes aren't working properly, some of the impact forces are transmitted elsewhere down the legs – hence the common injuries noted earlier. It is common for the gluteal muscles to become inhibited which will prevent them from properly engaging. Part of the problem for runners is that glutes aren't as active as other muscles during routine activities. This leads to your hamstrings, quads, and calves becoming disproportionately stronger causing an imbalance. This imbalance limits the effectiveness of the glutes. The end result is that if we aren't aware of this imbalance and subsequently correct it, typical movement and habits will place increased emphasis on the stronger muscle groups such as the quads, rather than allowing the glutes to contribute properly within the running motion. Excessive sitting can cause tight muscles, in particular the hip flexors, which will then inhibit the glutes, making them weak and ultimately pulling your pelvis out of alignment. Bottomline, you need to work the smaller glutes to stay injury-free.

Chris Sole offers us some great exercises for strength and stability, many of which target the glute region. Do take a look and give them a go: <https://photos.app.goo.gl/bVtz6WMrTEaKtk6nZ>

Source: <https://middleagemarathoner.com/weak-glutes/>

Going Nuts?

The four nuts every runner should eat:

Almonds Cashews Walnuts Pistachios

Packed full of minerals and healthy fats that help to lower bad cholesterol, nuts are the perfect go-to snack when you're feeling peckish.

For runners, almonds, cashews, walnuts and pistachios hold the title for the best bang for your buck in the bulk bins. These 4 morsels store a powerhouse of calcium, potassium, protein, magnesium, Omega-3 and, not to mention, their ability to stabilise blood sugar levels – all vital for a busy runner's body to perform at its best.

<https://www.womenrunning.co.uk/health/nutrition/4-nuts-every-runner-eat/>



UPCOMING EVENTS

**** Covid permitting!!!



Leith Harbour Free: Date/s TBC as soon as we are in Level 2

18 September: Peninsula Relay

24 September: Lovelock 3000m

10 October: Hill City 10km

16 October: Balclutha Half Marathon

Every Tuesday: Chris Sole's training group, approx. 5:20pm from Caledonian and fields

Every Thursday: Group run from Tomahawk, approx. 5:20pm.

Every Saturday: 5km Park Run 9am at the Botanical Gardens