

Vol. 1, Issue 8

Dec & Jan 2021/ 2022

LEITH LASSES

Leith Harrier and Athletic Club



MERE KIRIHIMETE

As we all hoped 2021 would be the year of vaccination and Covid will sail away as a distant memory, the Delta variant had other ideas for us. A relatively undisturbed 2020/2021 summer season could be had but August spelt the end of the large majority of organised races for us.

Despite it all we have had a great year in our female running community. Some have won races, some have set PBs, some have run further than before, some have overcome injury or illness to get back on the horse and some may have just accomplished something they never thought possible – Well done!

Our Tuesday Interval Training sessions run by Chris Sole have been very popular throughout the year and our female contingent has been healthy in participation. It's been great to have our friends from other Dunedin clubs and communities come along for these sessions too – the more the merrier!

Our Leith Harbour Free events have battled on despite lockdown and social distancing. The bulk of the work being carried out by Chris and Sebastian Sole – Thank you for getting these events off the ground for us, especially in times where we didn't know where our next race was coming from!

Our key event of the Three Peaks was uninterrupted by Covid this year – well done to our organisers who ran the 2020 and 2021 Three Peaks only 6 months apart. Our Leith Cross Country Relays in May also went ahead without a hitch - let's hope the horses have a better appetite in 2022 to keep that thick grass a little lower!

As we break for the festive season, this will be the last Leith Lasses for the year and we will recommence writing in February 2022. Have a great summer break, keep up the great work out there, look after yourselves, stay safe, Merry Christmas and we will see you all in the new year!

EVENTS STILL ON THROUGH THE SILLY SEASON



Crush the Cargill: 24hour mountain race, 11 December, 10am

Leith Harbour Free:
5 December, 9am, Course 2
16 December, 6pm, Course 1
31 December, TBC

Track and Field meet: Saturdays PM, check Athletics Otago web for details

Every Tuesday: Track interval training session, 5:20pm @ Caledonian

Every Thursday: Beach and sand dunes group training, 5:20pm @ Tomahawk



LET'S KEEP HYDRATED

With predictions of a dryer summer and higher than usual temperatures it may pay to give heed to our hydration levels when running – we've all been caught out on a run in Dunedin where we've thrown our layers on assuming it'll be cold only to find the sun breaks through and the mercury rises in a hurry.

The average runner loses about 700 – 900ml of perspiration per hour of running and when the temperature and/ or humidity rise the rate of water loss is obviously exacerbated.

Consider the fact that if you lose as little as one percent of your body weight during a run, your performance goes down by two percent!

When you become dehydrated, consequently your blood becomes thicker, which makes your heart work harder to pump blood to the body parts that need its fuel.

Keep in mind the importance of hydration over the summer months and don't rely on the local drinking fountains as many of these have been turned off due to Covid restrictions.

HIT THE TRAILS

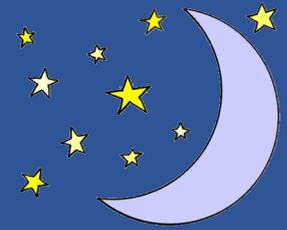
If you're not into the technicalities along with the mud and guts of trail running in our colder months, now the dryer weather has arrived (we hope), is the perfect time to get out on our Dunedin trails when they're at their least intimidating condition. In our hilly city we are blessed with huge array of track and trails from sea level to snowline.

Granted, the majority of the trails are hilly in nature, there are still plenty of flatter options out there. You may have to climb a little to the better ridgeline trails, but the views are always well worth it!

The city council has a great resource detailing all the options in and around Dunedin

<https://www.dunedin.govt.nz/do-it-online/maps-and-photos/tracks-and-trails-around-dunedin>

All great training for our Three Peaks event on March 27 😊



Do you run in your dreams?

Apparently, it's very common to have running dreams. So here's what they could mean:

Being chased: you could be dealing with some subconscious anxiety and fear in your waking life. If you're concerned with the chaser's intentions, you might be disappointed with yourself and the way you've handled something

Running to avoid something: your mind might be trying to show you that you're being avoidant and need to face the music

Running in slow-mo: might mean that you see a significant obstacle between you and what you want. It could be a person, a mentality, or a circumstance.

Running to nowhere: don't know where you're headed or why you're going there? You might be internally conflicted about how to handle something.



WHAT'S YOUR NEW YEAR RUNNING RESOLUTION?



The start of a new year is an ideal time to look ahead and plan your running for the next 12 months. Here are 8 tips to help you to get the most out of yourself this year.

1. Enter a Race

This is an obvious one but there's nothing like a date in your diary and a bit of money forked out on entry fee/travel arrangements to keep you committed to your training.

2. Set a Target

Giving yourself a target to aim for can give a little extra motivation in training and produce an even bigger smile at the finish line knowing all of your hard training paid off!

3. Try Something New

Look for something different: a triathlon, a hill race or an ultra-marathon. These are all gaining in popularity and cater for all levels of abilities.

4. Think Laterally

All runners can benefit from core stability or other strengthening work. If you're curious about barefoot or minimalist running, maybe now is a good time to start incorporating a barefoot session into your training programme.

5. Work on Your Weaknesses

Struggle on hills, get overtaken in a sprint finish, or struggle to maintain your pace over the second half of a race? Identify your weak point and work on it in training.

6. It's Not All About You!

Make it your project to encourage someone else to run this year. Some people just need a little gentle encouragement, and it can be just as fulfilling to see a friend run their first 5k as it was to run your own first race.

7. Be Realistic

What else is going on in your life in terms of work, family and other commitments? Assess how much time you have available for training and set your goals accordingly.

8. Dare to Dream

Sometimes you just have to think BIG. There's nothing wrong with setting yourself an ambitious target. It will give you an extra incentive to push harder in training and get the most out of yourself.

The 12 Days of a Runner's Christmas

We all know the words, sing along – you know you want to!!

“On the first day of Christmas my run bud gave to me...”

One race entry for free

Two rubbing thighs

Three neon shirts

Four protein bars

Five pairs of socks

Six shoes a buying

Seven ripe bananas

Eight miles a hoofing

Nine hours of music

Ten supportive sports bras

Eleven hills a climbing

Twelve muscles hurting

