

LEITH LASSES

Leith Harrier and Athletic Club



WELCOME BACK

As 2022 has us entering our third year of a global pandemic, we continue with the cancellation and uncertainty of so many running events. Motivation can be hard to hold on to when the carpet is pulled beneath us again and again.

For those events that can still carry on through our Red setting, we are faced with alterations that may make the event rather bland in its execution. For our longer races, huge amounts of mileage are put into the legs in preparation – let it not go to waste; create your own Plan B and challenge yourself to run the event (or your own similar creation) on your own or in a small group despite its cancellation.

So for 2022 which may (or may not) be a topsy-turvy as the past two years, lets all take a moment to appreciate those smaller scale events we can still get our teeth into. There may be changes that seem silly, frustrating or unfair, however please bear with it all and give thanks to all our incredible event organisers who 99% of the time are all volunteer efforts!

On a brighter note, well done to everyone on a plethora of great summer running across the nation. Our group runs have been popular and have had many of us exploring parts of our city's landscape never ventured. We hope to offer more group runs throughout 2022, so get in touch if there are areas you would like to explore or familiarise yourself with, chances are there will be others in the same boat.



EVENTS IN RED



Pigs Backyard Ultra:
12 February, Silverstream

Three Peaks orientation runs:
dates TBC

Leith Harbour Free:
Feb dates TBC

Track and Field meet: Saturdays,
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



Feeling Harassed? Not Today!

"I worry about what I wear out running – not because of how I look to others, but because of what some men will yell at me"

A grim but all too true thought for many of us. 84% of women report being harassed while out running. Some never make it home. A sobering statistic in the post "me too movement" world.

Granted running within Dunedin as a female is a safer part of the world and any abuse is at the minor end of the scale, many women continue to feel hesitant to run on their own even in our small and relatively safe city.

NOT TODAY is a short documentary created by Runners World which powerfully examines the realities of the grim statistic—and the determination to change it—through the stories of three women who experienced violence while running. Mollie Tibbetts and Wendy Martinez were both killed, while Kelly Herron survived her encounter. Their tragic stories rippled through their families, friends, and even those who never knew them, leading ultimately beyond grief and fear to inspiration to make running safer for women.

Source: Runners World

Check out the documentary in the below link:

<https://www.runnersworld.com/runners-stories/a34485479/watch-not-today/>

Grass running



As cross-country season looms in the not too distant future, now is a great time to get the body in tune with a little grass running. The local sports fields are in great condition this summer.

The uneven and softer surface of grass means you need to use more power in each stride to run as fast as you would on pavement. The subtleties of grass terrain also encourages the activation of smaller muscles in our feet, ankles, legs and hips that are otherwise unengaged on pavement. Improved proprioception, balance and overall leg strength as well as reduced injury occurrence are benefits that cannot be overlooked.

Don't be disheartened if you find your pace much slower on the grass - this is normal. For a similar effort, the average runner slows by about 10 - 20 seconds per kilometre on grass.

Female Runner Education Evening

Online event: Thursday 24
February 9:00pm. Tickets AUD
\$20 for access - link below

A unique event for female runners to learn, connect and improve their health and running performance.

Topics include your menstrual cycle, nutrition, breast pain, pelvic floor dysfunction, body image, creating routine, motivation and making exercise a priority in your life.

Expect thought-provoking discussion in a supportive environment that will help you to work effectively with your mind and body so you can be your best.



https://www.facebook.com/events/3040601316156808/?acontext=%7B%22event_action_history%22%3A%7B%22mechanism%22%3A%22your_upcoming_events_unit%22%2C%22surface%22%3A%22bookmark%22%7D%22ref_notif_type%22%3Anull%7D



Three Peaks

Leith Harriers pinnacle event, the Three Peaks Mountain Race will be held on Sunday March 27 and provisions are in place for the event to carry on in our current Red Alert Level setting (as it currently stands).

Established in 1984, the event has grown in participant numbers and race distance options to that which we see today, not to mention being ran in reverse on the odd occasion. For 2022 the 55 km Three Peak Plus One, the original 26km Three Peaks, 26km two-person team race and the 11km Race the Summit will all feature.

The idea of the Three Peaks was born of Peter and Sarah Haines, a UK couple who relocated to Dunedin in the 1980s. The couple were avid trail runners regularly spotted across the Dunedin skyline landscapes using the hilly terrain as the catalyst for their marathon training. They established the first running of the event in 1984 on a course much harsher than the maintained tracks we see today, having to also work with forestry and farmers to create a route to get from Swampy Summit to Mt Cargill.

In 1985 the Three Peaks was televised by TV 1 Sport with helicopters buzzing over the skyline, film crew hanging out the sides to capture the runners. The first runner to finish under the 2-hour mark was achieved in the 1985 race, the triumphant athlete winning himself a washing machine for his efforts!



Still not sold on the idea of running in the iconic event? Why not volunteer for us – there's even a free t-shirt in it for you!

Running such a large event involves a huge number of volunteers for a multitude of tasks spread over the entire weekend; marshalling, drink stations, tail-end-Charlie, race packs, prizegiving and even bouncy castle management to name a few. If you are keen, we would absolutely love to hear from you, so please email Siobhan and Gaya to express your volunteer interest. volunteers@threepeaks.co.nz

