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LEITH LASSES

Leith Harrier and Athletic Club

August is awash with opportunity!

It's no secret that Cross-country doesn't sit well with many of the female running cohort in town so let us all rejoice in the fact the road race season is upon us and it's kicking off with a bang!

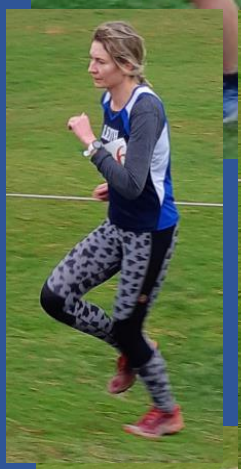
August brings us an absolute smorgasbord of events, of which all local ones are listed on the next page. If you can't do them all, aim for at least one or two and get that Leith singlet sweaty!

Otago Cross-Country Champs

A Cross-Country on a golf course always sounds like it will be plush and fairly tame, however each year, since the move from the Waikouaiti venue, the Chisholm Park course catches us unawares of its brutality.

Olivia Thurnbury, Florence Reynolds, Sarah Caulton and Riley Homan took on the absolute soul destroying 10km Senior Women's race while Rach McKinney fought hard in the Masters 6km.

In a covid ravaged rendition of the event with very small entry numbers, it was great to see so many Leith runners testing themselves. Well done to Olivia and Florence on their second and third placings.



Shout out....

Well done to Rach McKinney for her efforts in the Otago Cross-country Champs. As an avid roadrunner, Cross-country is a little foreign to her (as it is to many of us lasses) but despite it, Rach put on a brave face and took on the tough Chisholm Park course, and guess what..... She enjoyed it!! Proving Cross-country really may not be as daunting as it seems. Well done, Rach.

RESILIENCE – how to fail well

After July's Otago XC Champs where a larger than usual number of DNF's and DNS's (did not finish/ start) occurred, mainly due to current or post-covid physical and psychological impacts, perhaps it's time to look into our resilience toolbox and use our failures for the better.

A bad race is "where you grow resilience". Any runner will tell you that they learn far more about themselves, and the sport, in a bad race then they ever did in a good race.

A powerful podcast worth a listen which dabbles into the topic is from ultra trail runner Lucy Bartholomew and her forced DNF, devastatingly pictured above, in the recent Western States 100 miler.

Listen to the podcast here: https://open.spotify.com/episode/30KOOOkLelY6JQU2pZLePw

Chub rub? – make those tight shorts stay put!

We've all been there, even those small enough to have a thigh gap can battle it; we step out for a run with our tight shorts perfectly positioned just about mid-thigh… then you guessed it…. 5 steps into the run the shorts start riding up our leg and start bunching in the groin, showing off our pasty skinned insecurities to the world and kicking off the joys of chafing.

The remedy: for a small price tag, pop into Mitre10 or Bunnings and grab a small tube of Silicone Caulk. Applying a strip of the caulk along the bottom seam of the shorts can considerably help keep those darn shorts in place. The caulk is grippy against our skin similarly to the hard gel strip we often see on strapless tops.

For best results, watch a few of the YouTube videos to get the idea of how best to carry-out the DIY task and, of course, perform a skin test with a spot of the dried caulk to make sure you don't react to it. A couple of tutorials below:
https://thriftyrunner.blogspot.com/2016/07/tutorial-how-to-keep-shorts-from-riding.html
https://www.youtube.com/watch?v=PVt32IwfyfY

August Events

Saturday August 6: Otago Road Race Champs

Sunday August 14: Port Road Race

Sunday 21 August: Surf to Stadium

24 - 27 August: Great Naseby Water Race events

Saturday 27 August: Clyde to Alex Road Race

Sunday 28 August: Leith Harbour Free

Every Tuesday: Interval training session, 5:20pm @ Logan Park field behind Caledonian

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

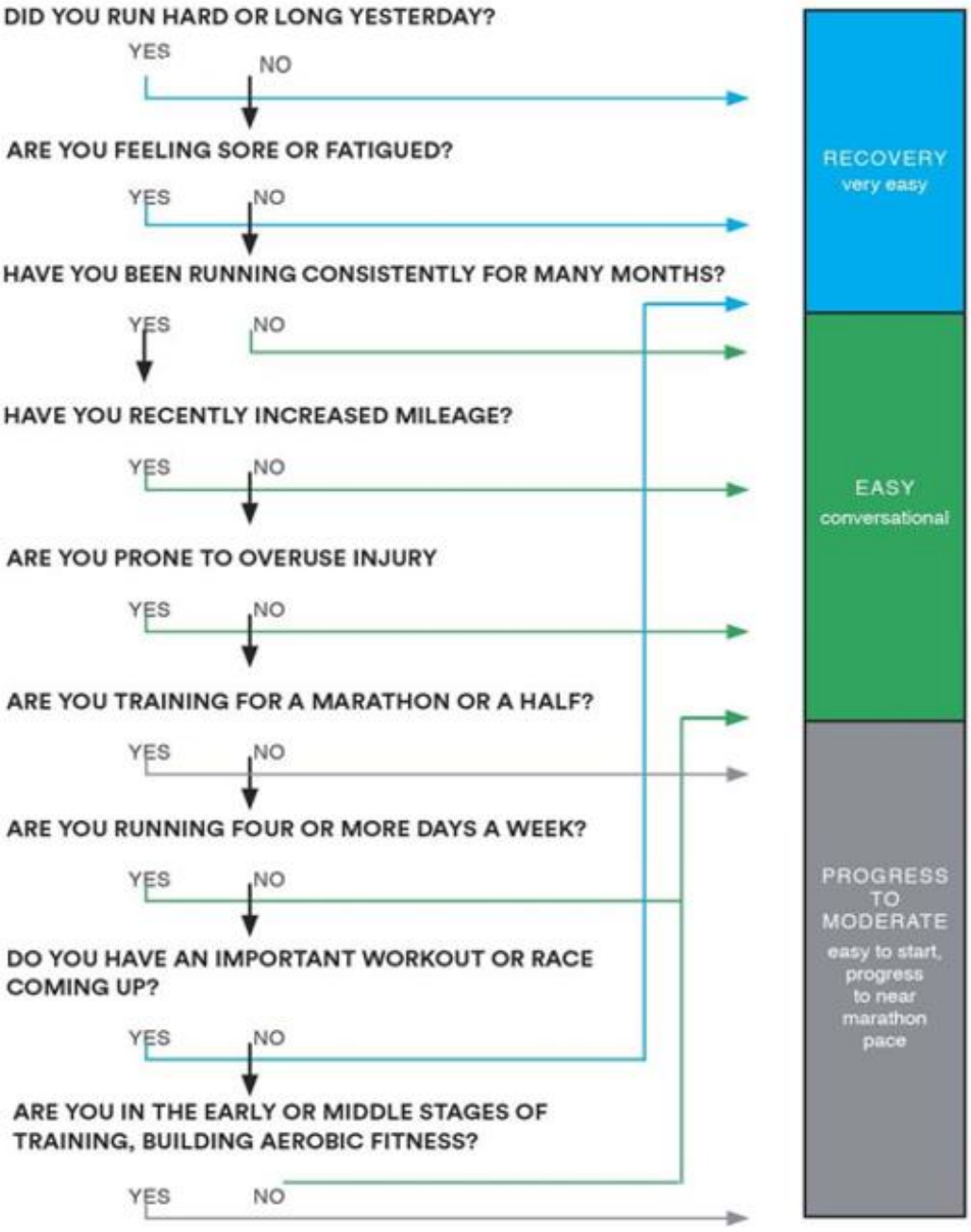
Every Saturday: PARK RUN, 9am at the Botanic Gardens

Every Sunday: Group run options, 8am from Woodhaugh George St entrance or keep up to date with other offerings on FB group

How to run slow? – Finding the best "easy run" pace

There's no denying the importance of the "easy run" but the competitive streak in runners will always tempt us to run a tad faster than perhaps we should. Much talk and research is currently had in the area of "slow running", where most agree the benefits to the aerobic system are best met at paces below 80% of our maximum heart rate (MHR = 220 minus your age).

The below flow chart should help in deciphering the perfect easy run pace.



How should the "Easy Run" feel?

Two crucial indicators of the intensity of the easy run we should pay attention to are Heart Rate and Perceived Exertion.

RECOVERY

Should be in the HR zone of about 60 – 70% of max HR and should feel like a slow jog where your breathing rate only slightly increases above that of a brisk walk.

EASY

Should be in the HR zone of about 65 – 75% of max HR and would be the definition of "conversational pace", where you are also not fatiguing over your chosen distance.

MODERATE

Should be in the HR zone of about 70 – 80% of max HR and should feel easy to start with but become moderately fatiguing yet still be easy enough to sustain for the chosen distance.