

Potters Trotters

LADIES RUNNING CLUB

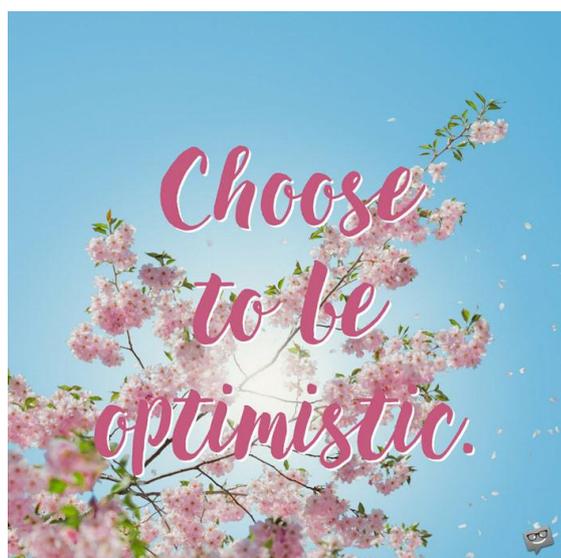
Hello lovely pink ladies and welcome to another special lockdown newsletter!

This one focuses on the amazing efforts in relation to the 2.62 Challenge – Well done to ALL!

I am LOVING our virtual challenges!

Sending love and hugs,

Charl 😊 x



Some Great YouTube Indoor Workouts to Try:

https://www.youtube.com/watch?v=QRZcZgSgSHI&feature=youtu.be&fbclid=IwAR2VNCDUY604noGYnO2QfqvPg_gfcqBPTlvSlfvsAsYLrurfr9n0M8jAX2ps4
– 30 Minute Zumba

<https://www.youtube.com/watch?v=dSEobUGK7U4> – Home Workout for Runners

<https://www.youtube.com/watch?v=2IR-9qy3hfg> – Strengthening and Conditioning Exercises for Runners

<https://www.youtube.com/watch?v=L3uqB6FCu5U> – Joe Wicks 10 Minutes Ab Blaster



The Potters Trotters 2.62 Challenge

Sunday 26th April should have been a big day for many, including several of our Potters Trotters ladies; Diane, Kath and Liz T. HOWEVER, in true Potters Trotters style; we MADE it a big day! In support for what should have been the London and Southampton Marathons and to acknowledge the planning and training that had taken place building up to this prior to the lockdown, many of us ran 2.62 miles, recorded the time and evidenced this on our Facebook page with a post-run photo.

Liz Stevenson had kindly organised us into teams; London, Manchester, Southampton and Prague. It is unfortunate that several of us were planning to run marathons throughout April and May (Shell should have completed Manchester and Liz S, Sandra and myself Prague), but this was an amazing way of keeping us all running 'together', even if not *really* together! The support and enthusiasm was superb, which is exactly what our club ethos is all about.

Below are some lovely reflections of the day and reasons for running, including Liz T's amazing cycle (she is now famous by the way!):

Not the Southampton Marathon

By Liz T

Just like any other big race experience, I laid out my kit the night before. My sleep was restless. I woke up at least three times, anxious about sleeping through my alarm. After the fourth time, I gave up and got up. I had a shower, got dressed in my Potters Trotters race vest, plaited my hair (race day plaits is a bit of a superstition) then sat down at the kitchen table with a coffee and a bagel; with no long journey to the start required, I had a few moments to chill.

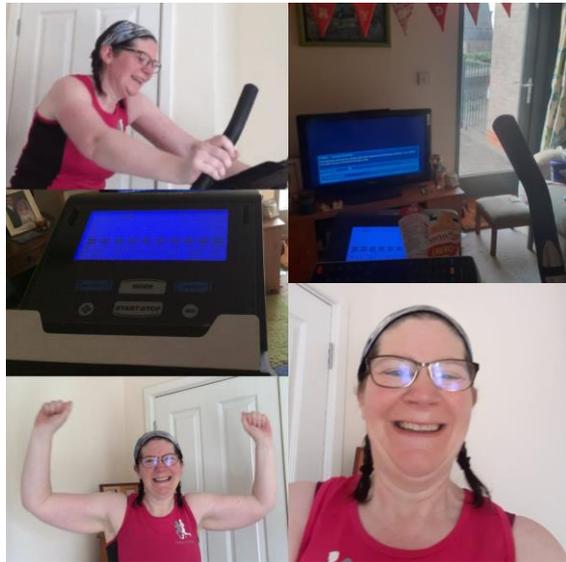
I was listening to BBC Radio 5 Live Breakfast Show and they were talking about the London Marathon – they asked people to message in about what other challenges people were taking on instead. So I sent a text and optimistically hoped for a shout out for Potters Trotters.

A couple of minutes later, my phone rang and it was a production assistant from the BBC – they loved what we were doing and wanted me to come on the show to talk about with the presenters... live... in about 15 minutes time. I explained that I was planning to start cycling at 8.30am – 'Even better!' they said. 'We can give you a countdown!'

So a few minutes later, after rushing about slightly manically to get myself organised, I found myself sitting on my exercise bike peddling gently and talking live on the radio, whilst trying not to drop my phone and energy gels (yes, I still needed those). I'm not entirely sure what I said (you can listen back here if you like: <https://www.bbc.co.uk/programmes/m000hp19>) but after a couple of minutes of chat, it was 8.30am and time to start. So I can a countdown and a cheer from the studio and I was off. It took me a while to realise I had started my bike on the wrong setting – peddling was quite difficult for a minute or two before I sorted it out.

I carried on listening to the 5 Live show as pedalled and they mentioned my challenge a couple of times during the morning – I got a few messages from other friends who were listening in.

It actually went quicker than you might think – I was definitely encouraged by the photos being posted on our FB group as everyone was completing their own part in the 2.62 challenge (Go Team Southampton). Unlike running, I can actually check my phone whilst on my bike. I even had a video chat with my sister for a couple of kilometres.



Then just as I was nearing completion, my phone rang again and I was back live with the studio for a celebratory well done from the presenters.

I finished my 26.2 miles in 87 minutes and 50 seconds. I'm not sure it was quite as satisfying as running a marathon but it was great to have that race day feeling again.

Well done to everyone at Potters Trotters who got involved today (and to Mr T who my 2.62 miles for Team Southampton) – it's really amazing what we can do together when we are apart. It was great to support our favourite charities too – I cycled today for Alzheimer's Research, Cancer Research and the Peter Pan Nursery.

Potters Trotters Ladies Running Club in Stoke-on-Trent has got 5 Teams of 10 running or walking 2.62 miles to make up marathon distance. Team Captains are members who should have been doing spring marathons - London, Manchester, Prague, Southampton. I should have been doing Southampton but will be cycling 26.2 miles on my exercise bike instead. Massively proud of all the club members who are getting involved and a big thank you to Liz Stevenson who has organised (she should have been running in Prague next weekend). From Liz Tideswell *club chair.

My Story

By Marie Morris

I was due to run the 5k for Dougie Mac Hospice today, so I was really pleased to be asked to take part in this challenge instead.

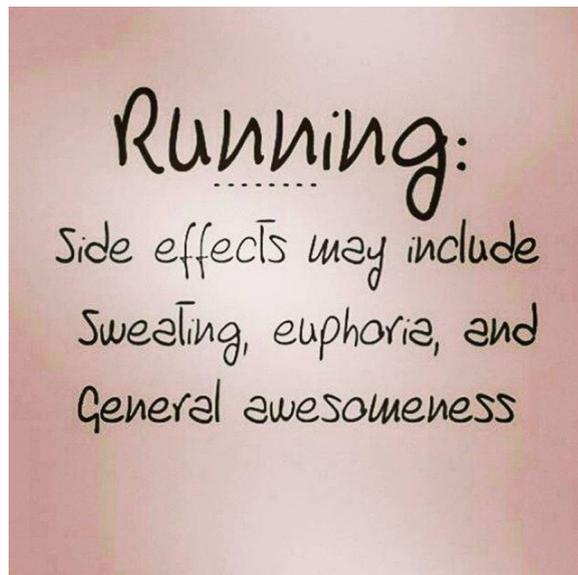
At the same time, my second cousin was running (individually) with a group of friends and relatives. She was also doing this for Dougie Mac Hospice as her brother in law and her mum both passed away recently and both benefitted from their care.

So my donation has gone to this charity. I'm so pleased to have come first with Team Manchester, as I am fairly new to the club and not a particularly fast runner.



Jane Lee's LOVELY Poem

The day has dawned
And pink tops were worn.
But sadness prevails
As the real events fail.
Months of training and sheer hard work,
Fell foul to an enemy that no one saw.
Standing there ready at 9am sharp;
Five teams of ten ladies ready to start.
No chatter, no hugging, no crowds to cheer them on,
Their mileage is done as fast as they can.
Some are so fast, they are done in a flash!
Some chose to walk and completed the task.
All did us proud no matter the time,
The true friendship and loyalty of our running chums
Shone through the whole city as we ran as a club.
Potters Trotters, we ran all with the same finishing line
To complete those marathons no matter the time.
So London, Manchester and Prague we all missed you,
But no keeping us down as we ran the virtual you!





Team Prague
Time: 5:20.45



Team London Diane
Time: 5:17.28



Team London Kath
Time: 5:17.28



Team Southampton
Time: 5:03.25



Some More Ideas for Uncertain Times...

1. **Write a list of everything you want to do when lockdown is over** – *This could be a list of races that you want to sign up to, maybe running targets / goals, or even a list of new fancy kit that you will purchase!*
2. **Listen to a new podcast** – *There are some really inspiring ones out there! Elizabeth Day, How to Fail is a favourite of mine, as is Fearne Cotton's Happy Place, as well lots of running and sports focused podcasts.*
3. **Focus on Mindfulness** – This can be through meditation, yoga, colouring, etc. Whatever helps you to 'switch off'.
4. **Listen to new music artists or discover a new genre of music!**
5. **Arrange flowers** – *Flowers can bring a lot of joy!*
6. **Send some 'happy post'!** – *Bring the art of letter writing back and write to a family member or friend. Alternatively, send a card.*
7. **Try a new recipe!** – *Healthy or not, I'm not judging!*
8. **Organise ... something!** – *A drawer that's been bugging you for a while or that shoe cupboard that you haven't dared to touch!*
9. **Create a wall gallery and hang up your pictures ... or running medals!**
10. **Take part in a marathon ... of the FILM variety!** – *Don't forget the snacks!*



The 2.62 Wordsearch

Hidden below are 15 words all linked to our 2.62 challenge:

S C E N W B S B S M W M N S X
O O E G U I K M G I A L O M J
W M U L N V N N I N Q I H A Y
W P C T R E I N C O J M T E K
Z E Q D H N L H E F J J A T N
N T N S N A E L W R I I R N U
F I D U E S M X A D S N A C L
S T R S T L I P T H I T M P P
L I X E D H I N T H C I L M X
M O R X G I P M H O R M N F B
J N C H A R I T Y R N I F Q A
N O I T A C I D E D A N U Q G
V V A G N O D N O L U G J Y U
E K U T C O O H J E U S C Z L
S E C X C U B T T J Z D H A G

CHALLENGE
CHARITY
CLUB
COMPETITION
DEDICATION
LONDON
MANCHESTER
MARATHON
MILES
PRAGUE
RUNNING
SOUTHAMPTON
TEAMS
TIMINGS
WINNERS

*it always
seems
impossible
until it
is done.*

- NELSON MANDELA

Another Little Poem to Keep us All Going ...

Running

There's something so magical about a run,
Whether running a marathon or maybe 5k.
When you go for a run your troubles seem to disappear
And any problems go away.

A run maybe because we're training,
Or a run just for fun.
A run to show support,
A jog in the rain or sun!

There's something special about a run,
It can cure many a thing.
A really good run with my Potters Trotters friends
(even if just virtual!)
Can truly make my heart sing!



Other Notices

Please do keep in touch and have a look on Facebook at some of the other fun and unique challenges that we are completing as a club.

Special thanks to Katie Dale for sharing some brilliant YouTube workout links, including stretches, Zumba and HIT for Runners.

Thank you also for the contributions to the Blossom Challenge and to Jackie for the idea of spelling out 'POTTERS TROTTERS' on our runs / walks with objects or sights! Please continue to share your snaps!

If you have any other suggestions please do share!

See you at the next Zoom!!

