



Welcome to our second quarterly newsletter of 2021.

Yes, it's another Lockdown issue!
But you've all still been busy running and there's
stories aplenty to tell!



(apologies to whoever posted this lovely picture which I've stolen!)

Firstly a message from our Chair



Hi Rebels

Welcome to 2021's 2nd edition of the newsletter. Thank you to Nigel and all the contributors for another bumper read.

Great to see so many members returning to team runs again. Spond has been instrumental in allowing us to offer COVID secure runs. You would have noticed that we have increased capacity a little and as a committee we intend to review this regularly and adapt where we can. We need all members to help by adhering to the current guidelines whilst

attending. We must strongly consider what impact further increases have on the safety of our members, volunteers and the public. We intend to continue using Spond after restrictions have lifted as a digital register but without the limitations or the necessity to book in advance. If you haven't done so already then please download it. It's a great versatile, free tool.

It's really encouraging to see races starting back too. Some Rebels have enjoyed Smugglers Cove 10K, Headcorn Half and some SVN events. Keep those pictures coming in, we love seeing them. I am sure, just like me, you are all looking forward to the return of parkrun in June. I know Dan, Gary and the team are working hard in the background.

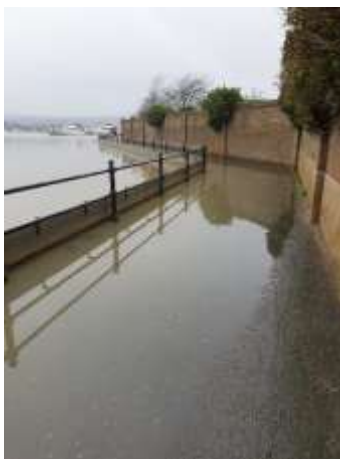
I know it was disappointing for many with the news regarding Club VLM places. This really was not in our control and came as a shock to us too. Hopefully we will have some normality soon.

Your committee continue to meet monthly via MS Teams to discuss pressing issues and ways to keep our members engaged. If you would like anything raised or discussed at these meeting then please email me at clubchair-rebelrunnes@outlook.com

I'd like to take this opportunity to thank all of our club volunteers and Committee for helping to keep us all engaged and to all of our members for continuing to make Rebel Runners so unique.

Stay happy, healthy and keep running.

In January, some of us Ran Every Day



Sometimes it wasn't that straightforward!



Jane Jeffery shares some advice regarding The End of Lockdown

As team runs start again and the restrictions relax some of you may feel anxious about returning to sport and life in general.

These feelings are normal so please be kind to yourself and give yourself that time and permission to feel that way.

Some helpful hints that may make the transition easier.

WHAT TO DO IF YOU FEEL NERVOUS ABOUT RETURNING TO SPORT AFTER LOCKDOWN @BELIEVEPHQ

BUILDING A RHYTHM
It will take a while to get back into a regular routine. Give yourself time and space to adapt to a new normal

ORGANISATION
Plan and prepare so you feel organised and ready to go back to sport and training

SLOW DOWN
Take things one step at a time. Try not to overwhelm yourself to get everything done at once

CONNECT
If you feel anxious speak to your coach or teammates and ask for some support

GOALS
Review any goals you set and agree on some new achievable targets with your coach

COPING
Identify times in the past where you have coped well with stress and think about how you can use those tools to help you now

NORMALISE
It is okay to feel anxious about going back to training. It is important that you try and normalise these feelings

THE ENVIRONMENT
Returning to sport will be different for many of us. Prepare ahead for these changes.

SELF CARE
Remember to keep looking after yourself by scheduling in some self care activities into your week

The infographic features illustrations of a tennis player, a basketball player, and a weightlifter.

And here Coach Jane looks forward to a long hot summer of running

Summer is here or is it hiding round the corner? I'm not sure but as the restrictions ease, we are all hopeful looking forward and reflecting back on the strangest year and a smudge. I hope that you have all come through the time relatively okay all of us will have lost or struggled at some point and that's ok and normal. Take the time to process all you have conquered from homeworking and schooling to finding out what the people we live with are really like.



I hope you have all been on a bit of a journey of discovery with running. Have you discovered new routes? Intervals and hills or have you discovered that solo running is really not for you? I have enjoyed finding Medway and running solo for me with the restrictions I have been quite happy pounding the pavements which as team run has returned means someone who needs a bit of Rebel mojo has had that valuable place.



Lots has changed and what will getting back to normal look like, running is a flexible sport that benefits mind body and soul. Keeping us fit and well while we adapt it to our lifestyles, how many of you have used it to cling on to normal to build a routine around. Posting pictures that lift others and encourage as a group of runners every run has done something for you and others.

The Rebel community has helped keep a bit of normal while craving for the social side, we have grown in numbers welcoming new runners which is fabulous. If you have happily sat in the restrictions and feel weirdly anxious about coming out of it, I hear that. Big groups will feel weird and may cause anxiety, that is normal, give yourself time take it slowly ease back into it. We have

spent a long time away from people we can ease back into crowds slowly. Talking through those feelings will help many feel the same. You will adapt back, and you absolutely have got this.

Let's hope 2021 is a year of getting back on track and discovering what we can all achieve in our running and beyond. Solo, with groups, walking, running, taking photos or grabbing a coffee the rebels have been a resilient group whatever your summer will look like I hope it's a fit, healthy and happy one and remember if you are struggling and that has become your normal, talk about it and reach out for help.

Tales from the Riverbank

Staring Ratty, Mole, and Lee Mcaffee!

Who goes for a Riverbank run after a storm?

So, thanks to my mate Boris re-opening running events, I'm now panicking about how unfit I've become in the last year. Yes, I've been keeping



myself semi active with a few of my crazy running ideas but

between them, I've fully participated in the full lockdown experience of binge eating snacks and watching poor TV shows.

This time last year I was race ready and signing up to every running event I could squeeze into my calendar.... We all know what happened next and what followed was them dreaded race postponed emails.

A year on and I've now gotta find my fitness and mojo to compete to the best of my ability.

I might be a born and bred Londoner, but I can't stand running on pavements. Lately I've been using my Fenix 6 watch (and Garmin App) to plot new exciting running trail routes using the popularity function. This has really opened up the beautiful Kent countryside to an impressively poor navigator like myself.

Today's route was a stunning 30-mile riverbank run along the Medway, Starting at Rochester Castle and finishing at Tonbridge Castle.

The plan was to carry a full racing kit for my first time which included 2 litres of water, full change of clothes and even a survival bevy!

I set off early with the weather eerily calm. Planning isn't my forte and I didn't bother checking the weather forecast or the expected damage from the previous night's storm.





I've run past Maidstone when, approximately 15 miles into the route, the lovely riverbank I was running on was literally gone! Well technically it was still there but now underwater and a boat was anchored where I should have been running. Unfortunately, I had no choice but to divert and go through the adjoining fields which were now pretty much marsh land. This was the ongoing challenge for pretty much the next 10 miles.

Yes, it was tough; yes, I was drenched; but on a positive note, I'd now discovered three lovely riverbank pubs which I'll be paying a future visit to!

I slipped, slid, and squelched the final

few miles to my finish line to be greeted by the two most beautiful sights after a long run... A cup of tea and a hot dog (oh yeah, the wife and child were there too! 😊)

So who would go for a riverbank run the day after a storm? Only a Rebel...



February 2021 Brought the snow – and the Rebels out to play!



Member Spotlight Wendy Regan

You always seem to have more fun running than everyone else – in rather than running with a smile you seem to be normally running laughing! Are you a fun person normally or is it just running that makes you so happy?

It's all for show! Especially when there's a photographer in the distance, I will always put on my best smile even if I am dying inside. But you have to have some fun especially during longer, tougher runs that's what gets you over the finish line. I think I'm a fun person normally when I'm not running, my work colleagues comment that there's always more laughter in the office when I'm around (but the husband might say otherwise)!

Obviously, as well as having fun you also do some very serious runs – with a marathon very recently – how do you manage to balance having fun with pretty serious running?

I train for any long distance I do and I am so lucky to be able to do this with some fantastic runners. We have a laugh even in the rain, wind and snow. I know that our 'Sunday long run' group will always look out for me and it makes all the difference when you have some company. My last marathon was a 'virtual' one, running the first 14 miles by myself very early in the morning, but I planned to meet Carina to run the last 12 miles with me and she chatted all the way around which really helped.

You are also well known for helping and encouraging other runners. Is this something that you plan in advance or does it just happen?

I love helping others and seeing new runners develop and hit their personal goals. I received so much encouragement when I first joined the Rebel Runners and I still receive so much support, so I have learnt from the best! I also enjoy supporting the Rebels at races, in particular from the 17 mile marker (Mudchute) at the London Marathon. I know what a boost it gives you when you see a friendly face holding a tub of mini cheddars and a cup of flat coke! Rebels go



out of their way to support each other without being asked or it being planned in advance.



I also enjoy volunteering at Great Lines Park run and have been the 30 minute pacer quite a few times and have helped runners achieve PBs.

On the same theme perhaps you could tell us a little about why you like being a LiRF and how much it adds to your running experience?

Being a LiRf is such an honour and I really enjoy volunteering at team runs and helping the Couch to 5K sessions. Whether you are taking the register, a spare or the back runner you get to know more club members. All the LiRfs are brilliant and we make a great team in ensuring club members are safe and well informed during team runs.

How has being a member of Rebels influenced your running and how important is the support that you get from other members of the club?

Again, I received so much support and advice when I first joined the Rebels - I had only run one half marathon when I joined. You get talking to members about various races and before you know it you're booking full marathons and races each and every weekend! I truly believe that if it wasn't for being a Rebel, I would have never run one marathon let alone 27!

In September 2020 I pushed myself to a distance PB of 40 miles, if it wasn't for the support I received from fellow Rebel Jon Moreton and other Rebels that day, I would have quit at a marathon distance.

Have you had to contend with any injuries that have kept you from running for a while? How have you dealt with them?

'Touch wood' I haven't had any injuries that have stopped me from running. I had a sore knee when I was training for the London Marathon in 2017 and didn't run for a week. Thankfully I went to a physio who said it was OK and advised me on stretching techniques etc, so that evening I was at team run.

What's your favourite running distance and what targets have you set for yourself?

I think my favourite running distance is a marathon (yes a full marathon LOL). I have always said that I'm built for endurance and not speed.

Last year I set myself a goal of 12 marathons in 12 months and was on course to complete this within 10 months – then Lockdown #2 and #3 happened and all races were cancelled. I've completed 7 so far and if all races go ahead as planned, I should finish my 12th marathon on Sunday 11 July at the Smileathon at the Cyclopark.

I am also taking part in the Lands End to John O'Groats virtual run/walk challenge, which I started in January. I'm currently just over the 300 mile mark with 'only' 572 miles to go!

With races once again appearing on the calendar have you got many in your diary for the rest of the year?

I have a few more marathons booked for later on this year, the postponed Brighton marathon, the virtual VLM, Beachy Head and the Usual Suspects SVN, plus the Ragnar Relay, 'virtual' Harvel Hash, the real Harvel Hash and the Whitstable 10k.

Did you manage to maintain fitness and distance during lockdown? How much of a strain has lockdown placed on you?

I was lucky to be able to maintain my running during lockdown, although I have still managed to put on a few 'Covid' pounds!

Is there anything in particular that inspires you to run and can you explain what you enjoy about it?

Never in a million years did I ever think I would be able to run. I hated running at school, especially the dreaded cross-country in the freezing cold. I played lots of team sports at school and was picked to play for Kent in Netball but couldn't run for toffee! So just to call myself a runner, is inspiration enough for me!

Is there anything else that you would like to tell us?

Just want to say a massive thank you the Rebels – without this club and its members, I wouldn't have achieved half as much as I have and my medal hanger would be looking rather bare.



Coaching Report – Darren Jarvis

Spring has sprung, lighter evenings are with us, the sun is starting to shine and if we whisper it quietly the easing of lockdown may lead us to the return to racing and more structure in our running.

The term 'structure' to me means having a purpose to my running and hence training. Set your running goals and then train towards them, a goal may be a race or just a general improvement in your running.

There is a huge amount of information on how to improve your running, but we have to remember that we are all different and what works for one runner does not mean it will work for another. This is where we need to keep it simple.

I picked up on a great article from Gary O'Hanlon's social media outlet. Gary is an Irish distance runner from Co Louth and 2017 National Marathon Champion, Irish 5.

Gary identifies the three areas that we can focus on to improve our running; Training, Nutrition and Rest & Sleep.



Training

Have a structured training plan. Start with how many days you are going to run within the week, then think about which day is your long run day, what day is

your speed /interval session, can you add some cross training in, which days are your rest days.

The important aspect of structured training is routine, once you have this you are heading in the right direction.

Nutrition

Rubbish in = Rubbish out! I am not a nutrition expert, but I am a firm believer in balance and practicing what you eat before a race/session. For example, if your race starts at 10.00am then practice your pre-race fuelling before you get to race day. Recreate the race day experience, keep a diary of what works and what doesn't. If I am undertaking a speed session in the morning, I will run this 'fasted' as this works for me, but if I was heading out on longer run then I would fuel as required.

Balance your nutrition through the week, fuel and re-fuel around your runs and do not underestimate the importance of hydration especially as we head into the Summer. For me hydration is continuous, not just chugging copious amounts of water the day before a race.

Rest & Sleep

Listen to your body, make sure you have rest days. They allow your body to recharge and repair. How many hours of sleep do runners need? There is no set answer for this, we are all different, for me the 'standard' 8 hours work, but this links back into the routine and balance that I have spoken about earlier.

As Gary concludes:

'At the end of the day if you want to be good at violin then play the violin if you want to improve your running then run - and adapting your lifestyle to facilitate this is the key to consistent training'

In January the hugely popular REBEL SPOTTED was BACK

The rules are as follows:

1. If you spot a fellow Rebel out running then post on the Rebel Photos & Spots Facebook group (link below - we've renamed the Photos group).
2. Two points will be awarded to Rebels running in club colours and One point to those who are not. Remember to say in your post whether they were in club colours. The spotter will also receive a point/points 😊
3. Team run spots will not count. ❌
4. Race spots will not count. ❌
5. Car sticker spots will not count. ❌
6. Each month the Rebel with the most points will be awarded with the most spots in month certificate.
7. At the end of the year the Rebel with the most accumulated points will be awarded with the spotted trophy. 🏆

Winners so far

In **January Paul Heywood** amassed 47 points for first place with **Wendy Regan** close behind on 42 points. Wendy also spotted the most Rebels – 34 runners

In **February** the winner was **Clara Carter** with 42 points, **Wendy Regan** again spotting the most Rebels, this time with 32 points

Helen Marron led the field with 55 points in **March**. **Chris Doran** second with 49 points and **Paul Heywood** the top spotter with 38 points

We've also been paid by Easyfunding

Thanks to everyone who's helped make a BIG difference to the club by raising donations for us. ❤️

If you're not signed up yet, it only takes 2 minutes & 4,500+ shops will donate to us for free every time you shop with them.

Visit: <http://easyfundraising.org.uk/.../60537b0af62fd200266cbd30/>



Rebels were well represented at the Smugglers 10K



Whilst elsewhere
Marie completed
her 50th Marathon

