



NEWSLETTER MAY 12 2020

Dear all, please find below the news on May 12th 2020:

We start with the sad news that Pete Shields has passed away. He was such an inspiration and a great friend to so many. He took time to help and encourage runners of all standards, from making spot-on "suggestions" to preparing detailed training plans for individuals, leading progressive and challenging training sessions, a running pal. He contributed so much to the club, he had been a member since 1992, proud to race in a Harriers vest and took on many roles within the club. There are very many in the club and throughout Yorkshire who have been inspired by him.

There have been a lot of messages and memories in response to Hilda's Facebook post, he has influenced so many of us. We have arranged a local delivery of flowers for Sheila from the Harriers. Obviously funeral attendees will be minimal and large gatherings are not appropriate, however we expect to arrange the right tribute in the future when we will be able to collect together and share our memories.

We are sure you will have heard about the slight changes to COVID-19 guidance in that you can exercise outdoors daily with (or without) your family whilst maintaining social distancing as many times as you wish from Wednesday onwards:

- Spend more time outdoors – for example sitting and enjoying the fresh air, picnicking or sunbathing
- Meet one other person from a different household outdoors, as long as they follow social distancing guidelines and stay a minimum of two metres apart
- Exercise outdoors as often as they wish, again following social distancing guidelines
- Use outdoor sports courts or facilities, such as a tennis or basketball court, or a golf course. This can be done with members of their own household, or one other person as long as they stay two metres apart.

We would like to remind all members to balance mental health with physical health and ensure your immune systems are not compromised, and as a club do not recommend running with non family members, despite the updated guidance.

As this evolves and clarifies we will keep you updated.

We will not be able to put on our Harrogate and District Summer League race, the Ilkley Trail race (as mentioned previously the Matugga charity which this race supports will struggle without the income - head to the [Revival Centre and Orphanage](#) if you would like to donate) and the Addingham Gala race as well as losing the local Dick Hudsons and Jack Bloor races - you can donate [here](#) to the Jack Bloor fund.

As it's clear that racing will not be on the agenda for many months we have taken the decision not to encourage or promote the Harriers League competition further this year as we can't see it being awarded fairly. And the club's summer away runs have been cancelled.

Don't despair though - get involved in Dan's weekly virtual 5k challenge operating with a novel twist every week. Last week it was a pub crawl - yes you do need to be involved!

Check out the latest entertaining write up and results from Dan - and find out what he's got in store for this week [here](#)

Brit Tate's circuits for runners class on Zoom has had a great response and takes place at 7pm every Thursday. It lasts for just over half an hour and if you are not already, join our [Facebook](#) and WhatsApp groups to get access.

The Harriers Facebook page is also the place to find Steve Coy's turbo session training plans each week.

As we suggested in the last newsletter there are many new runners out on the streets and trails. We put together a few routes that we thought might be interesting and we're now creating a section of the website which hopefully will be helpful to non-members including these routes, the 0-5k programme and a progression plan to around 10k. We should also get the opportunity to put an article in the Gazette this week or next. So if you have family and friends that feel they would benefit from a bit more inspiration or structure please point them to the website in a few days' time. And we look forward to welcoming plenty of new runners to the club when we can restart training sessions.



STAY ALERT

**CONTROL
THE VIRUS**

SAVE LIVES