



RUNNERS' SELF-CARE DURING COVID-19

By Dr Shaun Joynt

Paul Romer, a Stanford economist, once said "a crisis is a terrible thing to waste" and considering the covid-19 pandemic's influence across the globe, **runners** are faced with the question "will this crisis be 'wasted'?" in

terms of their self-care assessment and

(re)alignment. Assessment entails evaluating current self-care practices according to healthy criteria and (re)alignment entails either commencing with new self-care practices if none existed or returning to/adjusting previous self-care practices. So, what are healthy criteria for evaluating said practices?

Biblically, Luke, as historian and synoptic gospel narrator, gives an account of the human development of Jesus during a **Runners' self-care during Covid-19** oppression in Israel. In 2:52 (NIV) he states "And Jesus grew in wisdom and stature, and in favor with God and man." The four

areas Luke delineates are wisdom (intellectual development/mental-health), stature (physical health), favour with God (spiritual health), and favour with man (social well-being). These are by no means

"A CRISIS IS A TERRIBLE THING TO WASTE"

an exhaustive list of the complexity of humans

and only serve as a starting point.

Concerning intellectual development/mental-health, there are a number of strategies to use, namely, meditation (Christian as opposed to Eastern – the former is to think upon a specific text within the Bible, such as the Psalms, while the latter to empty one's mind of any thoughts), online self-improvement courses (Udemy has offered numerous courses at an 80% discount rate during this lockdown period, and then there are also free courses at Coursera and edX), and reading books (freely available for 1-2 months via Scribd's lockdown offer – no

NICE MEMORIES



credit card required).

Concerning physical development, strategies include daily exercises (such as stretching, and strength and cardio training – starting slowly via YouTube tutorials), eating healthy (since now there should be more time available to prepare healthy meals – note, economic implications are recognized), and having more rest (research links sleep to good mental and physical health).

Concerning spiritual health, one could spend time in liturgy (such as musical worship via CD, DVD, or a music streaming service or the practice of “lectio divina”), practicing spiritual disciplines (Richard Foster’s

“Celebration of Discipline” is seminal and covers the 4 inward, 4 outward, and 4 corporate disciplines), and time in prayer (notably communion with God).

Finally, concerning social well-being, the crisis has provided ample opportunity for the flourishing of WhatsApp , Zoom , Hangout (Google), and Skype (Microsoft) video meetings. People, previously hindered by time and transport constraints, are now more connected than ever (with the exception of smart device and data constraints). For most, not all, the health and economic angst is mitigated by listening to or seeing loved ones a little more often and longer than before.

So what are **runners** to do with a crisis of this magnitude? Some are overrun (pun intended) by more work demands than before and others with a lot less, some have a financial “cushion” while others are in economic distress, some are surrounded by loved ones and others are isolated on their own. Consider the guidance: “do what you can do and don’t sweat (again, pun intended) the small stuff”. You have a decent measure of control over your spirit, your mind, your body, and who you do or don’t interact with – utilize this. Remember that routine or “daily /weekly rhythms” are important. Most of all, look after yourself, so you can “be present” for others.

VIDEOS AND PHOTOS THAT SPEAK FOR THEMSELVES

Running during the lockdown



You will be surprised by what the human body is capable of. All you need to do is start! (Leane)



I will stay fit even if I have to run inside my carport more than a hundred times (Luis)



Backyard runners: a new Species?

by Ralph & Ruth

[HTTPS://YOUTU.BE/FDQD2VPHFPO](https://youtu.be/FDQD2VPHFPO)

Ralph, what inspires you to run?

Ever since I started running regularly, I have consistently been amazed at how good regular exercise makes me feel. It helps me think more clearly and I find that I sleep better and have more energy during the day. I like pushing my physical limits. There is great satisfaction that comes with improving my running by staying disciplined. I think that running fitness is something that keeps building incrementally over time, and if you keep at it you will be astonished at the goals you can achieve. Every bit of time spent doing any sort of physical activity is beneficial mentally and physically



During this tough time we are going through, I think it is even more important to give ourselves just a few minutes each day walking, running or jumping around whatever space we have (even if that is just in your bedroom!). We are going to beat this pandemic and staying physically active can help us to stay positive.



Luis, what would you like to see in the Club in the mid and long term?

Though I am very happy to chair a club that welcomes people of all ages, backgrounds and fitness levels, I would like to see more young people in the club. I am praying for a revival within the Young Adults camp of the HCC community that will cause – among other things – the youth to come back to the club. As indicated by the founders of the club, I also believe that God wants us to bring together our faith, sport and a healthy lifestyle. He knows that there is tremendous synergy when these three elements combine causing believers to be more disciplined. In the long term, I would like to see the club as a hub of committed and friendly people who love God, want to become fitter and strive to change

the world.

GENERAL GUIDELINES FOR RUNNING UNDER LOCKDOWN LEVEL 4

By Nathan Benjamin

- Safety First! Plot your route and make sure it is safe, especially if you are venturing out at 06:00am already. It is always good practise to let someone know what time you expect to be back and where you will be running (this can be as easy as sending an sms or WhatsApp message to a family member or friend.)
- Please adhere to the rule of wearing a mask or buff. This is for the safety of others as well as yourself.
- Please adhere to the social distance policy and maintain a 2-3 metre distance from other runners / walkers / pedestrians you come across.
- Remember that running in groups is not allowed. This means that you CANNOT arrange to meet up with your friends and run together.
- The golden rule for road running is that runners should run facing oncoming traffic. In other words keep to your right. Make sure that you stay aware of your surroundings. If you run with earphones, turn the volume down to a level that allows you to hear traffic noise.
- The current time allowance is 3 hours per day from 06:00 until 09:00am.
- You are allowed a radius of 5km's from your home, which is quite generous. You can use the following link to check the 5km kilometer radius around you home (remember to click on the 5km tab at the top of the page): <https://2kmfromhome.com/>

It is very likely that you will come across other runners who are not adhering to any of the above guidelines. In most cases they turn out to be non-club affiliated runners who only run for exercise. Let us be mindful and respectful of all road users and at all times conduct ourselves with the highest standards befitting The Love Running club and broader running community.

