

Vetrun Extra – March 31

Vetrun Extra is a new service from Masters to keep our members in contact with each other and with their club during this difficult time.

Please do just that –stay in touch!

Let me know how you're coping, staying fit, occupying your time.

Email contributions for me to include in *Vetrun Extra* –send to vfdwaters@gmail.com.

I'll reply to all your emails and, if suitable, share your words on this page with all the members.

Jim Langford has been checking our averages



Hi Vic,

Here is some useless information for the members!

This short table shows the average times, in minutes per kilometre, achieved for all our 2019 Sunday events.

Long Runs – 5:25.4
Medium Runs – 6:3.4
Short Runs – 6:12.8

Long Walks – 7:54.4
Medium Walks – 7:31.3
Short Walks – 9:12.2

Jim has taken into account all entrants' performances in all events.

At first it seems counter-intuitive. For instance, on any Sunday morning front-running short-distance specialists – such as Marg Saunders – probably cover their 5km faster than many of the front-runners in that day's 10km. But when the average times of all those in the 5km are calculated that average is slower than that of the longer distance runners.

Jim says this makes sense.
The stronger performers tend to do the longer distances.

Get together - with 100 people?

Don't panic - this is not an attempt to subvert all the health warnings that I hope you are all taking absolutely seriously?
Instead of in-person contact many – most? – of us are lucky enough to have access to online communication. Right now it's galloping ahead, in good time to alleviate isolation and boredom.
This article -

PASS THE ... Zoom Free
by
Chris Griffith

- appeared in The Weekend Australian on March 28 and explores some alternative methods for us all to keep in touch.

WITH the killjoy corona virus ruling our lives, video get-togethers online are taking off as major therapy.

Getting human contact can be hard if you're in self-isolation or enforced quarantine.

Video chat is more intimate and personally fulfilling than just a voice on the line when talking with a relative, friend or work colleague.

Skype used to be the gold standard, but these days there are many options:

Skype,

Apple Face Time,

Google Duo and Hangouts,

Facebook Messenger, and

WhatsApp Messenger are some of them.

The government is against you holding house parties in supposed isolation, but the Houseparty app lets you virtually meet up with a tribe of friends.

Zoom has emerged as the darling of video calling for now.

It's more tailored for business but is gaining wide popularity because of its efficient and reliable video streaming, and advanced features.

It's used by countless businesses and also has traction for video-conferencing in schools and telemedicine. Zoom offers a variety of plans for business, but the free plan, which anyone can use, is generous.

So you'd like to get 100 people together at home but can't because of corona virus?

Zoom lets you host a meeting of 100 participants for free. The only catch is that group meetings are limited to 40 minutes. You can get around that by holding another get-together 40 minutes later.

You can schedule get-togethers and send participants a link for joining in at the designated time.

The free video-conferencing option includes HD video and audio, users can share screens during business meetings, and there's an active speaker view. Zoom works out who in a group is speaking and shifts the video feed focus to them.

It also offers virtual backgrounds. So if you're calling from your bedroom at 7am, you can substitute an image of the Eiffel Tower or Himalayas as your background.

Zoom offers group messaging too.