

Vetrun Extra – April 10

MANY members will be hoping the virus crisis will be ended by the Australian spring and that long-term plans to take part in overseas events – and interstate ones - might still work out.

Organisers of this year's Melbourne Marathon are planning for the best, as this update shows. I don't think Masters need reminding of 'reasons to run' but let's give them credit for trying to keep spirits high!

2020 event.

[MELBOURNE MARATHON FESTIVAL EVENT UPDATE](#)

Following record-breaking numbers in 2019 and four sold out events, the Melbourne Marathon Festival returns to the revered Melbourne Cricket Ground (MCG), Sunday, 4 October 2020.

5 REASONS TO RUN

ALMOST every part of our daily routine has been affected by the current COVID-19 situation. As the government tightens its lockdown measures, we all seem to share the same understanding that running, and other forms of moderate intensity exercise are crucial for both our mental and physical wellbeing.

Running can significantly improve physical and mental health. As a form of aerobic exercise, it can reduce stress, improve heart health, and even help alleviate symptoms of depression.

As a form of cardio exercise that's easily accessible, running is one of the most straightforward ways to get the important benefits of exercise. Here are five of the physical and mental benefits of running.

- 1. A 30 minute run can lift symptoms of depression and improve mood, no matter what pace you're going.**
- 2. Contrary to what people believe, running actually improves knee health as it helps keep BMI in check and leg muscles strong.**
- 3. Running can help you sleep better, improve psychological functioning, and focus better during the day.**
- 4. Running can significantly improve cardiovascular health. Running just 5 minutes per day could add years to your life.**

5. Running changes the brain in ways that make it more resistant to stress by increasing levels of neurotransmitters like serotonin and norepinephrine.

[MAKE THE 2020 MELBOURNE MARATHON FESTIVAL YOUR NEXT RUNNING GOAL](#)



Rochelle Rodgers and Kim Thomas finishing Melbourne in 2017. Her third position won her a \$5,000 prize, and she became the fastest WA woman ever in the 40-year history of the Melbourne event.

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.