

# Well, this is suboptimal.

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@rachelandrew

# I'll get fit once \$s

\$s = "I'm less busy"

\$s = "the kids go to school"

\$s = "my back stops hurting"

But I'm no good at sport!

Dancers don't run

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YOU AIN'T SEEN NOTHIN' YET

PAUL ELLIOTT, LAURIE MANSFIELD, GREG SMITH  
for the JOLSON COMPANY LTD  
in association with CHAS ELLIOTT  
present

# JOLSON

THE MUSICAL

STARRING

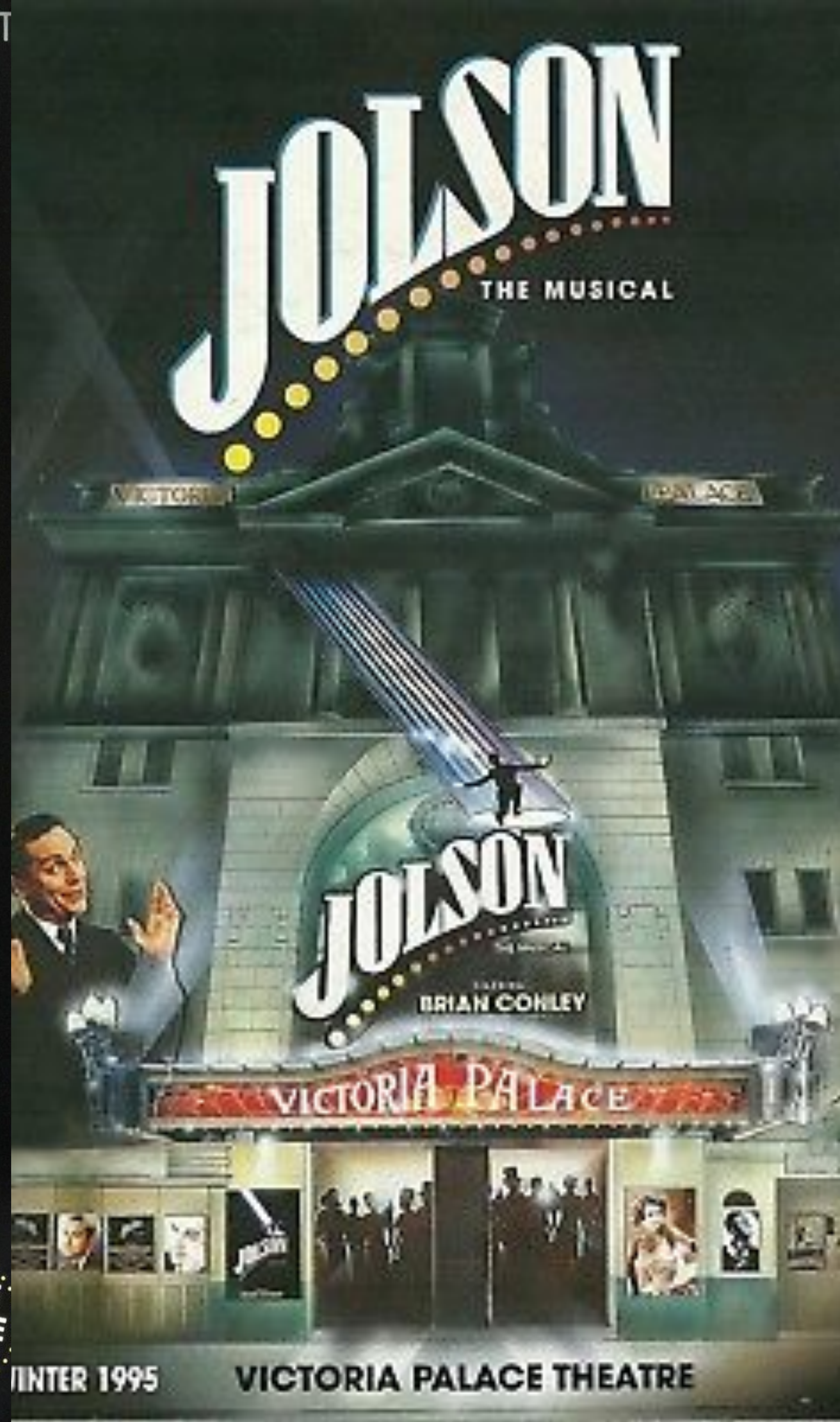
**BRIAN CONLEY**

Written by  
**FRANCIS ESSEX & ROB BETTINSON**  
Designed by  
**ROBERT JONES**  
Arranger & Musical Director  
**PAUL JURY**  
Choreography by  
**TUDOR DAVIES**  
Lighting by  
**JENNY CANE**  
Sound by  
**RICK PRICE**  
Directed by  
**ROB BETTINSON**

from an original idea by MICHAEL FREEDLAND  
A THEATRE ROYAL PLYMOUTH PRODUCTION  
Associate Producers: BRIAN HEWITT-JONES, CHRIS MORENO, STUART LITTLEWOOD & BOB VOICE

OPENING THURSDAY 26 OCTOBER  
**VICTORIA PALACE**  
THEATRE  
VICTORIA ST. LONDON SW1

ADVANCE  
BOX OFFICE  
OPEN NOW





Prevent Mr. Conley ending up  
in the front row.

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The Couch to 5K (C25K) plan was created in 1996 by Josh Clark, pictured, the founder of UX design agency [Big Medium](#), when he discovered a passion for running. Despite a difficult entry into the sport, he persevered through the initial pain and fatigue. “I did it the hard way,” Clark told Withings. “I did it with the shin splints and the burning lungs and the boredom and the ‘what am I doing out here?’ feelings.”

After a few weeks, Clark began to notice the positive effects that running was having



# You don't need to be sporty

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... or skinny, or fast, or any good.

I have bad knees, feet,  
armpits\* so can't exercise.

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\* bruised armpits hurt

# Get some decent advice

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Go visit a proper sports physiotherapist for any biomechanical issues.



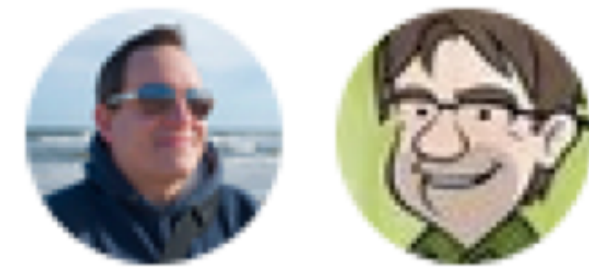
Injured.

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there is snow outside. More is forecast. Do I  
a) go out and run anyway; b) run 10 miles on  
a treadmill; c) go back to bed?

6:30 am - 20 Jan 2013

**2** Retweets **1** Like



In a and e. there is a bone sticking through the skin of my arm. Should have stayed in bed!

12:29 pm - 20 Jan 2013

**3** Retweets **1** Like



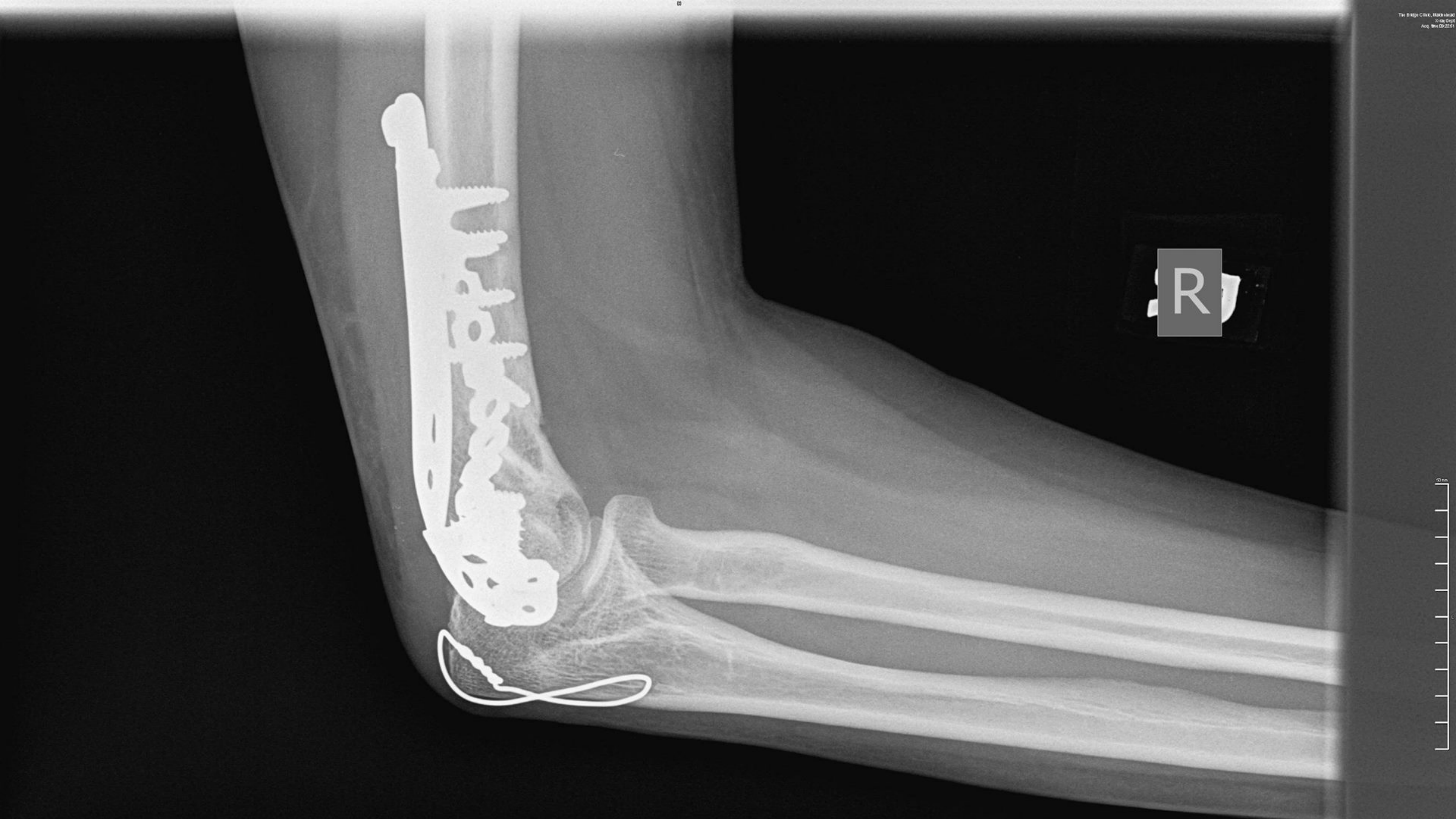
 49

 3

 1







R









# Starting Over.

*by* Rachel Andrew

06 JAN 2018

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“Do what you can, with what you’ve got, where you are.” -  
Squire Bill Widener, quoted by Theodore Roosevelt

On the 24th January 2013 I was in the early part of my training for the London Marathon. Despite the fact it had been snowing I set out down to the running club to join a group run. Leaving the club with my companions I slipped on ice that had formed before the snowfall, landing on my outstretched right hand and completely shattering my elbow joint. The initial emergency surgery and reconstruction that night took 6 hours.

I had a further two surgeries in 2013, to remove metalwork and 18 months of physiotherapy. However by mid-2016 in addition to the poor range of movement, I could barely use my right hand due to scar tissue build up putting



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# CROSSFIT 605

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There is always something  
you can do.

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Don't compare yourself to  
anyone — even past you.

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Especially after a serious illness or injury. New you is not old you.

I don't have the time!

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## Your Travel Stats

2017 ▼

**Total**

Trips

23

92

Days

158

555

Distance

184,988 km

592,775 km

Cities

56

109

Countries

16

28

# Current status:

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MD of edgeofmyseat Ltd.

---

Co-founder Perch and Notist

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Editor in Chief Smashing Magazine

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CSS Working Group Invited Expert, co-editor of  
Multi-column Layout and Page Floats

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Public speaker travelling to around 30 events per  
year

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Freelance writer and editor

---

Student Pilot

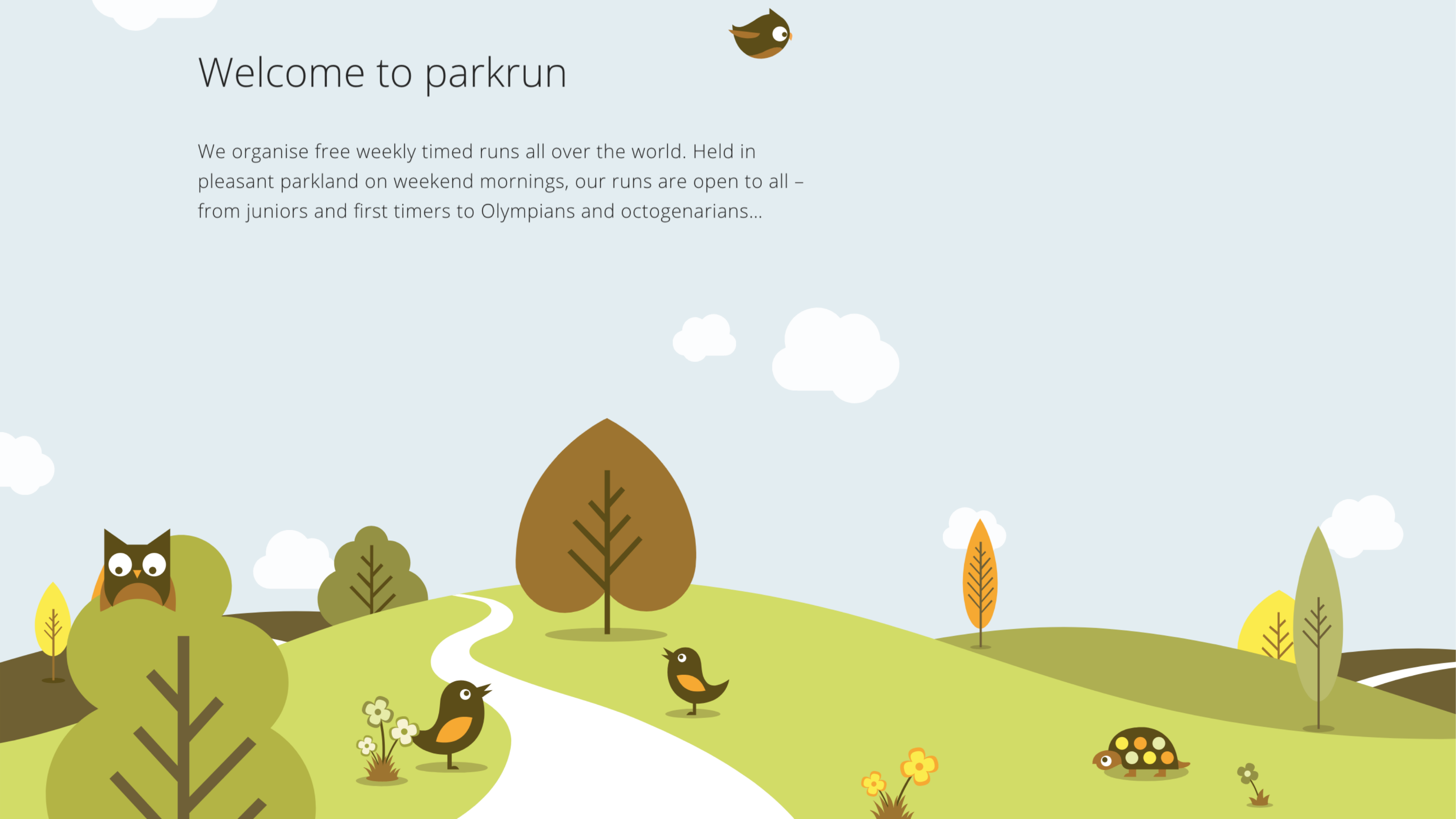
Fitness is how I'm able to do  
that stuff.

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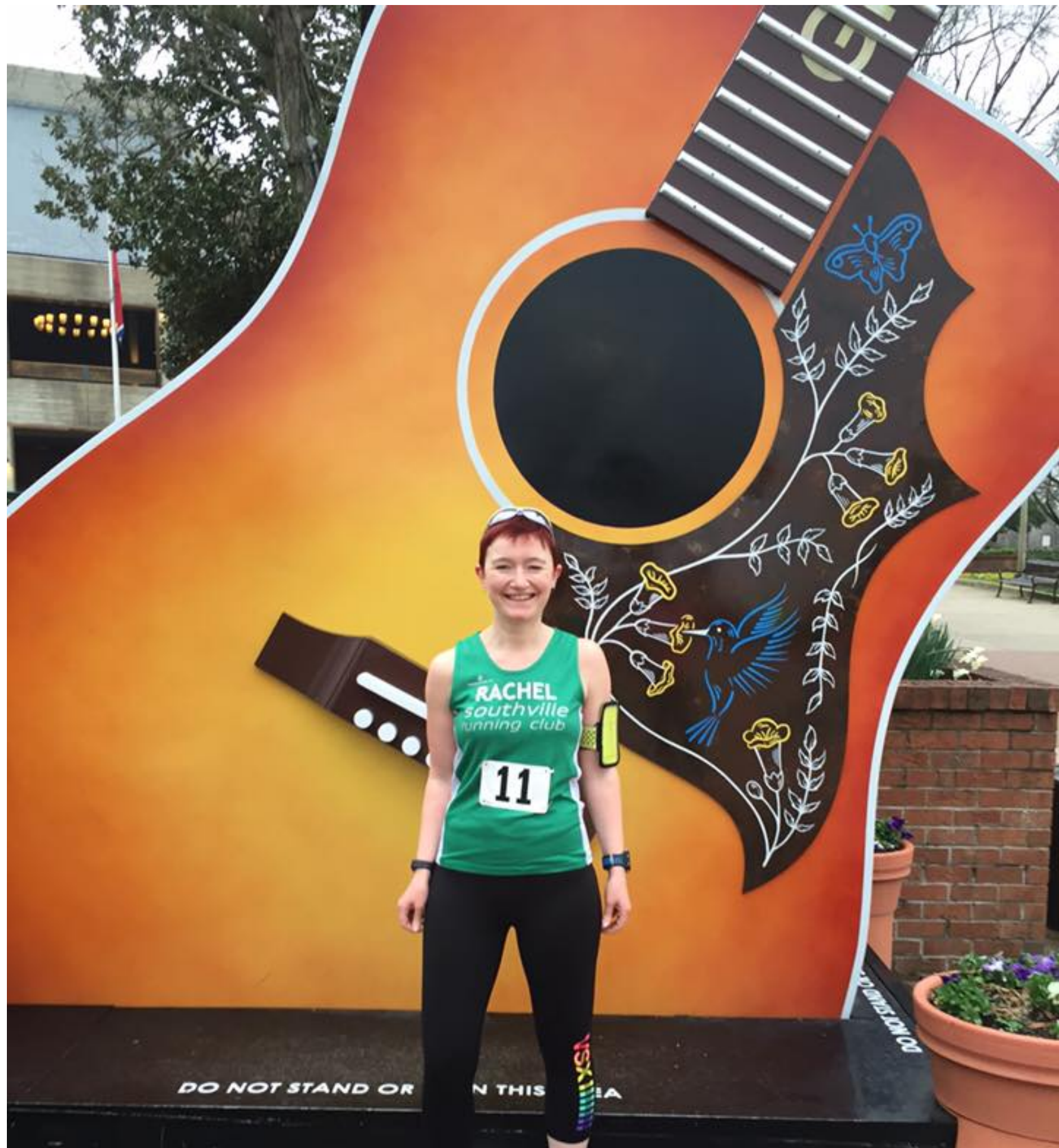
Not an extra thing to fit in.

# Welcome to parkrun

We organise free weekly timed runs all over the world. Held in pleasant parkland on weekend mornings, our runs are open to all – from juniors and first timers to Olympians and octogenarians...









## Older presentations

<b>Unlocking the Power of CSS Grid Layout</b>	All Day Hey!	April 2018
<b>Unlocking the Power of CSS Grid Layout</b>	Smashing Conference	April 2018
<b>Graduating to Grid</b>	An Event Apart Seattle	April 2018
<b>Unlocking the Power of CSS Grid Layout</b>	WordPress Community Meetup, Seattle	March 2018
<b>Into The Weeds of CSS Layout</b>	Smashing Conference	February 2018
<b>Solving Layout Problems with CSS Grid and Friends</b>	GDG DevFest London	November 2017
<b>Graduating to Grid</b>	An Event Apart San Francisco	October 2017
<b>Solving Layout Problems with CSS Grid and Friends</b>	View Source	October 2017
<b>Start Using CSS Grid Layout Today</b>	GDG DevFest Nantes	October 2017
<b>Start Using CSS Grid Layout Today</b>	RuhrJS	October 2017
<b>Solving Layout Problems with CSS Grid and Friends</b>	Mirror Conf	October 2017
<b>Solving Layout Problems with CSS Grid and Friends</b>	404.ie	October 2017
<b>Solving Layout Problems with CSS Grid and Friends</b>	Web Unleashed 2017	September 2017
<b>Laying out the future with Grid and Flexbox</b>	SmashingConf Freiburg 2017	September 2017
<b>Perch, Patterns and Old Browsers</b>	Patterns Day	June 2017















“Do what you can, with what  
you’ve got, where you are.”

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Squire Bill Widener, frequently misattributed to Theodore Roosevelt

Thank you!

@rachelandrew  
<https://rachelandrew.co.uk>