

## MAKING THE BEST OF THE NEW NORMAL

### *Bigg's Boredom Busters*

Bored? When you're not playing/watching races in real time, choose from these seven things to do:

1. Draw up a three-week workout regimen you can do at home. Simple exercises such as "planking" will give you a sturdier core and better balance. Stick to your plan.
2. Cook or bake favourite foods even if you've never done anything more complicated than boiling water. Google recipes. Start out with soups.
3. Make a list of racing angles you'd apply to each race condition. E.g. In sprint races, look for horses exiting a ROUTE race in which they showed early speed. Keep on adding to your list.
4. Minimize your life. Get rid of anything you haven't used/worn/etc. in the past six months--except for important keepsake items such as racing forms from 20 years ago.
5. Plant tomato seeds in the sunniest window or under lights--plus seeds of other veggies or flowers. Go to [www.ttseeds.com](http://www.ttseeds.com) and look through seeds and other gardening items in a catalogue produced by T & T Seeds in Headingley. They'll mail your order to you. My fav tomato varieties: New Girl, Better Boy, Sun Sugar.
6. Google the word "horse" with any descriptive words around it such as stupid horse tricks, best horse races ever, funny horse videos, [streaking at a horse race](#), etc. Yes, I linked a streaker video to the previous words.
7. If you like football, the NFL network is a must. Such topics as 10 Best Hail Marys and 10 Best Player Comebacks to many well-researched and often touching biographies on players, coaches and owners in A Football Life offer great entertainment.



Plank