

LDRW NEWS

The latest news from Villanova's LDRW team



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WHAT'S NEW

What's up LDRW athletes! Hope you guys are enjoying the beautiful summer weather. We are coming at you guys with the first LDRW update from Villanova. We are so hyped to be back on campus as over 95% of the student body has been vaccinated and all visible restrictions have been lifted. Being back on campus as normal means we have already had our first totally in-person Special Olympics committee meeting. We are so excited to finally be able to come together and plan a totally in-person FALL FESTIVAL! Keep working hard and taking care of your bodies, because Fall Festival is going to be here before you know it. We are so excited to see you guys compete out on the course, and we can not wait to live it up with you guys in O-Town and all over campus.

THROWBACK

As we get excited for Fall Fest 2021, we thought it could be cool to throw it back all the way to 2015 Fall Festival with a video. [Click here to watch!](#)

COURSE MAP REFRESHER

To start to refresh your memory on some of the LDRW courses at Villanova, here is the course for the 5000m race, which will take place on Saturday of Fall Fest weekend!



RECIPE OF THE MONTH: BANANA PANCAKES

Ingredients:

- 2 bananas, sliced into thin disks
- 100g flour
- 1 tbsp baking powder
- 1.5 tsp cinnamon
- 1 tsp ground ginger
- 200ml milk (or dairy-substitute)



Instructions:

1. To a bowl add your flour, baking powder, cinnamon and ginger. Slowly pour in the milk whilst whisking, once all the milk is poured in keep whisking until your batter is smooth.
2. Add your banana slices and carefully stir until they're all well coated.
3. Heat up your frying pan on low-medium heat and add a little butter or oil to the pan - only enough to grease
4. Using a spoon or fork, take pieces of the battered banana slices and add to the pan, spacing evenly and being sure not to overload the pan.
5. The banana pancakes should be ready to flip in 60 seconds; or when they look a rich golden brown underside. Use a spatula or fork to turn them over
6. Repeat until all of your banana pancakes are cooked. You can keep those cooked earliest warm by keeping in the oven at 120f.

If you are interested in being our next athlete spotlight, email ldr@villanovaspo.com!