

SYDNEY STRIDERS ROAD RUNNERS' CLUB AUSTRALIA

EDITION No 108

MAY - AUGUST 2009

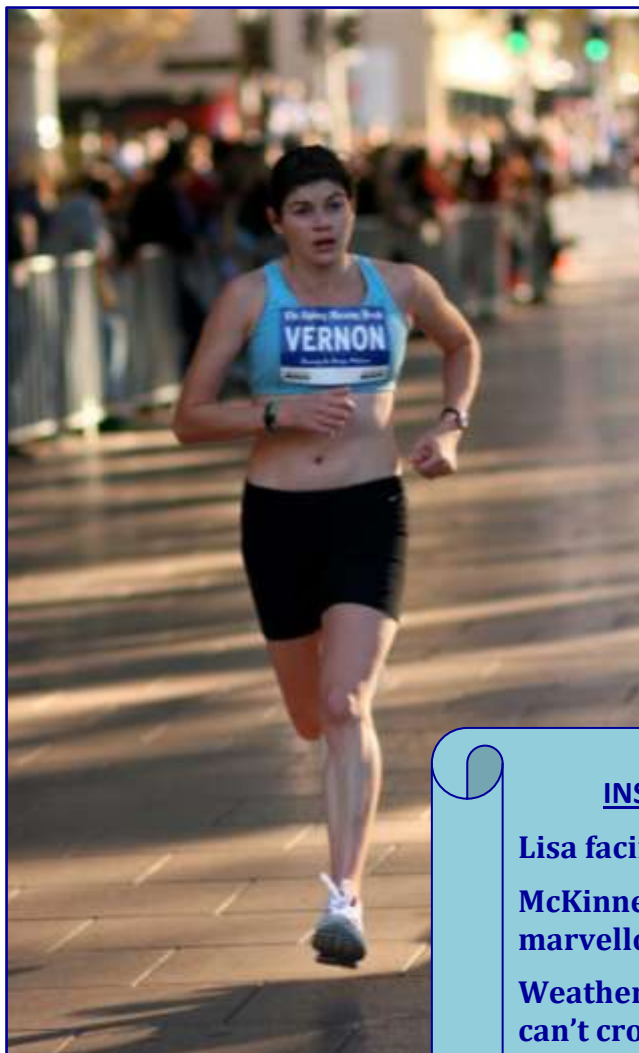


Melinda's marks merit main mantle

This is proving a "best-so-far" year for Melinda. To date she has the fastest time in Australia over 3000m. With a smart 2nd at the State Open 5000m champs, followed by a win at the State Open 10k Road Champs, another win at the Herald Half which doubles as the State Half Champs and a win at the State Cross country Champs, our Melinda is looking like hot property.

Melinda began her sports career as a swimmer. By 9 years of age she was representing her club at State level. She held numerous records for Breaststroke and Butterfly. Her switch to running came after the death of her favourite Coach and because she wasn't growing as big as her fellow competitors. She managed some pretty fast times at inter-schools champs and Cross Country before making an impression in the Open category where she has steadily improved.

Melinda credits her swimming background for endurance and stamina but admits the body shape



she attained through swimming conflicted with her transition to running.

Like all top runners she does well over 100k a week in training, consisting of a variety of sessions: steady pace, medium pace, long slow runs, track work, fartlek, hills, gym work and swimming!

Springs under her shoes give Melinda extra lift

Continued
Page 3

INSIDE BLISTER 108

Lisa facing racing pacing

McKinney makes most of marvellous mud moment

Weather woe means Mo can't crow though not slow!

Brent takes tumble at Trevi

Champion Charles cheered by chance & chase challenge

N'Lotsa Uthastuff

Club Phone Contacts

President	
Jim Moody	0411 258 589
Vice President	
Brian Ogilvy	0410 694 875
Secretary	
Ross McCarty	0403 557 127
Treasurer	
Charles King	9816 5593
Website manager	
Linda Barwick	0409 712 722
Database Manager	
Peter Boorer	0417 684 951
Results Manager	
Chris Graham	0419 162 538
Blister Editor	
Dennis Wylie	0404 898 661
10k Series Director	
Barbara Becker	0402 967 697
10k Timing & Results	
James Moody	0411 258 589
Adam Moody	0410 766 5866
Paul Hannell	0412 042 950
6 Foot Track Manager	
Colin Jeftha	0466 110 136
Super Series	
John Van Yzendoorn	9874 6927
ANSW Liaison	
Glenn Guzzo	0407 453 649
Dale Thompson	0418 114 067
MTG Co-ordinator	
Phil Skurrie	0411 066 348
STaR Maps	
Tony Kellner	0409 463 861
Uniforms Managers	
Samantha Isbell	0404 913 800
Social Functions	
Chris Truscott	0402 464 047
Jo Cowan	0410 594 189
Internal Events	
Fran Boorer	0421 985 328
Volunteer Co-ordinator	
Liz Woodhams	0412 396 881
New Members' Liaison	
Pauline Evans	0400 392 976
Calendar	
Rob Chalmers	0410 933 140
Mailout Manager	
Tina Campbell	0488 774 744
Sergeant-at-arms	
Denise Wilson	0417 693 350



Printed at
PAPERTIGERPRINTING

Tel: 02 9699 1788 Fax: 02 9690 1089
297 Abercrombie St Chippendale NSW 2008
E-mail: printed@paper-tiger.com.au Web: www.paper-tiger.com.au

Blister Printing

Paper Tiger Printing
At Chippendale

Blister Contributions to:

TheBlister@sydneystriders.org.au
Or Striders PO Box

Acknowledgements

Jess Baker, Amanda Underwood (puzzles) Dale Thompson, James Moody, Martin Flyer (photography) Karen Canfell (Auntie Joan) James Cryer (illustration)

About the Blister

Quarterly journal of Sydney striders Road Runner's Club, Inc. (Founded 1980). PO Box R1227, Royal Exchange, Sydney NSW 1225, Australia.

Opinions published in this journal, whether expressed by members or non-member, do not necessarily represent the official policy of the club.

Advertising rate: \$100 per edition, per page ½ page \$50, ¼ page \$25. Preferred Suppliers \$45 for a full year. Circulation approx 700

Copy Preferences

How many words? As a guide, 1300 words and a picture makes 2 pages. Smaller items and letters are most welcome

How to send? Email to blister@sydneystriders.org.au

Write in a Word document and send as an attachment to your email

Font: Cambria 10pt

Photos: If posting, it's best not to send your only copy. Send as a separate jpg file when emailing your stories



*Singles' shoe shop

In sympathy with those who have a problem with shoe fitting, Strider Andrew Lennox has opened a new shoe shop in the CBD, on the ground floor of the ASX. His aim is to solve the problems of all one-legged people and those who have one foot larger than the other. In the case of one legged people where only one shoe is required, it's partner often ends up discarded even though there are probably equal numbers of one legged left foot and right foot people and that discarded shoe could have ended up with a home.



People with one foot larger than the other can now buy shoes singly enabling half size differences between feet. Andrew believes that the fact that less shoes will be discarded will have a positive environmental impact. We've all seen them – over power lines, on the end of fishing lines, in Parks - those odd, discarded shoes will become a thing of the past due to Andrew's initiative.



Talks with the Chinese government have been most encouraging. America has demanded the introduction of competition into the Chinese marketplace and the Central Government has conceded and is about to announce that the Great China Shoe Factory is to be split into two companies to be sold off separately as The Great China Left Foot Shoe Factory and The Great China Right Foot Shoe Factory. Andrew will be buying according to demand from each. If this all works to plan, both companies should make equal sales over time. But it is the customer who will benefit most. Even people with two feet exactly the same can at least and at last have a choice of different colours for each foot.

Melinda

Continued from page 1

She hasn't committed to a preferred distance yet and certainly has some choice before her with times like these to her name:

800m	2.10
1500m	4.22
3000m	9.14
5000m	16.01
10000m	33.52
half	75.26



With Coach Graeme Heape

If you see Melinda run you will note her totally focused commitment - all the way to the finish line. But if you shout encouragement, she may not hear you because she is deaf. She wishes she could hear people shouting encouragement or advice from her coach, even birds chirping, but she hears nothing at all except her own

thoughts. She runs in complete silence. She wears cochlear implants but removes the speech processor when running in case sweat damages it. Cochlear have sponsored her to some events such as the upcoming Deaflympics. Athletics Australia financed her forays into the World Cross Country where she came 52nd in top company (and team 7th) and the Chiba Ekiden, a mixed relay held in Japan where Team Australia finished 5th.

It is hard to imagine Melinda not doing well in the Deaflympics in

Taipei later this year. She is entered in the 1500, 5000, and 10000. She is hoping to make a qualifying mark for the Commonwealth Games next year.

Check out her next big one, the City to Surf. She is in with a solid chance for a placing, having been 4th twice before.



WHY CROSS COUNTRY RUNNING IS IDEAL FOR the Modern Woman

BY RACHAEL MCKINNEY

We all know running is good for you, but when was the last time you stopped to reflect on just how beneficial this simple, fun sport could actually be? Well for me it was at the recent 4*4km ANSW Cross Country relay competition in Miranda where I found myself lined up with my female Strider contemporaries, young and old, ready to brave the mud pits of the local school field.

I was standing shivering at the start - well let's face it, the lovely Striders singlet in all its variations doesn't offer much protection from the elements - when one of the younger Open category Strider women asked me which position I was running in. I was pleased to note her incredulous expression when I remarked that, at the ripe old age of 41, I was actually representing Striders in the 35+ women's category. 'You can't be' she cried - or words to that effect. Yes, in fact, I can.

So, apart from eternal youth and the possible risk of disqualification because the judges just don't believe that you are over 35/45/55 (delete as applicable) what else

does running and possibly extremely muddy cross country running have to offer the modern woman of today?

BEAUTY TREATMENTS

The first quite obvious benefit of running in a muddy field is, well, the copious quantities of mud. Why pay \$100 or more for the latest mud treatments offered by your local spa when for no extra cost beyond your Striders membership fee you can experience all the benefits of a 20 minute (or less depending on how fast you can run round a muddy 4km course) mud pack. Admittedly it is rather localised in its application, mostly being in the foot and ankle region, but if you are lucky enough to slip and fall somewhere along the course, not completely unlikely given how slippery running in mud can be, it could become a full body treatment.

And have you ever wondered what the benefits of a Vichy shower treatment actually are, or for that matter what exactly a Vichy shower is? Wonder no more! A Vichy

shower is a water massage treatment offered at the finest spas, designed to stimulate and detoxify body systems.

Well, and I think you know where I am going with this, what better and cheaper way to stimulate and detoxify than in the stinging rains of a wintery NSW cross country event. What could be more stimulating than being lashed by the pin prick needles of a late May rain shower in NSW as you navigate a muddy track. Bob Dylan wasn't referring to the precipitation in suburban Sydney when he sang, 'And it's a hard rain's a-gonna fall', but he could have been...he could have been.

APPRECIATION OF NATURE

In days gone by, the genteel women of society bettered themselves through a number of noble pursuits: music, reading, embroidery and the appreciation of nature. Many of those pursuits still feature among the pastimes of the modern woman. The native flora and fauna of the suburban fields of NSW remain a source of riches for the nature lover of today. An abundance of lizards, snakes and spiders feature among the more exotic wildlife that the cross country runner can find to appreciate as they travel at speed over muddy paddocks and around dense bush.

A popular way of preserving the beauty of nature was through the gentle art of flower-pressing. What better way to appreciate nature than to capture it for posterity between the leaves of a favoured book or, more easily as a cross country runner, in the folds of the sole of your running shoe. Can you imagine a more pleasant diversion than to come across the flattened stem of a wattle or a waratah flower as you unpack your running shoes and at the end of a hard days racing.

MANAGING A BUSY SCHEDULE

The busy woman of today can sometimes find it difficult to keep to an extended exercise schedule. This is where

OXFAM TRAILWALKER

Many Striders make up teams and enter this event each year. One Striders team has won it several times! Oxfam need volunteers and the club initially tried to procure enough personnel to man an aid station. Response was insufficient and, as the club needs volunteers for its own events and STaRS, it was decided to leave it to interested individuals. Perhaps you may like to help a worthy cause?

The event sees 500 teams run or walk 100km inside 48 hours. 700 volunteers are needed to make this event a success.

Contact: Barbara Cahill, volunteer Coordinator
www.oxfam.org.au/trailwalker/sydney

cross country running can really help out. Calorie for calorie a 4km run on a nice flat bitumen road burns far less calories than the same distance through knee deep mud over an undulating field.

The sheer effort required to push one bogged foot in front of the other as you run up yet another grassy knoll that looked far less steep from the start line, with the driving rain blurring your vision as you struggle to stay on your feet, means that long, weekend work out will soon become a thing of the past. Add to that the participation in a team event, where three others run the remaining 12km and soon you will be cramming in a hard 16km all in under half an hour.

FASHION AND ACCESSORIES

No reflection on the merits of a particular pastime would be complete without a look at the opportunities it offers to the wardrobe of the modern woman. Cross country running is no exception. I was particularly taken by the unusual accessorising I noted at the start line whereby one of my fellow runners had fetchingly attached some bulldog clips to the sleeves of her singlet. It was a rare example of creativity at work, with obvious practical benefits.

'Capsule' is the watchword of the modern woman's wardrobe and what could be more capsule than a singlet and shorts? Throw in a pair of running shoes and, if you are feeling adventurous, a cap and hey presto you are set to grace any field in the state come rain or, well, most likely more rain.

But it doesn't end there. There are still key wardrobe decisions to be made. Knee length; Full length; Three quarter; Capri; Compression; Loose; Fitting? The choice is endless. The modern woman can rest easy knowing that, with all that choice, she is unlikely to turn up to an event and realise that she has committed the cardinal sin of wearing the same shorts as another competitor.

FUN AND FRIENDSHIP

So, when faced with the evidence it's no wonder so many of us, young and...not so young, choose to spend our winter Saturday afternoons in the company of likeminded individuals, knee deep in mud and rainwater. How could the modern woman of today resist?

But even without all the additional benefits that I have set here before you, I suspect the lure of the muddy field might also have a little to do with the sheer fun and friendship of team cross country running. The animated retelling of that last 200 metres down the finishing chute, or the muddy display of a once yellow/red/otherwise brightly coloured shoe, now a brown badge of completion.

And as I huddled under the Striders tent that Saturday afternoon having completed my gruelling (to me) circuit, if you had told me that this is really the reason why we do it, I couldn't have agreed more!



Lisa cleverly used helium balloons to reduce ground impact

Confessions of a Pacer

CANBERRA MARATHON

By LISA CARROLI

It was 11 April 2009 and I was standing amongst other runners at the start line of the Canberra Marathon. I had sign on my back saying "Canberra Marathon Pacers 3.45" and two helium filled blue balloons were floating above me. A young woman stood next to me, introduced herself and asked if she could join my 3.45 pace group. Our conversation then went something like the following:

Young woman: "How many of these races have you paced before?"

Me: "This is my first time as a pacer"

Young woman: "Oh [pause]. What's your PB?"

Me: "3.27"

Young woman: "Oh. That's cutting it a bit fine for a 3.45 pace".

I took a deep breath as all the self doubt in the lead up to the marathon came tumbling upon me. Maybe I was being overly ambitious to think that I could run a

marathon in 3 hours and 45 minutes. After all, I blew up at Sydney Marathon last September and recorded a PW of 3 hours 51 minutes. I was engulfed by fear... fear of failure and of letting people down.

This is my story of the lead up and running of the Canberra Marathon.

WHY DID I VOLUNTEER AS A PACER?

I decided that I did not want to race the Canberra Marathon but I wanted to run it. Initially, I thought I would just run it and aim for around 3.45 but when the call for pacers came through I found myself volunteering for the 3.45 or 4 hour pacer. For some time I had wanted to have a go at pacing because it was a way of giving something back to the running community.

I told race organisers that I would be running the Six Foot Track and therefore could not commit to pacing

until after that race (just in case I became injured). I had a strong race at Six Foot Track and recorded a time just a couple of minutes slower than my PB. I felt great after the race and quickly returned to training. I decided that I was in great shape to take on the role of 3.45 pacer. I asked the race organisers if the position was available and was advised that it was mine.

LEAD UP TO CANBERRA MARATHON

Once I was signed up as a pacer, I started to practice the pace for a 3.45 marathon (5.19 mins/k). I was initially unsuccessful at maintaining the appropriate pace in my practice sessions - I was running too fast regardless of the distance I covered. I confided in some fellow runners my concerns that "if I can't slow down my pace, I'm going to crush that pace group like bugs on a windscreen".

The following week (it was now late March) I was training on a grassy slope with Sean Williams SWEAT group and I twisted my ankle. "Disaster" I thought. My physiotherapist was optimistic of sufficient recovery before Canberra Marathon. I was back on the road after a brief break. Initially the ankle started to feel better but some pain continued. I was able to train and practiced the pace. While running on the ankle was uncomfortable, I was finally successful in maintaining the correct pace. I thought about contacting the race organisers and asking them to find another 3.45 pacer but it seemed too late to drop out.

On the Friday before the race my ankle hurt more than ever and I visited my physiotherapist in a mild state of

panic. His advice was that, provided that I stayed upright and didn't twist the ankle again, I wouldn't do any further damage to the ankle. This seemed to make me feel better.

Canberra marathon weekend arrived. I sought out experienced pacers, Jim Moody (our club President) and Horrie and discussed pacing strategy. They were very helpful in offering advice. Also Cool Runners/Striders, Gogirl, Rags and Bandana (who were training for North Face 100 / Wild Endurance in May) offered to run with the 3.45 group. I joked with them that if the going got tough I would hand them my pacer balloons.

RACE DAY

The morning was chilly, the sky clear and the forecast was for a maximum in the low 20s - perfect race conditions. I successfully collected my balloons, stashed my gear in the Striders tent (thanks to Phil Skurrie, Peter Hibbard and others for organising the tent and refreshments) and made my way to the race start. I could not believe the number of people who introduced themselves to me and said that they would be running with the 3.45 group. I had my chat with the young woman and others.

While at the race start, I turned on my Garmin Forerunner. It seemed to take forever to make a satellite connection. My Garmin had not been reliable in recording the distance of my training runs over the past few weeks. This didn't help my state of mind.

The gun went off and we were off. I knew that the hardest thing for me would be settling into the correct pace. The first kilometer was a bit fast and a couple of members of the pace group mentioned this. My Garmin was not helping me with my pacing and it kept losing the satellite connection. I had to rely on the timer to keep me on track.

There was a strong breeze which meant my balloons thrashed around. This didn't bother me but they would bash into anyone who ran alongside or behind me. I was trying to concentrate on the pace so I was not chatting much anyway. We settled into a pace that was a couple of seconds faster than the target pace of 5.19 min/k. I wanted to build up a couple of minutes by halfway so that we would have a "buffer" for the last part of the race.

By around 15k nature called so I ducked behind a bush - you can't be subtle about this when you have balloons overhead that might as well be announcing "hey look at me". I was soon back on the course and could see the pace group a couple of hundred meters ahead. Whether they realised or not, Gogirl and Rags were doing a fine job of pacing the group (without balloons). A couple of people settled alongside me and I suddenly had a new pace group. Instead of sprinting ahead to catch up with the main group, I settle back into pace with these people. It took about 4km to catch up with the main group.

Rejoov Fitness

- Beginner-intermediate running group
- Core strength & stretch group
- One to one running coaching
- Online programs

If you'd like to improve your fitness, complete a fun run, get faster, or lose weight, we are here to provide you with the extra support and program structure to achieve your goals.



Join the excitement outdoors!




Chris & Greta have 30 years combined running experience and have competed at an elite level in running races across Australia and overseas. They would like to share their knowledge, encouragement and passion for running.

Greta Truscott Personal Trainer Cert. 4 Registered with Fitness Australia B.App.Sc. (Occupational Therapy)	Chris Truscott Certified running coach NSW Sport & Recreation
--	--



Please visit us at www.rejoovfitness.com.au
 Email: rejoovfitness@optusnet.com.au
 Or call us on 0419 021 694



Rumour has it

Asics have come up with a water bottle design that is to be sold only in Australia. Their team of Designers spent some time down under last summer observing the locals' behaviour and running requirements. As we are in one of the hotter countries, many of us often run with water bottles bobbing around our waists. Northern Territorians, however, were often observed lazing around wearing hats that had beer cans attached and a long plastic tube from the beer can to the mouth.

Asics decided to borrow the concept for their range of running attire. Now you can get the Asics cap with attached water bottle and long plastic tube to the mouth for use when running on hot days. It will be called the Ascaple. The city will soon see lots of these Ascaples, it is predicted. And for those who are Country runners, a rabbit skin cap will be available. It will be known as the Rascaple and will sport an array of useful dangling corks as well. Look for them at a sports store from October onward.

Those who haven't done so yet should have a look at the latest Run 4 Your Life magazine. As usual, a few Striders are pictured and there is a feature on David Criniti. He is having a very good year, so far!

Ed.

The crowd support has always been fantastic at Canberra Marathon and this year was better than ever. Enthusiastic cheers came from our "Ghost Striders" (Barbs and Bruce), the gorgeous SWEAT gals in pink, the group in red wigs, the incredibly talented "IHateToast" who puts on a show every year, groups and individual Striders and Cool Runners and the kids who must have high 5ed their little hands until they were red raw. The energy from the crowd was amazing.

I missed not being in my Strider uniform and the cheers of "Go Strider". Race organizers had given me an apricot coloured running top subtly labeled Canberra Marathon (a great top, very comfortable but I'm not sure that apricot is my colour). Without my Striders gear, those who didn't know me cheered me on with "Go pacer girl.. er lady.. with the blue balloons.. Go". It just didn't roll off the tongue quite as well.

My ankle had been uncomfortable but by 25k it was becoming painful. I was worried about it and this was making me question my ability to finish the marathon. I tried to ignore it but it continued to play on my mind. I promised myself to keep running until 30k. At 30k the ankle did not seem to be too much worse. I told myself that I should get to 31k and then review. I did the same at 32k, 33k and 34k. I knew if I could make it to 35k then I would be able to make it to the finish - at this point in a marathon I can always get myself across the line by telling myself "I don't get out of bed for less than 7k".

Experienced pacers told me that pacers often cross the finish line alone. While I was preoccupied with my ankle I seemed to lose track of members of the group. I knew some where ahead and some must have fallen behind too. I had a couple of people with me in those last few kms but I lost my last runner (John) at 40k. I really wanted to stay with him and help him to the finish but I knew that I had to keep going to achieve the 3.45 time. My memory is a bit fuzzy in that last couple of kms but I remember checking my watch constantly. I only stopped looking at my watch when I could see the timer over the finish line. In those final couple of hundred meters I watched the seconds pass, I speed up and then slowed down and speed up again to cross the line at exactly 3.45.00.

I looked around the finish line for familiar faces and congratulated those I remembered from the pace group. I waited for John. I didn't have to wait long for him to cross the finish line for his first marathon. It was fantastic to share in the elation and exhaustion of a first marathon. This was my 13th although I didn't realize that until after the race (thank goodness or "unlucky 13" would have been another thing for me to worry about).

EPILOGUE

I always thought the feeling of a marathon PB was the best ever but the feeling of successfully completing a marathon at a goal pace as a pacer was just as good... maybe better. I have been on a "high" since the marathon. It was such a rewarding experience to be able to play a small part in the achievement of the marathon goal other others. In the lead up and during the marathon I was filled with so much self doubt and fear but this was replaced by confidence and sense of achievement when I crossed that finish line.

The amazing Dave Criniti won the race in the PB time of 2:26:09 (2:57:42 for the 50k) but everyone who ran this year's Canberra marathon and 50k was a "winner" in their own way.

RUNNING A MARATHON

SO NEAR AND YET SO FAR!!**BY MOHAMMED ALKHUB**

YES, THE MARATHON (as you all know) is one of the very unpredictable events in long distance running. On the day, one can feel so good and yet run a slow time and the reverse is also correct; one can feel so bad and yet run a personal best. It all depends on the day and how the run unfolds.

Following is the experience of my last marathon adventure. The 2009 Dead Sea Marathon in Jordan took place on 10th Apr 2009.

My preparation for this marathon was perfect. I was doing all the training as per my program, developed by Coach Sean Williams. Adding to the excitement of running the marathon in April, I was recommended to be part of the administration for the Australian team running the 2009 World Cross Country in Amman Jordan on 28th Mar 2009. To be part of this team was the ultimate for me and it gave me so much motivation just being amongst the best runners from Australia and around the world.

I travelled to Amman on 20th Mar 2009, a couple of days before the Australian team arrived so as to meet them at the airport and give them every assistance during their stay. That week was full of training and being able to train with the team during their sessions gave me a lot of confidence in preparation for my marathon. My coach also arrived in Amman as he had 4 of his young squad

members running in the World Cross Country and again this helped me while training as he also did few sessions with me. We did some sightseeing with a trip to the lowest point on earth: the Dead Sea, and a bit of walking in the city of Amman.

The World Cross Country race day was full of activities and excitement and being at the centre of it all was the best experience anyone can have. The Australian team did well as individuals and as a team. So, the first week was full of training for me.

The few days leading up to the marathon were easy going ones. I was tapering and eating the right food in preparation. Of course, there are always the nerves to deal with on these occasions and there will be butterflies in one's stomach until the actual race starts.

The race started at 7:00 am on Fri 10th Apr 2009. The first couple of kilometres were a kind of warm up and I was running at around 4 min per km pace. I pushed the pace a bit, reaching the 5 km mark in 19:17 min and still feeling good. The weather was still OK at this stage and so I did not need a drink. I reached the 10 km mark in 38:00 min. Looking at the time, I thought wow! For me that was a crazy pace for a marathon. I just kept telling myself that I did the training and all my preparation was perfect so it might all come together this time so just keep going.





Mo wastes no time afterward getting back into holiday mode

At the 10 km mark I had a drink of water and pushed on at the same pace but the temperature started to increase with every km so I decided to have a drink at every 5 km drink station. Still averaging 3:45 min per km, I reached the 15 km mark in 56:48 min, again trying to be very cautious and knowing that the test will be after the 30 km mark. I tried to slow the pace for the next 5 km. I was doing 3:52 min per km pace, reaching the 20 km mark in 76.08 min and the half marathon in 80.09 min. Surprised with this and working it out in my mind, I was thinking wow, a 2:50 hours marathon could be on the cards! But having done so many of these marathons I know that the actual marathon starts at the 36 km mark. That is when you are tested and when it makes or breaks your marathon time.....

Pushing on from there, I maintained around 4:00 min per km pace, reaching the 25 km mark in 1:40:35 hrs and still feeling really good and excited at the prospect of doing a good time that day. With that in mind, I reached the 30 km mark in 1:56:59 hrs, thinking that with 12.195 more km to go in about 63 min I'd have ample time to complete a sub 3 hours marathon.

Oh well, the unthinkable and something that had never

occurred before started to happen at around the 34 km mark - cramps in both legs! Bear in mind, the temperature by that time was heading towards the 30 degrees mark or even more, and I will never forgive myself for leaving my salt tablets back in Sydney. I was never able to find any salt tablets in Jordan to take during the race. I had to stop and stretch my legs but to no avail. Every time I started to run my legs just seized on me and I could not run so would stop again and stretch and drink more water or electrolyte drink. Looking at the time at the 36 km mark - 2:27 hrs and knowing that the marathon really starts at this stage, I started to panic, with only 33 min to do the last 6.195 km to claim a sub 3 hrs mark.

I continued with pain The running turned into just a shuffle with frustration burning inside me. I just kept moving, reaching the 41 km mark in 2:54 hrs and knowing that the finish line is just around the bend. The last 200 meters were the hardest ever, seeing the finish line and not being able to run to it was heart breaking. I crossed the finish line in 3:00:21 hrs. Still, a personal best by about 10 min, and a course pb by 18 min so I cannot complain really.

My afterthought was: what could I have done better to make it happen? I found no point in blaming it on a certain thing, be it the temperature, or forgetting the salt tablets, or drinking more water, or having more electrolyte drink during the race, or eating more in the

...THE TEMPERATURE STARTED TO INCREASE WITH EVERY KM SO I DECIDED TO HAVE A DRINK AT EVERY 5 KM DRINK STATION.

morning of the race, and I found the answer. It could be any of these or maybe none of these would have made a difference. Everything must come together on the day to have a good marathon. I need to be smart in my next marathon preparation and plan it in a much better way, trying to cover all angles but most importantly to train smart.

The next stop will be the Berlin Marathon on 20th Sep 2009. The training begins.....



On 16 May an article appeared in the SMH about **Stephen Jackson**. The following day there was another one about **Melinda Vernon**. I put in a request to reprint those articles in this magazine, SMH replied that I could only print a link to their web page. Here they are:

<http://tinyurl.com/JackoHalf>

<http://halfmarathon.smh.com.au/>

Ed

Although not managing to beat Ron Daly's fabulous year 2000 marathon time of 3.55 at the age of 75, Frank Dearn, now aged 76, overtakes Ron in becoming the Club's oldest person to complete a Marathon. That's one each, methinks.

Ed

Sydney Striders P&L comparison

12 months ended 31/12/08 vs 31/12/07

Actuals 31/12/2008	Actuals 31/12/2007	Change \$'s	Change %
Income			
Membership fees	33,230	29,890	3,340 11%
Interest	3,169	3,245	(76) -2%
Advertising	185	50	135 270%
10km series	39,177	33,137	6,040 18%
Other income	-1,522	-814	(708) -
Total income	74,240	65,508	8,732 13%
Expenses			
Awards functions	11,304	9,777	(1,527) 16%
Trophies	2,067	2,342	275 -12%
Bank fees & card costs	1,491	1,574	83 -5%
Insurance	2,723	3,791	1,068 -28%
Internet	562	591	29 -5%
Meetings	1,279	814	(465) 57%
Athletics NSW 900	7,243	5,501	(1,742) 32%
Super series & MTG	540	130	(410) 315%
Loss on gear	2,081	2,812	731 -26%
Donations	2,199	1,000	(1,199) 120%
Marathon - Tent Hire	1,046	302	(744) 246%
10km series			
Other	15,554	10,809	(4,745) 44%
Blister			
Postage	2,620	1,507	(1,113) 74%
Printing	12,170	5,264	(6,906) 131%
Distribution	0	-	-
Calendars			
Postage	1,410	512	(898) 175%
Printing	945	321	(624) 194%
Distribution	0	-	-
General admin			
Telephone	90	-	(90) (90)
Postage	740	318	(422) 133%
Printing & stationery	2,175	374	(1,801) 482%
Lodgement fees	186	43	(143) 333%
Subscriptions	0	-	-
Notices			
Postage	397	827	430 -52%
Printing	623	977	354 -36%
Distribution	0	-	-
70,344	49,585	-19,859	-40%
Net result	\$3,896	\$15,923	(\$11,127) -70%

Top Tip

Diluted Disinfectant can be used as a cheap deodorant. An additional advantage is that with frequent usage it penetrates your clothing and kills moths.

Send Old Shoes On Holiday!

Kevin Tiller sends your old running shoes to places overseas like the islands where people on low incomes can get a little more use from them. You've given them a hard time. Now let them retire to a luxurious island holiday destination! You can help here:

<http://www.recycledrunners.com.au>

Huh?

True conversation during the 2009 Gold Coast Marathon between a Strider and a lady runner repeatedly leap frogging with him between the 5 and 10k marks using a fast run / slow walk combination:
Strider: Are you on a Galloway program?
Runner: What's that?
Strider: A run / walk combination for marathons developed by Jeff Galloway.
Runner: No. This is my first really long fun run, and I've been just running as long as I can, then I walk for a while, but from now on I'm on a, what's his name? program.

Bruce Smith

I run because it's my passion, and not just a sport. Every time I walk out the door, I know why I'm going where I'm going and I'm already focused on that special place where I find my peace and solitude.

Running, to me, is more than just a physical exercise... it's a consistent reward for victory!

Sasha Azevedo

THE GREAT CRANLEIGH

KAURI RUN

By CAROL TAYLOR & TINA CAMPBELL

If you enjoy running because of the company of good friends, beautiful scenery and testing yourself then the Great kauri Run is for you. This is a real adventure run held in the spectacular Coromandel Peninsula, North Island, New Zealand.

200 years ago most of the Coromandel Peninsula was covered in Kauri Forest. Today very few of these majestic giants of the forest remain. For every one who participates, a Kauri tree will be planted along the trail. The race organisers have a vision that over the next ten years they will plant 10,000 trees so that one day there will be an avenue of Kauri from Waikawau Beach to Coromandel.

The Kauri run is an off road cross country run/walk with distances of 32km or 13km. It starts on the beach (flat and easy running) at Waikawau and finishes in Coromandel Township, for the 32km, or Colville for the 13km event. Both races are open to individual runners and walkers.

Walkers start at 8am and runners at 10am. There is a bus service from Coromandel to the start of the race. The weather in Coromandel in November is generally fine but conditions can get very cold, wet and windy (it is NZ) up on the Coromandel ranges. The organisers require you to carry or wear a waterproof jacket and polypro top and carry a survival blanket with you

although, when we ran it last year, very few participants carried any of this gear as the weather was fine and clear with no forecast of rain.

The record for the 32km course is 2hours 28 minutes set in 2006 in wet and windy conditions. The average time is 4 hours.

As for the 6ft track, some really good training is required as there are some steep and technical sections but the views from the top make up for it.

The event will be held this year on Saturday 21st November 2009.

ARC (Adventure Racing Coromandel) are a very efficient & friendly bunch, the event was a model of excellent organisation with many cheerful marshals and support during the race. One of items in the participants bag was a pair of black socks, what a great idea having black socks for a bush run – in fact they were essential!

For more information on this very well organised event please check out www.arcevents.co.nz

Carol and Tina entered as walkers (due to a lack of training) but did run the last 7km as it was downhill and then onto the road to the finish. Our times were 5:52 and 5:48. The winning time for the 1st male in the 32km race was 2:27:50 and the first woman ran it in 2:42:11 (an Australian, Hanny Allston).



SYDNEY STRIDERS HALF MARATHON

Researched by LYNN HERRISON

To be labelled Australia's top road race after only 2 years says something for the race. The Sydney Striders half marathon is undoubtedly the best organised and conducted road race in Australia, and would stand up to any scrutiny from overseas.

After the acclaim of the first half Marathon in 1982, the 1983 event won a national award of excellence for race management as decided by the NSW Road Runners Association. Word spread quickly after the inaugural event when 341 runners finished, and for the second running, entries more than trebled, with 1036 starters and 944 finishers.

There is a new sponsor for 1984, National Panasonic, and the possibility that many entries will have to be rejected because of the 1500 limit on the field. The course is through the Lane Cove National Park, and is traffic free. It is an ideal setting for the race- a testing course through beautiful country where the runner is king, and is looked after in a fitting manner.

Entry for up to 100 international and 300 interstate runners has been guaranteed for 1984. Although it caters for all levels of runners, the race attracts a quality field at the top, and strong competition right down the line.

Andrew Lloyd won the race in 1983.

From Australian Runner Annual 1984 magazine
Publisher: Terry O'Halloran

DRESSING *Sydney Striders*

By SAMANTHA ISBELL 25/06/09

I volunteered for the role of Clothing Manager in October 2008 determined to stock a running singlet for the females to wear that wasn't gaping at the armpits, baggy around the waist, too low at the front, exposing bra straps, or 'old school'... a SIMPLE running singlet that wearers can be proud to represent our club in! "Uhuh" I can hear fellow lady runners agree. Is that too difficult?!?

Well. What a convoluted process: sourcing a supplier (of quality running gear that was not too pricey), examining materials, negotiating costs, discussing designs via email, tweaking artwork, Committee meeting proposals and votes (now that is another story), calculating order sizes, waiting for and taking delivery and stock counting. But happily, IT IS DONE - Striders now have a **female running singlet AND crop top**, both produced by 2XU.

The fabulous new female singlet is modelled by my Trailwalker team (Sydney Strider Green Goddesses), consisting of Clare Holland, Sharon Callister, myself and Melissa Selby - please SPONSOR US © at: <http://www2.oxfam.org.au/trailwalker/Sydney/team/437>

Karin shows off the **female fitted top** that has sold out in all sizes except for medium and large.

Seeing as there are no pictures of other club clothing options on our website (yet), I had Adam display the **tracksuit jacket** (matching pants available), **cap** and **short sleeve running top** (long sleeve version available in limited sizes). Note the face as he is the man to butter up (chocolate and freshly baked goods work nicely! Or a premium single malt!) regarding the monthly 10K results and internal handicaps...

Gentlemen runners please note that the Jaggad male running singlet, worn well by Darren, is stocked in all sizes except for medium. Should you



order a medium you will receive a male version of the new 2XU female singlet.

Clothing can be ordered by downloading an order form from the Striders' website or completing the form in the Blister. Also, I am presently selling uniforms at most 10K races and some STaRs. Feel free to email clothes@sydneystriders.org.au with requests, feedback or suggestions.



Sydney Striders Order Form



Merchandise Description	Sizes in Stock	Size and Qty	Price	Amount
Male running singlet	S, M, L, XL, XXL		\$36	
Female running singlet	XS, S, M, L		\$36	
Female fitted top	M, L		\$36	
Female crop top	XS, S, M, L		\$50	
Short sleeve running top	(male sizing) XXS, XS, S, M		\$45	
Long sleeve running top	(male sizing) XS, XL		\$60	
Tracksuit jacket	(male sizing) S, M, L, XL		\$75	
Tracksuit pants	(male sizing) S, M, L, XL		\$40	
Running cap	N/A		\$16	
			<i>Subtotal</i>	\$
			Postage \$6 (not including overseas/interstate)	\$
			Order Total	\$

my cheque made payable to 'Sydney Striders' is enclosed

Please charge my: Visa Mastercard

Card number _____

Expiry date ____/____ Security number _____

Name on card _____

Authorised signature _____

Your contact details: (a valid email address is required to send you a credit card receipt via Paypal)

Name

Address

Suburb

Phone

Email

EMAIL this completed form to [clothes @ sydneystriders.org.au](mailto:clothes@sydneystriders.org.au)

OR POST to Sydney Striders Clothing Manager
PO Box R1227, Royal Exchange
Sydney, NSW 1225

THE BIG BANG at North Head

I stayed behind after the last 10k at North Head and undertook the tour of North Fort. My guide appeared to be, and assumed I was equally, interested in the internal diameter (bore) of large guns. This all went in one ear and out the other but I was rewarded shortly afterward with a tour under one of the large gun emplacements. The gun stationed here during the Second World War was removed before any sentiment for keeping historical records arose but there are plans to replace it with a similar one from South Africa, to be picked up by a Naval vessel returning from Iraq.

Despite the missing gun, your interest will be aroused because below it you can view substantial underground rooms, some used as ammunition storage. Then there is a large network of tunnels, underground passages and escape hatches (because someone might fire back). Hospital rooms, engine rooms (they supplied their own power) and so forth. These tunnels go a vast distance and there is the sound of running water because a spring of some sort leaks into here from all directions, through pipes and along culverts and drains. The tunnels are cool and naturally

aerated by a passage of air that seems like a light wind. You can drink the spring water.

The large guns placed here could fire on ships 17 miles out to sea or, if aimed inland, could hit Parramatta. Elsewhere there were various other types of military hardware: smaller guns, ancient guns, models, plaques, pictures, monuments, a short archival film of how the gun emplacement originally operated. Seeing all the displays allows you to picture the events of the time and the Guide explains how gunners knew where to fire, given that the targets were not often in view (unless you could see something up to 17 miles away!). Once having fired, the smaller, more portable guns would have to be moved as the enemy would begin firing back once they had established where you had fired from. This meant a recalculation of where to fire to next. Machines calculated these variances as well as picking up data on what ammunition the enemy were firing toward you and where it came from. War seems momentarily quite technical and ingenious.

Put it on your itinerary one time.

Ed.



www.sydney sportspodiatry.com.au

- Running Assessments - Digital Gait Assessment- Dartfish TM software
- Shoe Evaluations / Recommendations
- Stretching / Strengthening Advice
- Lightweight Running / Racing Orthotics

Andrew Bull

Sports Podiatrist and Sydney Strider

*Sydney SportsMed Clinic
Shop 2/ 9-13 Young Street
Sydney CBD 2000
Tel. (02) 9251 0822*



MENTION YOUR SYDNEY STRIDERS MEMBERSHIP FOR A
10% DISCOUNT ON ALL SERVICES



Everyone glanced back to see where the Pope would self - seed

Rome Marathon and

Paris Half Marathon

A GOOD WAY TO BREAK UP A TRIP TO EUROPE!

By BRENT CUBIS

After doing the London marathon 2 years ago in beautiful sunny conditions and experiencing the entire crowd cheering you along, my wife and I thought it was a good way to see another city one day. We knew March/April was a good time to aim for so, after checking out what races were around the world and realising I was too slow to qualify for Boston, I booked into the Paris marathon in early April last October.

That was before we knew that we were expecting another child! After checking with the Doctor about flying, we had to bring our flight plans forward by 4-6 weeks. So back to the net and a check of what races were on in March – Rome it would be, the thought of starting and finishing at the Coliseum was very inspiring. However I still had some yearning to run a race in Paris as we may never get the opportunity again, so when I saw they had a half marathon

2 weeks before Rome, I thought that could be a good final run before tapering up to Rome.

We then had the fun task of deciding where to spend the 2 weeks in between! As it was at the end of winter/early spring, it meant northern Italy was out as everything was closed and it would be difficult to arrange accommodation. Therefore: why not the Loire Valley? – to see the Chateau and wine regions – could be dangerous, I thought, if trying to prepare for the marathon, particularly with the cheeses thrown in, but then I had read somewhere anti-oxidants from red wine were good for you! So, we booked a great little apartment in a small town called Chinon – on a tributary of the Loire River. This was the perfect base to head out from and visit the famous Chateaux of the region and, of course, try some Cabernet Francs and other great food and wine. We also spent a week back in Paris and a day trip in Reims visiting the champagne houses of Mumm, Pommery and Veuve Clicquot and Taittenger – highly recommended!

Paris Half Marathon – about 25,000 were registered, many no doubt doing the full marathon in April. The expo was well organized with excellent directions on the metro and lots to interest you at the expo. Unfortunately, on race day it was raining, which made the cold conditions even chillier – around 8 degrees at the start to only 12 degrees around finish time. The rain also made it more difficult for spectators. A shame, as it kept the crowds down – but there were still heaps of bands playing all types of music along the way. The start was very well organized. You were categorised by your expected finishing time – which you had elected when entering on-line. As it was a lot colder than any race in Australia I'd been in, if I were you I'd be sure to take an old top to throw away at the start and gloves (or do what I did and convert some old socks and throw them out along the way). The race starts out at one of the major parks on the outskirts of Paris, (like Centennial Park) and works it's way down to the Bastille, along the famous shopping street of Rue de Ruvili, then back along the Seine River before heading back to the park again. So you do not get to run near the Eiffel Tower or Champs de Ellysses as you do in the full marathon, but it's still a scenic course running around central Paris for probably half the race.

When I saw the balloons for the 95 minute time I just stuck close to them for the race – and true to form they finished about 30 seconds below 95, I couldn't keep up with their strong finish but came in just under 95. The finish was well supported by a cheering crowd and the photos from the official site were also well organised - up on the web within a day or so.

After pushing myself a little faster than I had been training over the Sydney summer – my hamstrings were a little sore for a few days, so it was probably lucky Rome was 2 weeks away. It's always hard not to pick up the pace in race, so if

you're using Paris as a training run for Rome, stick to that plan and don't be tempted to push it harder than you normally train.

Rome Marathon - registration was simple over the net, and, like Paris, works on a first in, best dressed basis. No need to buy a charity spot, etc. The only tricky aspect for both races was the requirement of a medical certificate, which the instructions outline very clearly. Make sure your doctor copies the words exactly on the web site instructions as the Paris organisers mailed my original one back because the words were not exactly the same (good old French bureaucracy!). The Rome expo, as you would expect, was smaller than London and Paris but well organised – make sure you take a photo identity with your confirmation letter as well (for Paris too). You can also reprint your confirmation letter at the expo if you misplace it, which is a good backup to know. I also collected the packs for my wife and 6 year old son who were doing the 4km fun walk/run as part of the marathon festival.

The rest day before the race was perfectly timed for the final round of the Six Nations Rugby, with 3 good matches including the final one between Ireland and Wales for the Championship, so I thought that was a good way to relax, not to mention those great London Saturday papers to read.

As with London, all travel on the Rome metro was free for participants, including the fun run. This fun run had over 50,000 participants (in addition to the 15,000 registered for the marathon) – it was a great way for family supporters to get involved in the marathon and use up some time after the start while waiting for the runners to return to the start/finish area. My son had a great time and loved getting his own number and t-shirt memento from Rome.

The race day was unseasonably cold after some lovely warm spring weather earlier in the week. So you can use those t-shirts they gave you at the expo to stay warm rather than taking over more luggage. After catching the metro to the station after the Coliseum – its only a 500m walk to the start area. The start was again well organized, with the different sections grouped by finish time. I couldn't help looking back to the Coliseum as we waited for the start gun to go, it has to be one of the world's best backdrops for the start of a fun run.

As you would expect in Italy, they were late starting the race, about 5 minutes or so, but as they say "When in Rome, do as..." After wending your way around some of the ruins of ancient Rome, you made your way out of the city and came around to one of the highlights of the route, passing St Peters - very inspiring seeing it in front of you with the crowd cheering you along. Mass was even being celebrated in the open forum as we went past, so a quick sign of the cross and it was on with the race, across the Tiber River

and out to the suburbs of Rome. This section was a little disappointing, but as the course was designed to avoid the famous Seven Hills of Rome, I wasn't complaining.

The water stations were every 5 km and then 2 km after each of those were sponge stations, which were excellent as they were clean and cold. No doubt in hotter, normal conditions these would be more utilised as I was quite surprised that only half the runners bothered. After a slow start I was held up behind the middle group (select to go in sub 3:30. That way you will be in the front group). On the narrow roads, only after 5km it freed up a little and enabled you to get into a good rhythm. After averaging 5 min/km thru to 35k, the cobblestones kicked in, which meant you had to focus on your steps a little more than normal. This is also the more interesting section of the course, passing through the older areas of Rome, including the Spanish Steps and the famous Via Corso (where horse races used to be run), so it was hard not to look around you at the sights as you went along. The crowd picks up a lot in this area so if you are planning to meet someone around the course aim for the 35km marker. Unlike London, the metro is not extensive. Therefore it's difficult for any friends or family to watch you around other parts of the course.

Unfortunately I got distracted by those famous sights, didn't focus enough on the terrain and had a little fall at the 38k mark, just past the Trevi fountain area. I certainly felt like staying on the ground and lying there for a while, rather than getting up. So after that little mishap, it was a slow last 4km, but fortunately, after passing the impressive Monumento A Vittorio Emanuele II - I could see the Coliseum in the distance as I rounded the final corner. What a welcome sight that was. However, be prepared for one final hill. It is only small but anything looks big at 41km. Then, around the back of the huge stadium where gladiators used to fight - it really lifts you and helps you to the finish line, in my case in just under 3hr 39m.

After collecting your medal and drinks, etc - your bag is easy to find(!) before heading out the back to see your family/friends. For a drink afterwards - depending on how you're feeling, head up to the top of the Vittorio Emanuele monument which offers a fantastic view of Rome, even better if you go at sunset. There are also plenty of good restaurants to celebrate at afterwards, one being *Flavia*.

Rome doesn't have the wow factor of the London or New York marathons with all the crowds and an arguably more interesting route. However, the last 7 km for Rome and first 5km are very interesting and that finish is a fantastic landmark to make you run harder to the finish line. If London (in sunny conditions!) is a 10 on the marathon experience scale, I would rate Rome a 7 or an 8 if you don't fall on those cobblestones! So, for a different type of holiday - with races in two of the world's great cities I would definitely recommend them both.



We are looking for parents and children to participate in research at Macquarie Uni.



To participate children must be:

- **Confident, worry-free & easy-going**
 - **Aged 7-12 years**
- **Never sought help from a Mental Health Professional**
- **Able to bring along a very good friend**



The study takes approx 2hrs, and includes a short interview about anxiety, and some questionnaires. The friends would be asked to chat, share some chocolate and play in a room with fun stuff!



Parent, child and friend will each receive one **movie voucher**.

If you are interested, please contact **Jess Baker (an active Strider!)**: jessica.baker@psy.mq.edu.au or **0449702570**

The **HIGHs** and **LOWs**

of my 2008/2009 triathlon season

By **CHARLES COVILLE**

2008/2009 provided my most amazing triathlon season in the 14 years that I have been competing. There are few sports that throw up so many controllable and uncontrollable challenges as the triathlon does with its five different legs.

Besides the swim, bike and run sections there is also nutritional and psychological components to master. I raced a record eight triathlons in six months. In one season I have never experienced so many all time highs and lows arising from the demanding physical and psychological challenges. Each race is so markedly different, I decided to write a permanent record of my exploits for posterity.

THE RACE SEASON

As I approached a new age group (60-64 years), I considered setting challenging 2009 goals to allow myself a refreshed focus and inspiration. There were two missing items in my triathlon CV. I wanted to win a major triathlon in my age group as well as qualify for the Australian age group team to the World Championships in the Olympic Distance (1.5k swim / 40k bike / 10k run) on the Gold Coast in September 2009. There was also the Long Distance (3k swim / 80k bike / 20k run) World Championships in Perth a month later that I considered as a secondary challenge.

In 1995 I won an age group Olympic Distance triathlon in the central NSW town of Orange. There were only four in my age group. While I was pleased with my first and only triathlon victory, I nonetheless wanted to win a more substantial event while I was fit and competitive.

The Olympic Distance World Championships would be my fourth World Championship, each race being over a different distance. My first Australian age group representation was at the Duathlon (10k run / 40k bike / 5k run) World Championships in Newcastle, Australia in 2005 where I came 11th out of 32 competitors. Two years later I was selected for the age group team to the Long Distance World Championships in Canberra, registering a 7th in a field of 29. This Long Distance race was based on the European format (4k swim / 125k bike / 30k run). The Ironman Championships (3.8k swim / 180k bike / 42.2k

run) that I raced in Kona, Hawaii in 2007, where I finished 37th out of 69, was my third World Championship event.

OCTOBER 2008

MAITLAND TRIATHLON

(1.5K / 55K / 12K)

The swim leg was in the brown Maitland River blanketed by a heavy early morning mist; an eerie experience. The cycle and run through quiet country back roads made it a pleasant and relaxed race. I finished last out of 4 in my age group with an average performance (58 minutes for 12k) and knew that I had only one way to go, and that was up.

OCTOBER 2008

FORSTER LONG COURSE TRIATHLON

(2K / 60K / 15K)

Forster was the home of Ironman Australia for 20 years until it was moved to Port Macquarie in 2002. In 2009 it hosted its first triathlon multi sport festival. I chose to compete in the Long Distance event as it was a qualifying race for the World Championships in Perth. Despite a poor ocean swim, which I do not enjoy anyway, I had a solid bike and a good run to come 8th in the 55-59 age group, yet scored top qualifying points by winning the 60-64 age group for the World Championships. This is confusing, as

the former is based on ages at 31 December 2008 while the latter is based on ages at 31 December 2009; I was 59 at the time of competing. I ran the 15k in a reasonable 73 minutes.

NOVEMBER 2008

PORT MACQUARIE HALF IRONMAN

(1.9k / 90k / 21.1k)

A great swim (8 minute personal best or pb; short course?), an even better bike race (12 minute pb, no short course) and a solid half marathon (1h52m vs. 1h51m compared to two years ago). This was the confidence boost that I needed to get my season into full swing. The bike pb convinced me that if I achieved a proportional improvement over double the distance, I had a full IM pb in me and perhaps even a first place in my new age group. I therefore took the decision to end my IM career with a finale performance over the Port Macquarie IM course five months later.

NOVEMBER 2008

NEWCASTLE OLYMPIC DISTANCE

(1.5k / 40k / 10k)

Freak ferocious winds along the NSW coast resulted in a big swell on the swim course in Newcastle harbour. Add

cold water to the mix and I was immediately on the back foot. I struggled in the large choppy waves and despite wearing a wetsuit, I was cold. Having swallowed copious amounts of seawater within a few hundred meters of the start and feeling extremely nauseous, I decided to quit the race for the first time in a triathlon. Mark Fiore, a competent swimmer, also aborted the race during the swim leg. Due to the adverse weather conditions, all three legs of the course were shortened. Competitors struggled to stay on their bikes in the blustery conditions while the runners were blasted with gusts of sea sand as they ran along the break wall, making it one of the most unpleasant triathlons to compete in. A record 20% of the field retired early.

JANUARY 2009

CANBERRA OLYMPIC DISTANCE

(1.5k / 40k / 10k)

There are six qualifying races in Australia for the World Championships on the Gold Coast. I chose to compete at the two closest to home, Canberra and Cronulla. I had kept my training low key in the pre race week and believed that I had recovered from an earlier virus. That assumption proved to be incorrect as my race was to become an unexpected nightmare.

The swim leg is in Lake Burley Griffin; the man-made lake



in the heart of the nation's capital. The organisers took a decision to have a non-wetsuit swim based on the hot weather conditions on the Saturday, the day before the race. They erred in not re-testing the water temperature on race day as temperatures had plummeted overnight, certainly justifying the wearing of wetsuits. I got cold during the swim and slowed down dramatically. On turning at the last buoy to head home less than 500 meters from the finish, I was swum over by a quicker age grouper who had started in a later wave. His hand smashed into my mouth and face breaking the bridge and crown of my two front teeth. He momentarily paused to apologise before heading on his way. I was dazed and struggled to the finish. Maureen was concerned about my pale appearance as I exited the water some ten minutes behind my targeted time. I was cold and shivering and she asked if I was going to continue. In almost any other race I would have aborted the event to add to my Newcastle DNF, but needing points for the Gold Coast World Championships I chose to complete the race. I remained cold on the bike and, despite wearing arm warmers, I continued to shiver and had to stop to access my drink bottle from the holder on my bike frame. Normally this procedure could have been easily achieved while cycling with one hand. I was continually being passed by cyclists and I only passed two during the entire 40k bike leg. The run was just as bad. I walked on four occasions. Although I had warmed up, my body felt totally depleted, no doubt the aftermath of the virus. I did score a meagre 15 points for my last position in my worst ever triathlon performance.

Interestingly when the Olympic Distance teams were announced three months later, I had qualified as the last of 30 qualifiers in my age group. Due to the current world economic climate and the expectation of fewer overseas competitors at the Gold Coast, officials increased the team from 25 to 30. My triathlon CV was now complete, only just.

FEBRUARY 2009

JERVIS BAY, HUSKISSON TRIATHLON FESTIVAL **Long Distance (2k / 80k / 20k).**

The race swim is in a placid bay where the clear water and sight of seaweed and the occasional small fish reminds me of the Hawaiian IM swim in Kailua Bay, Kona. I had a great swim and after the first of three laps on the bike had recorded a three minute pb. However my tri season of misfortune was to continue as I had a puncture just as I commenced my second lap. An unknown individual had thrown thumbtacks on the road. I, like a number of other competitors, had experienced the demoralising realisation that one's competitive race had just ended. Undaunted by the setback I changed the tyre in a five minute pb and set off to cycle down my opposition. I nonetheless managed to achieve a bike pb of three minutes and ran a solid 20k in 1h36m for another eighth place. What was important was that I had come fourth in the qualifying points race (double

points as it was the Australian National Championships) and after two races ended up with the highest number of qualifying points for the Perth Long Distance World Championships.

MARCH 2009

CRONULLA OLYMPIC DISTANCE **(1.5k / 40k / 10k)**

After my disastrous Canberra foray I needed to maximise my points at Cronulla. Many of my fellow competitors were also competing in the second last qualifying race in Perth three weeks later. They were seeking double points as the race was the Australian Championships. I decided not to travel to Perth but to rely on points accumulated at only two qualifying races.

Cronulla is the home to Australia's four Kona Hawaii IM winners - Greg Welch (1994), Michelle Jones (2006), Chris McCormack (2007) and Craig Alexander (2008). In the weeks preceding the race there had been two shark attacks off Sydney beaches. While the attacks had me somewhat anxious, it was the huge ocean swell that was more of a concern.

The race website summed up conditions:

SURF'S UP FOR 1000 ATHLETES IN ***SYDNEY WATER CHALLENGE***

"Rough surf and blustery winds put some of Australia's leading age group triathletes to the sword at the Sydney Water Challenge in Cronulla. Swells of up to two meters and messy surf saw the 1,500m swim leg off Wanda Beach slightly shortened and relocated 800m up the beach to ensure a safe aquatic environment. Given the testing conditions presented by an exposed beach and recent shark activity in Sydney, Triathlon Australia engaged the expertise and resources of Surf Life Saving Australia to oversee the swim component. Five IRBs (rubber duckies), two jet skis, an offshore rescue boat and 30 volunteer surf lifesavers were on hand to sweep the course and guide swimmers. The field of more than 700 in the Olympic Distance Triathlon was also buffeted by blustery cross winds on the 40km bike course over two loops, before tackling a challenging 10km run that included a number of hills in Lucas Reserve."

The swim was tough, albeit over a shortened course. Surprisingly I managed to get through the pounding breakers in my first attempt. I survived the bumpy swim parallel to the beach despite swallowing a large amount of salt water as the waves crashed over me. As the organisers had moved the swim further up the beach, it meant a long barefoot beach run back to bike transition in soft sand in a restrictive neoprene wetsuit. This brief run was enough to

stir up my bruised heel injury incurred just prior to Kona in 2007. At the time of writing my heel has almost recovered after an adjustment to my running shoe orthotics by my sports physician.

Another strong bike and run in hot conditions and the 10k in 45m41s saw me come 4th and score 26 valuable qualifying points.

APRIL 2009

PORT MACQUARIE AUSTRALIAN IRONMAN

(3.9k / 180k / 42.2k)

In the weeks preceding the Australian Ironman there was torrential rain on the mid north coast of NSW. Coffs Harbour experienced once in one hundred years of torrential rain and flooding. Port Macquarie too incurred the wrath of the wet weather. There was concern that the Hastings River, in which the Ironman swim was to take place, would be unsafe due to floating debris and rumours of E-coli in the water. The "Transitions" blog site was awash with rumours that the swim would be cancelled or modified. The contingency plan in the race rules was for a one lap swim instead of two or, worst case scenario, a duathlon, with a 10k run replacing the 3.8k swim. This latter alternative appealed to me. However race organizers proceeded with the full 3.8k swim as they considered the course to be "safe". They also declared the swim to be "wet suit optional" as the water temperature was 21 degrees, 3 degrees below the cut off for a non wet suit swim. "Optional" means all triathletes do wear wetsuits due to the benefit of extra buoyancy and additional warmth. The common parkland on which the bike transition, race headquarters and finish area were set up was a mixture of mud and wet grass.

Maureen and I arrived in Port Macquarie three days before race day. We shared an apartment with my daughters Natalie, Lauren and son-in-law Andrew. Also in attendance was John Vickers who had driven down from Brisbane. John and I were fellow university students and members of the Witwatersrand University Cross Country and Marathon Runners Club in Johannesburg. In the mid 1970s we had toured Rhodesia (Zimbabwe) together when we both ran the Matopos 52k ultra marathon in Bulawayo. John's running credentials exceeded mine and as a 2h25m marathoner his presence would provide experienced marathon support. Natalie had printed a large number of "Go #317" and "Go the Silver Fox" signs that she and Lauren strategically taped to lamp posts, trees and signs on the run and bike course.

I had meticulously researched my opposition. There were 29 entries in my age group, but by race start, two had withdrawn. The night before race day I distributed to my support team a summary showing each opposition's race number and times of their swim, bike and run splits from recent IM races. There were only three competitors in my age group of particular interest to me. They, like me, were the only entrants to have broken 12 hours in recent IM races. Of those three entrants, #206 posed the biggest threat. He had recorded a creditable 11h23m at the faster Busselton IM in Perth in November including an amazing 5h15m on the bike. This compared most impressively with my 2007 Port Macquarie IM in 11h30m when I had cycled 6h10m. However his run time was slower than mine.

My publicly announced goal was a top three position. Although I never advised family and friends that I wanted to win the race and hence put myself under unnecessary pressure, my race tactics communicated to my team made evident my intentions. I needed time lags on the run and if possible, although somewhat more difficult, on the bike for those age group competitors ahead of me. I was not concerned about the 60-64 age groupers behind as I was confident that those with slower swims than me were not stronger cyclists or runners than I was. The letter "I" on the right calf was the age classification for the 60-64 year age groupers, the easiest way to identify my opponents from behind.

***HIS HAND SMASHED
INTO MY MOUTH
AND FACE,
BREAKING THE
BRIDGE AND CROWN
OF MY TWO
FRONT TEETH***

I felt relaxed and enjoyed the swim despite taking a few hits to the body. My goggles leaked around the 1km mark. I had a spontaneous novel idea of briefly swimming wide of the first turn buoy, away from competitors and then to roll on to my back. This allowed me to remove my goggles and clear them of water without interference and continue on my way. I was surprised to intermittently cramp in the calves during the second lap and wondered if this was to be a bad omen for more cramping later in the run. I adjusted my kick and concentrated on relaxing the legs ensuring that the cramping did not get any worse. The finish arch at the end of the swim is always a welcome sight and I exited the water satisfied with my time of 1h18m, in the middle of my targeted time range of 1h15m to 1h20m. I was in 12th position.

The transition marquee used for changing clothes was a mixture of mud, wet grass and puddles of water. After shedding my wetsuit and revealing my tri suit that I had also worn under the wetsuit during the swim, I chose to carry my cycle shoes to my bike rather than put them on in the tent and run the 100 metres to my bike through the wet and muddy transition area. My support team was

positioned close to my bike and their welcome cheers got my adrenalin flowing for the upcoming 180k bike leg.

The 3-lap course was challenging with its numerous hills and strong headwinds. The scenic course follows the coast along Ocean Drive to Lake Cathie before entering the final hilly section before the turnaround. The Port Macquarie course is rated as one of the more difficult IM bike courses. My goal was to average a fraction over 30k/hour for a 5h55m ride. On the first outward-bound lap on the road to Lake Cathie the headwinds reduced my average speed to 28k/hour. However, on the return leg, the tail wind enabled an average of 38k/hour to be maintained. I felt strong and passed numerous cyclists with few passing me. During the second lap a shower of rain meant increased concentration was required. Corners had to be negotiated with caution on the wet roads. On a positive note the shower also meant the end of the head and tail winds.

I adhered to my nutrition programme of GUs, salt tablets, energy bars, bananas and the two premixed solutions of Endura Magnesium Rehydration and Endura Optimiser Protein Carbohydrate Mix. The occasional ANZAC biscuit provided by the aid stations offered something more substantial to eat. On a bumpy section of the road just past the golf course on Ocean Drive I lost an empty water bottle, a spare tube and CO2 cylinder. I was able to refocus on my race knowing that the next aid station was 10k away and that a new refilled water bottle would be available. I was also carrying two spare tubes and cylinders.

After 3.5 hours I started to feel nauseous. I reasoned that being seated in a cramped position on my areobars and eating the combination of sweet carbohydrate gels and bananas may have brought on the ill feeling. Reverting to water for the next 45 minutes did settle the nausea. I increased the pace on the last lap and gained confidence as I continued to pass more cyclists. My cycle time of 5h54m converted to 6h0m45s after adding the transition time. I was elated. I had achieved my targeted time, but more importantly I had moved up 10 places to dismount in 2nd position, less than 5 minutes behind #206. The 20-minute gap I had expected to have to make up on the run was not required. I had cycled the second fastest time and the fourth fastest in the four year history of the Port Macquarie course. My motivation was sky high.

A quick change into my Brooks Adrenalin running shoes and I was off to run down #206. It took just over 20 minutes before I felt that I was in the marathon running "groove", allowing me to switch into overdrive and seek to maintain the same tempo for the rest of the race. At the 10k mark I was under 30 seconds behind #206. Noticing my approach at the first southern turnaround, #206 managed to hold a similar pace to myself until the end of the second lap at 14k. Maureen and John yelled encouragement as I ran past, advising me that #206 had stopped for a drink at the aid station just ahead.

My tactic to run unnoticed past #206 failed as he saw me approach as he left the aid station. He immediately positioned himself behind me and I reasoned that he would use me as a pacer and later challenge me for first place. I

decided to attempt to drop him as soon as possible. Feeling confident and strong I picked up the pace. He responded and stayed with me for the next 2ks. At the next aid station I deliberately slowed to receive two cups of water, one to drink and one to throw over my head to keep cool, and a cup of jelly beans. I was later asked why my cheeks were bloated during the run – I kept a supply of jelly beans in my mouth and sucked on them until the next aid station. #206 did not take the lead but again slotted in behind me as we left the aid station. Finally at the next aid station at the northern turnaround point at Settlement City he slowed for the first time and I felt that I had made the decisive break. With 24ks to go I decided to slow fractionally to get into a safe pace to see me through the rest of the run without incident.

Natalie, Lauren and Andrew were strategically placed a distance away from the transition area and their encouragement and time splits on #206 allowed me to focus on running to win the race. The two hills leading into the southern turnaround felt somewhat steeper on the second lap. My support crew again cheered vociferously as I passed the 28k mark and they let me know that I had opened up a large and hopefully unassailable lead on #206. I made sure that I enjoyed the encouragement from the noisy spectators lining the course and absorbed the scenic Pacific Drive coastline. Natalie's coloured motivational signs, especially "Go the Silver Fox", were a source of inspiration during the bike leg and again on the run, and in particular when I entered the "hitting the wall" zone. At 32k I sensed that I was becoming light headed. Was it pay back time for adjusting my nutrition on the bike and not having subsequently increased the carbohydrates on the run? I reasoned that my blood sugar levels were low and at the next two aid stations consumed large quantities of defizzed Coke. I must have looked somewhat strange as I continued to run around and around the aid station to allay my fear of cramping if I stopped, rather than stopping. I had not cramped since the swim. The Coke was effective as I started to feel better and at the last turnaround with 4k to go picked up the pace. The thought that winning was a mere 22 minutes away had the adrenaline pumping in my tired body.

"And we have another age group winner running down the finish straight" announced commentator Pete Murray." Charles Coville you are an Ironman". It was finally all over. A 20 minute gap over #206 to finish in 11h30m39s, a personal best IM time out of my five previous races and a mere ONE second improvement over my 2007 time (previous pb) on the same course. I had run the fastest marathon in my age group in 4h07m and had broken the 3-year course record by 3 minutes. As I hugged Maureen in ankle deep mud outside the finishers' marquee, her words of excitement were apt. "Good news and bad news. You have won your age group, however you have to keep training for one more IM as you have qualified as age group winner for your second Ironman World Championship in Kona, Hawaii in October".

Brig on my final Kona. "MAHALO!"

PS

Thanks to my support crew of Maureen, Natalie, Lauren, Andy and John who guided me to victory. Thanks in particular to Maureen for all her encouragement and support before race day allowing me to train for 12 hours a week in the three months prior to the race despite the disruption to our normal lives. Thanks to my masseur Coby for getting my body to the start line in peak condition.

In 2006 there were 8 finishers in the 60-64 age group. Numbers increased to 15 in the next two years and finally reached 27 in 2009. The one Kona spot for the age group

increased to two in 2009 based on the larger number of entrants.

I qualified for and accepted selection to the Olympic Distance World Championships on the Gold Coast. I was the last qualifier in my age group. Even though I scored the highest number of qualifying points for the Long Distance World Championships in Perth, I chose to withdraw from the team as the race takes place only two weeks after Kona and I believe that I will not have recovered sufficiently to be able to race competitively.

PREFERRED SUPPLIERS

Want a quick, cheap ad for your business in this magazine? We have over 700 members. Reaching them may reach their friends and family too. Many Striders keep back-issues for years. To join this list, provide your business name and no more than 30 words description. \$45 for a year. Include telephone number or email.

ABILITY HEALTHCARE

Aged care, Mobility & Disabled equipment specialists
 Mobility Scooters, Wheelchairs, Walkers
 Grab rails, Crutches, Lift Chairs
 Hospital beds & Mattresses, Shower chairs
www.abilityhealthcare.net
 115 Silverwater Rd Silverwater Ph 9648 1888
 Collie Kinsela 107

FEET ON THE MOVE

Heidi Jones Podiatrist
 248 Bondi Rd, Bondi 2026.
 9389 8525
 0417663187
 Mondays and Fridays. 107

BABYGOODS DISTRIBUTORS - BABYLAND

Showroom 53, Hume H'way, Chullora. New baby goods & a good clean range of used baby goods. Price check & ask for the Striders special price.
 Delivery service, major credit cards.
 Mon to Fri 9.15 to 5.30
 Tel 9642 7788 107

SYDNEY SPORTS PODIATRY

Andrew Bull- Podiatrist & Sydney Strider
www.sydney sportspodiatry.com.au
 Running assessments/shoe selection/running orthotics
 Shop2/9-13 Young St
 Sydney 2000
 92510822 108

Congratulations!

Keith Bateman ran a pb of 2 min 32 sec to post a new State Record of 72:13 at the Gold Coast Half Marathon on 5/07/09.

Hatches matches dispatches

To parents Belinda and Richard Palmer, a fourth child in January, Andy Palmer born 13th January 2009. Belinda was reported to be doing well and Richard, even better!

David and Olivia Kane had a baby daughter, Cara Lily Kane on 3rd March 2009.



Introducing Clarity Strategic Research, a new research agency in Sydney, managed by a fellow Strider!

Clarity seeks to deliver clear, commercially valuable, powerful research and consultancy to your business.

Clear thinking, straight talking, professional and affordable research. Specializing in Finance, Telecommunications, IT, Media, Business-to-Business, FMCG and Retail research.

Interested to find out how Clarity can help your business? Contact Alex on:

(m) 0431 744089

(w) www.claritystrategicresearch.com.au

(e) alex@claritystrategicresearch.com.au

President's report

Since the last Blister we have been as busy as ever, we have managed to survive three major events that have all surpassed our previous successes and along the way we have changed a few things about how the club is operating. The following will fill in the details of what decisions the committee has made and what the ramifications are for the club and in particular for how they may affect you.

would firstly like to introduce two new committee members, one replaces an existing member and the other is a new role formed to take control of our future IT needs. Since my last missive we have appointed a new 6ft Track Manager, Colin Jeftha has now joined the committee in this very important role. You may remember that we have been searching for some time for someone with suitable experience and skills to take over this role and allow Kevin Tiller to retire after a number of years in this position. Colin will be working with the 6ft sub-committee and with Kevin's assistance to ensure a smooth transition for next year's race.

We have also instigated a new sub-committee that will be responsible for the IT needs of the club for the future; Peter Boorer has kindly accepted this role and is in the process of putting together a number of skilled IT people for this group. The sub committee's role is to look into the club's needs for the future for our website and database and also for communications to you all. As the internet is becoming such a large part of our lives, we believe that it is necessary to be at the forefront in the way we communicate and transact our business with you, our members.

The club has completed three major events so far this year, the behind the scenes work that has gone into these is a credit to all of those who participated.

First on the list was the 6ft Track where there were 849 starters, plus, in excess of 50 volunteers, from our members on the day. The financial result provides a total donation to the RFS, the 6ft Track Management Trust and others of approximately \$40,000.00, a fantastic result.

Secondly we had our joint venture with Athletics NSW for the State Road Championships, the event exceeded the previous year's numbers by 5%. We also managed to electronically record the 5 and 2.5k races for the first time. Glenn Guzzo put an enormous amount of time into this event and we had preliminary results posted, on-site, on the day. Special thanks go to Glenn's wife Farah for helping enter up names and numbers during the morning which

made the processing of results that much quicker. To Glenn and all of the volunteers, well done on another terrific race.

Third was our Awards Evening in May, 250 members and their guests had the pleasure of Deek's company for the evening and then joined in congratulating our winners who managed to take out the various races and categories. Chris Truscott and Jo Cowan managed to outdo even last year's evening and are already discussing plans for bigger and better next year.

To all of you who volunteered for these events, congratulations on a job well done.

RACE TIMING SYSTEM UPDATE

In the last two 10k series races we have replaced our Race Bibs with the latest versions. The old ones were no longer able to be replaced with compatible RFID's. This has meant a complete changeover of all of the bibs for the races including the 247 preregistered runners. There are still some of you out there who have yet to collect your new bibs. Please DO NOT USE the old bibs. If you are not in possession of a Blue (Men's) or Salmon (Women's) bib you will not be recognised at the timing gate.

The committee has discussed the use of the Club's DAG Timing System for events outside the club. We have been asked to assist at a number of events and it has been agreed that this will be allowed but only under specific circumstances. Any group who wishes to make use of the timing system will need to provide the following

- 1) Their own race Bibs with timing RFID attached (approx cost for the RFID is \$5 each plus bib costs) to be organised by the event managers, the club's bibs will not be available.
- 2) Volunteers to assist with setting up and dismantling the equipment
- 3) Provision of a weatherproof site within 6 metres of the finish line.
- 4) Nearby 240V power supply
- 5) The availability of at least one of the Striders 10k Timing people to attend and operate the equipment (currently Paul Hannell, Adam Moody and Jim Moody).

- 6) They will need to cover out of pocket expenses for those who look after the equipment.
- 7) Confirmation from the committee that the event does not contravene the club's guidelines or coincide with club events and to decide if a fee would be applicable.

Any requests can be forwarded to info@sydneystriders.com.au

UNIFORMS

We have new Women's tops, these are now available through Sam Isbell at clothing@sydneystriders.org.au, they are available in a women's cut and in the smaller sizes, crop tops are also now available. The Men's tops are available in the current style for most sizes; new tops will be ordered when the current stock is exhausted.

FUTURE EMAIL CONTACT

The committee has examined the future of our internal club communications and how best to facilitate this. We have discussed asking our members to provide a valid email address and the advantages and disadvantages of this versus keeping the current system in place. The cost of printing and posting our club magazine, the Blister, as well as regular calendars and such is one of our largest operating costs. Currently there are a large number of you who are not registered on the club's email list and are therefore not advised when we update club information. If you are not aware of how the list is operated, the following is an outline.

The list cannot be used for advertising and sales pitches. Spam is completely filtered.

Anyone sending anything to the club email list (all financial members who are registered in the Yahoo Group can send to the club email) has their email moderated and only emails that are in accordance with the guidelines set out by the committee are allowed to be forwarded on. If there are any problems with an email the sender is contacted and the email discussed, there is NO junk email and we do not pass on details of the list to anybody. In the next Blister we hope to have a fully detailed explanation of what can and can't be sent to the list as it is currently being revised, we do not expect there to be many changes to the way it is operated.

SUNDAY TRAINING RUNS (STaRS)

Every Sunday morning we have a club training run. There have been comments that there are some members who are not aware of the Sunday runs and what we get up to. Every Sunday morning there is a STaR. Each week we start from a different location for distances between 10 and 30 k's. The runs are hosted by club members who provide a marked course, maps of the run and at the finish there is fresh fruit, drinks and snacks of varying types depending on who the host is. There are two start times depending on what distance you would like to run, 10 to 15 k's start at 7:00 AM and are led out by a club member who volunteers to look after the group and make sure they don't get too

lost and that any visitors are looked after. The 6:00 AM groups are long distance runs of 20 to 30 k's with various sub groups depending on your pace.

The cost is \$4.00 for the morning and covers everything noted. If you haven't come to a STaR yet, why not join us at the next one. The calendar for the next 3 months will have arrived by now or you can access a copy on the website at <http://www.sydneystriders.org.au/calendar/current.htm>

We usually get between 60 and 100 runners out to see some of Sydney's best views on any Sunday morning followed by a chance to sit and chat, weather permitting!!!!. Recent highlights would have to be the Mosman Reversed with over 100 runners, with much larger numbers of 6.20

PREFERRED SUPPLIERS

Want a quick, cheap ad for your business in this magazine? We have over 700 members. Reaching them may reach their friends and family too. Many Striders keep back-issues for years. To join this list, provide your business name and no more than 30 words description. \$45 for a year. Include telephone number or email.

ABILITY HEALTHCARE

Aged care, Mobility & Disabled equipment specialists
 Mobility Scooters, Wheelchairs, Walkers
 Grab rails, Crutches, Lift Chairs
 Hospital beds & Mattresses, Shower chairs
www.abilityhealthcare.net
 115 Silverwater Rd Silverwater Ph 9648 1888
 Collie Kinsela 107

FEET ON THE MOVE

Heidi Jones Podiatrist
 248 Bondi Rd, Bondi 2026.
 9389 8525
 0417663187
 Mondays and Fridays. 107

BABYGOODS DISTRIBUTORS - BABYLAND

Showroom 53, Hume H'way, Chullora. New baby goods & a good clean range of used baby goods. Price check & ask for the Striders special price.
 Delivery service, major credit cards.
 Mon to Fri 9.15 to 5.30
 Tel 9642 7788 107

SYDNEY SPORTS PODIATRY

Andrew Bull- Podiatrist & Sydney Strider
www.sydneystriders.org.au
 Running assessments/shoe selection/running orthotics
 Shop2/9-13 Young St
 Sydney 2000
 92510822 108

runners than normal, and even a number of 6.30 speedsters – including the current male Canberra marathon champ Dave Criniti.

A reminder about joining the correct pace group is always warranted and also a request that you remember that these are training runs and not races and regrouping regularly makes the run enjoyable for everybody.

Also a note that we are not bullet proof and the green and white speed hump theory is not really true. Please keep off the middle of the road, 100 Striders is quite a target.

VOLUNTEERS

Liz Woodhams is still looking for Pacers for the Sydney Marathon and Half Marathon, if you have never run as a pacer before it is a terrific experience helping others to reach new goals. If you are able to assist Liz please contact her on volunteers@sydneystriders.com.au.

MTG

The MTG has recently started up to be ready for the Sydney Marathon in September, if you have never run a Marathon or are coming back from injury and would like to be part of a group, get in contact with Phil at MTG@sydneystriders.org.au

ATHLETICS NSW

Our Athletics NSW Team has been going from strength to strength. There are now in excess of 100 members in our

team. At the two most recent meets they have excelled themselves with a number of Gold medals in both the individual and Teams events. Melinda Vernon ran first, in both 10k Road and XC Champs and Jeremy Horne ran 3d in the 10k Road, and 4th in the XC Champs.

On a team's front, some of the age groups are placed well for premierships honours this year.

RECENT RACE SUCCESSES

Two of our members deserve a special mention, Melinda Vernon placed first woman in the Sydney Half Marathon and Dave Criniti won the Canberra Marathon plus then went on to win the 50 k race. Congratulations from all of us to both of you. We should also not forget our Trailwalker team who managed to blitz the field in the inaugural running of the Yorkshire Dales Trailwalker (known as Trailtrekker). They managed to come in some 3 hours ahead of second place; an awesome run. Congratulations to Jaap Bakker, Richard Green, Jonathon Worswick and Joel MacKay. Where next I wonder? HK?

That's about it for this Blister, as usual 10 words ended up in 1,800. Any queries or questions can be forwarded to info@sydneystriders.org.au or president@sydneystriders.org.au

JIM MOODY

President, Sydney Striders Road Runners Club



Trying something different

MY EXPERIENCE WITH BIKRAM YOGA

By GERRY ARTHUR

Let me say straight away that in the 'to stretch or not to stretch' debate I have always firmly sided on the easy option of a 10 second 'stretch' of each calf and leg and think that's plenty of that nonsense now lets get running...

Maybe as a consequence of that (or maybe not...) I spent a large part of the second half of 2008 with recurring calf and leg problems which heavily restricted my running and left me feeling as unfit and unmotivated as I've been for a good few years. It was at that stage that I thought about what other exercise (and I don't ride a bike or swim very well!) I could do that would not only help with my all-around fitness (as opposed to the generally cardio specific nature

of running) but that may also help with my muscular problems and assist a return to unrestricted running.

I therefore decided to give yoga a go. I had certainly never tried anything like it in the past and, to be honest, I was initially a little apprehensive. It just 'wasn't me', if you know what I mean. I decided I wanted to do yoga as an exercise, rather than a relaxation, (although I now realise that the two are NOT mutually exclusive) so chose to sign-up for an introductory 10 days of Bikram Yoga in January.

For those of you who aren't familiar with the range of yoga options out there, let me give some background on what Bikram Yoga involves. Firstly, and mostly obviously, (the

first time you walk into the room) Bikram yoga is HOT. The room is heated to a balmy 38 degrees. The heat is designed to relax the muscles, which in turn allows a fuller range of stretching and movement. The inevitable sweating helps to rid the body of toxins and, to me, just feels 'right' when exercising hard! There are all sorts of other benefits, both physical and mental, which I won't go into here but feel free to look them up at your leisure...

The other key feature of Bikram yoga is that you do the same series of 26 postures each and every class. After just a few classes therefore, you know what's coming next and as such, it's ideal for beginners. I soon realised that the classes tend to include people with a wide range of experience, and ability levels, from day 1 beginners to 10+ year veterans. As with any great 'hobby' the basics can be picked up quickly but it takes a lifetime to master.

That's probably not entirely in line with the competitive nature many of us share as runners (and racers?); you're simply asked to ignore how 'good' or 'bad' the person beside / in front / behind you is doing and just focus on doing the best YOU can. Once I'd adjusted to the idea that it wasn't 'competitive' stretching I actually found it easy to ignore what everyone else in the room was doing and become quite internally focused.

Although I never imagined the classes would be easy (stretching can be uncomfortable after all) I'd have to say I was initially extremely surprised at just *how* tough and cardiovascular the classes were (Yoga is a nice GENTLE exercise when you see it on TV right?). Each class runs for 90 minutes and with 26 postures each of which you do TWICE and many of which have left and right side versions that's a LOT of effort to fit in. With the heat and humidity (40+ bodies can push the humidity levels pretty high) sweat would literally be pouring off me pretty much throughout and at times I'd be lying on the floor sucking in the deep breaths as if I'd just finished the latest 10k race...

Right from the outset, though, I'd have to say that I LOVED each class. It's such a holistic and complete body workout, mixing stretching (as you'd expect) with strength and balance but also with the mental / meditative side of things and learning to harness the power and relaxation that comes from focusing on, and control of, your breathing.

Finishing each class just left me feeling 'good' in a physical, mental and generally wholly satisfying way.

The instructors are always positive and encouraging whilst gently guiding you through the all-important correct 'form' to attempt each posture without risk of injury and to maximise the benefits.

Anyway, it's 6 months or so later now, and I've consistently attended 2-3 classes per week, which, at 90 minutes per class, HAS definitely dipped in to the hours which I would have previously set aside for running. I thought at first this would have been detrimental but was happy to 'trade' a few minutes speed at 10k etc for the overall wellbeing benefits which I believe my yoga practice gives me.

In reality however, and maybe the key message of this tale, is that although I do run less overall distance now (when I do run) it's mainly at improved 'quality' and importantly I haven't been injured since taking up yoga and all the problems with the calves and legs which had dogged me for so long seem to have gone.

So, even off a base of just 60-70k's of running per week I've just been able to run the Gold Coast marathon in 2hrs 52mins, which ranks as my 3rd fastest marathon (out of 10), but a time I would have thought very unlikely given my general condition and problems at the start of the year.

Overall therefore I VERY much recommend giving yoga go. I'd say it's suitable and beneficial to everyone irrespective of age, body type or flexibility (or lack thereof). (I'd have to say that I'm STILL not very flexible particularly with anything involving a hamstring / leg stretch, I guess years of running can't be undone that easily even with 6 months of yoga behind me.)

You don't have to go with the full-on hot Bikram experience if you don't want; I've now branched out to include Power Vinyasa yoga as well (which is more traditional and 'flowing' but also a terrific strengthener for the legs). It's only 30 degrees for those classes!

I attend the 'BodyMindLife' Yoga studio in Rozelle (www.bodymindlife.com.au) Look them up on the Internet for full details etc.

I still don't really bother with warm-up or cool down stretches though but that's another debate entirely.

Namaste (as we say at the end of our yoga classes.)



Striders in the upcoming Triathlon World Championships

The ITU Triathlon Professional and Age Group World Championships will be held on the Gold Coast on 13 September for the Sprint Distance (750m swim, 20k bike, 5k run) and the Olympic Distance (1.5k swim, 40k bike, 10k run). There is also a second ITU Triathlon World Championships in Perth on 25 October for the Long Course Distance (3k swim, 80k bike and 20k run). The Ironman World Championships (3.8k swim, 180k bike, marathon) will be held in Kona, Hawaii on 10 October.

Known Striders representatives are:

Olympic Distance - Danielle McCormack, Greta Truscott, Jenelle Weatherstone, Charles Coville, Mark Fiore, Martin Lord, James Masters.

Long Distance - Danielle McCormack, Mark Fiore.

Ironman - CHARLES COVILLE

State Masters Champs

Caroline Yarnell, EJ Davie, James Jefferey , Peter Truscott, Mathew Kaley, Simon Butler-White, Keith Bateman and Dennis Wylie competed at the State Masters Championships on 28/29 March 2009

Medal Results:

Gold

Keith Bateman	5000m	(50-54)	16:49.82
Dennis Wylie	5000m	(55-59)	18:10.70
Mathew Kaley	1500m	(40-44)	4:18.85

Silver

Dennis Wylie	1500m	(55-59)	4:53.63
James Jeffrey	800m	(35-39)	2:08.23
Simon Butler-white	Javelin	(45-50)	34.15m
Simon Butler-White	Discus	(45-50)	27.36m
Simon Butler-White	Shot Put	(45-50)	9.07m
Simon Butler-White	Weight Throw	(45-50)	8.37m

Bronze

E. J. Davie	5000m	(35-39)	20:36.00
E. J. Davie	Long Jump	(35-39)	3.14m
Simon Butler-White	Weight Throw	(45-50)	8.37m
Simon Butler-White	Pole Vault	(45-50)	2.20m

Australian Masters Champs

Simon Butler-White, EJ Davie and Dennis Wylie made the trip to Adelaide.

Medal results:

Silver

Dennis Wylie	10000m	37:35.67
Dennis Wylie	8k Cross Country	30:53.00

Bronze

EJ Davie	1500m	5:09.53
Dennis Wylie	5000m	18:00.56
Simon Butler-White	Shot put	9.37m
Simon Butler-White	Discus	28.25m
Simon Butler-White	Javelin	36.28m

Broken Wing Club

Jon Ikin (yes that is the correct spelling) is out of action with a case of Osteitis Pubis – most likely cause – running – best means of treatment - rest.

George Herrison has had a knee operation and should be back running in early August.



AUSTRALIAN MASTERS CHAMPS, ADELAIDE 2009

Athletics

By DENNIS WYLIE

a LOOK

inside the racer's mind

Making the first race was going to be dicey as my plane was due to arrive just one hour beforehand. I only carried a minimum of luggage and took it on board to aid a rapid exit from the airport. Unfortunately, my seat was at the rear and they took a long time to open the lone exit at the front of the plane to let us off, single file. Once out I followed the signs and jogged through the terminus but they make you turn this way and that so you think it will never end. Then you are out. I headed for the taxi. Got one straight away. Driver didn't know where Santos stadium was. I got out his street directory and looked it up. Then he looked. Everyone else operates slowly when you are in a hurry. He drove at a snail's pace for about 7 minutes. Then he had another look at the map because there were flyovers and he didn't know how to go underneath. Out of a two way decision he chose the right one and we made it although I said, if we went the

wrong way, he should just drop me off and I'd run the rest. I signed in and still had half an hour to sign in and warm up! S.A. is ½ hour behind N.S.W. time. I didn't know many of the other interstate competitors. Anything could happen.

My first event, the 10,000 metres is a long race so you have to pace yourself. You can't go out too fast because you'll slow down later on. It comes down to a matter of seconds per lap. My first lap should be 88 seconds on current form. Nail that and the rest would take care of itself. From the gun, a guy flew out and I followed but at a more restrained pace. I wanted to get that first lap in at 88 seconds but knew it was going to be under that. I felt the pressure from in front and behind. Another two guys went a bit solidly for my liking and they were right behind me. Not knowing who they were I had to cover them for the time being, either

from in front of or behind. Without the benefit of eyes in the back of the head, I felt the rest of the 14 man field were well back and wouldn't be in it at the end.

Chasing the leader would be a bad option at my present level of fitness because I would inevitably run out of steam after a few laps and still with a long way to go. There are 25 laps of the track for a 10,000, so if you are 1 second off per lap, it adds up to 25 seconds. You can't usually vary your performance over this distance by 25 seconds so it was important to remain on 88 seconds rather than die and blow the time right out at the end. Exactly 88 seconds per lap was the most realistic option.

The first lap was 82 seconds. I wouldn't keep that up. Best to adjust now and have something for later. I adjusted. The two guys who were

behind soon went past. Now, in second position was a Norwegian named Bjorn Dybdahl which means "Deep Dale", he told me later. He was a beautiful runner and I stuck in behind him and another guy from Western Australia, worrying about the leader who was stretching away from us but realizing I could only do what I could do and try and stay on pace for as long as possible. The leader didn't really look like a runner. He was a big guy with an ungainly style. I thought he might soon tire.

After a few laps we were settling in at about the right pace. The leader, Charles Chambers, a Victorian, continued to push ahead, opening a widening gap and I was prepared to up the pace by one second per lap or we'd be out of gold medal contention by lap 6. I wasn't sure of going it alone though, so stayed a close fourth and soon noticed that the third guy was leaving a bit of a gap

Who am I?

1. I was born in Miranda in the "Shire" in 1966 and became a Sydney Strider in 2002.
2. I took up running at the age of 32 after years as a gym junkie. Since that time I have run 13 marathons, including the Six Foot Track four times and the Canberra 50k ultra twice.
3. My first marathon was the London Marathon in 2001 and my marathon pb is 3.27 at the Gold Coast in 2006.
4. My favourite race is the King of the Mountain – Nowra to Kangaroo Valley - 32k. I missed it this year because of injury.
5. My proudest running achievement was Six Foot Track 2008. I achieved a sub-5 hour time and was a member of the winning Sydney Striders female team.
6. Running injuries include ITB, twisted ankles (both during the same period of time), sciatica, torn calf, piriformis syndrome. I currently have a torn calf – the third time in the same place.
7. My favourite place to train is on the Quarry Road Track in the lead up Six Foot Track. I usually do three laps in January or February when the weather is at its hottest!
8. My favourite foods all seem to start with the letter "p". Pies (from Mountain High Pies, Wentworth Falls), pumpkin pizza (from Australian Hotel) and pancakes (from Pancakes on the Rocks). Having said that, I love all food from a to z and from fine to fast...
9. My husband, whom I married in 2005, is also a Sydney Strider.
10. I often wear black clothes and I'm asked if I wear any other colour.
The answer to this question is yes – my Sydney Striders singlet is green and white.
11. My nickname at school was "Roly Poly". After losing weight as a teenager, my nickname changed to "Spaghetti Legs". I have adopted "Spaghetti Legs" as my Cool Running name.
12. I had a string of running goals for 2009 but injuries (twisted ankles and torn calf) and a couple of bouts of sickness have resulted in some very ordinary race performances. Right now I just want to stay fit and keep running. A PB in Six Foot track in 2010 might be my next goal.

By Amanda Underwood

between him and Bjorn so I went in front of him to nestle in behind Bjorn. Soon the W.A. guy was gone and Bjorn and I matched stride for stride, lap after lap but any thoughts I'd had of upping the pace to prevent the gap between us and Charles from widening further had evaporated because Bjorn was now one second a lap *over the count*. I didn't want to take over this soon because it was still a long way to go and I preferred Bjorn to do the work for a while. By lap 8 he was two seconds down per lap and I knew he was tiring from going too fast at the start. On the other hand, I had virtually rested by losing that one or two seconds per lap, well, at least compared to him. I knew I'd beat him but what could I do about Charles from here? He was about 50 metres ahead by half way through the race. I decided that, after half way, I would take over from Bjorn and if he had the strength and will to battle me for second place we would both get there quicker and maybe have a crack at Charles. I nearly said something to him about making a race of it but selfishly thought that merely going past him would demoralize him and I'd be sure of second place so did that instead. I felt a bit lazy about that but in the end, it's a medal difference. I overtook half way through lap 12 and pulled away a bit so he would have to dig deep at a time when I'd just demoralized him by going past and leaving him behind. Impossible, usually.

I wasn't feeling crash hot though, after putting on a display for him. It was a hot day, even for this time of the morning. As the next lap came up I hadn't regained much of the deficit. I decided to heel and toe the corners which slows you down but lets your joints do the work the muscles ordinarily do (so breathing can recover), and push the straights (which gets you blowing). Crap plan but now it was obvious that coming first wasn't possible so making sure of second was all I had. My time stayed on, or slightly off pace but I noticed everyone else including Charles had slowed even more. Not enough though. Charles won by a handsome margin. I was second. Bjorn was third.

Two days later was the 5000metres. This time a Tasmanian named John Bermingham shot to the lead at the start. He looked solid so again it appeared I'd be in a battle for second. Charles was on a firm pace as well and I had no option but to get in behind him and hope for the best. This race has 12½ laps. The first half lap should be in 43

seconds, I thought. Charles went through quicker than that and I was on 41 seconds. Not too bad but there would be no rest before the finish after a firm start. I stayed in behind Charles til lap 7- over half way. I thought I could make it from there at a slightly firmer pace and Charles was slowing a bit so I went past. I pushed the straights and heeled and toed the bends but not overly. I tried to remain relaxed but really needed slightly larger lungs and leg muscles. I opened up a fair gap over Charles but then started to slow. Nothing I could do about it, the energy started to leave me. By the 10th lap I could hear him lumbering toward me. I knew he'd be on me before long and he was. I tried to hold him off. He stayed on my shoulder for more than a lap and I thought he might not pass but he was obviously summoning the strength after his effort of catching me. Then he passed with a good push and I tried to step up but didn't have enough. It was too far out to maintain the necessary extra effort. He did though, beating me by 4 seconds with that last lap. In spite of coming 3rd, I thought it was a good battle with Charles and I nearly had him, which he acknowledged. A couple of spectators also told me they enjoyed watching it.

“I felt a bit lazy about that but in the end, it's a medal difference.”

Next morning was the Cross Country and there were a couple of new guys but I didn't think they'd be a threat. I still had Charles to worry about and possibly Bjorn but having seen Bjorn in action I knew he wouldn't start fast as he'd have his eye on me. I knew Charles would start fast though and my best chance of getting the better of him would be the unsatisfactory tactic of sticking with him. It was a combined race of

all ages with the results to be worked out later. Not hard to work out as the first two numbers of your race number are your age.

The starting gun fired. Charles and I sprung into and stayed in 4th and 5th position overall which tells you a lot about the other age groups, especially the younger ones. We went through the first 2k lap in a very fast 7minutes 15 seconds. It would be fast on road let alone cross country. I stuck with Charles for 2 laps (for 14minutes 43) until I ran out of energy and coasted the rest of the way. No one passed but I was well beaten. My time was 30min 53 which wasn't bad but showed I had slowed to over 8 minutes each for the third and fourth laps. Oh well, there's Perth next year!

COMPLAINTS HOTLINE

I don't know what is wrong with the readership but there simply aren't enough complaints. Don't send them to someone else! Please send all complaints, however trivial, to reachdennis1@optusnet.com.au Your complaint will be

handled by an offshore worker with incomprehensible English pronunciation skills. They will ring you and, after you digitally input all relevant info into your handset, nothing further will be done and you'll feel much better, and so will I. Ed

The women's masters' 45-49

1500m

Sat. March 28th 2009

By CAROLINE YARNELL

Well, that's me there in the Striders top – I DID IT AGAIN – came almost last. I also did it again, in that this photo was taken by persons unknown and put in the masters athletics newsletter for all to see, making it appear that I won the race. Both of these scenarios have been all too common for me. Jane Boyd, who is coming up on the outside, is also a Strider and, in fact, won the race.

Once, I used to train for these track races and show up aware of my PBs for the season, etc. Even last year I won my steeplechase (a very unpopular event it seems, so easy pickings for medals). This year things had sunk to a new low. I hadn't run even one 1500m and I couldn't do my steeplechase as I had to rush off to a 'meet and greet afternoon tea' for my son's 1st year of high school. Still, I thought, I should be able to do about 5:30 – NO TROUBLE.

It was in Bankstown. The whole family came, as we had this 'tea' to go to afterwards. I did my usual aerobic warm up and trotted over to the start area. Everyone was on about their season's PBs. Still, there was also a lot of talk of divorce, manic depression and drug taking, so I was still hopeful, being still married, and, although inclined to gloomy thoughts, not on anti-depressants. I'd done some blistering 400s with the juniors at Narrabeen in training – all was well.

On the start line there was the usual joshing with the old boy volunteers that I've been seeing for years. Then we were off. I was flying – 20 seconds per 100 EASY. 2:20 at



700m, I'm going to win. In the photo here we've just gone 900m and they're catching me. At the bell, they had all passed me and my legs turned to lead. I ran the last lap in 1:40 and came second to last.

So.... the moral, I suppose, is to do a few trial runs and be more aware of what you're capable of so you can pace yourself. The other moral though, is to make sure you're in the right place at the right time and look strong whenever anyone points a camera at you. That way no one will ever know – unless you decide to write a *Blister* article, that is.....



Striders 10km Series – some of the world's top road races?

I picked up the May edition of *Running Times* magazine when I was recently in the US. It's a pretty good read, with more depth to its articles than most.

One of its features this time around was titled "*Where to run fast*" and it showcased 15 of the fastest road races in the States. Top billing out of the 10km races was the Crescent City Classic which has been held for as long as I can remember and offers a pancake flat course around New Orleans. The magazine gushes at the course records of 27.11 for men and

31.23 for women which are admittedly fast. It goes on to say, though, that rather than the fast course records, "*it is more the depth of the field that makes this race fast*". The magazine mentions as evidence for that that 132 runners broke 40 minutes at last year's race.

I see that, on a chilly Saturday morning in May, the Striders' 10km race at Homebush had 234 finishers break 40 minutes. I'm not sure we credit quite how successful the 10km series has become...

By MATHEW KALEY

“Fast work from super-fit team from Down Under”

That’s what the Yorkshire Post had to say about the Sydney Striders Trailwalker team of myself, Jaap Bakker, Jonathan Worswick & Joel Mackay after we won the inaugural Oxfam Trailwalker Yorkshire event in May. To pick holes in their journalism, it was our slowest ever team time, none of us were at the top of our game, Jaap only had the short trip from Holland to the event and 3 of us are from Europe originally anyway.

By RICHARD GREEN

After our previous Trailwalker wins of 2006 (Melbourne) and 2007 (Sydney) and with Jaap (& family) having moved back to Holland, I never imagined we’d form a Trailwalker team again. When I chose to pop home to the motherland of England to show off my young son (Cameron), I made sure that Jaap, me & our families were going to meet up for a small holiday together. Unsurprisingly, like most runners, and with our better halves’ resigned acceptance, we had a look to see what events were on in the vicinity. It’s hard to choose a race in the UK as there are so many races every Saturday & Sunday in pleasant areas, often within the same area, but from left-field the new Trailwalker Yorkshire event caught my attention. I don’t know what it is about Trailwalker that makes it so addictive – our recurrent success helps, but there is something about team events that is a refreshing change to most races. Jaap could clearly make it to this event but what chance our other 2 musketeers would travel all the way to the UK for a race? They’re runners – silly question.

Fortuitously, Joel had already said that he was likely to be in the UK in May combining some work with doing the Scottish Highland Way race. 3 team members down, 1 to go. The 3 of us knew how good it would

be to reunite our usual team so we harassed Jonathan with our best persuasive powers. After a period of understandable navel-gazing (he had only been back to England in 2008 for the Mont Blanc race), he agreed to come, so we were in action. It helped that his mum only lives 40km from the Trailwalker Yorkshire start line.

In the period between the 4 of us agreeing to race and the actual event, we had the minor issues of Joel having heart surgery and Jaap breaking a rib or 2. When someone has heart surgery 3 months before a big event, you assume (or at least I do) that they might be shuffling round in their slippers for a few weeks, then slowly graduating to walking and then maybe jogging after a few months. Interestingly, Joel’s consultant agreed to his participation in agreed that

No sooner had they sat down than they were up again, the loose coinage they carried in their pockets being insufficient to cover the exorbitant, ‘per minute’ chair hire.



he could get back into training after not too long & do the Trailwalker after Joel explained how low impact Trailwalker is compared to most other running. Hmmm ? Try telling that to a team after 24 hours !!!! Joel has a point though, as we never really go that fast - we just keep going so it is arguably easier on the body than a 10k or ½ Marathon. So with the event closing in on us, and Joel and Jaap dealing with their respective medical issues, we had to wonder if we were biting off more than we could chew.

On Friday May 29th, the 4 of us, with our partners, wives & babies, descended on the beautiful sheep farm of Newton Grange, just outside Skipton, Yorkshire. We had 2 apartments in a converted farm building surrounded by fields of sheep - heaven for our resident Kiwi, Joel. How surreal it was to reunite with a number of your best friends on a sheep farm on the other side of the world! It would be nice to do it Richard Branson style - fly everyone on your own plane to your own island or castle. Working on that one!!

Now all that was left was to run 100km!!! That concept was nothing new for us though so it should have been a case of putting our feet up & bringing on the pasta the night before the big event. Instead, the evening was spent in a huge unforeseen panic as we worked out that our planned support car did not have the right insurance to allow the support crew to drive it. Luckily Jaap's partner, Arya, agreed to spend the day driving their car despite having 9 month old Lara in tow.



What can I say about the day of the event apart from magnifique (with hindsight!!) The Yorkshire Dales is a stunning area but as with most beautiful parts of the UK, the beauty can be compromised by the regular poor weather. The whole 5 days that we were in Yorkshire, I don't think we saw a cloud. We ate breakfast & dinner outside as if we were in Tuscany and the visibility & views on the day of the race were just sensational, especially from the 2 peaks that we had to climb. From the final checkpoint, you could see the 4km climb that was waiting for us but once up there, you could see over 15kms back to the finish in Skipton in the beautiful late afternoon light.

As some people have commented, we won by 3½ hours which is a bigger margin than both our previous wins, though they were both still over an hour. Within 300m of the start, we were in the lead and I was thinking that I didn't want to be upfront for 100km, especially as we didn't know the calibre of the other teams taking part. On our way to the 1st checkpoint, we could see no teams behind us. At the 1st checkpoint, we were just leaving as the next team arrived (approx 15 mins behind us) and made us think we might have some competition. By the second checkpoint, after climbing over the 2 summits of the day, we were over an hour ahead and the gap just kept growing. This was lucky as we were slowing significantly in the 2nd half of the race with various stomach and leg issues troubling the team. By the last stage, we even took it in

turns to lay down on the job which was a novelty as Joel traditionally doesn't even like us sitting down at checkpoints. His catchcry is "Beware the chair." Ungrateful though it may sound, we're in 2 minds whether it was a bit disappointing to win so easily. From a pride point-of-view, probably, but as it was basically like a glorified training run for us, we were able to enjoy it a lot more than the other events where we've pushed it much harder.

The other memorable parts of the day for me were seeing Joel chased by a herd of cows after about 90kms - he ran - & the number and variety of stiles (that great British invention) we had to climb. You try getting your leg over after running 70, 80 or 90k !!

What next for our band of warriors ? In the dining area after the event, I tendered my Trailwalker retirement, as I must surely be getting too old for this. Joel has however already written on his website that I'll be back in action (if he has his way) for Trailwalker NZ or Japan in 2010. Nice of him to ask me !! I'd prefer to do a new event though. Perhaps our "super fit team from down under" will have to try their luck in Trailwalker Canada, Ireland or Brisbane. We'll keep "The Blister" posted....

Soon enough!...Joel follows

Ed



Trailtrekker

By **JOEL MACKAY**

I didn't do a Trailwalker event in 2008 and I was getting withdrawal symptoms. It has become a bit of a habit now – since signing up with Warwick Selby, Dave King and Tyler in 2000, I had competed in eight events when 2009 came along. Over that time, I have trailwalked with a swag of different team members and a range of different outcomes. For those that don't know, Trailwalker is an Oxfam sponsored 100-km trail run/walk that is held in a number of countries. The event is run as a team of 4 who have to stick together the entire way.

Recently, Jonathan Worswick, Richard Green and Jaap Bakker have been putting up with me and things have gone well for us. We went to Melbourne for their 2006 Trailwalker and managed to be the first team to scramble to the top of Mt Donna Buang in heavy sub zero fog (actually, only a handful of teams got to the finish before they cut the race short because of the weather – the final 1100m climb up a steep slippery single track was brutal, but we went up it like rats up a drainpipe, frantic that we might get overtaken in the final few km). In 2007, we decided to chance our eight arms again as a team in Sydney Tralkwalker, and were lucky that the ACT team that led for the first half of the race had pushed one of their team too hard and we managed to sneak past them to win the event.

Richard Green's short attention span forced us to think about something different for 2009 (he was busy in 2008 siring offspring). As it happened, he was booked in to attend a friend's wedding in Edinburgh in May and a bit of snurfulating around the internet revealed to him a new event in the Trailwalker stable – the inaugural Trailtrekker event, to be

held at the end of May in the scenic Yorkshire Dales. England already had a long-running Trailwalker event, held on the South Downs, way south of London, so this was a second event for them. For those of you that know the area, the course started in Skipton, heading northwest through Malham Cove, Fountain's Fell, Pen-y-Ghent, as far as Horton in Ribblesdale. It then cut east across the Dales National Park and SE through Kettlewell before returning to Skipton.

Well, Richard was going to be in the area at the right time, Jonathan was raised only a handful of km from the Dales in Preston, and Jaap was only a hop, a skip and a jump away (especially with those legs!) in his native Netherlands, so the event was looking almost like a home game! All that remained was for me to decide that it was a good time to visit a chap that I am doing some collaborative research with in Cambridge, and Bob was your uncle.

Of course, one of the most important aspects of Trailwalker is having a well-oiled support crew machine, and we have been very lucky to have such a crew over the last few years. Fortunately, Jacqui was able to arrange to give research seminars at a number of universities in the UK and was also interested in attending a conference in Cambridge, so – together with Arya, Hayley and Kate (Jaap's, Richard's and Jonathan's other halves and vital support crew trio), we were all set to go!

Richard organized a great farmstay place for us all – a couple of adjacent cottages on a farm called **Newton Grange**. It was only a few km from the start and comprised two very nice townhouses built into a renovated stone farm building. All

mod cons and just what we needed to accommodate the eight of us (+ two litt'uns) before and after the event.

The race was an unknown quantity in the sense that it had never been run before, and we had no idea who else was going to turn up – teams of Gurkhas, fell runners, teams from athletic clubs etc. When we got to the start line though, a look around didn't reveal many other teams that were as minimally provisioned as we were (we had gone to some pains to establish which items on the 'compulsory gear list' were actually compulsory, as the list was quite extensive – turned out no items were actually compulsory!), which was a bit curious. The terrain was typical English countryside, with a mixture of farmland and forest, with a total elevation change of about 2200 m (compared to roughly 4200 m in the 2007 Sydney Trailwalker and 2400 m in Melbourne 2006), so we were roughly estimating about 12 h or so as a finishing time.

Then the gun was fired and we were off! Surprisingly, we found ourselves in the lead coming out of the starting area and heading along one of the amazing man-made canals that criss-cross England. Despite this, we tried hard to set a conservative pace in the first leg, which was very flat. Long way to go...

The canals are amazing – as far as I understand, they are very shallow, but were built to allow the transport of goods in the pre-truck era. It was a slightly surreal feeling to be running beside a canal and realize that you are passing OVER a river, which is about 10 metres below! Felt like you were in the middle of one of those drawings by MC Escher...

Anyway, we trundled along for about 40 km, climbing the two big hills on the course (Fountain's Fell and Pen-y-Ghent). For the next 20 km or so though, I went downhill (even though the course didn't!) and struggled to keep up a rhythm. After a number of small rests and a larger number of small dunny stops (carefully avoiding the nettles!), I started to come good again. I tell you what – experience is enormously valuable at this point. Having done a bunch events of this distance, I knew that you almost inevitably go through a period like this at some point in a long race, and had confidence that if I just kept pushing through the discomfort, that I would actually come out the other side. Fortunately, I was right, and I got going again at about the 60 km mark.

Not long after though, it was Jaap's turn to do it tough, but he

is an extremely tough cookie and he used every last ounce to keep himself going for the full 100 km – a very impressive performance actually – gutsy!

All the way, we had fabulous Dales scenery – lush fields decorated with dry stone walls, mad livestock, ancient buildings and some great cliff lines. The weather was perfect – clear blue skies but not so hot that Jonathan took his shirt off – and the views were spectacular. It is always great to run an event in totally different country – definitely one of the great things about ultra running – if you choose your races right, you get to see some great scenery

As usual, the support crew was outstanding, shepherding us into the checkpoints, fueling us up and getting us out again in the minimum time and with minimum fuss. Jonathan's mother, her partner and Hayley's parents were also on hand to provide much needed support, which made it a surprisingly family-type affair, given that we were thousands of miles from home!



They soon regretted not packing enough bandaids

Much to our surprise, we didn't see another team after the first checkpoint, and the gap to the second and third placed teams (armed forces teams) continued to grow. At the end, we crossed the line in a touch under 13.5 hours, 3.5 hours ahead of second place. The slower time was a combination of Jaap and my struggles, together with the 1347 stiles and gates we had to open, close and climb over during the event, which we hadn't calculated for!

Overall though, it was hard to complain, and we were all stoked to have made it three out of three Trailwalkers as a team! Richard has vowed to retire now, with a total of four Trailwalker firsts, but we will be trying to coax him out of retirement for either Japan or NZ Trailwalker in 2010...

SYDNEY STRIDERS AWARDS NIGHT

29TH MAY 2009



Can someone clean up this blood?

By **CHRIS TRUSCOTT**

Those of you who came along to the (not so) recent awards night at Star City; I hope you all enjoyed the evening. This brief summary is aimed at those of you who could not make it this year, may have regretted that decision and have already diarised next year's event based on the fantastic reports you have, no doubt, received. I want to firstly recognise that all those that assisted in staging the evening are duly recognised – so thanks to my



talented events partner - Jo Cowan. Also: Jim Moody, Charles King, Stephen Jackson, Chris Graham, and the rest of our esteemed committee for



making it a straight forward and enjoyable job to undertake.

After Kerryn McCann's memorable speech two years ago and Bruce Fordyce's inspirational story last year, this year we welcomed four time Olympian, twice Commonwealth champion, former world and current Australian marathon record holder *and* all round good bloke - Rob De Castella. Deek fascinated us all with tales of his running origins, his many amazing achievements, and adversity, including his own of a few years back (Canberra fires).

His remarks, concerning why we enjoy what we do so much no matter what our running level, hit the mark among the diverse audience.

Deek challenged us all to train and race outside our comfort zone so as to achieve the goals we set ourselves.

The night recognised many of our talented members from throughout 2008



with the final award - The Maria Gemenis-Cruickshank Outstanding Achievement award going to Keith Bateman for some truly outstanding performances in 2008. Even as I type, word has come through that Keith has also just run a remarkable 72:09 for this year's Gold Coast Half Marathon. No doubt we may well see his name on next year's nominee list once again.

There were plenty of prize draws, plenty of food and drink but also a great chance to catch-up with running mates, all dressed up for a change. There was even an appearance from Count Dennis-Dracula when the Blister award was announced.

So with a record 260 members and guests in attendance, we hope to build on this for the 2010 version. This will be held on the last Friday of May and whilst Deek will be a



Left to right: The Ball room became the Balloon room...Jo Cowan and Jim... a couple of Criniti's... Caroline Yarnell and Deek...the presentation team of Stephen Jackson and Chris Truscott assemble orders for the likes of Jenny Wickham... Tim Cochrane and Dale... The Bay runners et al.... Everyone had squeaky voices after some Helium balloons were mischievously popped.

hard act to follow, we are confident of attracting yet another quality speaker.

If you have any suggestions on how we can further improve the evening, please send me an email at social@sydneystriders.org.au

See you all in December for the annual Striders brunch where we will award the half marathon recipients, the 10k series winners and the Equaliser Award.



AWARDS for year 2008 PRESENTED May 2009



Marathon Awards

Open Male	Winner	Glen Guzzo	2:18:14	Lake Biwa
	Runner Up	David Criniti	2:27:34	Canberra
Open Female	Winner	Jenny Wickham	2:48:46	Canberra
	Runner Up	Jenny Truscott	3:06:46	New York
Veteran Male	Winner	Tim Lindop	2:47:50	London
	Runner Up	Richard Palmer	2:49:12	Gold Coast
Veteran Female	Winner	Suzanne Kelly	3:07:08	Canberra
	Runner Up	Kathryn Holloway	3:10:11	Sydney
Masters Male	Winner	Stephen Jackson	2:57:40	Sydney
	Runner Up	Dennis Wylie	3:12:40	Cities
Masters Female	Winner	Gillian Klevansky	4:25:00	New York
	Runner Up	Margaret Krempff	4:30:53	Canberra
Seniors Male	Winner	Bruce Renwick	3:16:32	Canberra
	Runner Up	Darryl Chrisp	3:28:52	Sydney

Debut Marathon Awards

Male	Winner	Jeremey Horne	2:33:17	Sydney
	Runner Up	Wayne Bulloch	2:52:54	Canberra
Female	Winner	Kathryn Holloway	3:18:44	Canberra
	Runner Up	Merzuka Bahtigur	3:20:08	Canberra

sub 3 hour

Winner	Darren Moyle	2:33:18	Cities
Runner Up	Richard Palmer	2:49:12	Gold Coast

Sub 4 hour

Winner	Clare Holland	3:55:49	Gold Coast
Runner Up	Shane Harvey	3:05:28	Sydney

Improver of the Year

Winner Clare Holland

Blister Article of the Year

Winner Kevin O'Kane

Encouragement Award

Winner Peter Hibberd

STaR Host of the Year

Winner Kevin O'Kane

Triathlete of the Year

Winner Darren Moyle

President's Award for Excellence

Winner Jo Cowan

Ultra Runner of the Year

Male Winner Tim Cochrane
Female Winner Allison Lilley

Maria Gemenis Cruickshank Award for Outstanding Achievement

Winner Keith Bateman

Athletics NSW Report - Men

By **GLENN GUZZO**

The winter season has commenced in earnest, with a contrast of hard road running, and Bog running.

The season kicked off with the Road Champs aka Striders 10k in May combining again for the 2nd year with ANSW on the roads around Homebush.

The Striders had a great turnout, with not only Melinda Vernon taking **Individual Gold** in the Women's, but Jeremy Horne taking **Bronze** in an exciting sprint finish.

After the event, teams were compiled with:

Open Mens taking **Gold**

1st SYDNEY STRIDERS	Jeremy Horne	30:59
	Tom Crasti	31:03
	Jan-Willem Schaar	31:33
	Dave Criniti	32:06
	Tim Cochrane	32:32
	Andrew Tuckey	32:37

We had 2 x B-team taking **Bronze**, & 5th in the B-grade teams, a 35+ team managing 5th and a 45+ team taking the **Gold**, comprising of Wayne Gregory, Dennis Wylie, Frank Zeichner and Stephen Jackson.

We are still missing a 55+ men's team, so if you think you would like to compete, against 6 other teams in this category please drop us a line.

The following week St. George Athletics club hosted the Novice Cross Country on a nice sunny Autumn eve. The Novice is a concept designed for runners who have never medalled at an Open Championship, to have a crack at Novice glory. Other invitational races were also held.

Our Men's team took **Silver**, and our B team came 5th. Team 2nd: Sydney Striders A - David Criniti 4th, Tim Cochrane 8th, Matthew Palmer 18th, Craig Dunn 19th. Team 5th: Sydney Striders B - Wayne Bulloch 27th, James Bradley 33th, Wayne Gregory 37th, Dennis Wylie 42nd

The Cross Country relays then moved to Miranda, on a nice Wet Saturday afternoon, following a week of consistent, which bode well for the Mudders!!!

We had a record 7 mens teams compete...

With our Open teams taking 5th, 8th, 13th & 18th

35+ team taking 9th

45+ teams taking **Gold** - Wayne Gregory, Frank Zeichner, Dennis Wylie & Keith Bateman, and the B-team taking 15th.

We are leading a number of premiership categories, but we are now ranked overall, including Men's, Women's and Juniors, the 4th best club in the state on the Club Trophy table, only beaten by Kembla Joggers, Sutherland & Bankstown.

On a bleak Saturday afternoon, the Striders headed down to a hillside paddock in Nowra for the Long-Course Cross Country championship. Despite the deluge of rain in Sydney, it was dry and firm underfoot on the approach into Nowra.

The Striders managed 2 teams for the Men's race over 12km. With the 45 plussers, coming in for **silver**, including Dennis Wylie, Frank Zeichner, Mark Russell (on his way back from injury) and Peter Hibberd. The Open Men's team came 5th, with Jeremy Horne, finished fourth, Glenn Guzzo fifth, Wayne Bulloch 29th, Stephen Parker (running barefoot), Paul Bruning & EJ Davie.

Around the famous lighthouse in Wollongong were the 4 by 4km relays, with the Men submitting 4 teams.

In the 45+, Dennis Wylie, Frank Zeichner, Stephen Jackson and Mark Russell, managed **Silver**. In the Open Men, Jan-Willem Schaar, Jeremy Horne, Andrew Tuckey and Glenn Guzzo managed **silver**, the B team of James Jeffrey, Robbie Neill, Cameron Arnold, Stephen Parker, coming 11th. In the 35+, EJ Davie, Peter Hibberd, James Jeffrey (backing up) and Dennis Wylie (backing up) managed 8th place.

This sets the 45+ team ahead in the Premiership, the Men's Open team have a lot of work to do being in second place, some 9 points behind Asics West.

We still have a few events remaining:

Short Course - Rydlemere 18th July

Half Marathon - Bankstown 16th August

Marathon - Sydney 21st September

Athletics NSW Report - Women

By **DALE THOMPSON**

Striders Women burst onto the Winter running scene with outstanding results in the State 10k Road Championships. Melinda Vernon led the Open team into **first place** with Jenny Wickham, Jane Miles and Lucinda Chapman. **Third place** in the Open was also a Striders team of Anna White, Megan Tuminello, Georgina Moore and Juliette Ramsay.

Strider Women were also successful in the over age divisions. In **second place** in the Over 35 team were Heidi Jones, Catherine Rasmussen, Susan Login and Rachael

Jones, Catherine Rasmussen, Susan Login and Rachael McKinney. In **First place**, the Over 45 team were Jo Cowan, Caroline Yarnell, Deanna Lum and Leonor Lawler.

The first of the cross country events, the Novice Championships, the following week saw a much reduced representation with the team placing 13th. Three weeks later 25 Strider Women turned up for the Cross Country Relays at Miranda. Despite the event nominally being held in a park, the race was knee deep in mud for most of the race. This tempted many runners to compete without shoes on the understanding that this would prevent loss of the shoes in one of the many bog holes through which the course traversed. Again, the results were outstanding. **First place** went to the Over 45 team of Ingrid Grace, Jill Reich, Mary Stringer and Jo Cowan, **and** to the Over 55 Team of Robyn Moody, Dale Thompson, Lorraine Spanton and Deanna Lum. In stiff competition the Open team of Jane Miles, Anna White, Megan Tuminello and Lucinda Chapman placed **third**. Two other Open teams placed 12th and 14th. The Over 35 Women placed 6th.

A much reduced contingent travelled to the State Cross Country Championships in Nowra. The Open Team of Melinda Vernon, Anna White, Ingrid Grace and Megan Tuminello placed **third**.

The Road Relay Championships at Wollongong posed a problem for busy families and injured athletes. The race began with only seven runners and in true team spirit three of the runners offered to run in both teams. The honour fell to Caroline Yarnell who ran in both teams with little more than ten minutes rest between each 4k leg. Dale Thompson and Robin Moody were both seconded onto the Over 45s team along with the ever-reliable Jo Cowan, and much to their surprise they were placed **third**.

There have been some brilliant runs; not just at the front of the field but all the way through these events. Any women who have doubted their ability to run in these races need only talk to the competitors to see what a great deal of fun can be had as well as some surprisingly good results. Don't procrastinate: email Dale now at b_inglis@bigpond.com

Juniors' Corner

Tony Wong and Caroline Yarnell's Monday night training

Caroline and I have been coaching middle and long distance running during the Little Athletics season at the Sydney Academy of Sport for Manly Warringah. For the first time, we carried on through the winter with, sometimes, 20 plus children. The standard varies from state level athletes to little ones trying to get fit. Since March, they have been turning up week in week out, whatever the weather.

The session begins with the usual two lap jog, followed by Caroline's aerobic warm up with the children chanting along to some of the exercises they do. During the warm up exercises, we have team bonding where we find out about how the children did in school races in the week and what racing plans they have in the days ahead. We then move onto a few drills and strides where we focus on technique. This is then followed by the endurance part of the session which, for the older children, can be as much as 4k's worth of running. We finish with the fun part of the evening, sprint drills and relays.

One point of note is that we are blessed with having a group of parents who join in with pacing as well as crowd control. If you are waiting around for up to 75 minutes, why not join in and do the training too so there is the extra bonus of the shared experiences with your children? One special mention must go to one of our keenest supporters, new Strider Cath Rasmussen, who is mother to Hannah and



Sally. She is already an active participant in the ANSW events herself.

THE SEASON SO FAR

We have 17 juniors signed up this year. Once again they were our recruits from Manly Warringah Little Athletics and some of their friends from school and other activities.

The season opened with the Road Race Championships. As we have to compete with Saturday morning soccer, we only had one under 14 Girls team in the 2.5k consisting of Caitlin Bariol, Ariana Delawari, Sally Rasmussen and Claire Hopkins who finished in a credible 8th place. Gus Wong ran as an individual in the under 14 boys 2.5k.

Gus was joined by his school friend David Gardner at Scarborough where they ran the 2k in 7:19 and 7:38 respectively.

Muddy Miranda was the first time we had almost our full juniors' membership out en-masse. Despite the atrocious conditions, the under 14 girls team of Caitlin, Amelia Gorman, Hannah Rasmussen and Ariana finished 6th in the under 14 girls. The under 14 boys team consisting of Gus, David, Darian Hargreaves and Luke Gorman finished 6th. We also had an under 12 mixed team with Claire, Sally, Liam Gorman and Luke (again) who finished 6th. Luke recorded the third fastest time of the day amongst the under 12 boys. More importantly, despite the conditions, everyone enjoyed themselves and joked to us in training the following Monday about how long it took for them to get clean afterwards.

No juniors went to Nowra (3 hours drive away). We all 'ummed and ahed', but it was raining, some of us were ill and it all seemed a bit overfacing.

At Wollongong, which unfortunately was held in the middle of the school holidays, we only managed to field two teams. The under 14 girls team of Ariana, Claire, Hannah and Amelia again finished 6th. The **under 14 boys** team, however, consisting of Gus, David, Liam and Luke pulled out all the stops and earned a **silver medal**, which is the best ever achieved by our boys team since we started the juniors. This is especially noteworthy because **Liam is only 9 years old!!**



The last race is yet to come at time of writing. We are expecting another good turnout for the short course cross country on 18th July. See the next Blister or look at the results on www.nswathletics.org.au.

By **TONY WONG**

Caroline's 10c worth...

The future for juniors

Even before the last race of the ANSW winter season, which I think may be our finest hour, Striders Juniors have had another good season. Just think what we could do if we had, say, 4 times the junior members? Sydney Striders does not have a physical base. The other clubs with juniors are based in a specific part of the state and can recruit and train locally. Tony and I have got this group going north of the Spit, and I think the future lies with establishing more local groups which train together and liaise with us and each other and then all meet for the races. If you are not confident coaching, the club will help out with a coaching course! You can recruit from your local little athletics and schools, so long as we can establish a Strider as guardian for each Junior. I have leaflets and information I can provide you with to help you on your way. We could have internal Strider Juniors races – results timed and on the website – if we get this going. All the ground work has been done. Is there a group that could train at Moore Park once a week perhaps? Homebush? Bankstown? If anyone would like to talk about this, even if you only have a glimmer of an idea about it, please get in touch. yarnellcj@aapt.net.au.

The marathon started at 7.30am. The 10k started at 6.45am. Lee Troop finished that in a nifty 29:25 (winning by more than half a minute over Harry Summers - the up-and-coming Sean Williams protégé), and then lined up with us for the start of the marathon just 15 minutes later.

Word had got around that the three-time Olympian was pacing the first 31k at 2:24 pace, and a lot of people wanted to 'hop on the bus'.

By the time the crowds thinned out after a km or so, he was leading a pack of about a dozen of us. He hit the 5km mark in 17.16, and by 17.18, ten others had gone through. One trailed 3 seconds behind, after which there was a gap of more than 30 seconds to the next runner.

Did this mean I was moving away from my usual 'by the watch' approach, and adopting a 'safety-in-numbers' stance on the run? This was not the theory, but theory and practice are often worlds apart in the middle of a marathon.

At the recent Canberra Marathon, I'd passed through half way in 72.34, and come home in 73.39. Having recovered well and run a significant half-marathon pb in the interim, I'd wanted to head out and come home slightly stronger to nudge under 2:25 for the first time.

This left me slightly behind schedule at the 5k mark, with the pace being just under 2:26 pace. This wasn't what I'd anticipated. Upon learning that Lee Troop was on 2:24 pace, I anticipated that if I was running for a sub 2:25, I would be happy to be off the back, but within sight of this group, aiming to arrive at half way in around 72.10 - 72.15.

At 5k I wondered if the marker was accurate? Should I go out on my own, away from the safety of the group? Should I bide my time? Just as these questions started to appear, however, the group's tempo seemed to lift, and we arrived at 10km in 34:20, 2 seconds ahead of 2:25 pace, but 12 behind 2:24 pace.

This saw me right where I wanted to be, time-wise, and I was happy running at this tempo in a decent sized group, with Lee Troop at the front, 'driving the bus'.

Not long after this, however, Troopy mentioned that he had to dart off course for an emergency pit stop. We were heading down to the southern turnaround point at Burleigh Heads at the 15.5km mark, so he said he'd pick us up as we came back. I was happy to take the lead as soon as

he left us, and put a minor gap on the group by the turn. Not long after though, while maintaining the same pace, I was surprised to hear a bunch of footsteps behind me. Lee Troop had rejoined us, and dragged a few of the guys up with him.

The 15km timing mat was a bit out of position, so that split was hard to gauge, but by the time we got to 20k (more accurately placed) at 1:08:26, we'd averaged 17.03 pace for the past 2 five km segments to have us on 2:24:30 pace. At this point the others had dropped off, with Darwin's Peter Eason being 3 seconds behind Lee and me, and the others further back.

My quads had already started hurting at this point, more so than they usually do so early in a marathon, and my mind started wandering to discussions about flat courses like the Gold Coast taking more of a toll than undulating ones like Canberra, where the inclines at least provide some respite from the constant pounding that goes with flat concrete terrain.

'You do the math'

CRUNCHING THE NUMBERS AS THE KILOMETERS GO BY

Dave Criniti's version of events at the Gold Coast marathon

Nevertheless, I was in a fortunate position. As it was only Lee and me, he was happy to run along at my pace, rather than being right on 2:24 pace, which he may have done if there had been others around running at that pace.

Halfway was passed in 72:15 (2:24:30 pace) and the 20 - 25km range was covered in 17:10 (just under 2:25 pace). It was not long after this that Lee Troop informed me he'd be pulling out at 26km with stomach problems. He was apologetic, but I was still in awe - a 26k 'training run' after a 29:25 10k is something that I struggle to fathom.

Nevertheless, I did start to waver at this point. I suddenly found myself on my own, starting to feel the burn, and running into a slight headwind. It's not surprising that the 5km segment from 25-30k slowed to 17:17 (2:25:51 pace).

Thankfully I caught sight of someone ahead around the 30km mark, which provided a great incentive to keep on task and up the pace.

As we crossed the bridge and passed the crowds at the start / finish area, I managed to pass him, and moved ahead

to gap him immediately, buoyed by the great atmosphere on this part of the course.

Unfortunately the crowds can't line the entire route, and a kilometre or so later it seemed we were, in comparison, running through a ghost town. Fortunately that cloud had a silver lining: with my stomach playing up, and not a port-a-loo in sight, the quietest section of the course afforded me an opportunity to find sufficient foliage behind which to complete the Schumacheresque pitstop which seems to be



a mandatory part of the second half of my marathons. Despite this, the pace in this 5k segment was a healthy 17.10 (just under 2:25 pace). I attribute this to the surge through the crowded area at the start, the aforementioned hasty nature of the pitstop, and the fact that I immediately tried to compensate for any time lost with a surge that would prevent the guy I'd passed a couple km before from re-gaining contact.

To be honest I forget when I saw the first runner (William Chebon Chebor) pass me on his way back towards the finish line, but doing the maths, it probably would have been as I was approaching 35km, and he was getting close to 39.

At this point I knew I was still moving at sub 2:25 pace, but my quads were being smashed by each step and there were some big question marks developing as to whether I'd be able to hold the pace.

Just after the 36km mark, we crossed a bridge on Marine Parade, over the entrance to some of the Gold Coast's famous canals, and turned right at the round-a-bout onto Bayview St where the U-turn at the northern end of the course lay in wait, a few hundred metres up the road.

I saw a couple runners (Scott Winton and Lyngkhai Bining I think) turning left at the round-about on their journey home just before I reached it on my north bound run.

Heading this way, the trip seemed interminable. "How long to this bloody turn?" I kept asking myself until it finally arrived.

When it did, my spirits again changed - something which seems to happen more and more frequently as the kilometers accumulate in a marathon. This time, however, they changed for the better as I was now homeward bound. My spirits further soared as I realized I now had a tailwind (The northerly wind was only a gentle breeze, but nevertheless, it was good to now have it on my side, or more accurately, on my back! ☺) and, as I realized, I had opened up a sizeable gap on those behind me.

...my quads were being smashed by each step and there were some big question marks developing as to whether I'd be able to hold the pace.

The 40km mark was reached in 2:17:10 (with a 5km split of 17:05 - 2:24:10 pace) which meant I was maintaining good pace, although feeling anything but.

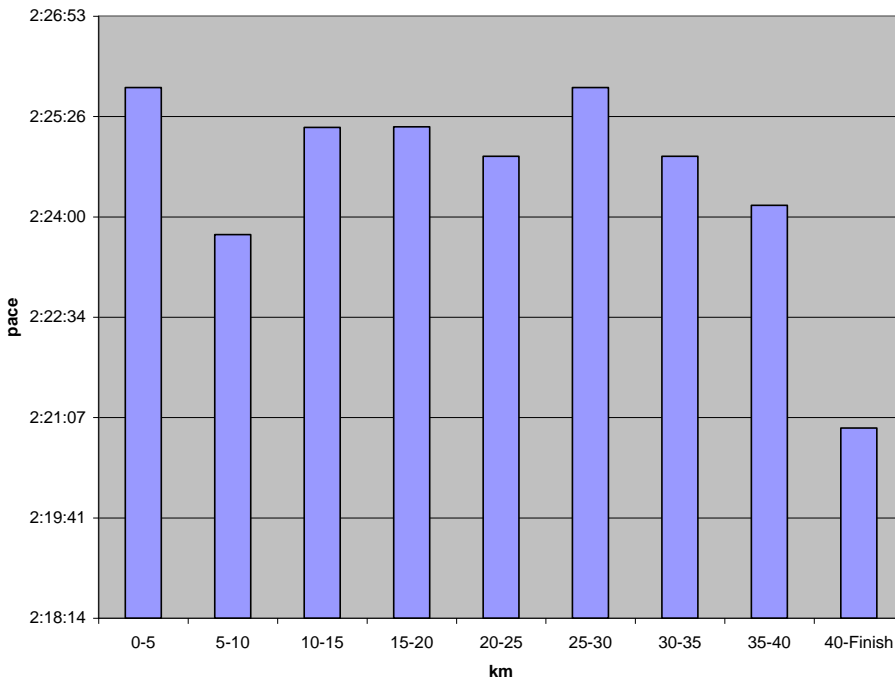
I was agonizingly close here, but with my legs agonizingly agonized by 40km of relentless pounding. I tried to lift the pace, acutely aware that I didn't want to come this far to drop off the pace in the final couple of kilometers. However, marathons aren't about things going to plan; they're about managing things that don't go to plan; and my mind immediately went from increasing the pace to managing the stitch that seemed to be my body's way of saying "the pace isn't getting any faster".

While 40 - 41 seemed to be a struggle, the 41km mark marked yet another change as the crowds thickened and

my stitch seemed to abate. I was able to muster a noticeable gear shift here and began to develop an increasing confidence that my first sub 2:25 marathon was going to come to fruition today.

There was not much left in the tank to give thanks to the Coolrunning cheersquad that camped itself about 800m from the finish line, but I thanked them as best I could when I passed and concentrated on keeping the pace as fast as I could manage.

Marathon Segment Pace



With about 500m left to run, the course left the Gold Coast Highway, and entered the race precinct. I'd scouted this area well, and knew that I still had a few hundred metres to run, to the southern end of the swimming pool, and around it, before finishing the final hundred metres again heading north.

I hit the 42km mark in 2:23:50 and was able to celebrate as I covered the last 195 metres, finishing exhausted in 2:24:30.

Well, that brings us to the end of the race. To those of you who've trudged through all the numbers I've spat out to get to this stage, I commend you... you've shown a stubbornness and determination that will stand you in good stead next time you're flirting with the wall with several kilometers remaining in a marathon. At that stage, just remind yourself that you only need to apply a fraction

of the perseverance that you did to finish reading this report, and you'll come home strong! ☺

Jokes aside, I spend a lot of time looking at the numbers before, during and after a marathon. I find we can learn a lot from them. Examples of what's to be learnt at these stages are:

BEFORE:

Know your history. What is your marathon pb, and what times were you running in shorter events (10k's and halves) when you did this? Online calculators (eg: <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm>)can help with predictions, but shouldn't be considered 'gospel'. Having a look at how other people around you convert can also be beneficial, but again, don't look for any hard and fast 10k - marathon ratios. Probably a better indication is looking at the marathon times of people around you who have both similar 10k and half marathon times.

DURING:

Don't get carried away too early on. If a negative split is good enough for Geb world record, it's good enough for the rest of us. The best marathoners in the world don't win their races with an "I'm going to go out hard and hang on" approach. They strategise effectively, and keep an eye on the splits they should be hitting to achieve their goal.

AFTER:

Look at the splits for evidence of what went wrong, or to search for means of improvement.

The upshot of my race? Well, obviously I'm stoked to have achieved the goal. 72:15 exactly in both the first and second halves gives it a nice symmetry. 5k splits ranged from 17.02 to 17.17, which is a comparatively small range. Perhaps the first 5k should have been a smidgeon faster? Perhaps the fact that I ran the last 2.195k in under 2:21 pace (7:20 - 3rd fastest of the day behind winner William Chebon Chebor at 7:03 and 3rd placed Matt Smith at 7:19) indicates that I could have pushed for more a bit earlier in the second half.

I'm sure I'll come up with a few more lessons learnt as the weeks pass. I've got plenty of time to sit at the drawing board before strategizing for my next marathon. Might even have a rest first! ☺

Dave, the club has about 720 members, all willing to give as much advice as you need.

Ed

STaR Treks

Throughout the history of the Club, the central plank in our training programs has been the long Sunday training run, oddly called the "StaR".

Over almost 30 years, many interesting, scenic and occasionally challenging courses have been developed, each with its own name and its own charms. And we even get a hosted breakfast at the end!

Berowra Big Dipper

HISTORY

In November, 1988, this run was first started from the backyard of Dawn Woodward (later Dawn Shaw), the last STaR to start from a Strider's house. Original co-host Dale Thomson then took over, before Kevin Tiller became the long time host. The course changed several times (even visiting Cowan at one time) before the present one was constructed.

THE VIBE

Most STaRs have a theme, like a tour of the beaches, tourist spots, headlands etc, or a sample of the feel of an area. What this run has is an attitude. If you take the final short



cut, missing only 1.7 kms, you are taking the 'gutless option'. It could be called a test of character. You can look at it positively, as fantastic strength training to provide a base for your training, or you could just think it's all too hard. It's really not, though.

THE COURSE (LONG VERSION)

The course is a series of loops to the edge of the bush and onto the bush tracks which surround Berowra. We commence with a warmup loop before returning to the start and another loop before descending into the bush. The fire trail is wide enough to run as a group, although there are a couple of rough patches. A few ks in and you come across magnificent views of the river valley below, before the first big decision - to descend to Berowra Waters, or to cut back to the road. Assuming you took the descent, you then navigate the only really rough part of the run down to the ferry, taking in the stunning water



200 years ago escaped convicts carved steps into the rock to enable quick getaways to hiding places after heists. Today their descend-ants descend these stairs seeking abandoned booty.

views all the way down. A character building 4 or 5 ks up the hill, and you then turn towards Berowra Heights, ignoring the short cut straight back to the finish. A couple more loops and their bush tracks, and you can smell the finish. After descending another bush track, you re-emerge onto the road. A few minutes up the final hill and the welcome sight of the smiling host awaits you.

THE COURSE (SHORT VERSION)

The course is shaped like a six leaf clover, with loops and bush tracks forming the leaves. There are enough hills to make the course challenging, without ever getting too difficult. There is a built-in temptation at the end of each loop to look for short-cuts, but you need to do the full monty to say you've conquered the Big Dipper. It's worth it!

THE HOSTS

Alan Wareham has recently taken over as host of this run when Kevin Tiller moved south, and has looked after the runners very well since doing so.

By KEVIN O'KANE

Boston Marathon:

is it worth all the hype?

Recently I competed in and completed the 2009 Boston Marathon. I have never seen a city get so hyped up by a road race, not just on race day but the preceding days as well. It seemed bigger than Christmas day, New Years Eve and the big game rolled into one. With 25000 competitors, it's a big race, but New York gets double that, as does Sydney's City to Surf. So why is there so much hype around the Boston Marathon and, is running this race really worth the gruelling winter training and US\$250 involved?

WHY IS BOSTON DEEMED SUCH A PRESTIGIOUS RACE?

Firstly it is the oldest road race in the world, this year being the 113th since its creation in 1896. Secondly it is one of the only marathons that require a qualification time to enter. In fact only 10% of the world's marathoners actually qualify so for many it is the amateur equivalent of reaching the Olympics.

It costs \$250 to enter so, even the price is elite.

Competitors get treated well, with a pre-race bag filled with goodies such as long sleeved BM shirt, samples and free entry to a giant fitness expo held at the same location. There is a tent covered athletes village with water, Gatorade, Power bars and a million Port-a-potti's (although the line still took a crossed-leg lifetime!).

The course is well marked, with copious amounts of Gatorade and water stops (26) as well as free energy bars, gels, and Vaseline paddle pop sticks.

There is an athlete alert system whereby nominated friends and family can receive real time sms or email updates every 5km. At the end of the race, competitors get silver heat blankets, a bag of food, more water, free energy bars, But does all of this lead to a better overall marathon experience? Here's how it went for me...

My Boston Story

- 5:45am. Wake up, eat some raisin bran, milk and a banana, get dressed in clothes I laid out last night. Catch cab to other hotel to meet my charity team (MAB)



- 7am. Fifteen of us depart in mini bus for Hopkinton where the race commences. Freezing cold but the wind doesn't seem too bad – yet.
- Upon approaching Athlete's Village, forest is scattered with runners, peeing behind trees, squatting and who knows what else. Saw more than I cared to see at that early time.
- Policemen on bicycles scared tree waterers away.
- 8:15am. Buses drop us at Athletes village which is basically a giant tent surrounded by Port-a-potti's. Now I understand previous tree huggers, the loo lines were longer than most bladders could handle.
- Pumping music and live commentary kept the mood

upbeat, and despite the freezing temperatures and bursting bladders, everyone seemed pumped and ready to race. Got talking to all sorts of characters, one had been altitude training, while another was covered in French flag face paint. Saw one guy with 12 energy gels on his belt. How many marathons was he planning to run that day???

- 9:30. Elite females begin the race.
- 10:00. Elite men and preferred athletes begin race along with the first wave of runners.
- 10:10. Loudspeaker calls my group of bib numbers (24000-27000), so we walk up to the baggage busses.
- 10:15. Time to strip off. Tracksuit off, dimply blotchy shivering body revealed. Bag into bus – please don't lose it, I'll be needing that tracksuit at the end.
- 10:30. They're off!
- 10:40. I'm off. Took 10mins to walk over start line, but not to worry, times are based on our foot chips, not the clock.
- First 5km - painful! Not physically but these crowds are slowing me down. They say to start off slow but this is ridiculous! Quite a steady downhill .
- 5-10km – that's better, but now I'm behind my target time of 5min per km so I need to haul ass! Getting used to the crowds so time to pump up the Ipod and get 'in the zone'
- 10-15km – wow, my zone seems to be settling at a speedy 4:40m/km pace, I'm liking this. Hope it's not too fast and I pay for it later...

- 15-25km - 15km - time to take my first GU, don't feel like I need it but have it anyway. I've just been overtaken by mini mouse and a guy in a tutu, should I be worried? Someone yelled out 'Go England' when they spotted the Aussie flag on my leg, thanks anyway buddy! Even Elvis rose from the dead to sing some at a pub. 25km - 2nd GU, needed that!
- 25 - 30km. Still feeling good and managing to hold my pace, I am loving this atmosphere although my ears are ringing from the Wellesley school girls squealing. They held up signs saying 'free kisses' and heaps of the guys were stopping to kiss them - ewe, sweaty Gatorade breath! There were even a few signs saying 'lesbian kisses over here!'
- 30 - 35km. This is where the work really begins. The Newton hills are upon us (7 smallish hills in succession), lots of people walking. Madonna's 'Ray of light' just came on - perfect timing, motor up the hill. Heart break hill is the last hill but I have no idea when it is, lost count.
- I just asked a runner 'how long till heart break hill?' and she said, 'Honey we just passed it!' Woohoo maybe I can get under 3 ½ hrs, sudden motivation. 35km - time for my last GU.
- 35 - 40km. I feel sooooo good! The crowds are now at least six deep, and are getting more and more rowdy as we get closer to Boston. Just passed a one legged runner with a sprung prosthetic, he was going pretty fast. Was that Anna Nicole Smith on the sidelines? Oh no a very clever drag queen. I can see the CitiGo sign which I know is one mile to go, but it's so far in the distance it's like a mirage.
- 40-42km. Ouch ouch ouch, did someone replace the cement with quicksand? Quads are screaming. Am pumping my arms but my legs won't follow, I feel like I am flying but look at my watch and I am barely under 5min/km. Come on legs...work!
- If I wave my arms in the air the crowd goes wild - gotta work that crowd, baby! Last turn onto Boylston, I see the finish line. Chest up, chin up, pump arms - Bolt!
- Cross finish line. Woohoo! 3hrs 26min, that's an 8min PB! I feel great - hang on, no I don't, I suddenly feel terrible. A breath of wind would knock me over. Stumble to people with silver thermal sheets, I'm suddenly cold and dizzy. Stumble to people with cups of something, drink it. Could have been vodka but I don't care. Who's that tugging at my shoelace? Oh they're taking my timing chip from my shoe. What's this, ohhh my medal. Suddenly I feel much better! Someone hands me a bag with food in it. Inhale banana.
- Just as I am about to leave a woman cries out and collapses onto me. Her calves are cramping and she can't stand. A medic comes instantly and whisks her away in a wheelchair.
- Short walk to Boston Striders Recovery area. As I enter the gym, I stop for a photo. Squat down next to sign. Bad idea, can't get up! Need 2 people to lift me.
- Have the longest, heavenly shower (sorry water conversationists) and swap stories with my sister

running group, the Boston Striders. Have a lovely massage and stretch. Feel human again. Watched all the troops roll in off the battlefield.

- Reweighed myself. Lost 3kg (6.6lbs) which is 5% of my body weight. Need to eat and drink.
- Go home to bed for 2 hrs. Read all my Tweets. How people can tweet and run alludes me!
- 7pm. Meet up with my charity group for post race dinner. I eat a cheeseburger, fries, cheesecake and icecream, all washed down with champagne. 3kg right back on! The rest is a blur...
- The next day - legs don't work, can't face stairs but no joint pain, swelling or orange pee. All in all, mission accomplished. The only downer is the fear that no other race will ever compare to this one...we'll see. The video clip (see below) says it all!

HOW DOES THIS COMPARE WITH OTHER MARATHONS?

The Boston Marathon is definitely the most well organised event I have ever been to.

Streamlined: With the only real delay being the Port-a-potties in the Athletes Village. They have clearly perfected this event over the last 113 years.

The crowds: I attribute at least 4mins of my fast time to the energy drawn from the crowds. Their enthusiasm literally propels you forward

The Scenery: Well there is not too much to see because the crowds are so thick. But the snippets of Massachusetts are stunning, as are the houses.

IS IT WORTH ALL THE HYPE?

Absolutely! Now I understand why this is a lifetime goal for so many runners. It is the closest we amateurs will ever get to feeling like we are Olympians! It was made extra special for me by:

Boston Striders: Coach Jim Carrol and Ryan Pace were such a huge help, not only in getting me into the race (Late entry), but also last minute preparation and the recovery area afterwards. It's so wonderful that running groups around the world collaborate to help each other out. If you are a Sydney Striders runner, I highly recommend you visit the Boston Striders at some stage.

MAB: Running for the visually impaired was such an honour. They are the nicest, most generous group of people who do such a lot to help make the lives of the visually impaired as normal as possible. In my group were the winner and runner up of the visually impaired category, coming in around the 2hr 50min mark. Imagine running that fast without your eyesight. They have a guide running with them, changing every 10km so they can keep up!

Close female finish: Watch the last 5 minutes of this race. It gives me goosebumps!

<http://www.youtube.com/watch?v=5Yfoz-lzx-0> They said Kara Goucher (US favourite) led the whole way, which meant the other two were drafting behind her: a lot of tactics at play in this race.

fractures that really **STRESS** you out!!

Stress fractures are one of the many potential injuries that can beset the long distance runner. Having had a recent scare concerning stress fractures (thankfully proving to not be the case!), I thought I'd give you a little information about why they happen, what parts of the body are most commonly affected, and what to do about them.

Anatomy

Like all parts of the human anatomy, bones are amazing in their design. It is really quite extraordinary that, for such relatively small structures, bones can withstand enormous forces. There are 2 main parts to a bone (which you can see with some anatomical investigation of a broken chicken leg or a cut-through bone from a leg of lamb!). The inner part of a bone (called cancellous bone) looks more porous as it is responsible for allowing nutrient flow within the bone, and is not particularly strong (it would not be able to hold up your body weight). The outer and much thinner part of the bone is called the cortex. This cortical bone is much more white and dense, and this is what gives a bone its strength.

Like many parts of the human body, bone is continually being broken down and re-formed. This allows the body to lay down more bone where there is extra load being applied (by cells called "osteoblasts"), or re-absorb more bone where there is less force (by the "osteoclasts"). So, astronauts who have spent some prolonged period (greater than one month) in the weight-less environment of space have lower bone density on their return to earth. Conversely, if you compare the bone strength (which is really the density of the cortical bone) of a group of marathon runners compared to sedentary people, the runners will have greater strength.

Obviously, bone density increases as you increase the amount of weight-bearing exercise that you do. This is the reason for the public health message of getting regular weight-bearing exercise to reduce the potential for osteo-porosis. Weight-bearing is not the only factor that determines bone density. There are also metabolic disorders involving Calcium and Vitamin D, where the body may need to break down bone cells in order to release calcium into the blood stream for use elsewhere.

Reduction in oestrogen, especially around menopause, has a similar effect.

Stress fractures occur when the repetitive compressive force that is applied to the bone in running leads to an excess of micro-cracks in the bone cortex. Everybody has some degree of micro-cracking of bones, as this appears to be what stimulates the bone to become stronger. Exactly why this micro-cracking progresses to a painful stress fracture is not fully known, but it is true that in these situations the bone cannot adapt as quickly as it is being asked to.

How is a stress fracture diagnosed?

Almost always, there is an obvious history of a significant change in weight-bearing stress from running. A rapid increase in distance is the typical problem, but an abrupt commencement of interval training, lots more downhill running (perhaps training for the Six Foot Track), or even a change to a completely different type of shoe could also be the problem. There is an absence of a specific traumatic situation; by definition, a stress fracture comes from the repetition of running, not from a direct blow or twisting/falling injury. There are numerous biomechanical factors (such as different leg length, flat feet and muscle imbalances) that should

be assessed by a Podiatrist or Physiotherapist as potential contributors to the development of stress fractures.

The pain of a stress fracture is usually in a very small area, and obviously over a bony area (not in the fleshy part of a muscle). It is not usually a vague complaint of pain, rather the area of pain can usually be immediately identified. To begin with, the pain increases over the duration of a run, but is relieved by rest. However, the pain usually progresses to become more constant, until pain is present even when you are not on your feet.

A typical example is of a reasonably fit lady I saw a couple of years ago. She was accustomed to swimming an hour a day, but developed some shoulder problems. Not wanting to lose her fitness, she immediately started running an hour a day (every day!!). Obviously, she had the general fitness level (and motivation) to be able to

**Author of this
article,
Timothy Austin,
is a long time
Sydney Strider, and
Principal
Physiotherapist at
Camperdown
Physiotherapy**

run this much, but her bones had no capacity to remodel themselves that quickly. After about 2 weeks, she presented with the classic symptoms of a stress fracture.

The most common investigation to prove a stress fracture is a bone scan. In this test, a small (safe) amount of a radioactive isotope is injected into the blood stream by a radiologist. Three hours later, once this radioactivity has been transported around the body by the blood, you return to the radiologist who passes a special detector over your body, basically determining where there has been greater blood flow (indicated by higher radioactivity levels). A stress fracture is confirmed when the scan shows a localised area of increased blood flow (termed a radioactive "hotspot") exactly where the pain is felt. MRI scans can also be used.

All weight-bearing bones are potential candidates for stress fractures, but the most common are the tibia (shin bone), the femur (thigh bone), the calcaneus (heel bone), the metatarsals (bones just before your toes) and the navicular (another foot bone near the ankle).

Treatment

Stress fractures almost always require a significant reduction in running distance and are almost impossible to run through. They typically worsen, and it is even

possible to get a complete fracture of the bone if running is continued. Often, completely stopping running may be required for between 2 and 6 weeks, and that is what disturbs us runners the most. Indeed, the psychological blow of the stress fracture is a situation that needs to be acknowledged and adequately addressed (both by the runner as well as the treating practitioners). The biggest challenge would appear to be keeping up the motivation to participate in other forms of exercise that are required to maintain fitness. Also, most runners initially exhibit genuine fear of returning to running, worrying that the fracture might recur. Interesting, fractures seem to recur much less commonly than might be imagined. Perhaps, lessons of overtraining have been learnt, or perhaps the body lays down more bone at the actual fracture site.

Summary

- build up your training slowly (conventional recommendations are to increase mileage by only 10% per week). This also relates to the gradual introduction of new training regimes, such as interval training and downhill running.
- localised areas of quite severe pain directly over a bone should be listened to. If the pain does not reduce quickly, get it investigated as soon as possible. The sooner you reduce your training, the sooner you will be able to increase again.



Running Roo's Ramblings

RUNNING - that word has been a constant in my life for nearly 40 years.

As I all too rapidly approach my 60th birthday, I feel maybe it is time to reflect on the evolution of my own running and the sport in general over the last four decades.

When I first commenced running in the early 1970's, the general public viewed running as something to be done at school by people likely to go on and become champion athletes. Anybody else who continued to run past school or university was viewed as an eccentric loser, not good enough to succeed in team sports, i.e. football or cricket.

With the advent of the City to Surf in 1971 this perception started to change. Suddenly all those odd skinny looking runners (who looked like they would be blown over in a strong wind) were prominent on television, running 14kms at a pace most people couldn't sustain beyond 100 metres.

A revolution had begun. Running suddenly became, not just acceptable: it was the new religion, a solution to all life's problems.

I, like many others, was drawn to this new religion. Centennial Park became my new chapel. The famous 5000 mtr XC course through the centre of the park was the new

benchmark for all aspiring runners. As my training progressed I decided to join an athletic club.

Club running at that time was an exciting and inclusive sport to be involved in. Hensley Field at Pagewood was the venue for interclub every Saturday through the summer. I competed at distances from 400-5000m for the Eastern Suburbs Club. All grades from A-H were packed with runners each week. It didn't seem to matter what age or ability you were, you were regarded as an athlete and a great sense of camaraderie existed. Sadly, with the advent of professionalism in athletics and a culture obsessed with elitism, this attitude seems to no longer exist.

With the end of that first summer season I was encouraged by some of my new-found running mates to have a shot at the road and xc events staged by the clubs and the sports controlling body.

In the 1970's road running, except for the City to Surf and a handful of Fun Runs (i.e. Bathurst Edgell Jog and Sutherland to Surf), was still very much the domain of the club runner. Big City ½ marathons and marathons were still a long way off. The general public tended to view those distances as extreme and considered them dangerous to people's

health. Women, in particular, were still viewed by most as too fragile to contest such events. How the times have changed. Dr. Ernst Van Aaken staged the first 'all women's' marathon in 1974 and from that moment the flood gates to women's competition were thrust open.

With limitations on space I will have to discontinue my ramblings but hopefully with the indulgence of the Blister's editor I may be able to continue my story in the next issue, where I would also like to share my ideas on how to cope with becoming an "old age" runner.

Written by Phil Roux, owner of the Sydney Running Centre and proud sponsor of the Sydney Striders 10K Series.



Paris MARATHON 2009

By INGRID GRACE



Ingrid is our highest earning runner at \$296.24 per kilometre.

Its done. \$12,500.00 was raised for the Heart Foundation. I have participated in the Paris Marathon 2009. And how was it done? With the assistance of many people: friends, relatives, colleagues, coaches and the Sydney Striders.

If I attempted to record all the individuals the ink and paper supply would run out before I could get them all written down. Thank you everyone.

It was a fabulous experience, even the really difficult bits, probably even the most difficult bits. Like when I wondered if I could meet the commitments I had made for myself. There was always a Strider to give me a ride to the start of a run or suggest a fundraising activity or raise awareness of the project I was working on. Striders that have run the Paris Marathon came out of nowhere to give me the benefit of their knowledge and experience. A

contingent of Striders came along to my fundraising exhibition/auction on a chilly, stormy winter evening to support, bid and donate. It was through one of the Striders that there came the generous invitation to stay in the home of a pair of runners in Paris. They made my introduction to a country, where I had little command of the language, easy and delightful. It was from them that I learned about the delicacy of French cheese. I tested its value by eating heaps of it. It was really special joining in training at a local running club. At French running clubs all the same chat occurs about injuries and up coming runs as in Sydney, only in French and very fast.

The organization of the Paris Marathon is impeccable. Plenty of water stops, bananas, oranges, goos, dates, water sponges - whatever 37,000 runners running through Paris might need. Crowd support was amazing. The weather was perfect and the course kind.

My hosts had arranged where we would meet at the end of the marathon for the usual post-race dissection. Some of their non-running friends were there also. At first I thought it must have been an effect of marathon fatigue; a plastic disposable champagne flute was being shoved with conviviality into my hand, then filled. But it was for real. We stood there, in the middle of Paris, shivering in the plastic capes that were handed out when we came through the finish area, toasting the marathon. It mightn't be the best-prescribed drink at the end of a long hard run, milling around in cold sweaty gear, but, everyone should drink champagne at the finish of a marathon just once in their life.

So now a toast to the marathon and all my running friends, thank you fellow Striders.

10k Series Report

By **BARBARA BECKER**

Club members received additional benefits from our long-time 10k Series sponsor, Sydney Running Centre, this year. Julian Roux now brings a different brand of running gear and manufacturer representatives to the post-race breakfast. Free advice and information straight from running shoe suppliers has been well received. All current members now get an exclusive 15% discount at the Edgecliff store too. The prizes to reward top three placegetters and to encourage the front, middle and back of the pack total 100 for the season. We'll also hear more from Phil Roux, sharing his considerable years of involvement in Sydney's running community, via the Blister.

Six races into the season, the 2009 10k Series now has an average 375 runners participating in each race. 54% are Striders (up 3% from 2007) and 31% of club members in the series are women. These numbers exclude the May race which had 619 runners finish 10km.

Our second collaboration with the Athletics New South Wales 10k Road Championship in May went even more smoothly than 2008 and club members enjoyed the fast, car-free course. Special thanks to Glenn Guzzo who drove weeks of NSW liaison and Jim Moody, responsible for the timing & data logistics for 3x races that day.

The monthly 10km race provides a fantastic training benchmark. As participation grows, club members benefit from a wider field in which to compete, and rivals to chase. I'm promoting STaRs in race announcements to introduce 10k-only Striders to the training back-bone of our club – and the delights of a 6am start.

Increasing participant numbers bring extra cars, mouths to feed, noise disturbance and demand on facilities. It has been a pleasure to bring on

board Army staff from the Royal Australian Artillery Museum – North Fort. Access to the enormous Artillery Museum car park, toilet block and café has enhanced the new, reversed 10k course at North Head.

The next challenge is to improve parking options at Lane Cove. We enjoy positive support from the National Parks and Wildlife Service. Rangers who work on our 10k races are happy to collaborate on improving our courses. We also need to find the delicate balance between supporting new runners for whom the 60 minute cut-off is a reach and maintaining access to race courses which open to the public and become hazardous at 8.30am.

This year our race doctors are both enthusiastic runners. Dr Thomas Gan from Sydney Sports

Medicine Centre and Dr Neil Peace, who works in A&E and directs Sydney Medical Weightloss Centre, are sharing the commitment of 10 races. While the doctors are present for medical emergencies, I do encourage you to mention any developing niggles to the race doctor. You may nip in bud a potential problem which could impact on your running.

Many club members benched by injury have maintained a connection with the club (and kept an eye on rivals) by helping out on a 10k. Each race is delivered thanks to the team work of 30 volunteers and I salute everyone who has given up a race, a sleep in or ignored that awful feeling when you just can't run, to help make a race happen.

Volunteering is easy and fun whether you're running in the race or sitting one out. The 55min pacer job is a marvellous opportunity for experienced Striders to polish a new running skill. Go Strider!

Barbara Becker, 10k Series Race Director

RACE 1 LANE COVE FEB

MEN

1	Jeremey Horne	0.32.43
2	Dimitri Kontopos	0.33.35
3	Michael Durante	0.34.22
4	David Kane	0.34.42
5	Tim Cochrane	0.34.45

WOMEN

1	Tiffany Bonaseras	0.37.03
2	Carey Lynn	0.38.08
3	Heidi Jones	0.39.27
4	Sophia Amor-Smith	0.40.16
5	Amy Stafford	0.40.29

One man felt sure he alone knew the correct direction the race was to take. Through his body language, many others were gradually convinced.



RACE 2 NORTH HEAD MAR**MEN**

1	Jeremey Horne	0.32.24
2	Chris Truscott	0.32.43
3	Trent Wood	0.32.55
4	Jan-Willem Schaar	0.32.59
5	Tom Highnam	0.33.23

WOMEN

1	Jenny Wickham	0.36.46
2	Jane Miles	0.37.42
3	Carey Lynn	0.38.11
4	Lucy Chapman	0.38.41
5	Danielle Langsworth	0.38.56

RACE 3 LANE COVE APR**MEN**

1	Thomas Crasti	0.31.48
2	Jeremey Horne	0.31.57
3	Jan-Willem Schaar	0.32.19
4	David Criniti	0.32.49
5	Chris Truscott	0.33.31

WOMEN

1	Jane Miles	0.37.37
2	Helen Sharpe	0.38.44
3	Heidi Jones	0.40.17
4	Jo Pai	0.40.47
5	Anna White	0.40.55

RACE 4 SYDNEY OLYMPIC PARK MAY**Special course****MEN**

1	Scott Westcott	0.29.54
2	Anthony Haber	0.30.37
3	Luke Taylor	0.30.45
4	Christopher McDonald	0.30.58
5	Jeremey Horne	0.30.58

WOMEN

1	Melinda Vernon	0.33.55
2	Hollie Emery	0.34.27
3	Belinda Martin	0.35.23
4	Lauren Shelley	0.35.29
5	Jenny Wickham	0.35.58

RACE 5 NORTH HEAD JUNE**MEN**

1	Peter Jacobs	0.31.32
2	Thomas Crasti	0.31.37
3	Jeremey Horne	0.32.06
4	David Criniti	0.32.10
5	Jan-Willem Schaar	0.32.37

WOMEN

1	Elizabeth Lee	0.36.52
2	Liz Miller	0.37.02
3	Anna White	0.38.09
4	Alija Kajan	0.38.55
5	Ami Stefford	0.39.11

RACE 6 SYDNEY OLYMPIC PARK JUL**MEN**

1	Andrew Douglas	0.32.09
2	Jeremey Horne	0.32.23
3	Glenn Guzzo	0.32.46
4	Thamal Correy	0.33.33
5	Tim Cochrane	0.34.13

WOMEN

1	Jen Dollaway	0.36.19
2	Elizabeth Miller	0.36.42
3	Sophia Amor-Smith	0.38.55
4	Alison Dale	0.40.57
5	Nicole Frykberg	0.41.04



They should have just shot me

There are few things as important to a runner than a plan. From a recovery plan, a running diary to a marathon training program. Starting and sticking to the program is the secret to success. I have only been running for 3 years now and very shortly after joining the Striders I had my sights set on running my first marathon. The target was to attack the Sydney Marathon, but as I had only been running for three months I needed

a lot of help. In came the MTG. I diligently followed Phil Skurrie around on the 22 week program and Ta Dah ! my first marathon was a screaming success.

Then it all started to unfold. The new target was the 6 Foot Track Marathon, rated as Australia's hardest bush marathon. This time the master of training was Jim Moody. Jim set us a very comprehensive and detailed

training program which took a little work to organize your schedule around.

One of the favoured and frequented runs in the program is the Ourimbah bush run, north of Gosford. Being a creature of habit, I traditionally set the alarm for 4:30am to do pretty much all my running. The Sunday STAR runs, the 10K series, everything.

Living at Belrose is really convenient to get to most locations on the Striders calendar. As it turns out, Ourimbah is a bit further away than I had expected it to be. Setting the Tom Tom for Ourimbah, off I trek at 5:05am. But the Tom Tom says the travel time is 1 hour 10 minutes. A sense of urgency now descends upon me. Foot to the floor, off I go. Arriving at 6:05am, the car park devoid of runners, only containing a few cars I'm wondering if I had the right day. And unfortunately I have no idea where the run goes, I sadly return to the car and drive home again. 3 hours after the alarm time.

In the cycle of the training program, the Ourimbah run appears twice more. The next time the alarm is set for 4am to allow a little more of a comfort zone to get there

in time. Driving into the morning, half an hour early - not an issue getting there on time now! However, 5 minutes onto to the freeway, an RTA truck pulls in front of me advising the speed limit which is normally 110K is now 45K due to road works. Yep! Arrived at 6:10 again! Home again at 7:40am, really large coffee in hand, not happy Jan!

The final time on the program I am determined to get it right. Arriving early, no road blocks, nothing can stop me doing the run.

Arriving 20 minutes early for the start, I sit back in the car and finish my travel mug of tea. 5 to 6 - no one else in the car park. 6 o'clock - still no one in the car park. 6:10 am and I'm the only car in the car park. Something's wrong! Quickly on the mobile to Sam Isbell. "Hi Sam" "Where are you guys?"

We're running Quarry Road today, Ourimbah is next week!

They should have just shot me!

To this day, Sam won't let me hold the Star maps.

By PAUL HANNEL



ANTIQUUS

Human age	Canine (apparent and functional) Age
1	7
2	14
3	21
4	28
5	35
6	42
7	49
8	56
9	63
10	70
11	77

The California Institute for Aging has recently published a detailed analysis of the benefits of exercise on rates of apparent (visual scale identification) and actual (underlying organic deterioration and functional analysis) ageing in the peer reviewed scientific publication "Antiquus".

The results, at the 30 year mark of the ground breaking 1978 longitudinal study of 1843 middle to long distance runners, confirmed with a high degree of statistical significance what runners everywhere have known for years: regular moderate distance running contributes to reduced apparent and functional ageing over time.

The article included a table, reproduced below with the kind permission of the Institute and Antiquus, which sets out a "rule of thumb" ageing chart for runners versus non

runners based on the charts originally developed to assist veterinary surgeons in assessing the relative ages of canines versus humans.

This research, as set out in the associated chart, throws light on why the 45-60 (chronological) age group is the most competitive at the club level distance running, given the historical prevalence of 30+ year old runners in longer distance events and the compounding effects of race experience on performance.

It also explains why it is so difficult to estimate Striders', or indeed any distance runners', chronological age.

By GHOST WRITER

Non Runner (chronological) Age	Runner (apparent and functional) Age
7	7
14	14
21	21
28	26
35	30
42	33
49	35
56	38
63	42
70	47
77	53



Running **BLIND**

Fate, providence and destiny often don't have much to do with marathon running. Yet I couldn't help but feel that events unfurled in a somewhat extraordinary manner when I received an offer to run the Kasumigaura marathon.

Back in March with the deadline for the Canberra marathon looming I faxed off my entry form. Overnight the event organizer came back to say I hadn't signed it (duh!) and it couldn't be accepted until I did. Before I got a chance to mark an X on the dotted line though, I got a call from the Sydney Marathon organizers asking me if I wanted to go race in Japan. The race date was the same as Canberra so it seemed I'd made the right mistake in not signing.

The route for the Kasumigaura Marathon and International Blind Marathon travels along the shores of Japan's second largest lake, Lake Kasumigaura. Situated sixty kilometres to the north east of Tokyo the event has become one of the most famous citizen's marathons in Japan with around 23,000 people taking part. It is held in conjunction with a 10 miler and 5 kilometre option.

Though not sight impaired, I and fellow Australian competitor Vanessa Parry Williams received an invite to the run based on our performance in the 2008 Sydney Marathon which acts as a sister event to Kasumigaura. Jeremy Horne had his name in the local Japanese papers as the invitational so it seems I may have been a late substitute (which is fine with me!).

The day prior to the race I got to meet many of the

elites who had travelled from around the globe to compete. When I say elites I am referring to the blind competitors. The majority were Paralympians who had raced in Beijing.

Later in the afternoon race officials organized a bus for the blind competitors to take a tour of the marathon course and I got to ride shotgun. Guides sat with their sight impaired running counterparts and explained to them what they needed to know about the course topography, drink stations and conditions. Watching the exchange take place was slightly surreal, running a marathon is tough enough on its own so I found it hard to comprehend how difficult such an event would be for these runners. It was also inspirational and in the future I'd like to act as a guide if the chance arises.

To see us off on race morning, various dignitaries like the mayor of the city of Tsuchiura and Miss Japan herself- Miyata Mari. I'd met them both the previous night at the pre race function where a large buffet of traditional Japanese foods were laid out for a big contingent of runners and supporters - kind of like a sushi-loading party. As well as traditional Japanese performance artists for the night's entertainment, Athens silver medallist in the Women's marathon, Arimori Yuko

was on hand to give a speech. It was a great event and highlighted to me how revered the culture of marathon running is held by the Japanese people.

After the function the mayor took a few of us out for more sushi loading at a traditional Japanese restaurant replete with the tatami mats one kneels on while eating at a low table. This soon proved to be a tougher option on the old pegs than running 42 km's!

All this was but a memory though on race morning. Thanks to one too many cans of vending machine coffee before the race start lets just say I had a fashionably late call of nature and turned up with less than a minute to go before the run commenced. At 6'1" in my Adidas Adizeros and wearing an aqua green sun visor I felt a bit like Godzilla as I cut my way through the field of twelve thousand Japanese runners waiting in readiness. I then had to high tail it across the no man's land they'd established between the main field and the invitationals and blind runners. Behind us a signal was given and the main race group came forward, so it was soon as crowded as a peak hour train in Shinjuku.

As well as my wife, my father had made a snap decision to travel from Australia and provide support on race day. Unfortunately some rather significant wires got crossed and he had turned up the day before the race in Nagano to watch me race the Nagano 'thon. A clarifying phone call and a couple of bullet train rides later had him honing in on Lake Kasumigaura without any further issue - a marathon effort in itself.

It's hardly Pamplona but the start of a big run can be hectic. Through their guides I'm sure the blind runners knew the size of the crowd behind but they didn't seem phased as they calmly limbered up. Seconds later the race started - the blind runners all got away cleanly.

Aside from running past a castle and unique Japanese environs, the runners were also entertained by traditional roadside performances which gave me a few *Toto we ain't in Kansas anymore* moments. Near one aid station scores of dancers in flowing silk costumes and Noh masks swayed in unison next to a large portable Shinto shrine. Though I was a little too busy trying to breathe to pay much attention, it certainly added a unique flavour to the race atmosphere and the sense of celebration the day held.

Blind Runners

Though classed as legally blind, visually impaired (blind) runners are allotted into three separate categories depending on the severity of their impairment- B1, B2 and B3 per IBSA guidelines. The categories are used as a structure for competition and are dependent on the degree of function presented by the disability.

B1 is the most severe and includes runner with no light perception or some perception but an inability to recognise a hand from any distance.

B2 Runners have the ability to recognize the shape of a hand up to visual acuity of 2/60 and/or visual field of less than 5 degrees.

B3: From visual acuity of above 2/60 up to visual acuity of 6/60 and/or visual field of more than 5 degrees and less than 20 degrees.

Blind marathon runners ordinarily are allowed to employ two guide runners- one in the first half and the other in the second half of the race. Many tether themselves to their guide by means of a small length of cord or rope.

The B1 category of the Kasumigaura marathon was taken out in 2:47.49 by Japan's most revered blind runner- 43 year old Yuichi Takahashi. A gun runner, Takahashi won gold in the Athens Paralympics in 2004. Takahashi had normal vision as a child but a degenerative retinal condition *retinis punctata albescens* in his teens resulted in the deterioration of his sight. By age 33 he was blind.

I can't say with any certainty I saw Yuichi out on the course though I am sure I spotted the winner of the B2 category in 2:30:08, Tunisia's Abderrahim Zihou. Abderrahim came 4th in the Beijing Paralympics marathon and won his division of Kasumigaura last year.

We ran together in the lead bunch for the first twenty or so kilometre's before I tanked, eventually finishing in a time of 2:41. My struggle must have been evident as the locals supported me with yells of *gambatte* (hang in there) for the final kilometre's. Backing up from Ironman Australia just a couple of weeks earlier, mother of four Vanessa wisely took part in the 10 miler, finishing an outstanding 6th place from 3982 competitors in a time of 1:05:35.

The hospitality of the locals and the Japan Travel Bureau were outstanding during our stay and I'd be remiss not to thank Wayne and Janine Farnell from Sydney Running Festival and Tad Terumoto for all their efforts.

By DARREN MOYLE

Kasumigaura Marathon and International Blind Marathon

Date: 19.04.09

Distance: 42.2 km

Website: www.kasumigaura-marathon.jp

Location: Tsuchiura, Lake Kasumigaura Japan.



Rumour has it ...

Prince Charles is a keen runner; a fact not widely known. Because of the inherent dangers in being seen in public he has done most of his training in the Scottish Estates he owns. So keen is he that he has dispensed with Retriever dogs, while out shooting Grouse, in favour of running to find the dead birds himself. Don't worry, he hasn't been reported returning with them in his mouth. It is the exercise he craves.

His keenness for the sport stems from the early days of his clandestine affair with Camilla. When her husband left the house she would order the flag on her castle to be lowered and raised several times. This was a signal to Charles. Each raising and lowering indicated how much time they would have in hours. Charles would sit on the balcony with binoculars awaiting just such an occurrence

and would know from the amount of time Parker-Bowles was to be away, how much clothing to put in the backpack. He'd then kiss Dianna goodbye, saying "Don't wait up for me" and bolt over to Camilla's. She lived a fair way off and Parker-Bowles was out of town a lot so Charles was getting quite fit. But he decided he'd had enough of private Estate running and finally, sent off an entry form for the London Marathon.

Charles' minders were disturbed by the thought of Charles being vulnerable to snipers or crazy people and argued strongly against it but Charles felt he had to do it. In the end, an ingenious disguise was devised. To put

people off the track Charles would wear a rubber mask so no-one would know who he really was! The best thing was he could still run as himself because it was possible to buy a Prince Charles rubber mask complete with huge sticky-out ears! The last thing anyone would suspect is that Charles would be running the London Marathon disguised as himself.

After the event, Charles confided that he'd had so many cheers and friendly waves from the public that he really felt popular, in fact... like a King. So next time you see someone in a Prince Charles mask, in some other race, don't assume it isn't him.



Coburg 24 hour

By ALLISON LILLEY

I am not entirely sure how I ended up in this event. A friend, Marie Doke, had suggested she wanted to do an event before heading back to the UK. She mentioned Wild Endurance but as we were starting to find it hard to locate 2 more team members she then suggested this event.

Upon hearing that the event was already full I allowed her to list my name on the waitlist and, as per Sods law, within 2 days somehow we moved from the waitlist to entrants. I had never even run 1 lap on an athletics track, what had I done? My favourite runs were bush and this was the antithesis to that. 24 hours around and around a 400 metre athletics track.

The weekend before, I did a fabulous run with some cool runners that took in Mt Solitary in the Blue mountains. On my return, my partner gave me some firm words about how I didn't taper properly, respect the 24 hour event or treat my injuries correctly. I suggested they were not the encouraging words I was looking for. Shortly after, I was then advised not to get in the way of the other contestants. I was devastated. Had I bitten off more than I could chew? I now felt like I shouldn't do this event and wasn't worthy of competing. I don't have that killer instinct in races. I knew nothing about tactics/pacing/resting/eating for a track event.

Before that, I had felt quite relaxed and I was hoping to run it in my normal relaxed fashion and, yes, without any real plan. Now I was worried and stressed but it was too late and, my flights were booked and I was going.

I had heard that 180km was the qualifier for selection for the Commonwealth games 24 hour and I decided to try for that but I didn't know if it was achievable and decided not to tell anyone. I had learnt a hard lesson at the Narrabeen 12 hour. What looks ok and easy on paper is not always do-able. I wasn't able to do 100km in 12

hours, as I expected/planned at Narrabeen. Instead, I told people 160km which I hoped was do-able if I couldn't make the 180km. I had no real idea if either goal was possible.

I wasn't sure how to split it up so I decided to plan for a 'slowing down' and aim for 12hr/95km then 12hr/85km.

18th April dawned and after an interesting night in Coburg - an eclectic mix of industry and cultures, we were at the track and setting up. Go! and all the runners and walkers took off. The runners had the 2 inside lanes, and the walkers the next 2 lanes. As soon as we started, I realised the folly of having no plan. I had no idea what pace to run a lap at. I ran a lap and glanced at the Garmin Michael had lent me. 2.35. There you go, I would run each lap at that pace, without extrapolating what that would give me. Great planning.

I jogged around and tried to settle into a rhythm. Everyone else seemed to be going faster and I felt fat and sluggish and like a hobbit in comparison. I chatted to some of the other runners but it was hard when we didn't seem to be exactly the same pace. Big Scottish Hugh who was wearing a kilt seemed lovely, more hobbit like and thus closer to my pace.

After 4 hours we were instructed to turn around. A witch's hat appeared on the course. It was great to see the faces of the other contestants now coming towards me and we all smiled and nodded. One of the good things about a track event is that everything is very accessible. Michael had set up a table on the inside of the track and as I went past it was easy to grab whatever I needed or sing out what was required and have it passed to me next lap. Indeed, going past the "checkpoint" every 400 metres as opposed to GNW where 30km and 6 hours between checkpoints made me feel pressured to take things. I have learnt that you must ensure you take enough from

the checkpoint. Now I had to learn to space it out accurately so I wouldn't take too much or too little. Still, I was surprised by how little distance I was covering. 4 hours and I had only done 36.4 km. Not even 6min K's ! I was also surprised by how well the others seemed to be running. The other girls, Marie and Susannah, were running very well and the boys: Justin, Martin, Jo Blake, Anth, Mal and Scott seemed to be going past me regularly and were running fast and beautifully. I could only admire them as real runners and felt like a fake in comparison.

8 hours and we were turned again. Early days yet but already I was feeling tired and slowing down. I couldn't work out what pace I was doing. The board showed how many laps we had done and was only updated after every hour. Hours 8-10 were slow. I only covered 13.2km in those 2 hours. I felt fatigued already and thought I was behind the 8 ball with my goal before I realised I was still on pace for the 95km easily and perhaps even 100km! I then picked up the pace from hour 11-12 and came in 102km for 12 hours. My fastest 100km yet, if only just.

It was now 10pm and, once the 12 hour goal had passed, I lost motivation and drive. I felt tired. My walk breaks were becoming more frequent and Michael would sometimes walk a lap with me and give me something to eat which helped pass the time and also break up the boredom of the unending laps. The others still seemed to be running well. Some just slightly less strong than before but still, it seemed much stronger than I felt. The 4th girl Grace Leung was struggling now and cramping and I felt horrible for her but thankful that, although I felt tired, I wasn't having any muscular issues yet. It was well and truly dark and at some point, when I was tired, it was like a light switch was operated and all of a sudden the walkers on the outside seemed switched on and illuminated as I faded. Before, I couldn't talk to them as my pace was faster. Now I couldn't talk to them because, even shuffling, I couldn't keep up to them.

As I got more tired, at some point I put on an Ipod I had borrowed from Michael. I had never run with an Ipod. It

was a great idea. It engages your brain and kick starts it. The impact of that lasted about 2 hours and, for those 2 hours I jogged around grooving to some songs - moving slightly faster than I was moving previously. A good song propelled me around the track. After about 2 hours the impact of the Ipod wore off and I was still bone tired. I have never been a good overnight runner. My body's circadian rhythm kicks in and demands sleep. Lap after lap and, I was slowing and walking more and more laps. Some, I barely staggered around and I was stopping more and more often with excuses for why I needed to sit down for a respite.

Michael tried to get more food into me: coffee, lollies, energy drinks... but nothing was really working. I had no idea how many laps I had done and I had stopped caring. Maths was no longer happening. I did note when my name shifted up on the board from 11th position to 10th position and I whined to Michael how was that possible as I wasn't overtaking anyone. He pointed out that Mal had left the track to have a sleep. Mal had stayed at the grounds the night before and in the middle of the night the lure of a nearby bed had proven to be too much.

**I directed my
tired body
to run again and
eventually got
it shuffling...**

Justin, who had run so strong earlier was now fading badly and walking and eventually I saw him sitting on a fence asleep with his head bowed; a broken man. His face looked ashen and unwell.

People always say that dawn will bring a new lease of energy and I am still waiting for that magic to strike. Dawn did, however, bring something and I stopped staggering quite as much and was able to walk a straight line although I was still struggling to run. At some point I saw Scott Orchard off on the side of the track vomiting and I instructed myself to look straight ahead. The continual food and effort can turn anyone's stomach and although I am lucky in that respect, I knew it could change at any moment.

The dawn did bring some of my mental facilities back and I started to do some maths. I realised the 180km that I thought was long gone was, maybe possible but, not at this speed. I would have to try and I wasn't feeling up to trying. I often give up too easily though, and I decided if I



was going to miss out on the 180km it would be okay, but only if I had tried. I hate trying. It hurts, this 'mind over matter'. I directed my tired body to run again and eventually got it shuffling around again. I had to go back to running 30 minutes before a walk break. With 3 hours to go, I ran faster than my 3rd hour in. I was now lapping some of the others who'd lapped me so consistently earlier, including Martin Phibbs who was now saving himself for Surgeres, a 48 hour track event in France.

The field was often in my way (as they were walking) but I dodged around them without too much trouble and stayed focussed on running. I was just glad to be running again. Scott was also running and told me he was struggling to reach his 200km goal and couldn't give up without a fight. I told him I was in the same position for 180km and dropped in behind him and used his cadence and drive to try and help me keep running. 2 hours to go and I had no idea if I could run another lap. Every lap made, I felt was closer to my goal. 1 hour to go and it was now looking possible. I just had to keep going and not give up.

Eventually I realised that I had done it but I had to do a few more laps just to allow for any miscalculations and finally the event finished and I dropped my sandbag at what later turned out to be 182km. I learnt a few things at this event.

1) Don't let anyone make you think you are not good enough for an event. We are all runners and all have different goals but they are all equally as important to the individual. To some it might be to enter the C2S; others, a PB in a marathon. If you want to do something, go and have a go at it.

2) A bit of planning wouldn't go astray. I lost sight on my goals many times because I didn't break it down enough.

3) Don't give up. It is worth it just to try. Even if I didn't make it, at least I would know that I had put 100% effort in.

From this event I have now been accepted into the Commonwealth 24 hour track championships to be held in Keswick, UK and, as the team's slowest member, I am very honoured and excited to be included on the team.



MARATHON TRAINING GROUP

MTG Corner

By PHIL SKURRIE

The Sydney 2009 Marathon Training Group kicked off in June this year and we are now running as a group at the Sunday STaRs. It is a small but very keen group this year, with our sights set squarely on the Sydney Marathon in September.

The group has moved to 25km Sunday runs for the month of July and will be stretching to 30-35km runs during August. Be sure to look out for us at the STaRs and as always, we encourage more experienced Striders to join the group and pass on your valuable words of wisdom for the Striders' newest would-be marathoners!

So far we have got great support from the MTGers from the past couple of years, and it is great to see so many of them back on the marathon training path. It was great to see Dipak Jilka finish the Gold Coast Marathon in July after training through summer as part of the Canberra 09 MTG but not actually running the Canberra Marathon.

Also, a well done to Canberra 09 MTGer,

Michael Terawski for entering the North Face 100km as his SECOND marathon! It was a superb effort in making it to the 65km-ish mark.

The MTG are looking forward to the 2nd edition of the "Sydney Marathon Sneakpreview" STaR and if last year's debut was any indication, it will be a big field once again. Perfectly positioned 3 weeks before the Sydney Marathon, it offers a 5:30am start, a 35km long option and a perfect start to the taper (after you finish the run of course)!

And onwards towards Sydney 09 we run....

Phil Skurrie, MTG Co-Ordinator.

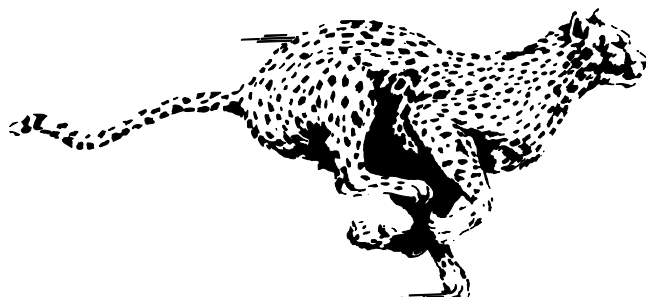
MTG Information:

If you want to receive weekly updates on the MTG, and to be informed of future MTG events, please send an email to mtg@sydneystriders.org.au.

Quote of the Month:

If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise.

Dr. P.Z. Pearce, a seven-time finisher of the Ironman Triathlon World Championship.



ADVICE *from Auntie Joan Strider*

Send your etiquette questions to Auntie Joan, c/o The Blister Editor. We do not guarantee useful answers but we will protect anonymity.

A special note this month, from the desk of Auntie Joan. Dear readers, thank-you for your expressions of concern at Auntie Joan's non-appearance within the last addition of *Blister*. Fear not, she is thriving and ready to consider your etiquette issues (unfortunately her alter-ego was rather too busy at work during the time in which the last edition went to press). She also wishes to thank those many readers who have sent queries over the last few months. Sadly, not all letters can be published since many seem to be rather too focussed upon the less savoury aspects of running (VK and AM, you alone will know to which aspects I am referring). In the interests therefore of raising the tone, dear readers, this columnist will bring you advice on more exalted topics close to her heart and more in keeping with our Strider motto: "*Run velox quod ferreus tamen subsisto intus reus of sanitas*" (or for those unfortunates without the benefit of a classical education, "run fast and hard but attempt to stay within the bounds of sanity").

Dear Auntie Joan,

As a female Strider, I am troubled by the new running skirt phenomenon. It seems that these are everywhere these days. Am I the only female runner that prefers to stick to the old-fashioned option of running shorts?

Yours,
Skirtless and Shamed

Dear Skirtless,

Since being introduced to Striders by fashion pioneer Sue Login, running skirts (RS) have simply become de rigueur for the well dressed female runner. One can obtain the RS in a variety of styles. There is the workaday longer black RS for a standard STaR run; the rather flirty "tennis" style RS with inset coloured panels for short races or other "exhibition" pieces; or the stylish Lulu Lemon options in a flattering A-line, suitable for the important marathon occasion. Skirtless, perhaps it is best to capitulate and move with the times.

Dear Auntie Joan,

I was recently witness to a rather heated debate about the appropriate finishing time for a STaR, in which I had a very personal interest. Should we slower runners be asked to cut our runs short, or is it OK to finish after 10am if running the full 30km? If runners do come in after 10am, is it fair that the STaR hosts have often packed up and departed, without leaving even a solitary soft drink for the slower runner?

Yours,
Slow and Softdrinkless,

Dear Softdrinkless,

This is a thorny and difficult topic. May I recommend that parties on all sides of the debate keep a considerate and polite demeanour at all times.

Convention dictates that your hardworking STaR hosts may depart when the last set of car keys are picked up. If one expects to be out significantly later than 10:00am it is perhaps wise to warn one's hosts, as I myself have been witness to the frantic use of remotely operating car keys around streets near to the hosting venue, in order to find a missing runner's car and thus to identify the said missing runner.

Dear Auntie Joan,

A fellow Strider recently posted an extremely unflattering running photograph on Facebook. I appreciate the sense of camaraderie that the post-event postings on Facebook generate, but how can I nicely ensure that these pictures never see the light of day? It is especially galling because most of my non-running friends only post rather glamorous pictures of themselves.

Facebooked and fuming

Dear Facebooked,

There is a rather useful little feature which one discovers after several experiences of this type on Facebook. Simply click upon your not-so-delightful visage within the offending photograph and then select the "remove label" option. You will find that although the photograph itself remains somewhere in the virtual world, it is no longer linked in any way with your own person. From that point on you can simply hope it will disappear into obscurity and be forgotten forever.

GUESS WHO, DON'T SUE... Which two female Striders have taken up Bollywood dancing, recently giving a gala performance which was well attended by a number of Strider luminaries?

- Which STaR host recently had to cut off the bottom of all her home-made (burnt) cupcakes?
- Which female Strider left her car with a prominent Strider couple and went overseas, forgetting that the registration was due to expire?...She is now desperately hoping the RTA do not link their registration accounts with their automated toll accounts.



Self seeding

In some races, organisers attempt to seed runners. Some race organisers ask for people to self seed. Some don't make any reference to seeding. Whatever the case, self seeding is a requirement of etiquette.

If the Golden rule applied (Do unto others as you would have them do unto you) everyone would neatly line up in a position at the start of a race, the equivalent of where they thought they might end up at the finish.

What happens in actuality is, people try to get as close as possible to the start in order to get the best time for themselves in the race. This is illogical for the reasons given below. It is important to self seed correctly. Just as it is wrong to start too far ahead of where you should be, it is also silly to start too far back. What if you ran a PB that day? The extra few seconds could be important.

How can you tell if you self seeded correctly?

Theoretically, no one would pass you and you wouldn't pass anyone else. Of course, this is unlikely, particularly in a well attended race. The fact that you are overtaken by someone at any time is no indication of your final position in relation to them. They may be surging when they pass and later, slowing down. They may pull out after going too fast. They may have self seeded badly. They may have been unable to get closer to the start but are a better runner. You can't tell unless you recognise them and know how they usually perform.

How to self seed

It isn't hard to work out where you should end up in a race. If you race a lot you will know where you will end up in the field. You also will know the people who usually finish up near you. You know by the race itself and what happened

last time. If you haven't raced recently or are racing a new distance you can work out what time you can expect to do here: <http://runningtimes.com/Article.aspx?ArticleID=6765> based on some known time for some other distance. With the knowledge of where you are likely to end up in a race you can position yourself fairly and accurately respective of the other competitors.

But I want the best start I can get...

If you are ahead of where you should be in the queue at the start, all those around, in front and behind you will be trying to go faster than you. Not only will you be in all those people's way; you might be pressured into going too fast at the beginning to keep up with the rush and you will pay for it later.

Nearly everyone goes too fast at the beginning of a race but the fast and fit people will recover where you may not. It is universally true that if everyone maintained the exact pace of their best potential time throughout, they would do their best possible time. Unfortunately because too many people go too fast at the start, even good runners have to go fast to stay ahead of these people and that impacts on their performance as well.

Runners are a forgiving lot and usually won't say anything but sometimes the good runners who have earned the right to start at the front become annoyed by slower runners lining up in front of them. If you are one of these people, don't think no-one will notice you. They will. What do you want other runners to think of you? If you are in your club uniform, it will be seen. Whenever you are in your Strider outfit you are representing the club. What do you want outsiders to think of the club?

Ultimately, the race will sort you out. It will decide where you finish so, apart from the aforementioned, trying to sneak in front of someone else at the start will be a waste of time if they are quicker than you. Ed.



ARE YOU A MANIAC?

What Makes a

PART 2

Marathon Maniac?

The original "marathon maniac", according to legend, was [Pheidippides](#) who ran from Athens to Sparta asking for help, and then ran back, a distance of over 240 Kms each way. It is said that he ran the entire distance without stopping and having delivered his final message, collapsed and died. In thinking about what motivates someone to want to run that far, we might start by reading Bud Schulberg's novel "What Makes Sammy Run?". This book has nothing to do with running though it does enlighten us on what makes we humans do the

things we do; particularly any venture that seems pointless. If you have ever asked someone why they climbed a particular mountain, they probably replied by saying: "Because it was there!" It seems there is a similar theme to marathon running. We like to give ourselves a challenge, to pit ourselves against tough obstacles and overcome the seemingly impossible. In other words, we want to do something that no one else has attempted or, at least, that only a few hardy individuals may have accomplished.

It's more about proving something to ourselves than trying to outdo others. Take for example, one of the greatest Australian marathoners, **Derek Clayton**, who has achieved legendary status among marathon maniacs. In an era before marathon running became popular, he set himself a training log of between 225 to 270K per week and sometimes as much as 200 miles (322K) in a week. His relentless training caused him many injuries and during his running career required 7 major surgeries (4 for Achilles tendon damage, 2 to each knee and 1 on his heel) and this was before key-hole surgery came into vogue. For the record Derek set a world best time of 2:09:36.4 in the 1967 Fukuoka Marathon and in 1969 broke this time in Antwerp setting a world best of 2:08:33.6, a time that stood until Deek bettered it in December 1981. Indicative of Derek's achievement at Fukuoka was the fact that the world best time to that point was 2:12:25. To establish a world best by almost 3 minutes and become the first and only person to run under 2:10:00 at the time lifted him to the marathon maniac "Hall of Fame". Not all marathon maniacs come to prominence by running marathons. For instance, **Cliff Young**, a potato farmer, didn't own a car and used to run to town (about 50 miles away) to get a haircut or buy the groceries. Cliffy leapt to fame at age 61 years in the 1983 Sydney to Melbourne Ultra Marathon staged by Westfield. He surprised his opponents by simply not bothering to stop for a sleep along the way. He smashed the record set in the previous year by completing the 875K in 5 days 15 hours and 4 minutes. Cliffy originally used to run in gum boots and long pants (as he said "while rounding up the sheep"). It turned out later that he had varicose veins and his vanity wouldn't allow him to show his bare legs. In 1997 when Cliff was 75, he wanted to break the around Australia record of another marathon maniac. After running 6,520K he had to

pull out of this attempt because his one-man crew became ill.

Let's consider some of the achievements of another marathon maniac, **Ron Grant**. In July 1977 Ron became tired of running marathons so he decided to run from Bundaberg to his home in Caboolture, which he did in 3 days 23 hours – only 340K. Then in November 1979 he broke Tony Rafferty's record from Sydney to Brisbane by running the 1000K in 11 days 11 hours and 37 minutes. In 1980 he broke the road records for 1000K and 1000 miles. Then he took on and broke another of Tony Rafferty's records, the Birdsville Track – 505K of desert track, in 4 days 21 hours and 20 minutes. In September 1980 he ran from Brisbane to Cairns (1767K) in 21 days 14 hours and 40 minutes. Eight months later

he crossed 380K of the Simpson Desert in 4 days 11 hours and 44 minutes. In 1981 he set a Queensland 100 mile record in 19 hours 52 minutes. He ran against horses in the Winton to Longreach 112 mile (180K) event finishing in 23 hours and 20 minutes. He ran the track from Caboolture to Gympie (100 miles or 160K) in 17 hours 54 minutes. Then Caboolture to Gympie, on the road and back

again, in 2 days 6 hours and 50 minutes. In one 23 month period he completed 7 ultras of 100 miles or more plus 7 marathons. Throughout this period he was averaging 160K per week in training. (At that time, he was delivering bread from the family bakery and it was not unusual if he covered a marathon distance every day!) On being asked who he admired the most in running, he answered, "my running mates in Brisbane".

You might think that Ron had accomplished everything that was possible in Australia and that he would be sure to want to race against other ultra-marathoners overseas. Not our Ron. He remarked: "I'm an Australian and I want to do it in my own country." It was then that he decided to take on the ultimate challenge: to run around



Australia. For the full story you should read his amazing book, "My Life on the Line". Without giving anything away, he started his run on 28th March 1983 and completed it 217 days and 13,383 kilometers later. If you do the mats, Ron ran an average of 61.673K per day for 7 months. To my mind RON GRANT is the ultimate marathon maniac. (And that's a compliment!)

Post script. Ron's accomplishments were even more amazing when you read about some of his injury problems. He was continually plagued with a heel injury (diagnosed as a sub-achilles tendon bursitis) plus a plantar spur on his heel. In November 2001,

X-rays indicated degenerative changes in the lower back with spondylosis of a vertebral column disk. To overcome this latter problem he rigged up a way to hang upside down after a day's run so as to relieve the pressure on his spine. After his around Australia epic Ron was challenged by Tony Rafferty to race against him over 370K in the Simpson Desert. Ron (at 42 years of age) accepted the challenge in January 1986. Despite ground temperatures in excess of 60 degrees Celsius, Ron ran 136K in the first 24 hours compared to 100K from Rafferty. He won in 3 days 17 hours and 52 minutes, around 18 hours better than he had run in 1981.



If you attended the Balmoral STaR this year you would have tried this unusual nutty Muesli. The recipe is reprinted here by popular request.

Danielle and Mark's High Protein Muesli

750 grams Organic Oats
 200 grams Puffed Amaranth or Puffed Quinoa (South American grains that contain protein)
 1\4 cup Psyllium Husks
 250 grams raw Cashews
 250 grams raw Hazelnuts
 250 grams raw Almonds
 250 grams raw Organic Dates (it is important that all dried fruit is organic as
 250 grams Organic Sultana
 1 cup LSA (Ground Linseed/Flaxseed, Sunflower seeds, Soy Flakes and Almond)
 1 teaspoons grated nutmeg (buy them whole and grate, it retains the potassium, calcium, phosphorus that it is rich in)
 2 tablespoons ground cinnamon (try to get organic, cinnamon helps lower blood glucose, a low GI product)

3 tablespoons organic coconut
 1/2 cup Honey (or Agave Nectar lower GI, three times sweeter than honey, made from cactus sap, tequila also made out of it)

Mix Oats, Amaranth/Quinoa, Psyllium Husks in a oven tray cover with Honey/Agave Nectar, roast slowly in an oven of no more than 100 degrees for approximately 30mins. Note that when honey and agave nectar are boiled the natural goodness is decreased, slow heating is fine. Once the grains have been roasted and the honey/agave have been mixed in, add the nuts, sultanas, sliced up dates, LSA, nutmeg, cinnamon and coconut. Once thoroughly mixed place in the fridge to cool. Once cool place in plastic air tight containers and can be kept in the cupboard.



Rumour has it ...

It seems the Cold War didn't end after all. Remember when the Olympic Games were once a showpiece for American and Soviet excellence? The American and Soviet governments poured heaps of money into sport to produce champions to impress the rest of the World. If money didn't work they used bribery, coercion and drugs to produce their finest. For a while, after the collapse of Soviet style Communism, it seemed the Russians and East Germans had given up on using sport to meet their political ends and the Americans also weren't winning so

many medals."Good," I hear you say, "more for us." Well don't get used to it. The Cold War may have been re-ignited.

The Americans and Russians have been thinking ahead to a time when more sports will be added to the Olympics. One sport in particular has their undivided attention and that sport is - you won't believe it - backward running! The Americans have put their best Scientists to work and come up with the macabre concept of producing athletes whose feet and knees face the other direction! To this end they have been using genetic modification technology to alter human ovaries. The downside is that backwards running athletes will not appear at an

Olympics for 20 odd years. Meanwhile the Russians have been developing advanced surgical techniques to enable trained athletes to merely switch training techniques once the surgeries are successful. They think they can have their first backwards champion in about 5 years.

Unable or unlikely to follow either the American method

or the Soviet model, the rest of the World is likely to see, once again, more medals being shared out among the Super powers. The only bright light is that the next Olympics should see the whole World on an equal footing, all pointing the same way for the inaugural backwards 100 metres in London in 3 years time. One wonders what Starting Blocks will look like?



STOP PRESS:



Amelia (older sister) and Liam (next youngest brother) are Striders. My other brother Kieran (who is 7) wants to join next year. (Luke doesn't know about his youngest sister but it appears it runs in the family).

And what's more...

If we could get all of our top girls to appear on the same day, what a team that would be! Marnie Ponton easily won the short course Cross Country – by a country mile in July this year.

Luke Gorman became the first Junior Strider to win an individual championship medal at an

ANSW event with his second place in the Under 12 Boys 1.5k Short Course Cross Country Championship at Rydalmere on the 18 July. He came through from third place to first within sight of the finish and only lost out in the gold after a titanic struggle with the eventual winner by less than a metre. The U12 Boys team of Luke and his brother Liam, plus Sally Rasmussen and Kyle Wong finished a gallant 4th place on the day. Luke went on to run again in the under 14 2.5k event. He was joined by Gus Wong, Darian Hargreaves, Catlin Bariol and Hannah Rasmussen who all put in brave performances.

6 Questions for Luke Gorman:

Which school do you attend?

St Aloysius, Year 6

What other sports do you do?

Soccer, cricket and swimming

When did you start Little Athletics?

I started as an under 7 at Manly Warringah.

What is your favourite event in athletics?

I'm not very good at it but I like High Jump.

Why do you like running?

To keep fit and I really like the competitive atmosphere.

Does everyone in my family run?



La Galleria

The SMH Half Marathon saw plenty of Striders in action. The tight course through the city made it look like there were runners going everywhere. In fact it is always one of the best organized of events and that's why we have it on our club calendar every year.

