

# THEBLISTER

The Magazine of the Sydney Striders Road Runners Club Established 1980

Issue 119

January-April 2013

## Boston Betrayed

The Boston Marathon report

## Chocolate Heaven

Melanie Zeppel in Hobart

## A Hawai'ian Cool Down

Mark Fiore "You are an Ironman"

## Six Foot Track Snapped

Stefica Key gets behind the camera

**Plus! All our regulars:**

- 10km series
  - Super Series
  - Juniors corner
- and more ...



# PRESIDENT'S LETTER

Dear Strider

We've really experienced the highs and lows of running events in the last couple of weeks, the most memorable being the horrors of the bombing attacks on the Boston marathon.

Some of you may have heard me on radio that day as news broke, and our Striders Facebook page was abuzz with members sending messages of support and checking for news of friends running in Boston.

Within a few hours all our Striders and friends had checked in with us, thank goodness, but our hearts go out to the families and friends of those killed and injured. International marathons will never be the same again.

Strider Peter Fogale, who finished his marathon creditably some time before the attacks, gives a first-hand account of the day in our lead article this issue.

I'm pleased to be introducing my first issue of Blister as your new president. You can find out more about me in the article introducing some of our committee members old and new (pp. 6-7).

This issue also includes talented photographer and Strider Stefica Key's stunning montage of Six-foot Track, and we have race reports from Canberra, Hobart, and further afield, from Hawai'i Ironman. Health and Fitness this issue looks at understanding and preventing injuries, and we have our usual race reports, some great snippets and pics from our members ... plus a few photos of some shoes!

Joe Degabriele



New Club President Joe Degabriele ... he can run pretty fast too!

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## Acknowledgements

Cover photo: Stefica Key. Additional images by: various Striders.

## Sydney Striders Juniors

The Club was set up to encourage young runners to train and compete as a group.

The training sessions take the form of group training rather than personal coaching.

We train on Monday nights at the Sydney Academy of Sport at Narrabeen, and Thursday nights at North Steyne.

We have members of all ages and standards: from 8-year-olds to HSC-aged, from NSW State Representatives to those who just want to keep fit and socialise.

Our main focus is ANSW events, but we are also very active in the fun run circuit, with many taking part in the City to Surf.

Please contact us via email at [juniors@sydneystriders.org.au](mailto:juniors@sydneystriders.org.au) if you would like to find out more.

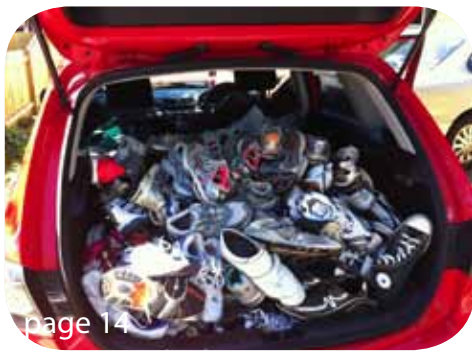




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## PLUS The Parkrun phenomenon, and reports from the 10km Series, Volunteers and Juniors Corner.

# Boston: Battered but not Beaten

2013 Boston Marathon finisher and Strider Peter Fogale reports



The low key start to one of the biggest events on the calendar

**M**OST RUNNERS—AND CERTAINLY most long distance runners—are well aware of the allure of the Boston marathon. It is the longest running marathon, 2013 being its 117th incarnation. Unless you raise money for charity and are prepared to start with the final wave of runners, meeting its tough qualification standard is the only way to get a race bib.

So when I managed to run a BQ for the first time at Gold Coast last year, there was no question, I simply had to run Boston, marathoning's Mecca. My best mate and my Canadian cousins were convinced to come along as my able support crew. And so we were off to Boston.

The course itself is atypical in many respects. For starters, it's point-to-point, meaning runners have to be



Fogale Flanked

shuttled to Hopkinton, 42.2 kms out of town, leaving Boston Common from 6am. It is held on a Monday, the Patriots Day public holiday in Massachusetts. It starts late for a big city marathon, first wave at 10am. It's also a hilly course, any benefit of the downhills in the early kms soon eroded by the four Newton hills, located menacingly between the 25 and 34 km mark.

And so my race was in that sense quite typical—strong throughout the first half, slowing through Newton and quads seizing up at the 39 km mark, with the encouraging screams of the adoring crowd the only thing propelling me forward toward the famed finish at Boylston Street.

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"I had experienced something to be found nowhere else on the running calendar."

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As soon as it became evident that a PB would elude me, I made a deliberate effort to soak up the atmosphere and take in as much of this experience as I could, looking up at the crowd, and receiving more high fives from strangers than is possibly achievable anywhere else.

From the small-town Patriots Day pride in the early stages, to the screams of the college girls at Wellesley just before the half-way mark, to the shout-outs from the crowds willing you up Heartbreak Hill and finally the family and friends in the closing stages cheering just



Peter finishes happy, unaware yet of the bombers on their way

as vigorously for strangers as they do for loved ones, the crowds throughout the course really make the weekend runner feel like a rock star. Although some 7 minutes off a PB, I simply could not wipe the smile off my face during those final stages, which must have been quite a contrast with the stunted stride my fatigued leg muscles produced. I knew that once I crossed the finish line at around 1:20 pm in the afternoon, I had experienced something to be found nowhere else on the running calendar.

After the finishing chute, I shuffled along with other satisfied runners picking up a thermal blanket, water and Gatorade and most importantly my finisher's medal, continuing on to the Union Gym at the other end of Boylston street, about a kilometre away from the finishing line. There, along with other Sydney Striders, I enjoyed a shower, some food and a massage as a guest of our sister club, Boston's Heartbreak Hill

Striders. And that is where this race report should have ended, with a satisfied runner, his best mate and cousins making their way back to their hotel to celebrate one of sport's great events.

Sadly, that is not where the story ends. At 2:50pm, as many runners continued to cross the finishing line, two bombs detonated near the iconic finish line, killing three people and injuring scores of others. I was oblivious to what happened, leaving the gym just after 3pm not having heard the blast. The first inkling I had that anything was amiss was from a woman walking past who mentioned explosions. We had no idea that it had been a bomb or how serious it might be. My first thought was that there may have been gas explosions from a catering truck or perhaps some kind of electrical fault.

As we made our way back to the hotel—in the direction of the finishing line—we needed only to look at the dumbfounded expression on the faces of the throngs of people walking towards us to realise that this was no minor incident. As you might expect, sirens began to wail throughout the city, police mobilising to secure the area.

Crowds gathered around television sets in bars and hotels to find out what they could about what had happened.

Soon it became evident that the secured area included the finishing line, and that the race would have to be cancelled immediately, with thousands still on the course being held until alternative arrangements could be made to take them safely to Boston Common.

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“Boston is in a way experiencing its own heartbreak hill”

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As Sydneysiders awoke on Tuesday morning, the texts began, mostly from friends simply wanting to know I was ok. In the most practical application I have found for facebook to date, I was able to let friends know quickly that we were indeed safe.

As the hours passed, we were glued to the television screen, barely believing there was a SWAT team in the lobby downstairs in full military fatigues with automatic weapons. Soon there was one on every street corner. Details came through of probable fatalities and scores of injuries. Somehow my sore quads didn't matter as a numb disbelief

washed over us. Other emotions surfaced, at whoever or whatever had done this: how dare they—not the marathon, not the Boston marathon, not on Boylston street. Not an 8 year old boy there to cheer on his dad, please, no. That simply cannot be.

Our planned celebrations—which were to have included an ice hockey game that night—were cancelled, a small inconvenience given the gravity of the situation. The next morning, Tuesday in Boston, my Canadian cousins, Shep and I took the long drive to Toronto, where my cousins live, our thoughts never far from those who simply hadn't been as lucky as us. As I write this, many questions remain unanswered: Who did this? Why? What next for Boston and the big city marathon?

I have always thought of the marathon as an enriching, life-affirming celebration of what can be achieved through sheer will. I suppose that Boston is in a way experiencing its own heartbreak hill. I have no doubt it will overcome this tragedy and push on, buoyed by what has made this marathon so great in the first place, the commitment to it by its people.

Unexpected images from the Boston Marathon finish line courtesy of Sydney runner Sebastian Warmerdam, who was only a few hundred metres from finishing when the bombs went off.





# Committed to Striders

Some new and not so new committee members tell us a bit about themselves

**T**HIS YEAR SEES a few new faces and a bit of a reshuffle on the Sydney Striders Committee. Find out more below.

## Joe Degabriele: President

At 39 I was feeling the strain of another season of rep touch football, when David Ritchie introduced me to Sydney Striders.



I enjoyed the STaRs and completed my first marathon in 1995. I also sneaked past Manfred Fiedler to win the 10km Handicap, and pick up the prize of a return flight to Johannesburg. After that I felt I should give back to the club and volunteered for the committee. As 10km directors, Shirley Rutter and I set about building up its reputation and numbers. The 10km series in time became the iconic Striders event, now passed on to the safe hands of James Masters via Barbara Becker. My running is never going to be headline stuff, for me it's about keeping fit and not too fat. I still play Masters Rugby League for the Alexandria Rovers, and recently bought a kayak.

## Angus Searcy: Vice President

I started running around the time of the first edition Nike Pegasus, scarily now on edition 29. Having worked abroad for some years, I participated in some amazing



events, racking up 96 marathons or ultras. My favourite Marathon event is Nice to Cannes, my favourite non-proper Marathon is Medoc in Bordeaux (25 wine stops! even oysters at one stop, winners get their weight in wine). In June this year I'm doing my absolute favourite event, Comrades, an 89km road race in South Africa, with 18,000 people. I plan to follow up with the 80km Mount Blanc Ultra. I used to run for London's Serpentine Running Club, and sometimes the Clapham Chasers, and look forward to catching up with their alumni now with Striders.

## James Masters: Racing Director

Like a lot of New Zealanders, I moved to Sydney

for the beaches, the weather and the lifestyle. My background is in exercise physiology so I started running as a way of testing the theory—and also because my run was the weakest of the three legs in triathlon. As a guest runner at many 10km races, I felt very welcomed with Sydney Striders, so I joined, and when the opportunity arose to organise the 10km series I jumped at it. The constant challenges keep me on my toes, but I love the madness behind the scenes on race morning.

## Gill Cavenagh: Uniform Manager

I have been a Strider since the mid 1980s. I regularly appear on Sunday mornings for the STaR runs, having left behind me for now many half marathons and a marathon. I also enjoy road cycling, regular boot camps, skiing and other outdoor activities.



Unfortunately, I have had a close relationship with medical practitioners over the last few years, with a hamstring reconstruction on one side and PRP therapy on the other. Nonetheless, I still aspire to at least one overseas marathon! I have two teenage boys to keep me busy, in addition to my full-time role in business development for Corporate Health.

## Pauline Evans: Membership Coordinator

I started running over thirty years ago as part of my fitness programme, when training for my black belt in a Japanese martial art. After living overseas for fifteen



years, I joined Striders within two days of arriving back. The STaRs were a fabulous way of learning how to get around Sydney and find lots of interesting places, as well as making wonderful friends. It wasn't long before I joined the MTG and was running my first of five marathons, learning the ropes from a great bunch of people with years of experience. I have been the membership coordinator for five years, and I also

organise volunteers for Six Foot Track. Unfortunately a knee injury limits my running these days, so you will find me cruising along at the back of the 7am group, or out riding my bicycle.

### Bruce Graham: Special Projects

When I decided to get back into running after a thirty-year rest in March 2012, I naturally chose Sydney's premier running group, the Striders. Since then I've enjoyed seeing some great parts of Sydney via the STaRs most (?) Sundays. Before committing myself to a slack regime of occasional Sunday runs, I worked for 35 years in the investment and software industry, so thought I could help the Committee with IT Projects.



### Georgie Moore: Volunteers

I am a dietician by trade, and started running in 2008 when I was seconded to Canberra for work, without access to my usual gym or exercise classes. Since then, I've completed seven marathons, three Six Foot Tracks and have also dipped my toe into Ultra events, completing The North Face 100km and the Glass House 100km. I love anything long; marathon distance or more. My role within the committee is to encourage and keep track of members who have volunteered. I coordinate pacers for external events such as Six Foot Track and the Blackmore's Running Festival, and try to build up enthusiasm for volunteers at internal events. You can contact me at [volunteers@sydneystriders.org.au](mailto:volunteers@sydneystriders.org.au) or on a Sunday morning at the regular STaRs.



### John Bowe: Super Series Coordinator

I'm an Irish-born architect and project director who, at 49, feels like I am still in my mid-thirties. I was a late starter to running (five years), so I still expect to post a PB every time I race (delusional). I married Christina Holder in 1990. She is also an architect, but doesn't get the running thing. We have two very active daughters. Ciara, 19, is at Uni, and Leila, 16, is working towards her



HSC. I am both Irish and Australian (in that order when it comes to National competitions). Something obscure you won't know about me is that through family connections, I located and negotiated the purchase and return to Australia of the sword infamously used by Frank DeGroot at the formal opening of the Sydney Harbour Bridge, on 19th March 1932.

### Jo Cowan: Social Events

I have been with Sydney Striders since 1988. Now a life member, I have worked on the Striders committee in many roles, from calendar manager and Athletics NSW manager to 10km race director, just to name a few.



I've got a few running achievements that I am quite proud of. I won the Canberra Marathon four times, with a few podium finishes as well. I was Australian Marathon Champion in 1994 and Australian Masters Champion for 10 years over a series of age groups. I'm an age group State champion over 10km (both road and track). I have a passion for running and still train every day. I love running with the 6.20am STaR group. You can easily recognise me by my red hair!

### Tony Wong and Caroline Yarnell: Juniors



We joined Striders thirteen years ago when we first arrived from the UK, having met in London in



1991 training with Frank Horwill at Battersea running track. We have two boys: Gus, 16, a keen runner, and Kyle, 14, who loathes it. We started the Juniors section in 2007 with just four members. Now with approximately 70 members from Manly to the Blue Mountains, it needs a lot of coordination: putting on handicap races, training sessions, updating the blog, organising teams for ANSW races and keeping up communications via Facebook and emails. I (Caroline) still like to race, favouring the 'shorter' distances like Pub2Pub, the Striders 10km series, the ANSW winter races, the steeplechase and the juniors 5km and 1-mile handicaps. But I (Tony), by far the better runner 'in the day', am less keen to race these days because of lack of time to train, but I still love running to keep fit.

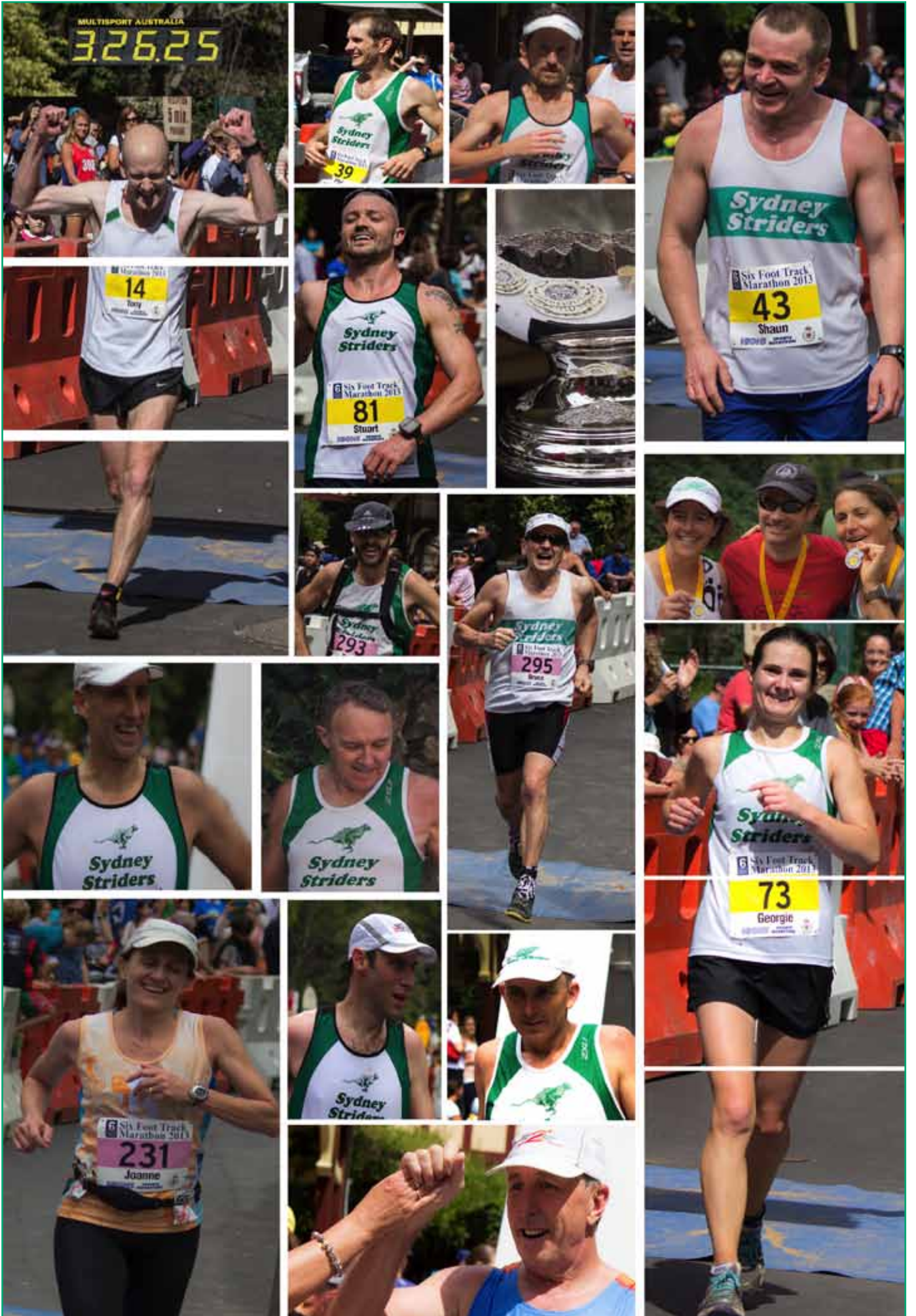


# Six Foot Snapped!

A photo essay of Striders taking to the mountains by Stefica Key









# Lindfield Licked

Sydney Striders Super Series branches out ... and Striders Juniors take a leaf out of the Seniors book. John Bowe reports



The gang's all here

**W**ORD GOT OUT that our Juniors, just returned from the Perth Nationals with a haul of one Gold, four Silvers and four Bronze medals, would be racing their favourite 5 and 10km annual fun run event, the Lindfield Rotary Fun Run, on Sunday 7th April.

More adult Striders than usual turned out to see what all the fuss was about and we had a bumper crop of Striders aged 10 through to 80 cheering or running along with other family members. Lindfield has doubled its overall participants in the last 5 years and with its local community vibe has seen an increasing number of families and younger participants taking part.

The 5km race has been a great proving ground for Striders Juniors over the past few years. So to encourage Juniors to progress to 10km when they are ready we

Frank Dearn & David Gardiner



included this 10km hilly course in the Super Series for the first time this year. A key club goal is to create more opportunities and pathways for our Juniors to race alongside our more seasoned and experienced runners.

Juniors performances at the Nationals and Lindfield are testament to Caroline Yarnell and Tony Wong's, tireless efforts, with the support of parents and other members. To underline the depth of talent, only one of our National medallists actually raced at Lindfield, yet two of our Juniors finished in the Top 5 overall in the 5km race, including 1st place!

**"Frank Dearn ... needed to work off the celebratory cake"**

16 year old Striders Junior, David Gardiner, won the 5km event outright in 17:26, having also run a 37:19 in the Lane Cove 10km the day before. He was backing up along with the inspirational Striders stalwart, Frank Dearn, who having just celebrated his 80th year the day before, needed to work off the celebratory cake he shared with fellow Striders at Lane Cove!

Frank is involved behind the scenes as a Lindfield Rotarian, and is a tireless promoter of this event to Striders. The event raises about \$40,000 each year, supporting a number of local charities and causes, including KYDS Youth

Development Service, which provides a free counselling service for 12 to 18 years old young people and their families.

Josh Phillips, aged 13, was fifth male outright in the 5km finishing in 18:41, whilst our youngest Strider Junior participating, Ewan Shingler aged 10, won the Under 12's in 21:15. First female Strider Junior across the line was Beth Murray in 25:43.

Some family pairs, trios and duels included: Cath Rasmussen and son Daniel; Tony Wong and son Gus; Andrew Wilson and sons Benji and Jadon; Susan Vincent, son Ronan and nephew Robert, and John Bowe and daughter Leila.

Our adult top performers in the Super Series 10km will need to watch their backs for the Juniors creeping up on them next year: Phil Morris finished second overall in 37:08, with Scott Howells finishing just behind in third in 37:14. First Striders female across the line was Amanda Smith in 51:06.



Daniel & mum Cath Rasmussen keep it in the family



# Pacers & Sweepers Keep 6 Foot on Track

Volunteer coordinator Georgie Moore gives some insight into volunteering at one of the iconic events of the year

IT WAS A chill, cold morning on the 9th March this year. My alarm went off at 4am. I immediately turned on every light I could find, today was not the day for a sleep-in. A few hours later I was climbing onto a bus and heading to the start line of the Six Foot Track Marathon. I felt like everyone was eyeing me off ... and fair enough, I was carrying the 7 hour pacer and the sweeper flags. Note for all - if you're trying to make some friends at a running event, don't be anywhere near the pacers or sweepers flags.

The role of organising sweepers for Six Foot has historically be left to Stephen Jackson, but this year he felt I had been coordinating volunteers for long enough to be trusted with such an important task.

One by one, five specially selected legends of both Six Foot and other ultra marathons approached to claim their flags and for the two sweepers, their brooms. Andrew, Robyn, Stephen, Jane and Mark then spent 7 hours encouraging, joking, sympathising and rewarding runners the entire way along the Six Foot Track.

Each of them were loved and greatly appreciated by all they passed, until they got to about 3km out from Cave's House. Runners they were coming across were no longer smiling and it was a race to the end. Did the runners have enough in their legs to beat the sweepers, or

were they instead to go home with incredibly sore legs and no medal to show for their days work?

I had been at the finish line for a little under 3hrs and joined in as every runner was greeted with cheers of enthusiasm. But as the clock kept on ticking, the excitement and anticipation at Cave's House started to build.

Murmurs could be heard all over the place "Has Kevin come in yet? He wasn't sure if his injury would hold up... gosh I hope he gets under the 7hrs ...", "Have you seen Ken yet? Ahh, not yet ... I see ..." The glint in the eye of each spectator changed to looks of concern.

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"The cheer from the crowd was enormous! The determination ... was breathtaking"

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All of a sudden the first of the pacers, Andrew, was spotted. He was flying down the path towards Cave's House. Pushing and dragging other runners in an attempt to help them beat his time.

The cheer from the crowd was enormous! The determination on the face of those still running, mixed with sheer pain of having already travelled 45km was breathtaking. One by one the pacers crossed the finish line bringing home a handful of runners each time, some just in front and others just behind.



Six Foot pacers get ready for a bit of flag waving

Each pacer did an amazing job, and I personally would love to thank them for playing such a vital, well loved (and sometimes hated) role at Six Foot.

To all the other Striders who have put up their hand already this year to help out James and Jo with the 10km event, hosted a STaR and (in advance) those who have already volunteered to pace for the Sydney Blackmore's Running Festival - a huge thank you.

It is only through your generosity with your time that our club can be such a success. I look forward to working with even more of you to ensure other runners out there can have the best running experience we can possibly give them.

If you would like any information about volunteering, please don't hesitate to contact me at [volunteers@sydneystriders.org.au](mailto:volunteers@sydneystriders.org.au)

# The Road To Canberra

Strider Manal Garcia takes us back through her journey to the Canberra Marathon

**A**ROUND THIRTEEN WEEKS ago my running companion Rach proposed we run the Canberra Marathon. I had said that this was the year for something different. Last year was one of those fizzers where the legs kept moving but life got in the way of focus—a death in the family, increased workload and a knee injury I couldn't shake made it a very uneventful and slow year on the road. So I thought about it. Canberra wasn't the "different"



Manal in now customary 'jazz hands' pose heads to a fine finish at the Canberra Marathon

I'd imagined—but maybe some exotic, dangerous or crazy run was aiming for a bit too much, so a marathon it was!

I've only run one other marathon—Sydney in 2008, and I must say it was great. I trained with Phil Currie and the MTG, followed his format and pulled up really well ... but that was five years ago. The body is a bit older now, injuries rear their head a bit more frequently, and life with two pre-pubescent adolescent sons (ages 10 and 12) is hectic on the best of days.

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**"Will I do it again? Short answer—never say never!"**

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My family life had suffered through the last marathon, when the boys were only 6 and 8. Weekend sports were a juggle with mummy out running for hours, or back from a run but too tired to be enthused. Daddy was not a happy camper.

It's been such a different experience this time. I've loved the journey (hated the fatigue), but the program is so different and better suited to me, and having older children has definitely helped.

I run my own Personal Training/Outdoor Group Training Business. The hours vary and are early and late. The work is physical. The marathon program

plus work has made me see a "4" or a "5" on my alarm for six out of seven mornings most weeks. If it's not my own training, it's a client or group. So the fatigue has caught up with me and some days it's an absolute killer. Our marathon program evolved over the three months, but fundamentally we have fit in a weekend long run, a mid week longish run, a tempo session, a speed session or a

recovery session. The upshot has been an increased feeling of fitness and strength, which I've managed to carry through to my clients.

There were days prior to marathon training that by the fourth or fifth client, the running alongside has become an "I'll do every second rep" situation. I can honestly say that I now power through every session—then get home and collapse! My motivation for the marathon, my stories of cramping, chafing (in places I never imagined!), planning and anticipation have really been of benefit and interest to the people I train. In this job you really need to "walk the walk" as they say.

Another upshot of committing to such a program has been the commitment I've made to my marathon training partner Rach. Our friendship has strengthened through literally hours and hours of pounding the pavement together. I have learnt about her world—how a marathon fits into a relatively new marriage, and she mine—a marathon and family life. Bottom line—a commitment like this, with real focus, is a disruption to anyone's world. For me it was a temporary disruption, so that's how I coped with the relentless early starts (hence psycho, babbling mummy at times).

So now a few days after the marathon I have time to



reflect. I ran a good race, with the usual ups and downs. In a nutshell the first twenty kilometres were great—perhaps a bit too fast to sustain. I crossed paths with Rach and she was having a tough run and contemplating pulling out. This concerned me and I think I had a few slower kilometres as a result. I realised she was still in at around thirty kilometres, which lifted my spirits, though the mental battle continued right to the end. I finished in an almost identical time to my first marathon five

years ago. I pulled up very sore but have taken it easy and recovered well. Will I do it again? Short answer—never say never! This time round I enjoyed the lead up more than the event and will miss the long runs with a purpose. Time to shift focus again and find a new challenge!

I do want to find a way post-marathon to keep the increased strength, fitness and ability to eat and eat and eat ...

## Jacko & Jacko get Wacko after Six Foot Track-o (its gotta rhyme!)

Stephen Jackson tells all

**S**IX FOOT TRACK Marathon was the first showdown. With only a couple of years of running under his belt, my eldest son Chris was improving with each race, whilst for some unknown reason I was slowing just a tad. I predicted a 4:40 for him at his first Six Foot, and I was gunning for a PB of 4:30 in my 12th. We crossed the river together, he dropped me up Mini Mini, then I dropped him up to Pluvi, and with a ten minute lead crossing Caves Rd, it was all going according to plan ... until it wasn't!

Slipping on bush steps I fell, cramped, and spent the last 10km limping, cramping, and looking over my shoulder for Junior. Sure enough, with 1km to go Chris swept past, and with a kind word he gave me a wide berth and pushed on to finish in 4:39 to my 4:40. First words over the line? "Rematch: Canberra".

Fast forward to a sunny weekend in April and we were off again. Though not quite recovered, we both settled

on targeting three hours, which would be a PB of 15 minutes for Chris. We started together, Chris dropped off at 20km, then by 30km had decided he wouldn't catch me and switched to Plan B: Run the 50km. That was my plan too, but we hadn't discussed it. If he was in front at 30km, I was going to drop the pace and run the 50km! I didn't know his plan, so ran scared to the end, finishing in 3:01.

**"But that photo... well, that was just before he crossed the marathon line"**

I trotted back down the course to run in with Chris, and did so crossing the line in 3:07... but that photo... well, that was just before he crossed the marathon line.

He patted me on the back and told me then he was going on to the 50km. The bugger. I may have got him in the 'thon, I might have won my age group, but he went on to finish his first 50km and snatch my

PB by two minutes to boot!

We both had wins, but in more ways than one. It is not often you get to run—really run—with your son. His speed is on the ascendancy, and my decline is slowly making itself known. I plan to give him a run for his money as long as I can (and he lets me) and we are already planning the next couple of Jacko generation challenges!



Whatever way you look at it, this is the view of Jackson Snr & Jackson Jnr that most of us are going to be getting in races for some time to come!



# Striders Shoes out of the Closet

The shoe collection competition (you're all winners)



Clockwise from top left:  
Neil Pearson keeps things neat and tidy ... and in the way  
Stephen Jackson tucks his behind the door  
Stefica Key's were clearly made for walking  
Tony Wong & Caroline Yarnell are lucky to find a pair  
Leonor Lawler liked some so much she bought them twice





# Shoes For Planet Earth

Viv Kartsounis gives us an update on the who what where how and why

**S**HOES FOR PLANET Earth is a Sydney based not-for-profit charity that collects new and used running shoes from local communities. These shoes are then given to people in need both in Australia and around the world.

As well as direct donations from individuals, a number of sporting groups, gyms, podiatrists, schools, and companies also act as collection points for individual donations. Donated shoes go to homeless shelters, youth and crisis centres, flood and bushfire victims, indigenous sporting groups, African school children, communities,

orphanages and churches.

We recently delivered 210 pairs of shoes to The Station, a homeless centre in Sydney, 310 pairs were delivered to Stewart House School a children's charity in Curl Curl. A limited number of shoes are sent abroad due to the high cost of postage, but we have been able to send shoes to PNG, South Africa, Uganda, Kenya, Rwanda, Togo and Tanzania, with more and more requests pouring in each week.

To promote the running side of our charity we do a weekly fitness training session at a Juvenile Justice Centre for teenage girls in Lidcombe.

We have also started a weekly walking program for The Station homeless centre in an attempt to change some lives through walking (and then hopefully running).

So far we have distributed 12,591 pairs of shoes, and donations continue to pour in. So next time you are eyeing up a new pair of shoes, chuck the old ones in the washing machine and drop them at your nearest collection point. They might still get a lot of running!

To see more of what we do you can find us on Facebook and at [www.shoesforplanetearth.com](http://www.shoesforplanetearth.com)



From left:  
Farm kids in the Republic of South Africa  
Billies Bushies donate  
eGamaletu Community, RSA

## 10km Series Report

10km Race Director James Masters gives us an update on the 10km series.

**O**NETHIRD OF the way through 2013 and the 10km series is well underway, with numbers and the weather improving each month. I conveniently skipped the country for the wettest of the three races so far, Jo Cowan stepping in to officiate over 180 shivering souls out at Sydney Olympic Park in February.

That race was won by the recently married David Criniti for the men, and Amy Stafford for the women. I was back at the helm for March, where we were again threatened with rain but it mercifully held off till about 8:15am. Instead the wind made each loop out to North Head a trial, with much crafty drafting going on, though none was required by our winner Thamal Cooray. The women's

race was won by Striders Junior Hannah Gibson. Lane Cove in April brought perfect running conditions, and the largest race so far with 305 finishers. The female winner was Anna Fitzgerald, while our number one male that day was overseas visitor Darren Deed in a super-speedy 31:04. Darren was obviously keen to get back to base to start celebrating the 80th birthday of Frank Dearn, a member who constantly reminds us that our races aren't all about who wins, but getting out and giving your best every time, whatever the time. Hope to see you all out there at the next one! Run well.

Thanks to 10km Series sponsors Mizuno and The Sydney Running Centre



# Tassie Treats

Strider Melanie Zeppel discovers its not all hi-fives and chocolate on the way to a personal best in Hobart

**T**HE CADBURY HOBART Half marathon in early 2013 was a race I entered in the lead up to my A race, the Canberra marathon. There was no specific training, apart from the goal of achieving 80 km per week for an leading up to Canberra, and roughly following Pfitzinger and Douglas "Advanced Marathonning".

I have two kids and work full-time, so training is a wonderful luxury. It can be something of a squeeze to fit in, but after all, running gives us more energy, keeps stress down and helps us to be better workers, parents, and human beings in general. I know I am a complete nightmare when tapering or injured!

I stayed out of town the night before the race and when I asked for a dinner suggestion at 7:50 pm. the hotel owner said that the only place that served dinner would close in about 10 minutes and I would be lucky to get anything. So, I threw on my Red Adizero Bostons and RAN into town to try to find a meal before the pub closed. Luckily they served me a delicious meal of local scallops and beer.

There was a lovely, local, friendly feel at the start, and of course the Cadbury factory was a highlight. We were really excited to meet Olympian Marty Dent and Hannah Flannery. It was great to hear how Marty fits training into his life, with kids and a full-time job, and also to listen to Hannah (who seemed to have won most of the events I ran



Melanie rubbing shoulders with Martin Dent and Hannah Flannery

in last year). I was so thrilled, that I had a picture taken with them, which is still on my Facebook page.

My Coach, Steve (Action) Jackson (AJ) and I debated goal times in the week leading up to the race. I have noticed a pattern where my coach tells me what he thinks I may get, then I provide a list of reasons why it won't happen and then finally I end up tackling whatever my coach said.

**"At one brief point I felt almost comfortable"**

On this occasion Coach AJ suggested that he thought I could do 90 minutes. I found this fairly unbelievable and too much of a stretch, my previous PB was 98 minutes at the Blackmores half in 2012, but I trusted his judgement. Famous last words!

During the first km, I was saying to myself 'run your own race, don't go out too fast, run your own race'. I run with a Timex which tells split times, assuming the km markers are (1) present and (2) accurate. To get a 90 min goal, the splits are 4:15. Older wiser runners might know this, but I still have to check out MacMillan

pace calculator regularly! At the first km marker, after telling myself to 'run my own race, don't go out too fast', I got 5:08 for the first km! Oh dear! Mental note, must learn what each pace feels like!

The course is really flat and race conditions were great. There is a long 'out and back' stretch, which gives you a chance to say 'go Strider', or if you are really lucky, high-five Cathy Freeman! She saw me holding out my hand, and said 'Oh my goodness'. But still gave me a high five. I was so thrilled!

Because I was aiming for a faster time I anticipated hurting the entire time. Scary. At one brief point I felt almost comfortable and asked the man I was running beside what his goal time was. When I told him mine was 90 mins, he said "you'd better speed up then". Darn it.

Everything was going well, and I was 'leaving everything on the track'. If coach said I could make 90 minutes, well, maybe I could. I reached the 19 km mark, and realised that it wasn't humanly possible (well, for me) to finish the final 2.1 km quickly enough to get under 90 minutes. When I realised this I said 'Bastard', realising that Coach AJ had given me an 'overly-optimistic-no-cruising-then-finishing-the-last-few-km-really-fast-not-this-time-hard-all-the-way' goal time. But I have to appreciate a coach who pushes you to achieve your best.

After realising I wouldn't make goal time, I gathered myself, laughing,



and then went hard to the finish. The final stretch is uphill and I was telling myself out loud, "I have a sprint finish". People next to you generally agree, and keep their thoughts about how insane you are, to themselves. I finished in 95 minutes! Yay! I missed my goal, but still ran a PB by 3 minutes. After the race finished I got a text from Coach AJ, 'Are you still talking to

me?'. I said 'yes but I'm punishing you by not telling you the time I got.' 'Fair enough' was his reply. I loved the Cadbury Half: the course is flat, not too crowded, and the climate is just right to run a PB. Not to mention bags of chocolate at the end and a big purple towel to soak up the sweat next time Coach AJ picks a goal time for me. What a great race!



Above: Parramatta Parkrunners pound the pavement ... Phew!

### Parramatta Parkrun by Linda Barwick

**M**ANY STRIDERS HAVE been aware for some time of the Parkrun concept - free weekly timed 5km time trials run by enthusiastic volunteers. I attended the inaugural Parramatta Parkrun (actually in Ermington...), which takes place along a section of cyclepath near the Silverwater bridge, familiar to many Striders from our various STaR courses. Since then I've done a couple more runs there in the buildup to the Canberra marathon, enjoying seeing my times come down as I got fitter week by week. Other Sydney venues

include the long-established St Peters Parkrun (in Sydney Park) and, for those on the Northern Beaches, the new Curl Curl parkrun.

You register online at [parkrun.com.au](http://parkrun.com.au) to get your unique barcode, and then just turn up at any of the events run worldwide with your printed barcode. At the end you are handed another barcode for your time and place, which gets scanned along with your personal barcode. Within a few hours, your results and all the stats from the run are online! if you're a stats nerd, you'll be in heaven with many different ways to compare yourself with other parkrunners in your age group nationwide or even worldwide.

### Strider James Liew takes some 'Giant Steps' to finish his first marathon fundraiser

**J**UST WANTED TO say thank you to all the hosts and fellow runners at the 7am and 6am training group over the last 18 months.

I ran my first marathon in Canberra on 14th April, and as part of a fundraising effort for my son's school, I raised over \$16,000 from family and friends. My son was diagnosed with autism at age two, and I found solace in running. When I realised I could combine running with fundraising, I started to look at longer runs, eventually

peaking at 10km fun runs. That was until I found out about Sydney Striders at the beginning of 2012. It was beyond all my expectations that I would even consider a 42.2km run let alone complete it. The advice from so many different people each week, and the encouragement I had during the last month doing long runs was invaluable.

Thank you again, and I look forward to running with you each week, probably back at the 7am group for a while!

The funds raised will go to my son's school: Giant Steps [www.giantsteps.net.au](http://www.giantsteps.net.au), an autism specific school in Gladesville.

### Speed Training at Lane Cove by Dale Thompson

**W**ERE YOU ONE of those runners who finished the run at Lane Cove on Saturday saying to yourself: "that was slower than I'd hoped for"? Now you can do something about it! You are invited to a new Saturday morning speed session in Lane Cove National Park at Fuller's Bridge.

*Start Time:* 6:30 am.

*The Session:* You will be doing reps which are what will give you the speed you are currently missing.

*What To Bring:* an idea of your fastest 3km time and some determination to be faster. Training will be tailored to your needs and will take a maximum of one hour.

*Cost:* Just a desire to run faster, and a lot of sweat.

All are welcome, its not just for speedsters.

# Aloha Hawai'i

Strider Mark Fiore uses a little imagination to keep his cool at the Ironman World Championships Hawai'i 2012

**T**HE CANNON BOOMS. We are off. To the left the breakers are pounding the shore. To the right a line of boats, canoes, kayaks and boards is guiding the swimmers. With each stroke I am feeling a little better, a little more confident. Some self talk to say 'Well done. Your parents would be proud of the little boy who could not swim.' Long, hard strokes and push hard. Don't slack off. Don't lose focus.

Out of the water and I feel relieved. A third of the race done. Well not really, 72 minutes is not long in a day that lasts 12 hours. But it is good to be on land again.

Through a crowded and long transition, and out on the bike it is bedlam. 180km is a long cycle and it is hot, getting hotter. The crowds are huge but I spot the beautiful Danielle. Past the airport, out into the lava fields. With 120km to go on the bike and a marathon to run, the wind is relentless and the road through the lava fields is blistering, shimmering with heat.

The hardest climb in the race starts at about 80km and goes for about 15 brutal km. I don't worry about speed, just focus on being aero and spinning the legs. Heading back down those 15km is fast and sketchy. Once the hill is finished, reality sinks in. Still over 60km to go back on those lava fields with that cruel wind. Back into the heat. Back into the hardest thing I have ever done.

I break the next section down into



Mark Fiore can still raise a fist after just over 11 hours on the move

small bites. Tick off the land marks. The donkey crossing. The small hill. Not so small anymore. The scenic lookout. Finally, the airport. 15km to the start of the marathon. Back into town to the crowds. It is electric. Awesome news comes through that my friend Pete Jacobs is winning the race. 5 hours and 56 minutes and I am finally off the bike. Transition is less crowded this time, but still long. On with the racing flats.

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"I need water. I need energy drink. I need Coke!"

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Out on the run and in town I focus on technique. It is not fast. About 5 mins per km. The first 14km is flat along Alii Drive to a turnaround point and back. Overtake a few people and notice a few are struggling. Back into town and I see Danielle, very excited because Pete had just won. I still have 28km to go and am starting to feel fatigued. After town you head up Palani hill then back out into the lava fields.

The leading women are heading back as I head out with a long line

of runners, out into the heat. The aid stations don't come soon enough. I need water. I need energy drink. I need Coke! I put ice down my top and shorts. I am now running at 5:30 a km. At about 26km you turn into Energy Lab road, downhill and towards the coast. I start to feel better and pass a few guys. I get a lot of encouragement down there. I push up a hill, get to the aid station, and with renewed vigour head back through the lava fields. It is easier now after 5pm. It is cooler.

I pick up a new friend. A Norwegian guy. We chat. We encourage. We pass quite a few other runners. We are now back to running 5 mins per km. The aid stations come quicker. The legs are tired and very sore. We make a pact to beat the sunset. Back into town and down Palani hill. That hurts big time. I can feel the bruised toenails in my racing flats. The legs are cramping but it now about 2km to go. The crowds are huge. The adrenalin kicks in. We are running well with big smiles on our faces. Back onto Alii Drive and it is less than a km to go.

So this is it. A lifelong dream. To finish the Hawaii Ironman. The Norwegian and I stay together. It is nice to finish with a guy from the other side of the world. A shared goal, a shared dream and a shared finish. We beat that sunset. 11 hours and 7 minutes. A marathon time of 3 hours and 46 minutes. It is very hard but I am very happy. At the finish is my darling Danielle.

That was the hardest day of my life, but it was the best day.



# The Idiot's Guide to Preventing Running Injuries

by Jess Ackad

**W**HETHER YOU ARE just starting out, or you've been running a while, when your training ramps up so does the risk that injury strikes.

And strike it will. Figures quoted in the literature range from 40-90% of runners reporting injury in a given year. Most are quite easily preventable if you use a little common sense with your running training. But even as a physio I am just as guilty as most of my clients of ignoring the early signs. So here is my common sense guide to preventing running injuries:

## 1. Don't do too much too quickly

This is the most common rookie error, but it can be just as big a problem for seasoned runners. The vast majority of injured runners I see have increased their training too quickly.

Increased mileage, increased frequency of training, increased hill training, or simply adjusting to new less supportive shoes, all increase load on the muscles, and the body needs time to adapt and build strength.

So how do you increase safely? Unfortunately there is no one-size-fits-all ideal training program, but the following points should guide you in the right direction.

## 2. Know your limits

Whatever your goal and training plan, make sure that you build

recovery into it. This is important as fatigued muscles are not able to perform at their best, ultimately resulting in altered mechanics of your running stride.

Changed mechanics leads to overload of other structures trying to compensate for the fatigued muscles and not designed to be doing what they are doing, ultimately causing injury. Recovery is also important for the muscles to heal and strengthen. Strengthening and adaptation of muscles to training load occurs after the load has been applied.

So if you run 10km, during the run your muscles are working to actually move you from A to B. After the run, if given the opportunity and in the presence of adequate hydration and nutrition, the muscle fibres will heal and recover, and come out stronger so they can more easily run that same 10km next time.

Active recovery can be built into your training plan. This refers to changing the loading and stimulus placed through the muscles. For example, instead of running 10km every session at 80% of race pace, you might mix things up a little by including hill sessions, intervals, shorter faster runs etc. But it is equally important to have total rest days. Again, there is no hard and fast rule for this, because everyone has different training needs and responses.

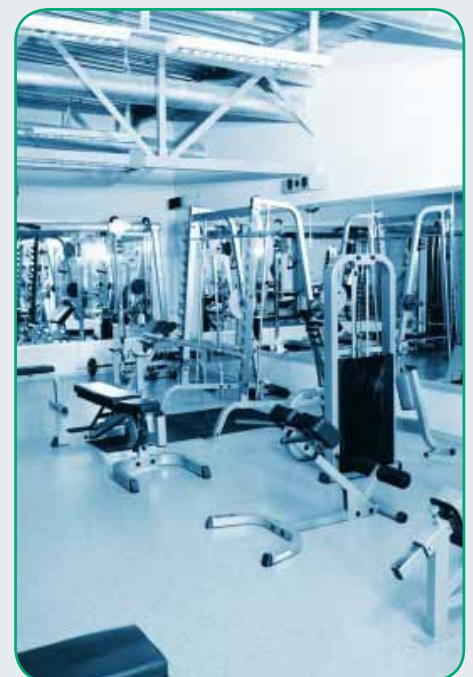
I would generally suggest one or two days per week of rest, but you

might need a little trial and error to determine how you respond best. Another recovery option is regular remedial massage, which improves the blood flow and nutrition to the muscles, and also helps to identify any niggling tightness that might be building up in the muscles, so you can address problems early.

## 3. Don't just run

What? But I'm a runner! Yes I know, I know, but wouldn't you like to be a stronger, more efficient runner? Most of the runners I see have injuries that can be directly related back to the control and endurance of a few specific muscle groups. Primarily the lumbo-pelvic stabilisers (think core and glutes), and the calves.

The solution is not as simple as busting out some sit-ups and leg presses. Since running is a high repetition, low load endurance



This is what the inside of a gym looks like

activity, this is how we need to train. So look for exercises that are high repetition, low load, and ideally progressing to the same speed and direction as running.

#### 4. Have an assessment

An expert running assessment can help you identify any biomechanical issues causing inefficiencies in your running that might lead to injury, and teach you how to correct them. Your assessor will also help you to come up with a training plan that is appropriate for you and your needs, and prescribe exercises to strengthen and improve control. A treadmill-based assessment has the advantage that it can be filmed, but you need to bear in mind

that running gait changes when on a treadmill, so it may not be a completely accurate representation of the way you normally run. An outdoor running assessment will give a more accurate representation of your normal running mechanics, and any bad habits you might have, but it may be difficult to film.

#### 5. Listen to your body

If it hurts, fix it early! Don't leave it for two or three months. The longer you leave a problem, the harder it is to fix, because you have to deal with any compensatory changes in mechanics as well as the injury itself. Our body is actually quite good at fixing itself: we have an injury, followed by an inflammatory reaction that

kickstarts the healing process. If an injury and inflammation become chronic, this leads to changes in the tissue structures that ultimately weaken muscles and make it hard to heal effectively. A good rule of thumb is if something has been a problem for more than a week, or if you are compensating (changing the way you run because of injury), you should get it seen to.

*Jess Ackad recently completed her first trail half. She works at Peak Health Services in Surry Hills, specialist providers of physiotherapy, remedial massage, running assessments and coaching. You can contact her on 9698 3333, or email [jessica@peakhealthservices.com.au](mailto:jessica@peakhealthservices.com.au)*

## Strains and Sprains Explained

by Masterchef, I mean Strider, and Principal Physiotherapist at Camperdown Tim Austin

**S**TRAINS AND SPRAINS, two words that are often used synonymously in healthcare, are actually different. In the next two editions of the Blister, we will look at what these nasty things are, and what you can do about them. In this first section, we will look at how strains and sprains come about.

Put simply, strains relate to muscles or tendons and sprains relate to ligaments. Both are situations of a “tear” occurring in that structure.

Here I will try to give you a simple understanding of the relevant anatomy. A ligament is a band of strong fibrous tissue that connects two bones together. Ligaments occur throughout the body, and are

present in some form or another at every joint (where two bones meet). Most of us have heard of cruciate ligaments, as they are the ones frequently ruptured (completely torn) in the knee in side-stepping sports such as netball, soccer and the rugby codes.

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“Next time you cook a lamb roast ... do a bit of exploration”

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But, there are important ligaments in most other joints as well. A tendon joins a muscle to a bone. Next time you cook a lamb roast or carve into the Christmas ham, do a bit of exploration, and you will see both ligaments and tendons.

Structurally, tendons and ligaments are fairly similar, being made of bundles of collagen. Collagen is a strong fibrous substance that has very high tensile strength (which means it is really hard to break if you try to stretch it lengthways). When you do your next anatomy lesson on the leg of lamb, collagen is the white strong fibres, and muscle is the part you want to eat! Ligaments and tendons usually have the collagen fibres arranged a bit like a rope—multiple strands, grouped together into larger and larger bundles, making a very strong cord. So fundamentally ligaments keep a joint in place, and tendons transmit the force of a contracting muscle to bone, allowing movement to occur.



Muscles are also made up of lots of fibres, but it is called an active structure, because it can contract (ligaments and tendons are passive structures, because they don't contract). At its fundamental level, a muscle is made up of two separate fibres, actin and myosin. Think of two caterpillars crawling past each other in opposite directions, and their legs gripping each other to provide the force—that is similar to the basics of a muscle contraction.

So, what happens in a strain or sprain? In descriptive terms, it is really very simple. A sprain or strain is a tear. In most circumstances, there is a simple classification system for strains and sprains. Grade I is where a small proportion of the collagen/muscle fibres have been torn, but the ligament/tendon/muscle is intact enough that the joint involved is still stable, or the muscle is still strong enough not to completely tear apart.

Grade II is where a significant proportion of the collagen or muscle fibres are torn, and the ligament/tendon/muscle is vulnerable to completely fail. A grade III situation is where the structure has completely separated; this is also called a rupture.

Mistakenly, people often think of a tear as a complete "break" of the tendon or ligament. Therefore, as physios we often hear "thank goodness it is only a sprain, and it is not torn"! What people are saying is "thank goodness it is not ruptured". In most circumstances, a rupture is a very serious situation, and frequently requires surgical re-attachment.

Sprains and strains can either be acute, (i.e., sudden as in an immediate



Injury: every runner's nightmare

injury situation), or they can be chronic (cumulative forces over a period of time lead to gradual tearing of the structure). Most of us have experienced an acute tear at some stage: a sprained ankle, or a muscle that "went" while sprinting.

**"As I finished the Canberra Marathon recently, I questioned how anyone can run 42 kilometres and not tear everything!"**

It is important to realise that whilst in most situations the pain will be proportional to the degree of damage, it is definitely not always the case. It is actually quite frequent that a complete rupture of a ligament or tendon doesn't hurt as much as a part tear. That is because there is nothing left attached to hurt!

I have diagnosed a number of people three to seven days after an Achilles tendon rupture, and the reason those people left it so long was that the pain actually reduced fairly quickly after the injury, so they did not appreciate the severity of it.

Chronic sprains and strains can be

somewhat more complicated in terms of understanding why they occur. In chronic situations, it is the accumulated force being applied to the structure over time that leads some of the fibres to "fail". Fail is actually a term used in physics to define when any substance "breaks".

A simple explanation in physics of ligament failure is that if, over a period of time, you apply a force to something in the body quicker than that structure can adapt, then it will tear.

The concerning things about chronic tears is that it is really quite hard to predict why the tear happened. We know some reasons why you can get tears. These include:

- poor technique
- muscle imbalances (such as quadriceps being stronger than hamstrings)
- rapid alterations in training (increasing distance, hills, speed training etc too quickly)

But it is not always clear why the tears come on. Why did you get a tear in a muscle this year as you slowly increased your training, and you didn't last year when you increased more rapidly?? As I finished the Canberra Marathon recently, I questioned how anyone can run 42 kilometres and not tear everything!

So, hopefully this helps you understand a little bit about how tears in ligaments, tendons and muscles come about. In the next issue, we'll look at what to do about tears; in particular, what you can do yourself, and when do you need professional help. Safe running!

# JUNIORS' CORNER

## BY TONY WONG

### Training

**M**ONDAY NIGHT TRAINING continues at Sydney Academy of Sport, Narrabeen at 6.00pm (cost is \$5.50 each for the use of the track) while Thursday night training is at 6.00pm at North Steyne. Both sessions run for about 1.5 hours. Email juniors@sydneystriders.org.au for more details.

### NSW Junior Track and Field Championships, SOPAC, 8-10 February 2013

There were once again many brilliant performances in these championships. The highlight however was how dominant Sydney Striders were in the Steeplechase, in part thanks to Ron Schwebel who built an adjustable barrier for the juniors to practice on. Everyone who competed in the steeplechase that weekend qualified for the National Event in Perth.

The fastest 800m and 1500m times run by the entire Sydney Striders Club for the season were set here. They were 1:58:42 by Joe Burgess in the U18 boys 800m and 4:07:53 by Daniel Francken in the U18 boys 1500m.

12 year old Ben Carter was the undisputed Strider of the weekend with 3 golds (90m hurdles, 200m hurdles and Triple Jump) and 2 silvers. The other medallists were:

- Edita Grinbergs: 1st U14 girls 800m and 3rd 400m (she is only 11)
- Luke Gorman: 1st U16 boys 2km Steeplechase and 3rd in

800m. Hannah Gibson: 1st U18 girls 2km Steeplechase

- Paul Loader: 1st U18 boys 2km steeplechase
- Bethany Halmy: 2nd U20 girls 800m
- Josh Philips: 2nd U16 boys 3000m
- David Gardiner: 3rd U18 boys 2km steeplechase

### Australian Junior Track and Field Championships, Perth 12-17 March 2013

This was our most successful Nationals outing to date. Of the 15 Juniors who qualified for Perth, 13 competed and 7 individual medals were won.

Hannah Gibson won a silver and a bronze in the U18 girls 2km steeplechase and the 3000m. Her time of 6:53:48 seconds in the 2km steeplechase earned her a place in the Australian U19 development squad.

Josh Phillips won 2 bronze medals in the U15 boys 2km steeplechase and 3000m.

11 year old Edita Grinbergs won a silver medal competing in the U14 girls 800m.

Luke Gorman won silver in the U16 boys 2km steeplechase and was within a whisker of the gold.

Ben Carter won a silver in the U14 boys 90m hurdles.

Finally an honourable mention for 14 year old Tessa Constantine who finished an excellent 6th place in the U17 (!) girls 400m hurdles.



David Gardiner (2nd from left), Adam Halmy (3rd from left) and Paul Loader (far right) competing in the Under 18 Boys 2km Steeplechase in the NSW Junior Championships



Joe Burgess (4th from left)



Lachlan Cooper (far left) and Josh Phillips (2nd from left) in the U16 boys 3000m at the NSW Junior Championships



Hannah Gibson (left) on the podium with her silver medal



In addition, Bethany Halmy was part of the gold medal winning NSW U20 Girls 4x400m relay while Ben Carter was in the bronze medal winning NSW U14 Boys 4x100m relay team.

### Other ANSW news

In the NSW 10,000m Championships at SOPAC on 2 March 2013, 15 year old Daniel Francken won the B race in 33:59. This time ranked him 3rd in the entire club this year. Daniel was also the fastest over 1500m and 3000m in the entire club with his 4:07 and 8:55 respectively. Incidentally, Daniel was named the Blue Mountains Sports Person of the Year on Australia Day, earlier this year.

### Easter Mile Handicap, 25 March 2013

There were plenty of Easter colours at the Easter Bunny Mile with the dress-ups. Ciara Sinclair was an easy winner for best dressed. 14 year old Lachlan Cooper won the Mile Handicap with the fastest time of the night in 4:58.

<Picture 7, caption: Easter Bunny dress-up, from left Ciara Sinclair, Tessa Constantine, Sally Rasmussen and Amy Polikowski.>

<Picture 8, caption: Easter Bunny Mile Handicap Winner, Lachlan Cooper showing off his trophy and chocolate bunny>

### Easter 5k Handicap, 29 March 2013

On a balmy night at Manly, with the appearance of a Queenscliff Surf Boat on the course midway through the race, 14 year old Josh Phillips won the Handicap 5km while 16 year old David Gardiner ran the fastest time of the night in 16:45.

### Nepean Handicap 6.7km, 5 April 2013

The fourth running of the Nepean River Handicap was won by 16 year old 400m specialist Gabe Corke, while the fastest time of the night was set by Daniel Francken in a new course record of 22:28 over the undulating 6.7 km course.

### Juniors Striders at the 10km

Hannah Gibson became the first ever junior winner of a Sydney Striders 10km by winning at North Head in March. David Gardiner, Paul Loader and Hannah have all competed in two 10km events so far in the series. We look forward to more juniors who are at least turning 15 years old this year taking part.

### Lindfield Fun Run

Our winter season commenced at the end of daylight savings once again with ever popular Lindfield Fun Run, now part of the Super Series. At the pointy end, David Gardiner won the 5km event in 17:26. For a full report see the article in this issue of the Blister and/or go to [www.sydneystridersjuniors.blogspot.com.au](http://www.sydneystridersjuniors.blogspot.com.au)

### Looking ahead

Our ANSW Winter Series campaign begins on 20th April with the Novice Cross Country, shortly followed by the state road race on 4th May. Juniors run 2.5km or 5km depending on age. Their races are after the 10km, so it would be nice if Striders could stay around to give the Juniors a lot of encouragement – we guarantee the races will be exciting!!!

For more check out our blog at [sydneystridersjuniors.blogspot.com.au](http://sydneystridersjuniors.blogspot.com.au).



Edita Grinbergs proudly showed off her silver medal in the 800 in the Australian Junior Championships



Ben Carter (right) with the reigning World and Olympic Women's 100m Hurdles Champion, Sally Pearson



Easter Bunny dress-up, from left Ciara Sinclair, Tessa Constantine, Sally Rasmussen and Amy Polikowski



Right: Easter Bunny Mile Handicap Winner Lachlan Cooper showing off his trophy

### Mind vs Body at the Canberra 50km by April Palmerlee



I got into a big fight at the Canberra Ultramarathon recently; with myself. The conversation went a bit like this:

*Mind:* Good job, First 10km done and we're on pace.

*Body:* Huh? We're doing more? That's all I've got today.

*Mind:* Keep moving.

*Body:* But I'm sick. I've been sick for two weeks. You can't make me do this.

*Mind:* Shut up and run.

*Body:* Alert! Alert! Cramp in the right quad. (No response) Cramp in the left calf! (no response) Cramps in the knees. And the Achilles. We're goin' down!

*Mind:* What are you doing? Get up off the ground, you pathetic piece of flesh.

*Body:* C'moooooon. Be reasonable. There's the start/finish area up ahead. We can pull out at the halfway mark.

*Mind:* Nope.

*Body:* OK. Fine. Then we're going to spew half-digested Gu through the nose and mouth.

*Mind:* Good, better out than in.

*Body:* How about some blood in the urine?

*Mind:* I dare you, you're too dehydrated to pee.

*Body:* Hey look, there's the marathon finish. Just move to the right and we can be done.

*Mind:* No. We are finishing what we came here to do.

*Body:* Well, we might have to crawl across the finish line.

*Mind:* If that's what it takes, we'll crawl. But we're not going to stop and we're not going to quit. Just keep moving.

*Body:* Bloody stubborn jerk! Let me stop! I've had enough.

*Mind:* Stop your whinging and let's get this over with.

*Body:* Phew. That was tough.

*Mind:* Don't think you're getting a rest day after that performance. Pop your blisters and lace your shoes up. We're back on the road tomorrow.

A personal worst for me physically, but a true victory in my head. I drove home in a very good mood. Well done to everyone who went through the same discussions with their bodies that day!

### The One-Woman Band by Luigi Criniti

**W**AY BACK IN September 2012, soon after the halfway mark of the Sydney marathon, I was struggling but managing to keep going.

At about the 30km mark I had been reduced to walking, when I started hearing this cacophony of sounds: bell ringing, trumpets, whistling, shouts of encouragement, the rustle of streamers, very loud exhortations like : go on Striders! come on Papa!

As I went past, I didn't even look at this "cheer squad", instead limiting myself to lifting and waving my arm in acknowledgement of "their" very loud and encouraging

presence. From then on I forced myself to keep going, but I could only manage a slow jog alternating with walking: I really was staring at a DNF.

After the last turn-around, when I could hear that I was approaching that very loud cheering "band" again, spurred by "their" support, I found the will to start running again.

As I went past this "group", I turned to face "them" and offer an appreciative wave—and came to the realization that all that racket was generated by a single, very dedicated and enthusiastic Strider.

I managed to avoid a DNF and finished with a sub 4.30, thanks to Barbara Becker!