

WELCOME TO THE CLUB! (On the assumption that you pay your \$15 membership fee)
I hope that your association with SYDNEY STRIDERS will be long, involved and rewarding. All suggestions and criticisms are most welcome as SYDNEY STRIDERS must be a club that caters for all its members.

An Ad Hoc Committee of Chairman (Charles Coville) and Secretary/Treasurer (Rhon Levin) will cater for your needs until the formation of a committee at a later date. Lots of ground has to be covered (excuse the pun) in establishing the club and even a committee will be stretched to the limit. So member participation in all aspects of the Club will be encouraged.

Suggestions are called for the following Club priorities:

1. Organisation of marathon and $\frac{1}{2}$ marathon races.

I believe that we could aim to organise a $\frac{1}{2}$ marathon for late September, 1980 (perhaps?) For 1981 we must organise a marathon for the last weekend in August, and a $\frac{1}{2}$ marathon for early March, say 2 to 3 weeks prior to the Colonels Marathon.

- (a) Sponsorship is essential. I would hazard a guess at between \$5,000.00 and \$10,000.00 for a showpiece marathon. Any member who has contacts in the right places, no matter how obscure, should advise me so that we can pursue those avenues. Small sponsors are also required for category prizes, general handouts at the end to all finishers etc. At the end of the Giant Jog (30 km) all finishers received a packet of muffins - no big deal, but better than a kick in the pants. I would like to see all finishers receive a variety of small products.
- (b) Courses. A flat and traffic free (if there is such a thing) course is essential. 3 or 4 laps around Lane Cove River Park and its neighbourhood is a thought for a marathon.

2. A Club emblem.

Emblems are required for both the Club letterheads and also for running singlets (alias vests).

I would imagine that single silhouettes would be the most practical. I like the idea of an emu or cheetah (close associations with running/striding). Any commercial artist or artistic contacts?

3. Sports gear discounts.

The Club is looking for an association with 5 sports stores spread geographically in the city, north shore, eastern, western and southern suburbs. We will negotiate the best deal for members on running gear. Any contacts?

4. Club Colours.

Rhon Levin has the task of investigating the design and supply of running gear. Uncommon and distinctive colours are considered the most effective. Consequently 2 colour combinations have been proposed.

- (i) Irish green and white.
2 appealing designs suggested are -
 - 1. Green and white vertical striped singlet plus green shorts with white piping.
 - 2. Green singlet with white piping plus green and white checked shorts i.e. 2 checks on the front, 2 on the rear.
- (ii) Red, white and blue.
An appealing design here could be Red, white and blue vertical stripes plus red shorts with white piping.

100% string vests became popular when Ron Hill won Boston, but have since faded in popularity. 50% string vests have made their appearance (e.g. as manufactured by SUB 4). I personally find string vests cooler than the conventional vest and would hope that they become part of the Club wardrobe. Obviously dying vertical stripes on a string vest could cause a few problems.

5. Stationery.

Contacts are also sought for -

- (a) The printing of Club stationery viz name and emblem on a letterhead. A design for a letterhead is also required.
- (b) The printing of Club certificates to be issued for completion of marathons and $\frac{1}{2}$ marathons.

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DID YOU KNOW THAT.....

The appearance of a blister a few days prior to a major race is not a problem. The C.H. solution (Coville/Hodgskiss) is as follows:

With a needle and cotton, pop the blister and thread the cotton through. Perform up to 5 times and leave the cotton threaded through the blister.

After 2 days the blister should be dried out. Apply metholated spirits morning and evening for a further 2/3 days. Initially it may be painful (the application of the meths), but at least it will have cleared by race day.

The long distance runners' most serious problem is dehydration.

Extensive tests on underground miners and marathoners have concluded that the average athlete on an average temperature day should replace up to 1 litre of fluid every hour in a race.

I know of no athletes who do manage to consume this large volume of H_2O . But the message is nevertheless loud and clear, DRINK, DRINK, DRINK.

Researchers did not worry about the quality of fluid replacement e.g. glucose, Staminade, etc. Water has all that was needed. A fifteen second delay at a drink table could mean the difference between finishing a marathon fifteen seconds slower and kidney failure!

The theory about loss of body salt, sodium chloride (NaCl) is old hat. Salt tablets are unnecessary for athletes. The average western diet contains adequate quantities of table salt.

I recall in my early days of running consuming a salt tablet on marathons. Although I contracted severe stomach pains I was under the incorrect impression that the benefits far outweighed the discomfort. Some athletes take a SLOW K tablet (Potassium) the day before a race. However no salt supplement is really necessary.

Chaffing is one of the most discomforting features of a long run. This particularly happens if one's running gear gets wet from sponging. The solution - Vaseline (or a similar product) The 3 areas most prone to rubbing are - in the crutch between the legs, under the arms and on nipples (male runners). To quote Jack Nicholson from the "Cuckoos Nest" - A DAB WILL DO YOU.

A founder "member" expressed his reservations about weekend training runs. He considers once a month to be adequate and felt that weekly runs would clash with Fun Runs.

My comments are as follows:-

1. If your ambition is to run a marathon or $\frac{1}{2}$ marathon, you shouldn't be running short Fun Runs on Sundays. Most runners only have weekends free for long runs.
2. The purpose of forming a club is to promote social contact and group training. While we will not discourage runners from joining when they only intend to meet up once a month, we place emphasis on weekend group training runs.

Obviously no member can be expected to attend every weekend training run. However, an itinerary must exist which will allow members the opportunity of attending regularly. Group runs would not be organised on days when marathon races or worthwhile Fun Runs are to be run.

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Most long distance runners don't keep diaries/logbooks.

I started a logbook in 1967 and have recorded all my runs since. It is interesting to compare and reflect back upon prior seasons. Little effort is required for its maintenance. I believe the most useful aspect of recording is the clocking of my weekly mileage (kilomeage?) and attempting to maintain a pre-determined mileage goal.

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BEWARE THE WHINGER!!

I have always believed members of the running fraternity to be a breed apart, all striving for common causes - success, enjoyment, good health etc.

It seems as though the Whinger has also infiltrated the running fraternity. We have all complained about the lack of standard marathons in Sydney, the diabolical New South Wales State Marathon, etc. However adopting the philosophy of "action is stronger than words", the Sydney Striders was formed amongst other reasons, to right this wrong. Yet the Whinger now resorts to attack the Sydney Striders Club concept as being impractical and not favoured by most runners. Based upon the Rags to Riches story described below, I am confident that Sydney Striders will succeed.

Casebook "A"

Dave Blackhall had run City to Surf. It had crossed his mind to one day run a marathon but unfortunately he was in the dark on how to put it all together.

On a morning run Dave met up with Bernie "Smokey" Liebmann. "Smokey" had had experience in marathons and soon had adjusted Dave's training to include a long weekend group training run.

All that happened back in December, 1979. Come 'The Colonels Marathon' in March, 1980 and Dave recorded a noteworthy 3H 31M for his first marathon. He followed this up with an even more respectable 3H 2M for the Not So Worthwhile State Marathon.

Casebook "B"

I met Peter Barnett at a Champagne breakfast!! We swapped notes on running and eventually ended up training together for the 1979 City to Surf.

At the beginning of the 1980 Season Peter succumbed to Coville pressure that running a marathon was easier than most novices expect, especially if group weekend runs are undertaken.

Peter joined our small Sunday group. Within 3 months Peter completed his first marathon (The Colonels) in 3H 19M, and two weeks later his second marathon in Canberra in 3H 34M.

Today Dave and Peter are 2 of our most enthusiastic members.

Dave could not attend the inaugural meeting. He forwarded a letter of apology, extract of which is quoted below -

"...I agree entirely with the sentiments contained in your circular and wholeheartedly support the concept of forming a separate marathon and distance running organisation in Sydney. My experience with the A.A.A. and the many other athletics organisations and "fun run" clubs in Sydney has been far from satisfactory. As someone actively involved in the sport of long distance road running and as a long time resident of Sydney, I feel that there is a significant unfulfilled demand for specialist club and organisational facilities for people interested in this type of sporting and recreational activity."

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We don't maintain that group weekend training runs are the only way to train for a marathon.

We do believe that it is the most enlightening, practical and perhaps easiest approach to adopt.

We assume that you run regularly during the week and do a reasonable mileage (?). Weekend group runs then finish off your weekly training by bridging the gap between short/medium and long distance.

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Gold Coast Marathon - August 31st.

Big M Marathon - October ?

Western District Joggers Marathon - September 20th

Volunteers are called upon to write an article on each of these marathons. So step right up.

We would like members to compete as members of S.S.M. & R.R.C. in the above 3 marathons even if club colours are not available at the time of running.

To qualify for club certificates it is a pre-condition that members run as S.S.M & R.R.C. Members and also compete in club colours (if available). Different colour certificates are to be awarded for the following time categories -

Sub 3 Hours

3-3½ Hours

3½-4 Hours

Over 4 Hours.

We would also like to be advised of those members competing in races so that

- (a) We can assist in transport and cost sharing by organising members to travel together.
- (b) We can record finishers and times in The Blister.
- (c) We can delegate the responsibility of a race write up in The Blister.

In the next edition of The Blister a list will appear of all paid up members.

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Good luck with your training.