

Sydney Striders

Road Runners' Club
Australia



Edition No. 100: July 06 - October 06

Striders Running for Australia and Running First

A number of over-achieving Striders have been representing Australia in different events - **Lachlan Renshaw** in the 800m and 400m relay at the World Youth Championships (see story inside), **Vivienne Kartsounis** and **Darren Benson** at the IAU 100km World Cup; **Steve Hume**, **Stephen Firth**, **Mark Fiore**, **Jenny McKenna** and **Charles Coville** were all selected for the Australian age group team in the ITU World Long Distance Championships (4k swim, 125k cycle, 30k run) in Canberra.

Further Striders achievements came from **Keith Bateman** setting a new State and Australian 50+ 3000m record of 9:10.3 in the State 3,000m Championship race at Homebush on 11th November. It was a PB for Keith, his previous PB of 9:13:21 set in February was a State record. **David Criniti** on the same weekend set an Australian track 50km record of 3:05:42 beating Bruce Cook's 3:09 from 1989.

The 'Results Brains Trust' thinks these are the first Striders to set an Australian record since **Sue Hill** for the 50 miles back in the early 80s. Corrections welcome. (**Martin Thompson** set an Australian 100km record before becoming a Strider)

Lachlan Renshaw also won the 'Balmoral Burn' up Awaba Street hill in a time of 1m 20s (a new record by 6 seconds).

Other Striders in the winner's circle were **Glenn Guzzo** - 1st in the Cities Marathon in 2:22:19; **Tim**

Ashby 1st in the Hunter Valley Half in 1:08:42; **Darren Benson** winning the Mt Wilson - Bilpin in 2:10:57; **Guy Doulman** winning the Mudgee Marathon in 2:45:49 on his Striders debut; **Joanne Barton** as 1st lady in the Mudgee Half in 1:27:43 (with a very honourable mention to **Stephen Jackson** as 1st M45-54 in 1:19:35); **Jenny Wickham** 1st lady in the Pub-to-Pub in 53:22; **David Criniti** 1st in the Riverina Marathon in a PB 2:35:36 and **Guy Doulton** improving on his Mudgee race with a 2:44:50 in the Toowoomba Marathon in 1st place.

Kelvin Marshall followed in **David Sill**'s footsteps completing the Trans Gaule race across France.

Inside Blister No 100:

- ◆ Cities Marathon - **Mark Fiore** runs neck-and-neck with **Moneghetti**
- ◆ **Lachlan Renshaw** at the World Youth C'ships
- ◆ City to Surf - 'Running Blind' from **Michaela Holloway**
- ◆ The Berlin Wall - three **Truscotts** run Berlin
- ◆ Postcard from the Black Forest - **Pete & Mel's** wedding
- ◆ Carbo Loading - diet advice from **Frances Brown** for before the big race
- ◆ **Paul Bullas** reflects on his training program
- ◆ Inaugural Alice Springs Marathon from **Jim Moody**

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MTG News

From Jim Moody

MARATHON TRAINING GROUP CANBERRA 2007

The latest MTG has begun to train for the Canberra Marathon on 15th April 2007. The aim as usual will be to get our prospective first time Marathoners to the finish in 4 to 4 ½ hours, training will be based around a 28 week training program and is similar to the program we have used very successfully for a number of years.

If you are interested in running your first Marathon, are willing to put in the time and effort required to train during the next six months and can run 10 k's in under 60 minutes come and join us.

If you would like to have a chat before committing

then come and talk to us on any STaR's at 7:00 AM on Sunday morning, just ask for Helen or Jim. If you would like to see what we have been up to for the last couple of years have a look at our blog site at <http://www.ssmtg.blogspot.com/>. To be a member of the MTG you must be a financial member of the club. Any queries email MTG@sydneystriders.org.au

6 FOOT TRACK TRAINING GROUP

The first of the 6ft Track Training runs was held on Saturday 11th November. The blog site is up and running and has information about the next few runs and any detailed information can be found there, any 'helpful' comments about the runs can be added.

Blog site address is <http://ss6ftg.blogspot.com/>

President's Report

From David Bray



It is hard to believe that we are very close to the end of 2006! Since the last Blister there again has been a great deal of activity. The Super Series and 10km Series have both wrapped up for the year and the presentations will be conducted for these at the Christmas Brunch on Sunday December 10th at our new Brunch location, the Sydney Japanese School at Terrey Hills. A separate flyer for the brunch has been sent out already and members can still register online, there is a link on the Striders home page.

The outstanding performances at all types of races continue, with members dominating placings at Mt Wilson to Bilpin, securing podium positions at the Sydney Marathon, breaking records at the Athletics NSW Track Relay championships and winning selection to represent Australia in the Half IronMan Triathlon! Special mention, and congratulations, to Glenn Guzzo and Jenny Truscott who won their respective NSW Distance Runner of the Year awards.

There was a great turnout of Striders for the Sydney Bridge Run Festival, no doubt taking advantage of the special Striders entry fee discount. Special thanks to those members who volunteered to act as pacers in the Half and Full Marathon. To cap off a great day many Striders also made use of the hospitality tent the club organised in the finish village area to recover from their run and socialise with others.

There are some changes and initiatives being planned for 2007. The most significant of these is the decision by the club to take over the management of the Six Foot Track Ultra Marathon. Work is well

underway in formulating the race organising sub-committee, headed by Race Director Kevin Tiller. Also there will be a slight revamp of the Super Series to offer members more choice/flexibility in planning a race program through the year, with a focus on distance races. Finally we are also planning to include an option for membership renewal for 2007 which includes pre-registration for all Striders Internal events for 2007. We have an eye to not only making race day registration less onerous but also to allow for results to be easier to compile and publish immediately after the race.

On the STaR front we are still experiencing good attendance and no doubt this will increase further over the next couple of months as members prepare for both Six Foot and Canberra. A few STaR hosts have advised they will be 'retiring' and we are looking for some more people to volunteer their services to continue these runs as Hosts and keep the good list of diverse runs on the Calendar. Please let myself or Robin Cameron know if you would like more information as to what is required of a STaR host.

I would like to take this opportunity to wish all members and their families all the best for the Christmas and New Year holiday season. Please be careful in your training, especially in the summer heat and humidity.

See you out on the road or track!

Super Series 2007

Super Series 2007 will consist of the following twelve events:

- Equaliser
- Six Foot Track Marathon
- Canberra Marathon
- SMH Half Marathon
- Woodford to Glenbrook
- Gold Coast (Half and Full)
- Shoalhaven King Of The Mountain
- Cities Marathon
- City to Surf
- Mt Wilson to Bilpin
- Blackmores Sydney (Half and Full)
- Internal Half Marathon

Cities Marathon, July 2006 - Back To Basics

By Mark Fiore

Back in April I completed my 10th Ironman Triathlon, in 11 hours 6 minutes. It was a real tough day. There is something about an Ironman that exhausts you physically and mentally. Must be the distance. I was reasonably satisfied with my race, but not totally happy. I would have liked to go a bit faster and also felt that in the last half of the marathon I didn't hold it together as well as I would have liked.

I decided that the winter would be used to get back and focus on some running. Coming into winter this is logical and I also find it helps with the post-Ironman blues to set a new goal. Unfortunately the SMH Half was a bit soon after Ironman and also clashed with helping with my kid's swim club meet.

I got back to the Sunday STaRs in May and joined my friends in the 6:20 group. On my return I struggled to keep up with the group, but persevered. During one run someone mentioned that the Cities Marathon was making a comeback and it was going to use the M7 bike path. This took my interest and I decided to give it some thought. Slowly over the next few weeks I improved until one day when running with Tim Austin and Suzanne Kelly I became confident that I was in shape to at least run a marathon, even if I had done no speed work. Tim confirmed that he was also interested in running the Cities Marathon and was going to check out the course to see how flat/hilly it was going to be.

I finally committed to the race and stepped up my Sunday long runs to 2 hours 30 minutes. I ran a lot with Jo Cowan over the next few weeks and drew on her marathon experience, especially her mental approach. I decided the key to my marathon was running with good technique and staying mentally strong. This was not an attempt for a fast race (sub 3 hours) but more an attempt at running steady for the whole 42.2 kms. No slacking off after 30 kms and hopefully finish in around 3:10.

Race day came around quickly and thankfully the forecast was for no rain, but it was going to be cold. Checking the race website in the last week showed that there was only going to be a small field, but there were some sizeable cash prizes for the first five men and women. This meant that some fast runners such as our own Glenn Guzzo had entered and Steve Moneghetti was making a guest appearance.

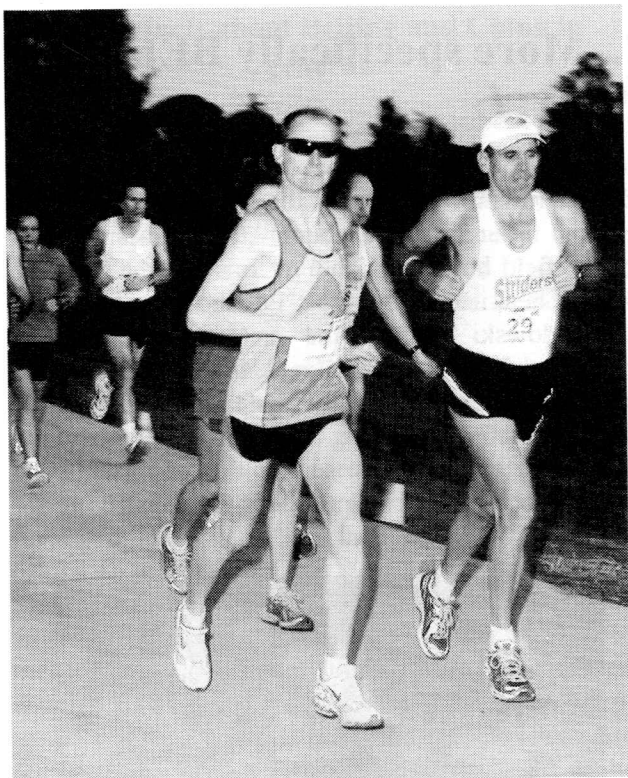
The course was from Prestons to Blacktown along the M7 bike path. At the Blacktown end there was a 7 km out-and-back section. The organisers had arranged for parking at the finish and buses to transport the runners to the start at 5:00 am. It was an early start, plus a cold one. On the bus I met up with Tim and a number of fellow Striders. There were only going to be 100 runners, of whom quite a few were Striders. Due to the prize money there were a few entering on the day, including Suzanne.

We got to the starting area well before the 6:30 start. Glenn finally turned up, having missed the bus. Oh well, there goes our plan of how to beat Glenn. I asked Glenn what his plan was to secure the first prize. He said he would take it easy at the start and then push for the win. He was obviously worried about Moneghetti. What was Steve going to do? Only one way to find out. I went for a reconnaissance trip. I introduced myself to Steve and had a quick chat, thanking him for coming up to run with us. I asked him about what shape he was in and what he planned running. He said he would be taking it easy and planned to do 'around 3'. I relayed the information back to a relieved Glenn.

We lined up at the start. The course starts with 500m on a rough side road then joins the M7 bike path. I started easily and slipped in behind few runners including Moneghetti. This would be something to tell the kids about. Running with the great man. The first 5kms were nice and easy. Suzanne was in our little group and we chatted about family and other matters - just like being on a STaR. By 5kms Suzanne moved slightly ahead and then Monners said he was going to have a chat with the group ahead. 'OK Steve. Don't let me slow you down'.

The course was mainly flat with some rolling hills. The biggest set of hills was between 8 and 12 kms. At the start of the hills I was about 50 metres behind Suzanne. The group I was in was struggling a little on the hill. I decide to push a little to catch Suzanne. She was currently the 2nd lady. At the 10 km drink station I grabbed one of the little water bags and then pushed ahead of the group. The drink bags were a great idea. Much better than water in a cup.

Another lady came with me and we caught Suzanne by the 12 km mark. Our little group of three then got into a rhythm and we ran along chatting, having a



Mark Fiore chats to Steve Moneghetti (Photo courtesy of John Liversage of Abbey Digital)

great time. We went through 14 kms in 62 mins and half-way in 92:45. Calculating an expected finish time of 3:06 to 3:10, we were quite happy. For the girls it was important to keep the pace going as they were 2nd and 3rd and there was good prize money for them to win. Based on 15 years of running with Striders I always feel that running with a group, even a small one, was better than being on my own.

Coming up to the 25 km mark, I said to the girls that we were slowing down a little. We weren't sure where the 4th lady was, so it was important to keep pushing. At the 25km drink station Suzanne dropped back a little. We found out later that she had trouble finding her own drink bottle, lost contact and could not get back to join us. We started to pick up a runner ahead so I pushed it along. Nothing better for your confidence than catching others in the second half of a marathon.

By now the leaders were coming back from the out-and-back section. Glenn was well in the lead and, as usual, looking very smooth. Other Striders doing well were Ray Wareham and Stephen Firth. Moneghetti was looking fresh and had now worked his way into 7th. He continued to finish strongly to take out 4th. The leading lady was about 6 minutes

ahead of us and we were in 15th spot. The turnaround was about 32 kms. I said to the 2nd lady we were doing well and should push on as we were in a position to do around 3:06. She was really happy as her previous PB was 3:11.

We could now see that we had over a minute on Suzanne. We held our pace to the 35 kms drink station. Up ahead another runner was starting to struggle. I said, "Let's push hard to catch him". I now felt we had a chance to beat 3:06 and do a negative split. We passed the runner and moved into 14th spot. At 39 kms we left the bike path and headed along the back of Blacktown Olympic Park. I was now starting to feel a little sore and tired. I just kept saying to the 2nd lady, "Push hard, keep pushing hard". We came into the last kilometre and ran as hard as we could. I finished in 3:04:48, with the 2nd lady just behind. We had run a negative split and she had done an 11 minute PB and won some nice money. She was very happy and promised to buy me a drink. I told her not to worry, I was happy to have run with her and she had helped me stay strong all day. Suzanne finished 3rd lady about three minutes behind us. A good result.

The organisers had set up a good finish area. I went for an easy massage. Glenn had just finished his and was very happy. Whilst I was on the table, Firthy was on another and having a scream as his masseur decided to work some of his sore spots. We all had a good chuckle at his expense.

As we waited for the other finishers and the presentation, Steve Moneghetti sat with us and had a chat. He told us some funny stories about his training methods in his halcyon days. Very interesting to hear how hard he used to train on his quality days. He is a fantastic ambassador for our sport. To think an ex-elite athlete still enjoys just getting out having a run with us ordinary runners just indicates what a top bloke he is.

The race was excellent. The field was small, but I think they could easily handle a bigger field. The course is great. Being a bike path it is smooth and of course, no cars or crossings. I think it is a PB course if you got in good shape. The organizers assured us that next year the race would be on the last Sunday of July. If you want to do a marathon next year then I encourage you to do this race. Not only are we supporting a race in our city, but it is a quality event, a true runners' race. I will definitely be fronting up again with the goal of staying strong all day.

Made in where?. CHINA of course!...More specifically BEIJING.

By Brad Renshaw

Lachlan Renshaw produced a PB of 1:47.00 for the 800 metres at the 11th World Junior Athletic Championships in Beijing held from the 15th to 20th August 2006.



The track and field events for the games began early on Tuesday 15th August, however the opening ceremony was not staged until later that day at 8.00 pm. The temperature was about 32 degrees and it was steamy with humidity around 90%. The ceremony was spectacular without being too extravagant. The stadium (capacity around 30,000) was full and the first events to follow the ceremony were the heats of the 800 metre track.



In heat 5 of 6, Lachlan was drawn with Abraham Chepkirwok from Uganda, ranked U-20 World No. 1, who has a 2006 best performance of 1:45.00. The Ugandan went hard from the gun and Lach managed to stay on his heels through 400m in 51.1secs. With 10m on the rest of the field, the Ugandan finished in 1:45.90. He was the perfect pacemaker for Lachlan, who finished 5m behind in 2nd with a PB of 1:47.00. This

qualified Lachlan 2nd fastest for the semi-finals.

In the 2nd semi-final, Lach drew the Ugandan again (a little strange!). This time instead of running hard from the start, the Ugandan slowed it down and made it an extremely tactical race. Lach was jostled on the inside to 4th at 250m and then spiked in the

leg, slightly impeding his progress. He was boxed in the 3rd row of runners until the final 100m. The field opened up and he came home strong, passing most of the field but was unable to finish in the top two, with Chepkirwok and the Polish runner Marcin Lewandowski taking the automatic qualifying positions. Lach was third in 1:48.26 and with one semi remaining he had the faster of two available non-automatic qualifying spots. Unfortunately the 3rd semi-final runners seized the opportunity to produce a fast race, with the first four qualifying for the final.



Lachlan's time of 1:48.26 was the 7th fastest semi-final time, but unfortunately the 1st and 2nd placegetters from the first semi-final, although running slower times than Lachlan, automatically qualified leaving him officially in 9th place overall. The final was won by a Kenyan, David Lekuta Rudisha, in 1:47.40.

Whilst a little disappointed Lachlan says he learnt a great deal about racing at this level and cherished the experience of running against a class field, in particular the Africans. Lachlan's time of 1:47.00 was a huge PB of 0.77 seconds and was the 2nd fastest time of the meet. It is the 2nd fastest time ever by an Australian junior, the fastest 800m time by an Australian junior for 11 years, the fastest 800m time by an Australian (junior or senior) in three years and it is an Olympic B qualifier (though not within the qualifying period).

Lachlan also competed in the 4 x 400m relay. The team originally missed the final by just 0.15 sec, but were subsequently disqualified as one of the team had stepped outside the take-over zone. Lach did however run a quick 46.1 second 400m split.

A few facts about Beijing and China in general.

Beijing – in north east China

Population of Beijing – 15.38 million

Income – Average disposable income of urban residents is \$AUD 2,950 per annum.

Personal space – what's that?

Visibility on 7 of the 10 days we spent in Beijing – 500 metres

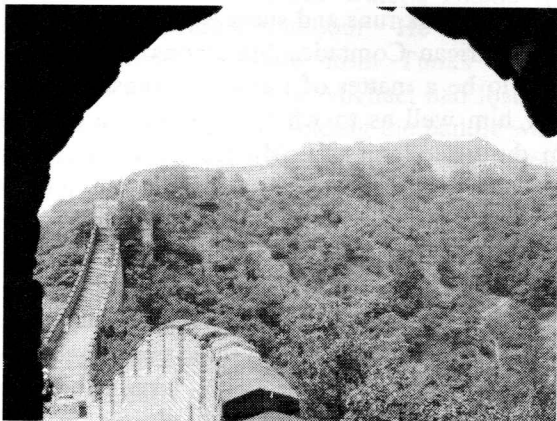
Temperature and Humidity – absolutely draining

Food – Day 1...Fabulous, Day 2 ...Good, Day 4...Luv a steak, Day 6...even Macca's would be good, Day 10... I don't care if I never eat Chinese food again. Eating out is very inexpensive, a banquet for 6 people averaged less than \$AUD 40 including drinks. Beer is cheap.

Shopping – if you like bargaining you can buy anything you want cheaper than you can imagine at the Silk Market and/or the Pearl Market. Good watches can be purchased for as little as \$AUD 5, we purchased 14 at this price and some of them are quite interesting now, the numbers have fallen off the face of mine and are just going around randomly with the hands under the lens, quite novel really.

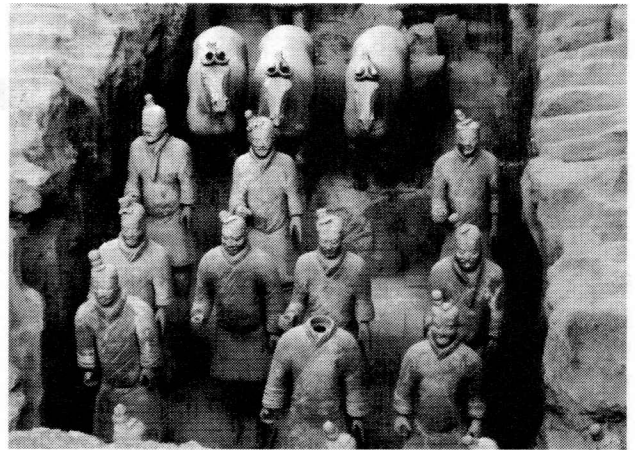
Beijing – a work in progress, there are currently more construction cranes in China than there are in the rest of the world, everything is being torn down and rebuilt.

Fact – there are currently more people in China learning to speak the English language than there are native English speaking people in the remainder of the world.



The Great Wall – a must see, couldn't believe it when we were there, don't believe it now. Absolutely awesome!

The Terracotta Warriors, Xian (in the centre of China) – if in China, just do it, can't be missed.



The runner and global warming

From Randy Brophy

There is now more concern than ever about global warming, and for good reasons. What are 8 things you as a runner can do about it?

- 1) Run or cycle to and/or from work instead of using your car. If there's a gym or a shower near your office, you're all set.
- 2) Wash your running clothes in the shower by using them as washrags. Saves on use of the washing machine.
- 3) Walk more and drive less. In many cases especially closer to the city, you may get there faster.
- 4) Switch your household electrical usage to "green" power (e.g. solar or wind instead of coal). It takes only five minutes and may up your bill by a few \$ but your kids will thank you for it.
- 5) At home, put on a jumper instead of turning on the heater.
- 6) Shower once a day - just after your run. Or take a swim.
- 7) Eat more veggies & carbs, and less meat. Better for your diet, and believe it or not, cattle flatulence is a large contributor to greenhouse gases.
- 8) While on the subject of diet, eat fresh foods grown locally. Frozen foods require 10 times as much energy to produce, and food from far away requires significant fuel burning for transportation.

Portions of the above are courtesy of www.climatecrisis.net. Other ideas are welcome.

MICHAEL JAMES WILSON

1946-2006

In so many ways, Sydney Striders is a club endowed with more than its fair share of heroes. Men and women from all walks of life, some with very little athletic ability, take on some of the toughest endurance events and come through their personal challenges with flying colours. There is no secret of my admiration for the novice Strider who sets out to do a marathon for the first time. The person who makes their mind up to have a go and then gets on with the job of training up for the big day, only to find out later there is much more to running long distances than legs.

So many of us discover the power within only when things are not going well. We have done the hard yards in training but on the day the weather is against us, we didn't sleep so well the night before, we were a bit late getting to the start and the anxiety builds up and we forget our race plan. But we start and get on with the race. Later on head-winds buffet us and a blister starts to develop on a toe and we haven't been careful enough to stay fully hydrated. Then we start getting thoughts of well, not really quitting but just pulling out and having another go later in the year. It's then that the inner strength which resides in us all is discovered.

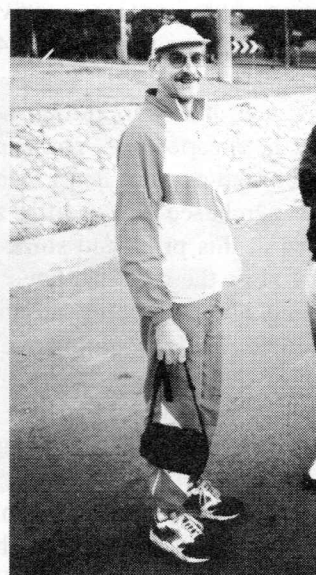
The ability to face up to yourself, to press on and overcome the obstacles which seem insurmountable to you as you slug it out on the road falls into place. As you near the finish line, the calls of "Go Strider" remind you that you are not in this alone and afterwards the feeling of personal worth and achievement are priceless.

And so it was with a great deal of pain and sorrow for many Striders that we learned on 18th August, 2006, that a great friend and mate had passed away; the victim of motor neurone disease.

Michael was the epitome of a Sydney Strider.

He joined the Club in January 1993 looking for something new and challenging. Michael was a very experienced SCUBA diver and with a close group of friends had completed hundreds of dives in Australia, PNG and Indonesia. He had also competed in several short course and Olympic distance triathlons. All of this was done despite being an insulin dependent diabetic. Michael was

never to be found without his testing kit, insulin supply and the obligatory bottle of coke. He trained regularly and with various individuals and groups of friends was always out doing speed work, or hill work, or intervals or just ordinary old long distance runs. As well as running Michael regularly trained on his road bicycle with a group of riders leaving from St Ives and doing the Akuna Bay/Terry Hills circuit.



Michael competed in numerous marathons, ultras, halves, and 10k runs and successfully completed two South African Comrades Marathons. It was always going to be a matter of interest to those of us who knew him well as to what was going to happen to him during a long run. Michael was all arms and legs and his running was based on guts and determination rather than style. This was just as well because Michael usually fell over at least once during any off-road ultra such as Brindabella or the Six Foot Track Marathon. He always seemed to fall hard and awkwardly and his three point landings on face, shoulder and hip with arms and hands somehow trapped under his body always resulted in the loss of lots of skin and bruises and strains which lived with him long after the event.

After some of those falls, which were always on the stoniest, dustiest or muddiest sections of track he was obviously shaken and knocked about. But he would quickly gather himself together, inspect the damage, make sure he had all of his testing

equipment intact, wipe himself down and then press on as best he could. He never ever quit or had a DNF as a result of one of his misfortunes. His falls were not confined to races and every so often he would hit the deck during STaRs or the Saturday Bush Runs.

Michael hosted the Middle Harbour Picnic STaR for many years and without fail he would be out on the road the prior Saturday afternoon checking out the course and marking it for our enjoyment. He was always in attendance at AGMs and Awards Presentations, and whenever he was injured gave up his time to be a marshal at such events as the 10K Series and Equaliser.

During 2004 Michael's speech started to deteriorate. Most of us suspected something nasty was afoot but it wasn't until April 2005 that a clear-cut diagnosis of motor neurone disease was confirmed. By then he had given up his running and riding the bike was becoming a bit of a hazardous experience as well. However, as was his way, Michael had discovered the wonderful sport of kayaking.

He had been going on frequent paddles using what could only be described as the world's riskiest kayak. He was very fond of the craft and was a bit offended when some of us started calling it the Yellow Peril. He later purchased a Mirage 580, which provided him with much enjoyment. During this time he completed in stages, the paddle from Parramatta to Manly as well as circumnavigating all of Pittwater, and numerous journeys from Appletree Bay (Bobbin Head), Berowra Waters, Akuna Bay, Brooklyn and Middle Harbour. He particularly enjoyed the yuppy paddle from Tunks Park to Balmoral for coffee. By now Michael had lost most of his ability to speak and holding the paddle was in itself an extremely difficult task. Not once though did he seek assistance. His last paddle was on 19 December 2005.

By this time the ravages of MND were starting to take their toll and not only was communication difficult but walking, eating, and just breathing were becoming equally challenging. Never during this time did Michael complain or whinge about his condition. With the help of his wonderful wife Mary, who many would know, Michael pressed on with life. With the help of his family he even managed a trip to India. He was given great support by a group of Striders who would meet him at a local restaurant for lunch most Fridays. Although he could not speak or walk more than a few metres he would travel to the restaurant on a little electric scooter. There was

nothing wrong with his sight or hearing and when he wanted to agree with a comment he gave a broad grin and a thumbs up sign.

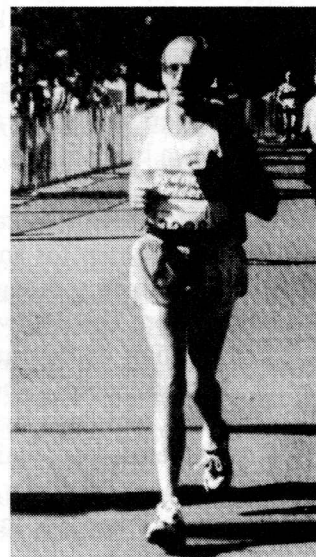
In his non-sporting life Michael was a great supporter of his local church. He and Mary gave many hours of time and help to the St Vincent de Paul Society and Michael provided much financial advice to the parish and chaired its finance committee. He was a successful businessman in the investment industry and was Chief Investment Officer and a Director of the company he helped found.

There are not enough words of praise to describe Michael's wife Mary during this very sad and difficult time. Mary's dedication and commitment to Michael's welfare and happiness during this time was outstanding. There were many other wonderful family and friends who gathered around to give whatever support they could. Michael's children Peter and Anna deserve special mention.

Michael was a Sydney Strider and part of a terrific group of people bound together by a love of running with good friends and by personal achievement. Michael was not a quitter and as he displayed on numerous occasions pressed on cheerfully and with guts and determination, regardless of the misfortune which had befallen him, until he crossed his final finishing line.

Jim Screen

The committee approved a donation to the Motor Neurone Disease Association on behalf of the Club in lieu of flowers. Over 50 Striders attended Michael's funeral at St. Mary's, North Sydney.



Running Blind – City-to-Surf 2006

Part 1: Jenni's story

I am Jenni McBride from Queenstown, NZ and I ran my first Sun-Herald Sydney City to Surf this year. I'm thinking of making it an annual event.

I lost my sight in a car accident over 20 years ago close to my 23rd birthday. I was nursing in Queenstown and lived a very active sporty life. I am limited in sports because of being blind, but have discovered road-running works for me. I got a treadmill about 5 years ago and worked out that I could get that fabulous adrenalin hit that I used to love. I do most of my training on the treadmill at home, and I have also joined a gym for variety.

I am relatively young in 'running years'. I ran my first half marathon last year in mid-September in Dunedin, and this was halfway to last year's challenge of the New York Marathon on 6th November 2005. I was running 42 kms at 42 years old! This was a great challenge. I ran NY in 4 hours and 38 mins and (as you do) think I can do better. I had entered to do this in 4 hours 45 but was hoping to do close to a 4 hour time. In training this looked like a good possibility.

I could not have done the NY run without my guide runner and friend Bridget Davies. She is younger, a very experienced runner, and as I expected was the girl for that job. We started with a volunteer runner from Achilles Track Club New York who was a great guy but we burned him off at 18 kms. So poor Bridget had to guide me in the very crowded mid-field of runners. Boy-oh-boy, what a tough job she had and what a champion! The New York Marathon is 37,000 people, all running the full marathon, with heaps of bands and street performers. The crowd was exceptional with their support and encouragement, in the way only Americans can be.

The Sydney City to Surf has been a fantastic winter focus and a great distance to train for and copeable for most people, whether running walking or a bit of both. We had 11 friends from Queenstown from all walks of life, all participating in the run. So there was a mixture of focuses, and some made a marathon of shopping and partying. Everyone did very well and enjoyed themselves, and hopefully you will see all of us, and more, next year.

Queenstown is a ski resort and so most of my

training was on treadmill, concentrating on speed and gradients (uphill only!). I meant to do more training outside but we had just come out of coolest and frostiest time of year. I thoroughly enjoyed the C2S and the hills were great. We do hills frequently on the great bush walks close to Queenstown.

My running buddy in Sydney was Michaela Holloway. She is my husband's oldest daughter and is a great runner and in full training for the Sydney Marathon. We ran for the first time the Saturday before the City to Surf, and it seemed we were well paced together.

We got a great start behind the elite runners so the crowd was not too congested thank goodness. We also had a Queenstown friend (Ian MacLennan) run in front to help when passing. Passing while two abreast can be difficult. Michaela was a very good choice for me to run with as I need someone confident about their fitness. They need to have the guts and stamina to both equal my pace, and also be able to guide and protect me through the crowd. Thanks Mic and well done! Next year we have to better 75 mins and 50 seconds!

Running Blind?

Well, very hard to put into any sort of words. Personally, it is freaky running in a crowd of people, and it would be heaps easier if they weren't there, but I have found I get a real buzz from being in a big event (and Sydney is definitely the biggest!)

Because my choices are limited, I try and make the most of the outside activities offered. They always involve me receiving help from someone who I need to like, I need to trust, and they need to be up for the challenge. From the runs and other activities I have done with people, I know they need both physical and mental strength, as do I – I like it when you have to dig down and find those strengths.

I am now caught up in always wanting to get a better time! I was keen to only do exotic running events, this has proved a lot of fun, but expensive! My next challenge may be the Cromwell Half in Central Otago in late October. The Buller Half on the West Coast in February sounds lovely with native birds and occasional slow old cars to pass.



Michaela and Jenni at Mrs. Macquarie's Chair

Part 2: Michaela's story:

I ran the City-to-Surf for the 7th time this year. However it had a novel feeling because for the first time I ran as a guide runner. Jenni is my dad's wife. She has been blind for more than 20 years after being injured in a car crash.

Last year Jenni went to New York with the Achilles Foundation and ran the New York marathon. She did it in 4.5 hours. It was a great effort and inspired me to join the Striders MTG with the aim of completing my first marathon in Sydney in September.

In the lead-up to the City to Surf I received many questions about how to run with a blind person – to which I didn't know the answer, as I had never done it. Someone suggested that two people connected and running together reminded them of 3-legged races at school – I hoped it would be easier than that!

Jenni and a group of her friends came across to Sydney from New Zealand two days before the event. Because of Jenni's time in the marathon she was able to secure a place in the Daily Telegraph First Edition pack by writing to the event organisers and that meant we were able to run together.

Jenni and I had a practice run the day before the City to Surf next to the Botanic Gardens between Mrs Macquarie's Chair and the Opera House. There were a lot of other people practicing running solo down there at the time and we got lots of support. We were connected by a short rubbery lead that looped around each of our wrists but Jenni held onto my arm quite

a lot at first. I was a bit nervous that if she held my arm for 14k I would become very lopsided and sore in my neck. It did feel a bit like a 3-legged race at times, but I was glad to find we were pretty well paced and that we had the chance to get a bit comfortable running together before the event.

That night (Saturday) I dreamed I was 'guiding' Jenni up a goat-track-style bush-run by shouting from the top of the path. In the dream I was cursing myself for not remembering and warning Jenni that this was the style of road in the whole of the City to Surf!

On Sunday morning Jenni's friend Ian bumped himself up a few starts to help us by calling out that a blind runner was coming through. This was important as we were running side-by-side, and not very agile. We weren't able to dart round people in front of us in the manner I usually take for granted. Ian did a great job of calling for us and most people were very responsive and helpful. We also created a bit of confusion because people knew they were being asked to move, but didn't know which way to go to clear a path for us.

During the City to Surf we managed to run most of the way without Jenni holding my arm. Our arms brushed so we each knew where the other was but she didn't need to hold my arm continuously and my neck didn't get sore. Exceptions were trampling through the slippery cup debris at hydration stations which was a bit scary. Jenni also fell over at one stage, which gave me a bit of a fright, but she jumped back up and we just kept going.

I described the view of coming into Bondi for Jenni. She knew we were near the ocean already because she was busy appreciating the ocean breeze.

We saw another pair of guide and blind runner and met up with them at the end. Their 'connection' was the waist rope of a terry towelling dressing gown! They were with the Achilles Foundation in Sydney.

Afterwards the party spirit kicked in with Jenni's friends kindly getting me plastered by buying me many champagnes. By 6pm I was home in bed starting a 13-hour sleep where I dreamed I was still rushing through the crowd. My sister went to the group's celebratory dinner, and got congratulated by everyone for doing a great job guiding Jenni. My sister gave up protesting that she wasn't me as she realised that the distinction was beyond the realm of comprehension for the merry group!

The Berlin Wall

By Chris Truscott

Long live the King. King Haile Gebrselassie that is. We have recently witnessed Kenese Bekele's vulnerability to our own Craig Mottram recently, so surely Gebrselassie still must be considered the greatest runner ever to grace this planet.

Anyone who can finish a marathon in weather conditions we mere mortals whinge and complain at, in a PB world class 2:05:56 all by himself and a clear 5mins in front of 2nd place, must be made of the stuff on that elusive never-to-be-reached top shelf.

So to have the opportunity to meet the man himself and grab a cheeky pic as he passed by was too golden an opportunity to pass up.

Gebrselassie and entourage are burning up the Expo carpet faster than he passed through the 1km mark the next day. They steer him left and right with brother Pete and I in hot pursuit, momentarily forgetting that we ourselves are here also to run the marathon. The entourage miscue however and hit a dead end and U-turn back to us. "Here's our chance," I think with camera ready and the response is one we have come to expect from the smiling Ethiopian emperor. "No problem". Simple as that. He is relaxed, all smiles and in no rush. We explain how we watched him pip Paul Tergat in the Sydney Olympic 10,000m and he seems to understand my rambling Aussie accent.

He goes his way, we go ours. He conquers his first marathon victory, slicing mere seconds off his PB but nonetheless enters the 2:05 club in doing so. It is my opinion that had the weather gods been kinder to us and had the pacers stuck around a little longer with him, Haile would have conquered Tergat again and gone under the world mark of 2:04:54

We go our way. It is slightly different.

We go to bed knowing that the weather is predicted to be warm but we hope anyway and at 7am on race day we thought maybe our prayers had been answered. By 8am we revised this and by the 9am start time we were once again a bit worried.

When I say we, I am talking about we three Truscotts, Pete, Jenny and myself. The three of us had never competed in a marathon together before.

Jen had only conquered one previously in a Truscott debut record of 3:07 (Rotterdam 2005). Jen and I had been preparing fairly intensively for Berlin in the months leading up to Berlin. Pete had his wedding to organise and numerous injuries to contend with so his preparations whilst steady, were not ideal. But here we were, ready to go. Gebrselassie stands a mere few metres away once again happily signing autographs onto chest numbers until an official has to politely inform him that the gun is raised and 45,000 people are quite ready to proceed if he was also happy to go.

And away we went. My pace was set for 3:25 per km and this put me with the lead women so a big pack was ideal considering the breeze was lifting. My pace was perfect, my legs felt great, my head was screwed on and focused and 10km came and went in 34:00 like clockwork.

Pete and Jen trailing behind were running together. They were hopeful of breaking 2:50 together if the perfect race eventuated. They would celebrate this race all the way to the end. At the 7km mark Pete started receiving messages from his body that things were not as they had been in previous marathons. He slowed to, hopefully, compensate for later in the race. Jen continued feeling okay but slightly unnerved that her race partner had suffered this early blow. Jen refocused and looked ahead.

Upfront our mate Gebrselassie was no doubt cruising along in his sub 3min kms, being handed drinks from around him, being given the latest pacing info, what the weather was doing around the next bend, the latest share market figures, who knows? He had time already. Pacers and racers alike were dropping faster than a bungee-jumping sumo wrestler.

The wheels were slowly unscrewing themselves from my steadily moving wagon. From 10 - 16km I felt the early warnings, dismissing them through shock more than anything else. "Not an option. I have trained harder than ever for this and there is no way you are going to do this to me," my angry thoughts were telling the legs.

But it was to no avail. I had lost one wheel by halfway, my shoe bleeping through in 73:20, already 1:20 slower than the plan. From there the revised

plan was to conserve and consolidate where possible.

Jen also ran through slower than hoped. The weather conditions coupled with a short time in Berlin after the flight slowly eroded her energy as well. Her halfway split was 85:03. Pete too had entered the territory of the struggling marathoner with all prior plans evaporating quicker than the hot Berlin sky was evaporating the showers.

Km after km the three of us ran, oblivious to each other's plight. Survival mode usually kicks in after 32, maybe 35km, but to have it arrive with 17km to go was a daunting prospect. Crowds cheered fanatically. Their one big supporting day was here and we were the parade. Hundreds of thousands enthusiastically supporting our every shuffle. I pumped my arms in the air to elicit an electric response that gave me approximately 50 metres of pain-free running, but even that was tiring. Arms were also sore for some reason that escaped me.

Jen struggled, Pete struggled, I struggled. Gebrselassie didn't. He was the phenomenal exception put there to ensure Berlin didn't produce 45,000 complainers. Although my wife Greta tells me he crossed the line looking very worn after slowing the last few kms, he still ran 2:05:56 and won by over 5mins from 2nd and 7mins from 3rd. When has someone last won a major city marathon by such a margin? (Aside from Glen Guzzo's 12 – 13min margin in the Cities Marathon this July)

As Gebrselassie is finishing, I am skulling 'Red Bull' from the 35 - 36km drink station with an Ice Tea chaser and some water that ends up choking me. Jen is shuffling her way through the 30 – 31km mark and Pete is fading behind her by a few kms.

Strider Martin Matthews cruised by me offering some encouraging words but by the time I had lifted the bear off my back to respond he had disappeared. A mate of mine, Andrew McNamara, came past at 34km also encouraging me to finish strong. "Just a lap of the bay to go mate," and again before I could respond with a query of where the extra 1km extension had been built since I had last run the bay, he too had disappeared.

The 'Red Bull' wasn't quite making wings sprout but something happened by 38km and after four or so 4min+ kms I was back clocking 3:45 – 3:50's. I

always seem to lift at the end of STaR runs and this was happening again with the 'Red Bull' on board. I didn't collect Marty or Macca but finished through the Brandenburg gates slightly stronger and well inside my revised (at the 30km mark) target of sub 2:40, running 2:37:33. Marty did 2:36 so had obviously slowed a little at the end. Macca also ran an impressive PB to grab 2:35. I was so happy to finish it overwhelmed me and I almost fell over Gebrselassie when we again crossed paths as he made his way back to the stage. We shook hands and I congratulated him, momentarily trying to forget the vast nebula of space that separates our running abilities and sharing a moment of two runners doing what they love. (Well, love would have been a strong word for me at that particular moment but I'll go with it for now).

Jenny made her way frustratingly and urgently down through the Brandenburg Gates and headed for the line. The line was everything for her at that moment. Months of solid training, a fallback goal of sub 3hrs to get and 160 metres to go as the clock showed 2:59. The crowd knew, Greta standing on her grandstand seat knew, but even she was no match to the collective cry of the former. The race caller certainly knew what was approaching and finally Jen knew.

2:59:41.....

Not much in it and identical to my second marathon time from Melbourne 1994. Congrats for a well-earned sub-3hr membership Jen and in tough conditions.

Unfortunately Pete was not so lucky. The thoughts of walking down the aisle a week later, memorizing his speech in English and German topped with 35km of survival took its toll and he finished a little while later - (no, I'm not going to divulge as he'll love talking about it STaRs no doubt).

And that was that. It had been 29 months since my last attempt, in London, and unfortunately a disappointing result. I was due to fly to Chicago to race, or umm run, or actually maybe jog the Chicago marathon. Yes, I know the timing is not ideal and I may struggle the whole way but it is a free trip from a New Balance website promotion in conjunction with the City to Surf, so what the heck.

Chris ran 2:32:50 in Chicago.

Carbo loading – Will it work 4U?

By Frances Brown



The Marathon, as well as being an awesome physical, mental and emotional challenge, presents a significant nutritional challenge to even the most elite competitors. Lasting somewhere between two and five hours, 'hitting the wall' or running low on muscle glycogen at the 35km mark is a real possibility, as running (or even walking) this distance requires all the muscle glycogen you can store and then some more.

A Half Marathon does not present quite as much of a challenge in tapping into stored fuel, particularly if you are a top runner and can complete 21.1 km in under 90 minutes. However, many recreational runners complete a Half Marathon in considerably more than ninety minutes. Runners who take 2 hours or more to complete a Half may experience unnecessary fatigue if race and pre-race nutrition are

not taken into account and considered carefully.

When preparing for marathons, ultra marathons, long course triathlons or other events that will significantly impact your carbohydrate stores, it is a good idea to maximise your fuel reserves prior to the race. The practice of **carbohydrate loading** was recommended for some years when it was found that athletes could double their muscle glycogen stores by manipulation of diet and training sessions for a week or so before competition.

In recent years, there has been a shift in focus to **race nutrition**, particularly consuming carbohydrates in the form of sports drinks and gels during longer races. As a result, **pre-race nutrition**, particularly carbohydrate loading, is arguably not such a significant factor in marathon performance as it once was. However it is worthwhile taking some time to understand what it is about, what it can offer and to decide whether or not you would benefit from such a program. It is also useful, when arguing for or against carbohydrate loading, to be clear whether it is the 'classic' carbohydrate loading protocol (popular in the 1980's) or the later modified regime that is being discussed.

Classic Carbohydrate Loading

The classic carbohydrate loading protocol involved a 3-4 day 'depletion phase' consisting of hard exercise in combination with a high protein/low-carbohydrate diet, followed by 3 days of rest and a high carbohydrate diet.

Old Style Carbohydrate Loading Program (no longer used)*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Normal diet and normal training	High Protein /low carb diet and exhausting prolonged exercise	High Protein /low carb diet and taper training	High Protein /low carb diet and taper training	High carb diet and rest or taper training	High carb diet and rest or taper training	High carb diet and rest or taper training	Competition

This old style regime was generally not popular with athletes and had several problems: -

- Three days on a high protein diet made them feel extremely tired, weak and irritable.
- The extra fluid that accompanied the glycogen

load made them feel bloated.

- Some athletes failed to reload sufficiently
- Some cases of changes in heart rhythm were noted during the carbohydrate depletion phase (Stanton 1992)

New Style Carbohydrate Loading

Researchers have since demonstrated that trained athletes are able to maximise their muscle glycogen stores using a modified version carbohydrate loading that does not include the initial depletion phase.

'New Style' Modified Carbohydrate Loading Program							
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Normal diet and endurance training	Medium High carb diet and taper training	Medium High carb diet and taper training	Medium High carb diet and taper training	V High carb diet and rest or taper training	V High carb diet and rest or taper training	V High carb diet and rest or taper training	Competition

This modified version of carbohydrate loading requires athletes to eat a moderately high carbohydrate diet for 3 days followed by a very high carbohydrate diet for the last 3 days before competition. In practice this super-high carb diet means eating very little fat or protein and focussing almost exclusively on high carb foods for those last 3 days.

It is now well understood that marathon training in itself results in increased glycogen storage efficiency and capacity. Long runs in particular have been found to increase glycogen storage capacity. Adding the 7-day taper period which allows muscles to rest and refuel, combined with adequate carbohydrate intake allows the body to maximise its glycogen stores.

Formal vs Informal Carbohydrate Loading Programs

Many marathon runners follow what could be described an 'informal' carbohydrate loading program in the week prior to a marathon. This would involve tapering their training and increasing their carbohydrate intake slightly. For example, having a couple of extra weetbix with honey at breakfast, adding a few high carb snacks such as bananas, fruit cake or muesli bars, and making an effort to include a serving of rice, potatoes or pasta with the evening meal.

This is fine, and for most runners the above approach is probably the way to go. However, some care does need to be taken to consume enough carbs while not taking in excess kilojoules. Tapering in training may reduce your energy requirements, and runners may need to reduce their kilojoule intake slightly to match reduced training needs (Bean 2000).

The alternative is a 'formal' carbo loading program that is formulated for you personally by a Registered Sports Dietician. This would be a planned program consisting of meals and snacks designed to maximise carbohydrate intake whilst consuming the appropriate number of kilojoules. Extra fluids would also be encouraged, and a weight gain of 2-3 kilos would be expected when following a formal carbo loading program. This is not fat – just the weight of the extra water stored along with the muscle glycogen.

Formal carbo-loading regimes are not designed to be used as long term nutrition plans. A sample carbo-loading regime could be something like pancakes, maple syrup and juice for breakfast, sandwiches with jam and banana for lunch, a fruit bun and jelly beans for afternoon tea, 3 cups of pasta with sauce for dinner, tinned fruit and ice cream for dessert - all washed down with 2-3 litres of sports drink and cordial during the day.

Both formal and informal carbo loading programs would feature foods that are 'carb efficient' – those that are low in fat and contain a high proportion of carbohydrates for the amount of kilojoules they contain. Carbohydrate foods which are healthy – e.g. brown rice, wholemeal bread, fresh fruit and juice provide vitamins, minerals and antioxidants as well as being carb efficient.

The Pre Race Meal

The pre-race meal is also important. Some athletes skip breakfast preferring to feel 'light' when they compete, however, it is not a good strategy to compete on an empty stomach, particularly for event lasting longer than 1 hour. Low liver glycogen and blood sugar levels may reduce your endurance and result in early fatigue (Bean 2000).

A light pre-race snack or meal 2-4 hrs before the event will top up liver glycogen. Liver glycogen is important for maintaining blood sugar levels and supplying fuel to the exercising muscles when muscle glycogen is depleted. Nervousness can slow down your digestion rate, so if you have pre-competition nerves it may be helpful to allow slightly longer than usual between eating and competing.

If you are unable to eat 2-4 hrs before the event, then what you eat the night before becomes, in effect, the pre-race meal. A high carb bedtime snack will help top up muscle and liver glycogen.

Discussion – The Case for and against Carbo Loading

The case for:

- The link between muscle glycogen levels and capacity for endurance exercise has been well established scientifically.
- Psychological advantage – following a formal carbo loading program will give you the confidence that you have done everything possible to prepare correctly for your race.
- Carbo loading does provide a buffer of sorts if your race nutrition plan goes amiss for any reason – say if you drop a gel pack, or find when you get to an aid station that your drink bottle has mysteriously disappeared.
- If you find it difficult to eat a pre-race meal, carbo loading will help you start the race with maximum possible fuel reserves.
- The extra water stored in the muscles along with glycogen during the carbo loading period will become available to the body during the race – this could be helpful say if you find it difficult to consume enough fluid whilst running or are competing in an ultra event (where hydration is often an issue).

The case against: -

- The extra fluid stored will cause bloating and cause the runner to feel heavy and uncomfortable.
- Carbohydrate loading is difficult to rehearse. Although it is often recommended to test any different foods or food combinations during the training period, it is not usually practical to include a taper in the middle of a training

program leading up to a marathon. Rehearsing a 'carbo load' before a long run may be helpful to some extent, but this will not take into account the effect of tapering combined with the additional carbohydrates consumed.

- Following a formal program encourages runners to eat to a schedule rather than on hunger basis, which may not be helpful for weight control over the longer term.
- The type and quantities of carbohydrate (such as large servings of sugary drinks and lollies) prescribed by some carbohydrate loading programs may encourage unhealthy eating habits and poor overall nutrition. The American College of Sports Medicine has identified athletes consuming 'high-carbohydrate diets with low micronutrient density' as a group at risk of nutritional deficiencies**.

The personality of the runner is also a consideration. Are you someone who takes direction well, or someone with a strong individual streak who likes to do their own thing? Do you enjoy the discipline of following a formal structured program? Are you good with technical details? Some marathoners (including the writer) justifiably feel they have better things to do with their time than count kilojoules and grams of carbohydrate. However, if you know how exactly how many km you ran last week, to the nearest metre and your training diary for the last 2 years is completed in meticulous detail, then carbohydrate loading could be just the thing for you.

Summary

- Carbohydrate loading has been shown to be of benefit only for events where depletion of the body's carbohydrate stores is a limiting factor - i.e. endurance events of 90 minutes duration or more. This includes ultra events such as Trailwalker, as well as marathons and may include half marathons for slower runners.
- A carbohydrate loading program does not replace the need for a well considered race nutrition plan.
- The pre-race meal is also important for events of one hour's duration or more.
- Many marathoners follow an 'informal' carbohydrate loading program by tapering their training and moderately increasing their carbohydrate intake prior to competition.
- Carbo loading should not be 'garbo loading' and

carbohydrates that are high in fat should be avoided.

- A 'formal' carbohydrate loading program should be worked out in consultation with your coach (for taper training) and Registered Sports Dietician (for planning of high carb diet).
- Ultra runners in particular may benefit from a formal tailored 'carbohydrate loading' regime as the extra glycogen and water carried in the muscles is likely to be a benefit rather than a hindrance.
- Carbohydrate loading is not a long term diet strategy – the super-high carb intake recommended prior to competition will supply an athlete's requirements for race day, but, being low in fat, protein, and possibly vitamins and minerals, is not an ideal diet for the rest of the season.

References

*Adapted from Bean, Anita "The Complete Guide to Sports Nutrition" Third Edition 2000

Stanton, Rosemary "Eating for Peak Performance: The Facts" Allen & Unwin 1992

**American College of Sports Medicine, American Dietetic Association and Dieticians of Canada joint statement. "Nutrition and Athletic Performance", Official Journal of the American College of Sports Medicine. 2000

Lastish finishes first

From Ken Smith

On the Coolrunning website my very occasional posts are made under the handle of 'lastish'. The choice of 'lastish' was because of my definitely last place in my first Fatass '12ft Track' ultra followed by a couple of places from last in my first Fatass 'Beyond the Black Stump'. I wasn't always last, just always last or close to last, hence 'lastish'.

Thus it was a novel experience for me in my first year with the Striders at the Internal Half-Marathon to start fourth and be home first.

It was only a couple of weeks before the event that I learned it was to be run as a handicap race. I thought my handicap was favourable to me and wondered how many others were similarly favoured.

I'd walked most of the course before but had never

run at Lane Cove. Nor had I ever seriously run a Half and hoped I could get close to two hours - with a handicap of 2:09.

Whatever system is used to generate the handicaps I can only assume that the times of my slow Super Series events and perhaps my Cities Marathon were taken into account. If that's the reason then some thanks are in order to those who assisted me to enjoy many stress-free runs at the tail of the fields.

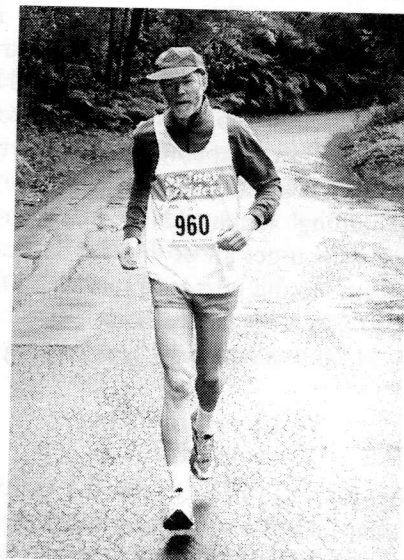
Equaliser - At my first Striders event, I met Martin Smith who wanted a relaxed run as he was on the comeback from shin splints.

Six Foot - thanks to Strider Clare Holland; I'd encouraged her to attempt the event so felt some responsibility to assist her beat seven hours which she did. It was a worry when the 7-hour sweep was well ahead of us for over an hour. Clare also ran with me in the SMH Half.

Woodford to Glenbrook - thanks to Western Suburbs Peter Allen who wasn't having a good day and I slowed us further by showing him some of the aboriginal sites near the track.

Sutherland to Surf - thanks to Strider Belinda Lockwood and Cities marathon - thanks to Western Suburbs Peter Allen, Bushie Bert, and a Coffs Harbour teacher for the slow start, the slower finish was all mine.

Internal Half - All my own work! Now I have a PB of 1:58:08 for the Half and no doubt my handicap next year will be very different. I'll be back to this very enjoyable course; traffic free, bush setting, sealed surface.



Between a Rock and a Hot Place

By James Moody

Three Striders headed off to the middle of our continent to attack this somewhat different Marathon. Allan Wareham had an agenda to run in all States and Territories, Pauline Evans wanted to run her second Marathon in an entirely different location and Rob and Jim Moody who were using it as their annual holiday.

Why Alice?

When the idea was originally discussed there was quite a lot of interest and throwing caution to the winds we proceeded to plan for the August start hoping we would have a number of intrepid souls to keep us company.

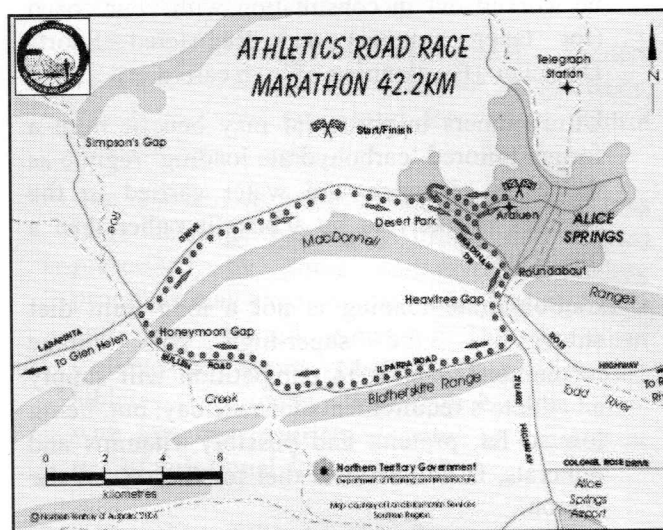
During the next few months a group coalesced and from an original base of five it dwindled to three - Pauline and myself who would run, Rob who was our team manager. Then Allan Wareham joined to help the Striders takeover bid for the Alice Springs Marathon.

So, where to begin? We had originally planned to run in Venice with Tina Campbell and Heather Foster, however that didn't happen. Then Berlin beckoned but that also unfortunately fell through. After looking long and hard at what other 'exotic' Marathons were available within our time and budgetary constraints the name 'Alice Springs' popped up.

Now I imagine that many of you would not put Alice Springs into the same league as the cities of Venice or Berlin, however when you look at the locations there are a number of similarities. They are a long way from our current location, both geographically and aesthetically; not too difficult to get to; have a similar morning start temperature and above all hold a Marathon. What's more the entry fee for Alice is \$35.00 (including lunch AND a Trophy). Now where else can you get all of that for 35 bucks these days (Rob came to the post race lunch and that alone cost \$20.00 so the Marathon entry fee was effectively \$15.00 - a bargain I hear you say).

The Training Plan

My original plan had been to run the Gold Coast in July and then look for something other than Sydney (something about the hills at the 40km mark from



memory) in September. This would have given me plenty of time to recover from one before starting to build up for the next. (All MTG members past, present and future ignore everything I say and put your fingers in your ears or skip to the next article). Now I had six weeks between Marathons which is not really an ideal preparation time. However not being one to listen to what proven experience has indicated I rearranged my schedule for a six week turnaround. I figured a three-week recovery with a 35 km run at the three week mark then a three week taper. Perfect. Hmmm. It was a PLAN - of sorts!

There was one small glitch in this plan and that was work had started demanding my presence in New Zealand. Now I don't mind going to NZ but this time it meant that I had some entertaining. Doing some mid week kms became something of a chore so my three week recovery turned into a stretch of recovering from a variety of overindulgences while trying to ensure I kept up a steady program of hydration.

Having managed to coerce my liver into surviving for three weeks it was time for the long run. Pauline and I had decided that we would do a version of the Ten Bridges but starting from my home at Nth Ryde and running it in reverse. I have always enjoyed the Ten Bridges as one of the more scenic courses although when we decided to start from my home we inadvertently added an additional 5 km of hills at the start and eventually at the finish. No problem, we're Striders after all, so what do a few hills mean to us. Hmmm.

The following three weeks were a real treat, what a great way to train for a Marathon, one long 35 km run then reducing the weekly kms again.

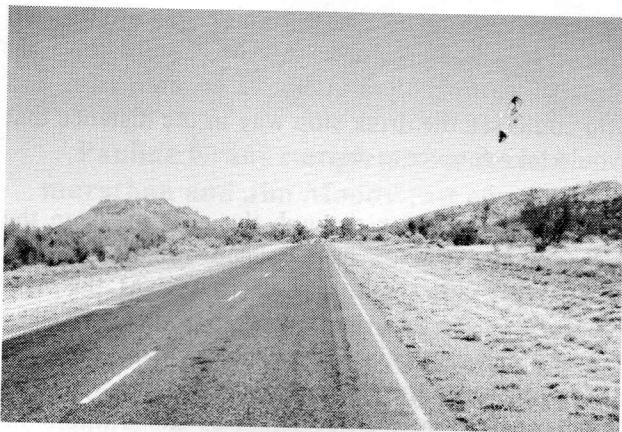
We arrived in Alice Springs on a mild afternoon with clear skies and a temperature of around 18 degrees. This was what we had been hoping for, not too warm, although the very low humidity could be a problem during the race due to the high evaporation rate it causes and the dehydration that may follow.

Those of you who have been in a MTG will be aware of how I always carry on about hydration so you will be pleased to know that I started my pre-race hydration program as soon as we arrived in town. After booking into the hotel we took a quick drive over the course to get acquainted with the local conditions then into town to register for the race.

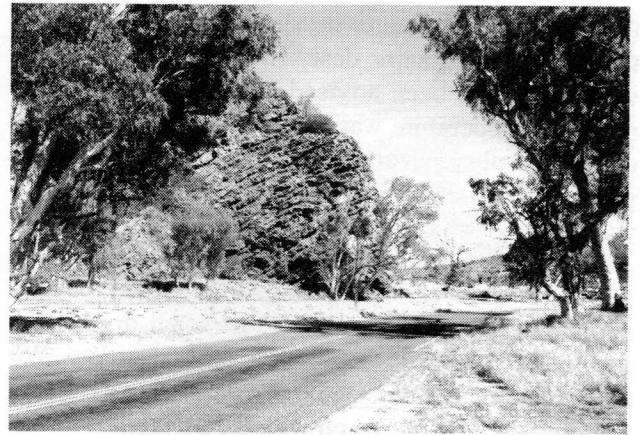
The course

The course is basically a loop around the West MacDonnell Ranges with a 4 km out-and-back at the very beginning. The start is the Araluen Cultural Centre about 2 kms out of town then a 4 km run to the Desert Park (a must-see if you go to Alice Springs). This section is through the residential area of town and you eventually run alongside the railway line that heads to Darwin, then out to the Stuart Highway through Heavitree Gap. After passing the Gap you head towards the Blatherskite Range then turn right along Ilparpa Road.

The course follows Ilparpa Road for about 6 kms before turning right into Bullen Road, which returns through another break in the MacDonnell Ranges at Honeymoon Gap. For those not fond of running on straight roads for kilometres at a time this may not be the race for you. On some stretches of this section of the course the road disappears over the horizon.



Six kms of straight road



Honeymoon Gap

Once back inside the ranges there are a few changes in elevation that seemed somewhat miniscule when we drove over them. Funny how different things seem when you are driving from what happens when you have to run the same road in the latter half of a Marathon. Drink stops were to be at every 3 kms, however only water would be provided.



The Pasta Party (Robyn, Jim and Pauline on left)

The Friday evening Pasta Party was held at Sporties Restaurant in the middle of the Alice Springs Mall. We were made to feel very welcome by the race director Noel Harris (any members of the club who have been to the running week held at Thredbo will remember Noel). There were about 40 people present and again we were able to mingle with the local runners for an enjoyable pasta dinner while watching the London Marathon on a wide screen tele.

The start

The race started at 6:00 am on the Sunday morning. Most people had commented about the temperatures

that we would encounter in Alice Springs as being in the middle of a major desert it could be somewhat warm. We had been advised by the locals that the morning temperature was likely to be in the range of minus 3 to plus 3 degrees. We had a surprise when it was actually 6 degrees although it did feel somewhat warmer.

As there were no sports drinks provided on the course they provided boxes for personal drinks that would be taken to the various drink stops. We accordingly gave our drinks to the marshals at the start and they were spot on with the deliveries.

This was planned to be the Striders take over of the Alice Springs Marathon and as it turned out we represented 10% of the Marathon field (almost, there were 38 runners in the Marathon). The event has two races, the Marathon and a Half. Both races are run together and we all crowded the start. Well, we sort of crowded together for warmth, space wasn't actually a problem.



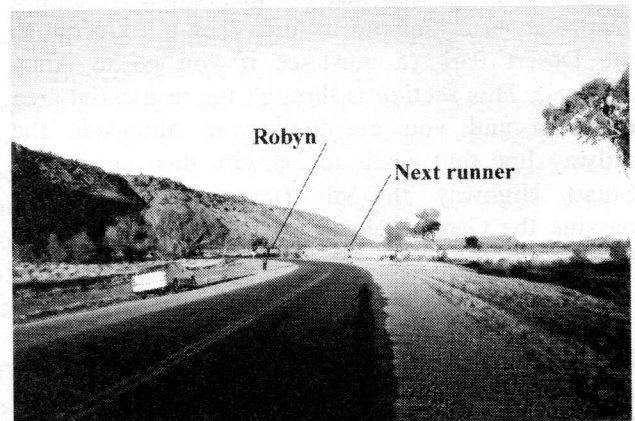
At 6:00 am away we went. It was an unusual feeling to be in the front runners (with 56 runners total, everybody was a front runner). My usual experience is that I start running some minutes after the gun has gone, which in itself can be a shock when it happens. The field started to stretch out reasonably quickly, Pauline and I had planned on 28 minutes for 5 kms for the first 30km and settled into a rhythm pretty easily. For the first 40 minutes we were in the dark following the km markers painted on the road. We had checked these the previous day and they appeared to be very accurate.

Loneliness of the long-distance runner

The scenery is very different compared to previous marathons. The first 4 kms were similar to most Australian suburbs although the houses were far more spread out until we reached the edge of town at

Heavitree Gap. This is the break in the MacDonnell Ranges and from here on you are pretty well in desert country. The colours and scenery are spectacular. We watched the sun rise on the ranges which changed colour as we ran. The temperature stayed around the 8 to 14 degrees for the first couple of hours, which we hoped would continue.

This run is held on the open road and we were somewhat concerned about road trains passing at high speed but it didn't happen, probably too early in the morning and by the time they were on the roads we were safely into the back streets. The open road arrangement was very handy as our support crew (Robyn) was able to drive ahead of us to offer support or to get our drinks from the drink stops and hand them to us as we ran past. It was also very nice to have a single spectator on a 5 km stretch of straight road standing on the roadside ringing Swiss bells and giving us support. The local support was mostly from those engaged in providing drinks at the various stops or at the Half Marathon finish from where they were all bussed back to the start.

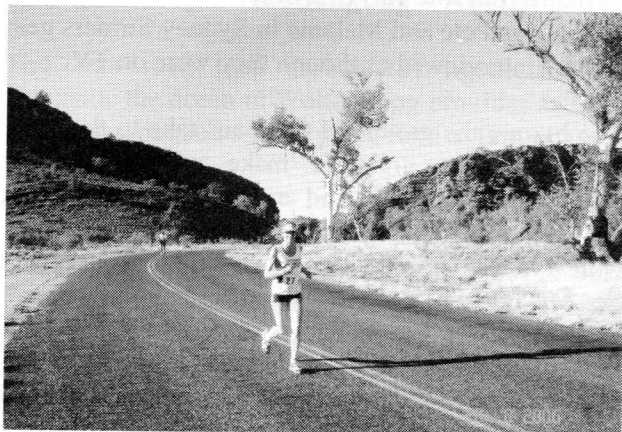


The Blatherskite Range, Crew and Distant Runner

As you may imagine the runners get pretty well spread out on the course. At some times the next runner was probably a kilometre or more away and you could see the drink stop way in the distance that would take forever to arrive.

When you turn back through the next break in the range at Honeymoon Gap you are on the last leg, albeit still with some 18 kms to go. At the next intersection you turn right onto Laparinta Drive (turn left and the next stop is probably Sydney) and you are heading into the sun for the rest of the race. This is the toughest section of the race as this is where the small hills we had previously driven over had

suddenly increased in height and what Allan had counted as 11 slight inclines became 11 serious hills. And the temperature started to climb with them. The scenery is still classic Northern Territory with red colours dominating. Funnily enough we weren't thinking about the colours at that stage, just holding on for the finish. The course again passes the Desert Park on the return leg so we knew exactly where we were and only 4 kms to go on the edge of town.



Through Honeymoon Gap

The finish was somewhat of an anticlimax. With only 38 runners coming in over quite a long time the previous finishers had mostly gone home. Rob however had arranged our own STaR breakfast so we would not feel unwanted. Then back to the hotel for a quick hydration session before going to the lunch.



Pauline Evans completes her second marathon and Jim Moody just completes

The lunch was well-presented, a buffet meal with drinks from the bar. After lunch the awards were made, every runner from both events was presented with a certificate and a trophy. It took a while but gave us all a chance to chat and do some more re-hydration as the afternoon wore on.



Alice Springs STaR breakfast

All up a good Marathon. I doubt that it will ever rival the great Marathons of the world but fun to do with some passionate runners from the NT. The volunteers were similar to our own Striders volunteers, they worked quietly behind the scenes (some popped up on more than one drink station) to make the day a success. Not sure I would do it again but an experience that was worth doing.



Allan Wareham add another marathon in another state

Results

Pauline Evans	27th of 37	4.18.26
Jim Moody	28th of 37	4.18.26
Allan Wareham	29th of 37	4.34.55

**

Postcard from the Black Forest

By Chris Truscott

Pete Truscott married Melanie Rauleder in Karlsruhe, Germany, September 30th 2006

Maybe it was when the balloons were flying skyward with Pete and Mel's pictures attached to them. Or perhaps it was the three German men in 'Matrix' coats with frying pans dangling from their otherwise naked bodies underneath. I'm not sure but I knew this was to be a wedding with a difference.

We are 90 minutes south of Frankfurt in Germany's majestic Black Forest region. It is 7 days post-Berlin Marathon and it feels like 7 weeks – and we love that. My brother Rob and I arrive at Pete's place decked out in suits ready for the day to start. Pete however is loafing about in tracksuit bottoms, Melbourne marathon tee and no shoes. "Plenty of time," he motions for us to sit and watch 'Caddyshack' with him. I call for a beer. I get two cheese Kranskies. We watch 'Caddyshack' again. I again call for a beer and am rewarded this time. "All is okay, I will just sit and rework some of the telegrams people have given me," I think.

The service takes place down the road in a quaint, well-decorated church. Melanie looks a million dollars with pearls woven into her hair. Pete is battling the sun streaming in through the skylight right onto his face. As the minister delivers the service, we visiting Aussies try in vain to translate, while Pete and Mel look completely at ease with one another.

Rings swapped, "I do" ticked off and we are outside again and watching Pete and Melanie cut helium balloons, decorated with pictures of the couple, free from a tug-o-war rope, launching them into the air. We watch them cut a giant red heart free from a large banner which Pete then carries Melanie through. Then we pose for the 'paparazzi'.

Next stop the 'farm' - a nice function centre over the Rhein and near the French border. We arrive at 4pm and have until 2am when the bus collects us. "10 hours, wow, better pace ourselves," we all think. The room is full of timber furnishings and ornate decorations. Just outside, an ancient farm workshop has been restored for display purposes. But the toilet – being at least a 30 second walk was much too far for some of us.

The reception starts with everyone being introduced to one other, some lovely canapés, beer, wine and more photos. The usual speeches occur early on and then comes the sketches or skits on stage that the Germans put on for everyone. Melanie's parents dress up as Pete and Melanie in Sydney Striders gear and are interviewed as though they were on TV.

One by one the groups of Germans take to the stage throughout the night to make us laugh. They entertain and amaze us and are still at it at 1.30am in the morning. The afore-mentioned 'Matrix men' with frypans under their coats are still a mystery and one Melanie will need to explain sometime.

Lots of dancing, eating and drinking was enjoyed and Pete and Melanie were the very happy bride and groom throughout.

By 2am we were all ready and waiting for the bus, certainly not living up to the 'Aussie-party' tag the Germans have come to expect after the World Cup. But a fantastic wedding we certainly did have.

Congratulations to Peter and Melanie Truscott. Welcome to the family Melanie.



Athletics NSW – Winter Wrap-Up

By Glenn Guzzo

What a winter it has been for the Striders! A huge increase in participation, with 46 Strider members affiliated with Athletics NSW ready to mix it and compete with other clubs from around the state.

Road Relays – Wollongong – August 5th

The 2km road loop around the lighthouse and alongside the ocean in Wollongong provides an ideal family day out and a great place for 4 x 4km relays.

Our Open Women 'A' team came 5th - **Jo Pai, Jenny Truscott, Shelley Howes, and Jo Cowan.**

Our Open Women (B) team was unfortunately disqualified for having a runner doubling up – the team was **Amanda Underwood, Katie Rowell, Bernadette Gregory and Jenny Truscott.**

The 35+ team came 2nd - **Jo Cowan, Lisa Caroli, Caroline Yarnell, and Danielle Langsworth.**

Our Open Men 'A' team came 4th - **Glenn Guzzo, Tony Fattorini, Keith Bateman and Gary Howard.** The Open Men 'B' team came 4th - **Craig Brown, Paul Bruning, Wayne Gregory, and Mark Russell.**

The 45+ team also came 4th - **Chris Hall, Dennis Wylie, Ron Schwebel, and Stephen Jackson.**

State Marathon Champs - Sydney Marathon – September 17th

Many of you may not know that the Sydney Marathon also doubles as the State Marathon Champs. Three runners form a team and we were lucky enough to have two Male Open teams, with Striders 'A' finishing 1st - including **David Criniti** 5th place overall, **Raymond Wareham** 37th and **Glenn Guzzo** 3rd overall. Striders 'B' managed 3rd - **Wayne Gregory, Dennis Wylie and Ron Schwebel.**

Individually, **Glenn Guzzo** picked up the Gold for the State Marathon championships, with **Dave Criniti** and **Jenny Wickham** winning Silver medals for their efforts.

Three Premierships

Well, last winter we were close but this year we obtained three premierships and narrowly missed the Open A premierships as well.

Provisionally that gives the following overall results for the Winter Premiership:

Men

Open A – 2nd place

Open B – 1st place (Premiers)

45+ - 1st place (Premiers)

Women

Open A – 2nd place

Open B – 1st place (Premiers)

35+ - 4th place

In addition, to our three ANSW Premierships, we also have the two ANSW Winter Distance Runners of the Year in **Jenny Truscott** and **Glenn Guzzo.**

National Cross Country Championships – Hobart – August 26th

Three Striders also competed at the National Cross Country Championships, which were held at Bradman Equestrian Centre, in Pontville, just outside Hobart on August 26th. To spice things up they even had hay bails as obstacles out on the course.

Jenny Truscott (14th) and **Greta Truscott** (17th) ran in the Open Female 8km

Glenn Guzzo was 13th in the Mens' 12km race.

Representing NSW at Gold Coast in the Australian Marathon Championships were **Jenny Wickham** and **Shelley Howes.**

Looking ahead we have a wide range of events on the track this coming summer. This includes specific events such as 3000m, 5000m and 10000m State Championships, and for the real speed demons shorter distances, such as 100, 200, 400, 800, 1500 and steeplechase in the Inter-Club competition at various track venues around Sydney. More details can be found at www.nswathletics.org.au.

Of course you don't need to be an absolute gun runner to be part of the action. There are varying grades and it makes a great social day out and a good way to improve as well. We will be sending out registration information for the Summer season. In the meantime check the calendars on the web-site and feel free to drop a line to glennguzzo@gmail.com.

Reflections on a Training Program

By Paul Bullas

Melbourne 2006: 3:26:38..... About six and a half minute PB. It may not have set the world on fire but it was under 3:30, and it was a PB. Could I have done something different to improve on that?

Since the 6 Foot Track chewed me up and spat me out in March this year, inordinate hours of brain activity, most of it pretty passive, have been spent considering different ways of training. Different, that is, to what I have done in the past. So I politely asked (pestered) those in the 6 /6:10 groups (those I could keep up with) for their training secrets. What I quickly found out was that very few runners do the same things and that just about everybody is different from me. Different, that is, in age, gender, aims, physique, madness (all Striders have it, it just varies in quality) and time available for training. So I read and Googled and, surprise, surprise, no program seemed to fit my profile. So after some more talking with a friend of quality running stock, I came up with my own program. It may not be all that novel but it seemed to suit me in many ways. Mostly it increased my enjoyment of training, it did not leave me feeling tired all day long and it also improved my race times.

For 6 Foot Track I had followed my usual pattern of ignoring everyone's advice and did three runs per week of about 10-15, 12-20 and 20-30 km, peaking at about 65 km per week. Now before you go on about 'not enough kms', you have to know that my body starts to pack up, get injured or stay sleepy and crabby all day once I exceed 70 km per week. And I want to stay married. Not to say that it wasn't a terribly bad program for me because I did a 30

second PB in the 10 km a week before 6 Foot. Maybe it was too close. But 6 Foot was so torturous! I thought I was fit ! And I really wasn't enjoying the runs.

So my first idea was to keep to about the same pattern but run the mid-week runs as fast as I could and run with 6:10 instead of 6:00. Yes, Dale, that is probably slower than the front of the 6:00 group but I thought it might be more demanding anyway. This seemed to be working. It was interesting to see how fast I could do my mid-week runs, though a little hard to get out of bed knowing that I had to run hard, and the STaRs were getting a bit easier. I PB'd the SMH half by 2:40, so something was going right. Then came a two-month bout of recurring pharyngitis, during which I probably had too much time to think and not enough running. It was hard watching everyone do Gold Coast and see so many great runs when I was spluttering doing 10 km. I set my sights on Melbourne in October - 14 weeks.

All my thinking, reading, Googling and pestering led me to a realisation that each run needed to have a purpose other than just to get some more k's under my belt. Ask most runners about what they are training for and almost immediately comes the question, how many k's are you doing? I started to think more in terms of why I was doing a run rather than how far. The result was a basic recipe.

Strength – gym, Speed – intervals and tempo, Endurance – over-distance and tempo, Recovery (I am not a spring chicken) – rest, gym, easy paced short kms.

Over the week the program looked like this.

Tuesday	Gym – cycle, weights, stretches, abs, elliptical trainer or cycle
Wednesday*	10(-16) km at marathon race pace
Thursday	6 km - slower than marathon pace
Friday*	Intervals – 4 x 500 (- 2 x 500 + 4 x 1km) – faster than 10km pace
Saturday	6 km - slower than marathon pace
Sunday*	20 – 30 km at 5:30 min/km pace – 6:10 group !?!
Monday	REST

*Core sessions

The first distances are for the first weeks while the distances in brackets are the distances for the final weeks. Most of the sessions took less than an hour with the obvious exception of the STaR.

The gym session was excellent for recovering from the long run on the Sunday, building some strength in my hamstrings (my never-ending problem area) and reminding me that the abs need work too. Oh how I hate working those abs!

The 6 km runs on Thursday and Saturday worked well to warm the muscles and help work out any soreness from the previous day's run. Even if I had to shuffle, they seemed to do the job.

Strangely the most enjoyable and interesting of the sessions was the interval session. Not really having run them consistently, I was very conservative, especially at first. I found a park which measured just on one km around. Here I used my Garmin GPS and checked it with Google Earth. Initially I ran a two km warm up and then 500m at just under 10 km race pace followed by a 500m jog, repeated this another three times and then did a two km warm down. As the weeks went by this was gradually increased to two 500's and four 1000's with a 250m jog in between. Amazing how consistent you can become with the times.

The first test of this was the 10 km at Lane Cove managing a 48 second PB. The next test was the Sydney Half in September. Not only a test but the last hard longish run before Melbourne. With another 2:39 off my half time here, Melbourne was looking good.

For a taper, I cut my kilometres by about 30% each week of the 3 weeks, keeping the core sessions of similar intensity.

Then Melbourne. Is anyone ever totally happy with a race result? Probably not that many. I give myself a B plus for that result. But the training was great! Now for next year, I thought a program based entirely on heart rate would be interesting.....

PS What program do other Striders use? It might be helpful for others to get yours into print for us to ponder.

Roll of Honour

15 Years Membership

Mark Fiore

5 Years

Joanna White	James Moody	Roland Hassall
Robert Inglis	David Burgess	Arthur Huxtable
Leigh MacRitchie	David Lancaster	Steve Hume

New Members – July - October

Welcome to the Striders. We hope you get great enjoyment from your membership over many years, attain your running goals, make new friends and contribute to making the Club even better.

Andy Round	Carl Barker
Helen McGuirk	Julia Stell
Ben Stell	Jon Griffiths
David Lucas	Tom Highnam
Mathew Simpson	Len Morrison
Catherine Swindles	Guillaume Vautier
Meredith Thomas	Bruce Tomlinson
Raymond Rowell	Rob Scott
Lenya Sharp	Harold Wiegiers
Una Gallinetti	Herb Schotel
David Kane	James Swadling
Mark Gregory	Jude Gregory
Ben Carey	Gayle Quagliata
Ian James Thomas	Andrew Kets
Shane O'Connor	Rod Saville
Paul Craft	Jaclynn Pearse
Fergus Dixon	Stephanie Haigh
Antony Giblin	Ian Sargent
Danielle McCormack	

Waverton Training Run From Susan Login

A small group of us do the 10k Waverton run every Thursday and we'd like to increase the numbers. We meet at the Waverton Bowling Club and leave at 6pm for a scenic run round the foreshore with plenty of hills and views. Sights including Luna Park, the Harbour Bridge, Kirribilli House, although an invite for tea has not yet been extended by Mr Howard, the Royal Yacht Squadron, Ensemble Theatre and the purpliest street in Sydney when Spring comes. We run all year round but with summer starting it is a lovely run after work.

All abilities are welcome. The fasties can inspire us and the slowies can take short cuts so we finish together. We have also been known to go for the odd bit of Thai afterwards as socialising is the real reason for running.

Letters Page

Dear Sir,

Congratulations on occupying the Blister Editor's hot-seat for this historic 100th edition. Who could possibly have imagined that a publication whose first issue consisted of four foolscap sheets and a staple would survive 100 editions and 26 years? I mean, foolscap? Hello?

You seem to have achieved a degree of longevity (20 editions now, is it?) which threatens to outdo most, if not all, of your predecessors. One hopes your reasons for staying in the job are not related to the Striders' committee's entrenched devotion, ever since Day 1, to the Chicken Little argument ('No other bugger will do it if you drop out, and therefore the sky will fall'). This phenomenon successfully blackmailed almost all previous Blister Editors, including myself, into producing at least half a dozen more editions than we originally said we would, with resultant disruption to our work and family life.

Talking about work, however, you may be interested to know that almost all Striders previously associated with Blister editing and production, since the earliest days in 1980, have moved on to stellar careers in their chosen field after retiring from the position you now so proudly hold. The only exception was a most unusual person who inexplicably described himself as 'Blister Publisher' for editions 12-19 in the mid 1980s, one Bryce Courtenay. I guess we all knew right from the start that he would never amount to much and would probably spend the rest of his life in abject poverty, but we were too polite to point this out at the time.

Looking back at the very first editions of the Blister in 1980, your readers may not be aware how close the club came to early extinction. Page 1 of Blister #1 (July 1980) listed two proposals for club colours, one of which was our now-famous emerald green and white. If we had adopted the other (red, white and blue vertical stripes) the club would undoubtedly have died of sartorial shame within six months.

Numerous other club traditions were set very early in Blister history. The first incorrect spelling, in Blister #1, was the word 'incorrect' spelt as 'incorest'. The first recorded whinge (again, Blister #1) was an item entitled 'Beware the Whinger'. The first recorded bleat about the pace of STaRs was in

Blister #2 (Aug-Oct 1980). 'Many members seem to be running by themselves on these outings' wrote STaR Coordinator Mike Bingham. '... By slowing down a fraction they would be able to enjoy the company of a fellow member'. This item created a Striders tradition which persists 26 years later, except these days the entreaties to slow down are conveyed by e-mail. The 'honesty box' at the first few STaRs failed to cover the cost of drinks because some tight-arsed runners wouldn't put in the princely sum of 40 cents. I guess when your money's in the glove-box of your Porsche, you don't want to walk 50 metres to get it, especially after a 30km run. Subsequently a committee member was delegated the task of 'confronting' runners to demand payment. Fist-fights may have taken place but were not recorded in the Blister.

The first instance of Striders sexism occurred in Blister #2 under the title 'Unpaid Situations Vacant - Typists'. It read: 'Your magazine desperately requires the assistance of typists. Articles get submitted, yet we struggle to convert them from lead/ink to type. So volunteer your girlfriends, wives and mother-in-laws [sic] now.' Readers who are under 30 can ask Mum what typists were. If you want to risk a volley of abuse, ask her why they were never male.

Advice on running gear in Blister #2 included a valuable tip: 'Baggy non-running shorts are unsuitable as they will cause chaffing'. Correct, but easier to bear than the equally inevitable chafing, I'd have thought.

The club's first prizegiving was at Smokey Liebmann's place in Turramurra on 1 November 1980. The announcement contained good news and bad news: 'Supplied: Cheese, wine, music, club awards.' (Yay, hooray). 'Not Supplied: Bottled grog, partners.' (Boo, hiss).

While I've got your attention, I wondered if you could ask your readers whatever happened to that S.W. Bag chappie who was a regular contributor to the letters column some years ago. Admittedly he used to whinge like it was going out of fashion, but most of the stuff he complained about really did need fixing. If it weren't for that, people might almost have thought he was attempting irony. It would be great to revive his contributions if anyone knows where he is these days.

Best regards,
Steve Cornelius, Production Editor, Blisters 55-68.

The Editor, Blister Magazine
Dear Smarty-Pants,

I suppose you think you are the cat's whiskers, sitting on your fat backside in the editor's chair for Edition #100, but in my opinion your journal has gone to hell in a handcart in recent years. For example, whatever happened to the traditional 'Race Director's Letter' of yore?

Back in the 1990s, one of your predecessors regularly published letters from marathon race directors all around the world, and made a point of printing them in the native language of the writer. Their message was always the same: that I, S.W. Bag, had never competed in their local marathon, that anyone who thought I had was a complete fool, and that you should adjust your records accordingly.

Many Striders polyglots, myself included, enjoyed reading such letters in Chinese, Romanian, Tagalog, Punjabi, French, Spanish, Danish, Swedish, Esperanto, German, Croatian, Hindi, Greek and the International Phonetic Alphabet. If one didn't know otherwise, one might have thought these letters had been deliberately contrived by bribing members of Sydney's many ethnic minorities with beer, chardonnay, and brown paper bags full of banknotes, but I have it on good authority they were not.

The tradition in fact originated in Blister #54, when retiring editor Roger 'Popeye the Sailor Man' Rigby published a spurious entry in the marathon ladder, crediting me with an 11-hour finish in the Lop Nor Marathon in northern China. Naturally, the outraged director of that marathon wrote in to correct the matter, and for many years afterwards, other race directors were eager to place my non-participation on record.

Could you not bring yourself to revive this wonderful club tradition, just this once for the hundredth edition of your miserable scandal-rag?

Yours censoriously,
S.W. Bag

**

The Editor, Blister Magazine.
Caro Senhor,

Escrevo para informar que Senhor S.W. Bag nunca competio no Maratona de Tondela. Quem pensa que isto se passou é um idiota total. Por favor ajuste as suas fichas apropriadamente.

Com agradecimentos,
Joao Silva
Director da Corrida
Maratona de Tondela, Portugal

**

To the Editor
Hi,

I just wanted to pass on my thanks to the Striders member who stopped in the City to Surf to assist my 17 year old daughter, a fellow Strider, who had collapsed. It was a really selfless thing to do, and very comforting for a non-runner mother!

We also appreciated the phone call the next day to check that Sarah had recovered - great support!
Thanks so much,
Cathy Hammer

Results Supplement

When I took over Editorship of the Blister in 2001, the Club had about 300 members, there were no Age-Group prizes in the 10K Series and the last 10K race had seen 64 Striders in a field of 93. Back then you could browse the results and put a face to all the names, less likely now with doubled membership and 10K fields of 300.

I had been reluctant to cease publication of, at least abridged, results as not all Striders have internet access. However, conscious of the fact that I would shortly be passing the Blister to new hands, I wanted to make the workload more manageable by removing the requirement to format results.

I proposed that a 'no-frills' separate results printout be generated by the Results Coordinator which, then President, Steve Jackson and Results Wizard David Bray agreed to. It was supposed to all start with last Blister but it didn't quite happen. David intends that in next year's membership renewals Striders will be able to opt for a Blister results supplement if required.

Meanwhile, if you would like a printed copy of the final 10K and Super Series results (and others) please call 9427-2794 and I will ensure this is sent out.

The Editor

Results Highlights

Apologies there is not space to list all runners in all races listed.

Gold Coast Marathon, 2nd Jul

Craig Brown 2:48:04
John Bugg 3:05:12
Roger Cartwright 3:06:13

Jenny Wickham 2:49:22 6th Female 3rd F30-340
Danielle Langsworth 3:11:54
Shelley Howes 3:16:21

Short Course X- Country, The Crest 15th July

Strider teams

Silver Open Male (Glenn Guzzo, Chris Truscott, Darren Benson, Tony Fattorini, Keith Bateman, Gary Howard)

Silver 45+ Male (Ron Schwebel, Dennis Wylie, Mark Russell, Wayne Gregory)

Silver Open Female (Lucinda Chapman, Jenny Truscott, Lisa-Anne Davie, Danielle Langsworth)

Individual Striders:

Keith Bateman – 1st – 50-54 age group

Joanne Cowan – 2nd – 50-54 age group

Lucinda Chapman – 3rd overall

Alex Jensen – 19th in the Under 18

Cherrybrook Chase, 16th July

12km

Alex Jensen 3rd Male 47:13
Jenny McKenna 2nd Female 50:07

5km

Stephen Parker 1st Male 18:14
Michael Kendig 2nd Male 18:32

Sutherland to Surf, 23rd July

David Criniti 36:34
Damian Tancred 36:58
Tim Cradock 37:22

Lucinda Chapman 38:03
Suzanne Kelly 44:18
Shelley Howes 45:08

Hunter Valley Running Festival, 23rd July

Marathon

Martin Pluss 4.20.32

Half Marathon

1st Tim Ashby 1.08.42
Dean Harris 1.33.59

Leighsa Hill 1.34.03 2nd F40-49
Tim Deane 1.37.02
Mick Regan 1.38.51

10km

Rebecca Deane .52.21

Cities Marathon, 30th July

Pl		Time	Notes
1	Glenn Guzzo	2.22.19	
6	Carl Barker	2.53.19	
7	Raymond Wareham	2.56.17	
10	Stephen Firth	2.58.14	3rd M40-49
14	Mark Fiore	3.04.48	
17	Suzanne Kelly	3.07.34	3rd Female
22	Barry Rutter	3.21.38	3rd M50-59
23	Tim Austin	3.22.14	
26	Wayne Gregory	3.23.44	
28	Glenn Lockwood	3.25.51	PB of 8:26
47	Roland Hassall	3.48.20	
48	Chris Yates	3.48.20	
49	Gary Aitkenhead	3.48.28	
66	Charlie Cordina	4.14.28	
68	Eric Schmierer	4.18.54	
79	Ken Smith	4.36.58	
81	Jeff Morunga	4.38.57	

San Francisco Marathon, 30th July

Darren Benson 3rd Outright 2:34:21 PB

10K Series Race 7 Homebush, 5th August

Jeremy Horne 32:16
Chris Truscott 32:44 1st Strider
David Criniti 33:47

Jenny Wickham 37:15 1st Strider
Shelley Howes 41:05 2nd Strider
Suzanne Kelly 41:34 3rd Strider

City-to-Surf, 13th August

Chris Truscott 45:44
Darren Benson 46:04
David Criniti 46:31

Jenny Wickham 51:56
Jenny Truscott 53:32
Joanne Barton 56:56

Jo Cowan set a Striders Masters record with 58:33

Mt Wilson – Bilpin 36km, 26th August

Darren Benson was 1st in 2:10:57; with Striders taking the first 5 places. Darren was followed by **Tony Fattorini, Chris Truscott, Tim Cradock** and **Richard Palmer**. **Suzanne Kelly** and **Lisa-Anne**

Davie were 2nd and 3rd Females with Suzanne 1st O-40. Other age group winners were **Tina Campbell** (O-50), **Hugh Spencer** (O-60) and **Frank Dearn** (O-70).

Mudgee Marathon and Half, 27th August

Marathon
 1st Guy Doulman 2.45.49 Debut as Strider
 21st Glenda Mitchell 4.08.58 2nd F35-44
 22nd Walter Mitchell 4.08.59

Half

3rd Stephen Jackson 1.19.35 1st M45-54
 7th Joanne Barton 1.27.43 1st Female
 24th Jim Barrett 1.42.04

10K Series, Race 8, North Head, 2nd September

Glenn Guzzo 31:51 1st Strider
 Charlie Low 32:05
 Jeremy Horne 32:09

Greta Truscott 38:13 1st Strider
 Anna White 39:18
 Danielle Langsworth 39:44 2nd Strider

Sydney Running Festival Marathon, 17th Sept

3rd Glenn Guzzo 2:22:52
 6th David Criniti 2:31:44 3rd M18-29
 Shaun Atchison 2:56:04

Jenny Wickham 2:53:18 3rd Female
 Carol Keane 3:18:07
 Ingrid Grace 3:35:05

Helen Wilson 4:13:29 1st F60-69

Berlin Marathon, 24th September

Martin Matthews 74th Male 2.36.35 PB of 0:07:27, previous Melbourne 9/10/2005
 Chris Truscott 81st Male 2.37.37
 Jenny Truscott 25th Female 2.59.45 PB of 0:07:24, previous Rotterdam 10/4/2005, 4th fastest on Club Ladder
 Pete Truscott 332nd Male 3.26.46
 Robert Wawrzyniak 12525th Male 4.14.18

10K Series Race 9, Homebush, 7th October

David Criniti 33:09 1st Strider
 Ben Artup 33:26
 Mark Gardiner 33:32

Jenny Wickham 38:19 1st Strider
 Anna White 39:39
 Dianne Aitken 40:18 2nd Strider

IAU 100km World Cup, 8th October

Darren Benson 7.17.35 (30min PB! 23rd of 256)
 Vivienne Kartsounis 9.24.34 (0:03:49 min PB 33rd of 63)

Fitzroy Falls Marathon, 14th October

Place		Time
2	David Criniti	2.56.37
3	Tony Fattorini	3.03.03
8	Wayne Gregory	3.37.00
11	Ron Schwebel	3.49.19
25	David Bray	4.11.15
30	Mark Langsworth	4.22.25
43	Amanda Underwood	4.39.31
67	Scott Williams	5.19.31
77	Belinda Lockwood	5.43.53
78	Glenn Lockwood	5.43.53
79	Martin Pluss	5.46.32
80	Ken Smith	5.48.01

October Triathlons

Gareth Banks - 2h 21m, 46th age group placing at the World Olympic distance triathlon in Lausanne, Switzerland.

Stephen Firth - 11h 12m, 86th (out of 166) at the Hawaiian Ironman where he ran a 4.26 marathon.

10K Open Rankings at Race 9

Cameron Arnold	Lisa Carroli
Matt Palmer	Ingrid Grace
Tim Lindop	Shelley Howes

10K Series Age and Gender Adjusted

Dennis Wylie, Ross Sinclair, Tim Lindop

Super Series Open Rankings at Race 9

David Criniti	Suzanne Kelly
Shaun Atchison	Shelley Howes
Stephen Jackson	Lisa-Anne Davie

Super Series Age and Gender Adjusted

David Criniti, Suzanne Kelly, Stephen Jackson

Broken Wing Club

James Cryer was reportedly out of action in September with medial ligament damage to right knee allowing Rod Lovel and Barry Rutter to enjoy an unfettered rein of 'free kicks' in his absence. (James did hobble the W2B - against all rational advice - in 4 1/2 hours)

From the Archives: 10 Years Ago

A 7am winter STaR start time was experimented with to boost numbers at STaRs but got off to 'a confusing start'. Striders were asked to help address the lack of photos in Blister and the front page of Blister #62 featured **Stephen Jackson** flashing his Striders singlet while doing hill-reps on Mt. Aconcagua in Sth America accompanied by **Grahame Murphy** and **Megan**. In 'Kev's Korner' **Kevin Tiller** pondered at what point in a run the shouts of supporters change from 'looking good' to 'hang in there'. There was lots about logos as new Pres, **John Turner**, presented our new logo which gave room to add that of our new club sponsor DHL. First Pres, **Charles Coville**, defended the old logo (which is what we went back to post-DHL). **Margaret Gee**, who had been a publicist for James Fixx, ran her first marathon in Canberra to see what it felt like. The article was accompanied by a photo of a number of male Striders clustered round the first lady to get their mugs in shot. Articles included **Jonathan Trope** on an ill-fated Comrades training run for which **Ray Potter** copped the flak. **Peter Cookson** told of his fight with the London Marathon (and organisers). **Phil Hugill** reported on the Brisbane Bush Bash, **Jim Screen** on the Royal National Park Ultra, **Graham Butler** on the SMH Half (73 Striders ran, 14 women) and **John Turner** on mountain-biking in Morocco. **Scott 'of the Antarctic' Crawford** told of his trip to Antarctica and was the first Strider to run a STaR on the continent. The Blister gleefully published a photo of a pack of penguins with Scott apparently running at the back of the pack, then awaited a call from Scott's lawyers. **Dick Bartlett** described Cradle Mountain and Comrades and **Graham Butler** told of the Striders striking water in the Kalahari Desert on a post-Comrades safari (their campfire burnt through plastic underground piping). **Mark Fiore** gave us his 'Best of Blister' award-winning article on hiking in the humid Japanese summer. 'Members of the Month' were **Ray Doran** (outright winner of the Minimos 5k and 1st O-50 in the SMH Half and C2S); **Jonathan Trope**, first Strider at Comrades in 7:43:00 and PBing in 10k at 37:03; **Breeda Kelly** whose first Marathon was 6Ft Track; **Jim Screen** who had PB'd at Palm Beach-Manly, Six Foot and Canberra, SMH Half and Brisbane Waters. 10K Series leaders at Race 7 were **Chris Truscott**, **Andy Hallam**, **Darren Benson** and **Jo Cowan**, **Clara Vucetic**, **Marlies Laaper**. The Equaliser was won by **Andy Hallam** in 58:20 and **Jo Cowan** in 65:14.

Pete Truscott told of **Darren 'Superman' Benson's** attempt to fly – aided by a Holden Barina on Five Dock Rd. We also had a **Steve Cornelius'** translation guide to 'Olympics Sevenspeak' and dietitian, **Fiona Pelly**, on salt, dehydration and cramping.

S.W. Bag did not run the Norkopping Marathon.

5 Years Ago

Continuing a Blister tradition of Striders singlets in strange places we featured a photo of a gorilla in a Striders singlet – **Joel Mackay** (in an ape suit) continued his novelty acts after having juggled all the way round the SMH Half course. So why not a juggling ape? No peripheral vision. Articles included two inaugural ultra races. **David Sill**, a UK-based Strider, ran the first 1145km 'La Transe Gaulle' across France from the Channel to the Med. **Sean Greenhill** and **Kevin Tiller** organised the first 12 Foot Track (6 Foot there and back), a low-key event with 12 runners, as an alternative to C2S for those prefer a little solitude. Other Striders running were **Jonathan Worswick**, and **Martin Fryer**. **Jonathan** was on a roll – contributing an article on Colorado's Hardrock 100 Mile in which he came 7th. **Jonathan** also knocked 2h 45m off the course record at Glasshouse 100 Mile with 17h43m. **Nick Thomsen** took Six Foot at an easier pace, walking with **Kirsten** but found walking tougher than running. His article 'The Unbelievable Six foot Track' won 'Best of Blister' that year. **Liz Taylor** reported on the second half of her 'Millenium Challenge' with sister **Ginny**. Part 1 was them both completing the 2000 London Marathon and part 2 was Liz's sister coming over for the 2001 City-to-Surf. Other contributors were **Andrew Gibbons** with **Chris 'Superstar' Dwyer** and the **Truscott** fellas on the first of the annual trips to the Berlin Marathon. There were two 'Favourite Short Runs' described – 'The Bay Run' from **Steve Jackson** and 'The Pymont' from **O.N. Theroad**. Blister profiled **Jenny Truscott**, and **Mathew Kaley** alerted us to the wonderful world of ANSW Track events. The Equaliser was won by **Dean Degan** in 54:51 and **Jo Cowan** in 69:20. At Race 8 in the 10K Series the leaders were **Joanne Cowan**, **Jenny Truscott**, **Caroline Yarnell** and **John Young**, **Tim Ashby**, **Peter Truscott**. In the Super Series at Race 9, the leaders were **Mary Stringer**, **Joanne Cowan** and **Marie O'Connell** and **Greg Donovan**, **Andrew Smith**, **Steve Jackson**. **Chris Truscott's** 1:08:58 half marathon at Gold Coast was a new Striders' record, **John Young** having held the record with 1:09:16 for the previous 6 years.

The Blister

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Club Phone Contacts

0500 – JOGGER (0500-564437)

President:	David Bray	9878-0181
Vice-President:	James Moody	9888-9333
MTG Coordinator:	Helen Wilson	0407 788 071
Secretary & Super Series:	Michael Sharp	0439 470 145
Treasurer:	Charles King	9816-5593
Database Manager:	Craig Dunn	9909-3012
Uniforms Managers:	Darren & Karin Kaehne	0417 109 565
Calendar Manager:	Robin Cameron	9489-2755
10k Series Director:	Joe Degabriele	9311-7456
New Members Liaison:	Lisa Carroli	0412 970 574
Social Functions:	Naomi Frank	0409 500 814
ANSW Liaison:	Glenn Guzzo	0407 453 649
	Shelley Howes	0408 643 536
Website/Email Manager:	Martin Harris	
STaR Maps:	Joel Mackay	9517-3042
Mailout Manager:	Ross McCarty	0403 557 127
Results Manager:	Chris Graham	0419 162 538
Volunteer Coordinator:	Katie Rowell	
Sergeant-at-Arms:	Wayne Gregory	
Blister Editor:	Andrew Smith	9427-2794

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Blister Contributions

TheBlister@sydneystriders.org.au

(or Striders PO Box)

Club Email Contacts

The LiSt: info@sydneystriders.org.au
(General exchange of running and club information).

To join (or leave) the LiSt email the above address

President: president@sydneystriders.org.au

Website: <http://www.sydneystriders.org.au>

MTG: MTG@sydneystriders.org.au

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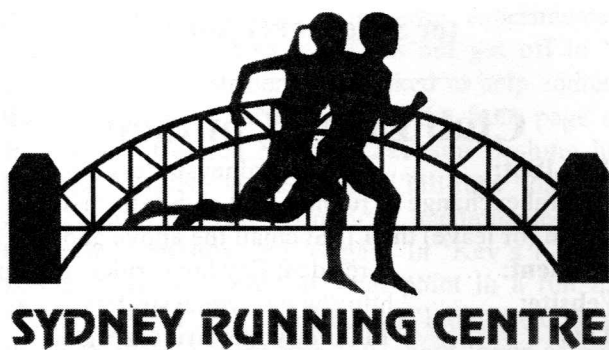
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Craig Brown first Strider home in the Gold Coast Marathon in 2:48:04



The St Ives Saturday morning training group prepare to hit the road at Bobbin Head



Former Blister Editor Roger Rigby continues his record of running all Mt Wilson-Bilpin races (one of only 5 ever-presents)