

**UP AND
RUNNING...**



**BIG
DISCOUNTS TO CLUB MEMBERS—**
*Immediate delivery on — Laser — all models
 XE Sedans, Wagons, Fairmont, Ghias, LTDs
 Fairlanes and Lite commercials — Wide range
 of quality used cars — PLUS 15% OFF
 PARTS & SERVICE*

DL 6629

Westline
can do it everytime



744 Canterbury Road, Belmore, 759 4622

Sydney Striders

Marathon and Road Runners Club



NO 14

NOVEMBER / DECEMBER

Registered by Australia Post
 Publication NBQ 5422

The Blister

THE BLISTER - Bi-Monthly publication of

Sydney Striders

Marathon and Road Runners Club
P.O. Box N119, Grosvenor Street,
Sydney, N.S.W. 2000

EDITOR:

Charles Coville 476-6440 (H), 2-0572 x474 (B)

ROVING REPORTERS:

John Evennett 982-7493(H), 70-0400(B)

John Dawes 398-5391(H)

NOVEMBER/DECEMBER EDITION

CIRCULATION: (150 and growing)

ADVERTISING RATES:

\$30 per page per edition

\$150 per page per annum (6 editions)

BLISTER NO. 14 JANUARY/FEBRUARY

DEADLINE DATES:

Untyped Articles - Sunday 20th February

Typed Articles - Wednesday 23rd February

Release Date - Sunday 6th March

(Typed articles: Smallest available black type,
single spacing, A4, 1cm margin all sides)

BLISTER NO. 15 MARCH/APRIL

PROVISIONAL RELEASE DATE - Sunday 1st May

TYPING

The club acknowledges, with thanks, the voluntary
typing of Coral McAllan, Lara Spencer and Valerie Willcock

CLUB EMBLEM - CHEETAH

Club Committee

PRESIDENT/EDITOR:

Charles Coville 476-6440 2-0572 x474

SECRETARY/STAR ORGANISER:

Brian Colwell 664-1644 524-0433

TREASURER:

John Edwards 419-3876 232-9479

PUBLIC RELATIONS/R.R.A. REPRESENTATIVE:

John Jeston 428-4719 909-3022

ENTERTAINMENT/SOCIAL EVENTS:

Lynne Evans 51-3365 230-0111

HALF MARATHON CO-ORDINATOR:

Phil Caldwell 427-6350 239-0600

Editorial

ANNUAL GENERAL MEETING - 13TH FEBRUARY 1983

During the 2½ years since formation the day-to-day running of the club has developed to a stage where the ice has been broken, mountains of problems conquered and a situation achieved where most directions are "up and running". Although 130 members' requirements have to be satisfied, the internal club system does not require an unreasonable amount of committee attention.

At our third AGM certain positions will fall vacant and opportunities will exist for interested club members to become part of the machinery controlling the destiny of the club. We are a young club, adjusting with the times, open to suggestions, new directions and improvement.

Please consider standing for committee - young and old, slow or fast - we need you!

"Notice of the AGM shall be forwarded to all members of the club by the Secretary, together with a copy of the Annual Report and Financial Statement at least 7 days prior to the date of the AGM."

(Constitution Clause 11)

The AGM is scheduled for Sunday, 13th February at the Chatswood West Kindergarten immediately following the INTERNAL HALF MARATHON.

Please diarise now and set aside Sunday morning for the 21K race plus the 3rd AGM. Hope to see you at both events.

OLD BLISTER FORMAT

The new look 'typeset' Blister format was well received. Due to the Xmas/New Year shutdown of our typesetters, printers, etc it is not possible to have our first edition for the New Year published under the new format, and released by the 16th of January. (Even the Editor enjoys a vacation.)

THE BLISTER CIRCULATION

I have often been asked by members if the Blister will ever go "public".

The answer is a simple No. The Australian Runner Magazine and The Fun Runner Magazine fulfill a small "public" market. Terry O'Halloran's (ARM) efforts are becoming more fruitful as he slowly takes on the Sydney market previously dominated by Mike Agostini (FRM). 3 magazines could not survive.

While formats may change or contributions increase, The Blister nonetheless remains an in-house magazine reporting in the main on articles of interest by and for Striders members.

We do however have separate subscriptions (\$15) and mailing lists for interested third parties.

Clubs/Race Organisers:

Campbelltown Joggers
Cities Marathon
Nike Marathon
Queensland Marathon Club
Road Runners Association
South Australian Road Runners
Western District Joggers

Publishers:

Australian Runner Magazine
Off the Record (Brian Lenton)
Sun on the Run (Tom Cantwell)

Half Marathon Sponsors:

Athletes Foot
Yomix

MARIA GEMENIS-CRICKSHANK

Our thoughts and prayers are with Maria. Maria suffered a stroke on the 25th December and has been in a coma since then.

Striders are encouraged to visit her. She is in the Prince Henry Hospital, Ward 4, Room 2. Visiting hours are from 2.00 p.m. until 8.00 p.m.

Sunday Training Runs (Stars) and Races

by Brian Colwell

DATE	VENUE	ATTENDANCE
31/10/82	Iron Cove Bay Run	27
7/11/82	Fishers Ghost Fun Run	N/K
14/11/82	Tourist Trot	39
21/11/82	Bobbin Head Hunter	37
28/11/82	North Head Trek	35
5/12/82	Gap Gallop	37
12/12/82	Artarmon Amble	29
12/12/82	Honolulu Marathon	11
19/12/82	Lindfield Lope	27
2/1/83	Iron Cove Bay Run	43

STARS

Consistently high attendance again through this period, culminating in a superb turnout on the first run of the New Year, which would seem to augur well for 1983 and plenty of Striders P.B.'s at Nike. Even Boxing Day saw plenty of Striders 'out and at 'em', with 16 joining Jim Donovan on his "12 country miles" and a couple of other informal groups organising their own runs of anything up to 30 km.

Once again, thanks to all our run hosts and look out for a batch of fresh STAR courses within the next couple of months.

EVENTS

Fishers Ghost results have unfortunately not come into my hands at the time of writing, but some excellent Striders results were posted, notably Mick Halmy and Neil Plevy finishing well up with the leaders. Mark Hanlon also made his journey from Newcastle well worthwhile by taking out the lucky draw - a trip for two to Fiji.

Honolulu saw a contingent of 11 Striders displaying the green and white on December 12th - a great turnout for an overseas marathon. Results are detailed elsewhere in this edition and congratulations to all those involved.

STAR CO-ORDINATOR

Welcome back to Steve Cornelius, who has returned from overseas and offered to once again take on the position. His organisational skills will ensure the smooth progress of our STAR program and his inimitable sense of good humour will no doubt continue to show through in some of the 'tongue in cheek' comments that accompany the itineraries.

Finally, wherever it may be - keep on striding, and here's wishing everyone a P.B. for '83.

Sunday Training Runs

MEDIUM/FAST GROUP EXPERIMENT

STAR groups change with the times. At the start of 1982, the fast group was "busting out all over". Many members wanted to run hard on Sundays. By the end of the season attitudes had changed. Certain fast group members believed that they had run the STARS too hard during the year.

First indications for 1983 are that few members wish to run STARS consistently hard. While three groups have initially been offered for 1983, an experiment of two groups has since been adopted.

As some members prefer not to pre-determine their group (fast or medium) before the run, an option will exist to initiate a fast group during the STAR and the fast group will evolve after public announcement.

So there will be no official fast group as of Sunday 22nd January.

There will be no changes to the slower group.

City To Surf

FINAL RESULTS OF 12TH ANNUAL CITY TO SURF (AUGUST 1982)

Section AF (Under 30)

2nd Sydney Striders 149.10

Section AG (Over 30)

1st Sydney Striders 152.13
(previously 2nd)

Section AU (Sporting)

2nd Sydney Striders 166.05

Membership

As at Sunday 9th January, our membership stood at 130 (24th October - 125).

An injury free welcome to our new members who have joined since the last Blister (No.12).

Peter Donnelley
Vince Engel
Tony Healy
Bernard King
Alan Snow

Would members please advise our treasurer, John Edwards, of any changes of address/telephone numbers or errors on labels. Membership names and addresses have been stored since formation in a word processor compliments of Sigma Data. As of 1983 David Douglas will arrange for this service as Sigma Data will no longer supply the word processing service. Our thanks to Sigma Data and Narelle Behn for 2½ years of time-saving and efficient sponsorship.

New Members - Profile by JOHN DAWES

BERNARD KING

His namesake is a household name. And we hope he doesn't mind being called the "Galloping Gourmet". He is Bernard King, an accountant who lives at Westleigh.

Bernard got the incentive to run a marathon after his brother completed one, and he wanted to run a marathon before he turned 40. Last year he was 40 and in '82 he ran three. They were Harbord (3.40), Cities (3.25) and Tiger/Pulsar (3.27). He crashed in the last marathon and realised that he hadn't been training properly for all three.

His running experience in a group before joining Striders was the occasional Tuesday night jaunt with Sydney South Harbour Hash House Harriers (SSHHHH). Lots of fun and beer but not exactly the training medium for running a comfortable marathon time of about 3.10, which Bernard hopes to achieve this year at Canberra.

Now fitting in long runs with the Striders, Bernard reckons he is better prepared for the next marathon. He has been running for about four years. He can be seen doing most of his gallops through the bush trails around Pennant Hills. As a gourmet? Well you'll have to ask Bernard about that one.

NIGEL KINGSMILL

Eight years ago Nigel Kingsmill took up running to keep fit for squash. But then he found he enjoyed running more than squash. So today he plays squash, as well as tennis, more or less as a complement to running.

Six years ago Nigel founded the Bank of NSW Harriers Club. He has run 10 marathons with a PB of 3.13 for the 1981 Sydney Marathon. But as this course was somehow shorter, Nigel's best other time for the correct distance was at the '82 Cities Marathon in a time of 3.31.

Nigel is 48, a Retirement Counsellor for Westpac Bank and lives at Killara.

He reckons his running had a lot to be desired in the last year. Work commitments prevented him from putting more time and Ks into what he likes doing best. But '83 is going to be his "Big Year". He has set his sights on Canberra ... where if he does 2.59.59 he will be a very happy man indeed.

IRWIN LIGHT

Globetrotting Irwin Light plans to run his first Australian marathon at Nike next April 10; although he has notched up about 20 marathons (he has run so many that he has forgotten the exact number) and an ultra-marathon of about 94k (58ml) in South Africa.

Irwin, 34, is a South African (he should feel at home in the Striders!) and came to Australia in 1972. In 1974 he left for Europe and also spent some time back in RSA. He returned here only some months back.

Irwin is a GP in the city - sports medicine takes up part of his practice.

During the week he runs near his home at Turramurra. On alternate Sundays (when he isn't doing a Star run) he does a 2-2½ hour stint with fellow Striders Leo Leader and Craig Johnson. Together they take in a loop from Northbridge through North Sydney, taking in Balmoral Beach.

Irwin's best marathon time is 3.10.38, which he did in South Africa. Most of his marathons are between this time and 3.30. He finds this an enjoyable and comfortable time and has no real urge to do a sub-3hr.

During his lunch break some days he might run around the Domain or to Potts Point. He reckons he couldn't keep up to Sam Daher's blistering pace in that man's famous School of Fartlek.

ALAN POWYS

On any Sunday Alan Powys was running long distances by himself. He found this took tremendous mental effort. But since joining the Striders he finds the same Sunday run much easier now, running in a group.

Alan, 28, lives at Artarmon and runs mainly in Lane Cove National Park. He generally runs every day, and three days a week runs twice a day. When he is in training he clocks up about 145k (90ml) a week.

He was introduced to the Striders when he ran in our first half marathon (and in his home territory).

Alan has been running four years, has completed three marathons and is also an ultra-marathon man. He ran the 50 miler Sydney-Sutherland out and back a few years ago. His times in the marathons were: Harbord Diggers (1981) 3.14, Nike (1982) 2.58 and N.S.W. State (1982) 2.46.13. (Charles Coville recalls how he and Alan paced one another in the State Marathon and how Alan kicked away in the last few km beating Charles by 43 seconds.) Alan's next marathon is Nike and he would like to get under 2.46. His ultimate aim is 2.30.

Alan is a gardening contractor and works his own hours to fit into his running schedule.

MESSAGE - WEDNESDAYS 6.30 - 11.00pm

Rob Shaw (qualified masseur) is offering to Sydney Striders Therapeutic Massage at \$10 for a 1½ hour session. The session will include stretching & prevention of running injuries.

Phone for appointment:

- work 349-7555 ext 216
- home 309-2683

Yomix[®] Half Marathon

by Philip Caldwell

350 entries in just four weeks; that's more than the number who successfully negotiated last year's undulations. With 10 weeks to race day and entries flowing in at around 20 per working day, we are well on our way towards this year's target of 800 - 1,000 starters.

The upgraded Entry Form for 1983 owes much to the creative talents of Bryce Courtenay, Graham Smith and their art/design crew at Harris, Robinson and Courtenay and to Charles Coville. Thanks also for the efforts of Brian Colwell and those striders who have distributed the Entry Forms around the sports stores and clubs.

There have, however, been a couple of reports of leading running stores not receiving supplies of Entry Forms. So, if you are aware of any outlets that haven't been supplied with the Entry Form or you have supplies still to distribute, please address the situation as a matter of urgency. Additional supplies can be obtained from Brian Colwell.

The Colour Care chain of 1 hour colour prints stores have joined our list of sponsors.

The Mayor of Ryde, Alderman Malone, has accepted our invitation to send the Half Marathon field on its way on the 27th March. Alderman Malone is no stranger to road running, having competed in several City to Surfs.

Mr. Phil Caldwell,
Co-ordinator,
Yomix Half Marathon,
P.O. Box N119,
Grovenor Street,
SYDNEY, N.S.W. 2000

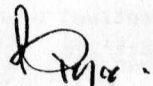
Dear Phil,

Alex and Brenda Hamill, Celia Jarvis and myself, volunteer to run a drink station, by preference Station No. 1, that is, if Sam 'Bananas' Dahar hasn't already grabbed this little gem in the Striders Half-Marathon crown.

You may inform the other drink station attendants that we share the winning magnum with them if they get somewhere close to the standards we are accustomed to setting.

In the meantime, I shall blow the dust from my dinner suit and clean the caviar stains off my bow tie.

Yours in running,



Bryce Courtenay.

Take a closer Look!

1983 YOMIX HALF MARATHON - 27th March

For one Sunday out of 52 each year we request members for a sacrifice - their assistance at the club's only open event, and consequently an expectation that members will not compete.

The success of our 1982 event was partly due to members helping and not running on Half Marathon day. One competitor even wrote "By runners for runners".

Originally we saw the Half Marathon as, amongst other reasons, a reciprocation to other race organisers.

However, an equally important feature came out of the 1982 event. We had set "the highest standard", so we are told, "to which organisers could aspire". We have already responded to requests from other organisers on the finer points of our Half. After all the whinging we all do (editor included) about the poor standard of certain races, it surely makes sense to lead the way and show how it should be done by example. Runners must influence their own destiny.

1982 Nike participants would have received an entry form to both the Nike International Marathon as well as the Yomix Half Marathon. This was a result of a combined mailing campaign. It is not an open invitation to members to compete in the Half Marathon.

As an alternative to the Yomix Half Marathon we do offer our own internal event over the same course 2 weeks prior. The 1982 internal event was most successful.

So please offer your services now to Half Marathon Co-ordinator Phil Caldwell 427-6350 (R), 239-0600 (B) as duties are presently being allocated.

The Blister

THE BLISTER - YOUR CONTRIBUTION

Over the years The Blister has become an integral feature of the club.

The success of The Blister is in no small way attributable to member participation. The policy for 1983 will follow that of previous years.

An extract from the standard letter sent to contributors reads:

"The Blister is your own personal magazine relying for its lifeblood on your involvement. 4 types of contributions are called for from members viz.

1. Novices relating their first marathon experience (A tradition that most novices have upheld).
2. Impressive members' performances (marathons and other races) relative to past performances. (e.g. a new P.B.)
3. General race comment where no other articles are written on the event (Usually "other" races).
4. Specialised articles (e.g. Technical articles).

Your contribution not only serves to keep The BLISTER in existence, but also assists club members who have yet to run a marathon or the "other" race. Your training programme and techniques or technical article too, may benefit the reader."

So please respond when approached for an article. Voluntary articles are most welcome too.

Marathon Survey

HONOLULU MARATHON DECEMBER 1982.

BILL FLANAGAN	2.48
BRYCE COURTENAY	3.21
ALEX HAMILL	3.35
BRENDA HAMILL	3.43
ERIC WILLCOCK	3.45
DOT FLANAGAN	4.42
SUE THOMSON	4.52
VALERIE WILLCOCK	5.16

TIMES UNKNOWN
JANE FLANAGAN
ANNE FLANAGAN
ADAM THOMSON

THE 1982 HONOLULU MARATHON

by Dorothy Flanagan

When I joined Striders, it was not with the intention of one day running a marathon. Having heard and read of runners' battles with 'the wall', I was content with shorter races. However, when son Bill offered to shout Jane, Anne and me a trip to Honolulu to run the marathon there, I felt that it would be churlish to refuse!

My training had always been somewhat spasmodic, influenced as it was by the demands of a job, a home and a family, but, in the 12 weeks before the marathon, I averaged 72k per week. The Striders training runs (in the company of Pam Hazlewood, Tom Smith, Sue Thomson, and latterly Val Willcock and Barry Jones) helped immeasurably in getting my mileage up, as well as being an extremely pleasant way of doing so. Our group was on occasions joined by pseudo slow runners; whilst their company was also enjoyable, it was disconcerting that, even with one knee-cap or ankle or calf muscle missing, they still found our pace excruciatingly slow!

I became relatively proficient at finishing the long training runs without any tiredness afterwards. An added bonus was a weight loss of 4 kilos.

Having run my best $\frac{1}{2}$ marathon at 9-minute mile pace, I decided that a 10-minute mile pace would be realistic for the marathon, and Tom, with a brand new birthday computer, produced neatly printed splits for both miles and kilometres. My over-riding concern, however, was to finish the marathon in a condition that would allow me to enjoy the rest of our Hawaiian holiday.

We arrived in Honolulu a week before the marathon, and took part in a number of runs scheduled during that week. One was with the Hash House Harriers, and it was the first time we had run with this group. A more crazy enjoyable run I cannot imagine! Several hundred runners literally took over the streets of Honolulu, forcing motorists to give way to them in what could only be described as anarchy and civil commotion. Other runs were an East-West friendship run (for foreigners only), 2 women's runs, and a duo run for male/female partners, with men running one direction of a circular course, and women the other. We did not take these runs too seriously, for the marathon was paramount.

On marathon day, we left our hotel at 4 a.m. and arrived at the start - Aloha Tower in down-town Honolulu - in darkness and drizzling rain. It was not at all cold (15 was forecast but it must have been more than that), and I felt quite comfortable even in the lightweight Striders singlet. There were over 10,000 starters, but we saw and briefly spoke to Sue and Adam Thomson and Val and Eric Willcock before the start. Anne and I joined Val when taking our positions (according to estimated finishing time); but, by the time the cannon fired and the fireworks exploded at 6 a.m., we had all become separated by the vast throng. The runners were very vocal at this stage, with cheering and shouting, but after about $\frac{1}{2}$ mile, it seemed strangely silent, with the only sound the sloshing of shoes on the wet bitumen. It was as if those around me were suddenly aware of what they had undertaken, and were concentrating on the task in hand.

The silence did not last long. Despite the dark raining conditions, hundreds of well-wishers (concentrated particularly at intersections) lined the streets and clapped and cheered enthusiastically, or even politely called out "Good-morning". It was early in the race when I overheard a runner near me say to his friend: "You think you're being left behind at this stage, but if you're still running at 15 miles, you're going to be passing heaps of people because most will be walking." His words were prophetic.

I reached the 3-mile mark in 36 minutes, of which 3 minutes had elapsed before I crossed the start line. I picked up the pace a little, to between 10 and 11-minute mile pace, which felt comfortable. I told myself I would increase this pace at halfway if I still felt good. I was particularly keen to keep something in reserve for later in the race. (In a conversation with Eric before the marathon, he proffered the 'keep something in reserve' as his aim in marathon running, and said that it was a great feeling towards the end to be able to reach up and draw on the reserve. Eric told me later that during this marathon he had reached up for his reserve stock and found it all gone!)

The rain became heavier as we ran through Waikiki (6 miles from the start) and up Diamond Head. Thereafter it eased and a beautiful rainbow spanned the sky several miles further on.

I was surprised to catch up with Val going up Diamond Head. (If I ever catch anyone, it's always on the downhill, never on the up!) We ran together to the top, but she dropped back on the downhill.

The course is virtually flat. Although Diamond Head looms large in most photos of Waikiki, the course traverses the base of the Head. Early in the marathon, one scarcely notices the rise, but on the return (at 24½ mls) it assumes larger proportions.

The first of the aid stations was welcome at this stage. There were 9 of them, but the out-and-back layout (with a loop between 14 and 18 miles) made 15 stops at them available on the course. They were superbly operated, and they supplied Coke, water and sponges (all ice-cold), as well as Vaseline, aspirin etc which I had no call for. The coke, which I drank at each stop, was diluted with 60% water and was served in cups marked Coke; the water was in plain cups. The aid-station attendants were very vocal in their encouragement of the runners; I was told I was "lookin' good" so often that by the end I was almost believing it.

The out-and-back course meant that we saw the lead runners on their way back, and this added interest to the run. Neither I nor anyone near me knew who the first runner was, but, from having seen them on Honolulu Marathon videos, I recognised a number of the others, including the previous 2 years' winners and runners-up (Anderson, Stahl, McDonald and Shorter). Son Bill was well up and was looking good. He was the 2nd Australian to pass, judging by identification on singlets. Later on, as an example of the interest taken in the race by the spectators, one woman, sitting outside her house applauding, had a sign beside her saying "Winner - Dave Gordon Time 2hr 15m."

At half-way (2hr.23m. I think), I was still feeling good, but not good enough to feel that I could increase my pace, so I stuck with it. A head wind at about 10 miles became a tail wind at 18 miles and made things easier. I did quite a number of 10-minute miles with the tail-wind helping. As I ran on past the 15 mile point, more than half the people whom I could see were indeed walking, as the prophet had encouragingly foretold.

At 23 miles I saw Jane ahead, walking with shoes slung over her shoulder. She said she had run 18 miles and walked from there. She was finding it rather hot as the sun was well and truly up at this stage. With her training seriously curtailed by Higher School Certificate studies and a persistent knee problem, she had not expected to better her previous best marathon time. She was content to walk the rest of the way so I continued on without her. She told me Sue was not far ahead, and, around the next corner, there was Sue, walking. Her ensuing remarks suggested that she was not wholly captivated by the joy of marathoning (e.g. "I'm never ever going to run a marathon again!!!"). She ran with me for a while, but then stopped to walk again. I was still feeling O.K., and it was not until 24½ miles that I suddenly felt I had very little left in reserve and I momentarily contemplated walking. However, remembering the words of

President Charles that, if you start walking, it's harder to get running again, I plodded on. Notwithstanding my slow pace, I was still passing lots of people, as about 90% of them were walking. The last mile was downhill, but I had nothing left for a sprint or even an increase in pace. Probably the worst part of the marathon was seeing a banner across the street, which I thought was very close to the finish, but it said "½ mile to go". It was the longest ½ mile on earth.

The digital clock at the finish said 4.42 as I was approaching it, but I don't know if it reached 4.43 before I passed under it. Nor do I know when we will find out - probably not until the official results (plus certificate and photo) are posted to us some months hence.

The greatest thing about finishing was being able to stop running with a clear conscience. We lined up briefly to have our numbers recorded, received a shell lei (it seemed somehow inappropriate to receive a lei while in an exhausted condition), then stood under the gentle shower right at the finish point, and enjoyed a beautiful ice-cold undiluted coke.

It was the thought of this coke that kept daughter Anne going to the finish. She had not trained for this distance (or any distance), holding a similar philosophy to that of Jutta Cooley (see article by husband Dennis in Blister No. 11), i.e., one cannot run well unless one is fresh; if one trains, one loses one's freshness. Nevertheless, she had run 20 miles before succumbing to a walk/jog sequence. She said afterwards that it was not the marathon that exhausted her, but wandering around Kapeolani Park trying to find her relatives. She gave up trying in the end, and went back to the hotel to bed.

None of us suffered any after effects except a certain tightness in the quads and calf muscles, and, in Anne's case, sore fingers from holding onto a cold sponge for most of the marathon!

Congratulations to all the Striders who finished (that is, everyone who went), especially those who were affected by the heat and humidity. It was a great occasion, and a credit to our Hawaiian hosts.

The Quotable Quote of 1982 : Lady in Honolulu to Jim (The Scotsman)
Travers - "You've got an unusual accent - are you an Australian?"

DIAMOND HEAD DUET

by Eric Willcock.

The Honolulu Marathon had the usual "warm up" features during the week before - such as the Carbo party and the International Breakfast Run for foreign athletes, the Women's Run, plus more unusual events such as the Diamond Head Duet.

The Duet - sometimes called the He/She Run was organised by the Honolulu Marathon Association and Nike, complete with entry forms, chest numbers, digital clock, aid station etc. Each couple was entered in an age group calculated by the sum of their ages and classed in 20 year groups. Val and I had the doubtful distinction of running in the 100-119 year group. This was by no means the oldest group and in fact quite creditable times were recorded by two categories older than ours.

On the morning of the event every assistance was given by the organisers to find partners for those without and it was not necessary to seek similar ages - any combination was within the rules.

At 9.00 a.m. we were lined up at the Marathon finish line with females facing back up the course and the males on the follow through from the course. After some confusion we were separated to half the width of the road each and sent off exactly on time.

The spirit was generally easygoing with a lot of chatter among the men as we turned into Monsarrat Road and headed up behind Diamond Head on the 4.6 mile circuit. Not everyone was casual, including the young man who passed me running backwards, with a companion giving him directions. Considering I was running a 7 minute mile and didn't catch him he was certainly in good training. (We found out later that he was training to break the world record time for running a Marathon backwards but was not successful on the day.)

The course at the back of Diamond Head passes over a ridge much higher than in front where the Marathon is run, so the aid station towards the top was much appreciated. On the way down to Triangle Park I saw Val going well and it seemed worthwhile to put my best foot forward in support of her efforts. I finished, having completed the last two miles of the Marathon course, and was pleased to see my partner arrive from the opposite direction very soon after, both of us separately having our mini numbers detached from our chest numbers as we crossed the line and our times recorded.

It took an hour or so to sort out the results and the younger age groups were dominated by Canadians and New Zealanders, however the Willcock team was pleased and proud to score second in our age group and be placed for Australia and for Sydney Striders, with a time of just over 70 minutes. The prize of a couple of Nike sportsbags was a useful addition to our luggage.

HONOLULU REVISITED.

By Bill Flanagan.

The entry form promised "More for You in Eighty-Two". Nobody could have been disappointed.

The Marathon Association organised a whole week's activities leading up to the marathon for the 10,258 who were to start. Runners came from 33 countries, and from every state of the U.S.A. Japan had the biggest representation, with 1,500. There were 92 Aussies.

The events of the week made Honolulu the running capital of the world. The footpaths and the parks were full of runners of all ages. Also in town were eight Olympians:- McDonald, Anderson, Kardong, Shorter, Galloway, Virgin (U.S.A.), Foster (N.Z.), Stahl (Sweden), plus Dick Beardsley and the first-ever sub-2.40 female marathoner, Jacqueline Hansen.

They weren't all running in the marathon, but rather conducted clinics for shoe companies as part of the lead-up to the marathon. The New Balance clinic, featuring Beardsley, was the best attended and the most interesting. It would have been Sue Thompson's favourite too, because she was the winner of the Gortex training suit in a "lucky door prize" presented by Beardsley.

As well as the clinics, there were some races and pack runs. On the Tuesday was the Honolulu Mash Run, with about 200 runners chasing the two "hares" through hotel carparks and down the main street of Waikiki, starting the tourists; this was followed by an ocean cruise. On the Wednesday there were two pack runs for women only, followed by breakfast.

Nike sponsored the Diamond Head Duet on Thursday, with male runners heading in one direction on the circular course, and women taking the other direction. Team prizes were issued on the basis of combined ages. Craig Virgin won easily; after all, he wasn't running in the marathon. Later that night, Virgin led a pack run of four miles after he had conducted an Adidas clinic.

All that we needed now - after the advice, psyching and training - was, of course, carbohydrates. They were in plentiful supply at the Carbo Loading Party, with loads (and loads) of spaghetti, bread and beer. This party doubled as the T-shirt swap night, which led to a lot of wheeling and dealing. Some people brought suitcases of old T-shirts to swap. I no longer have my Striders or Big M shirts, but instead have ones for Oregon, Seattle and Chicago marathons and ten-ks. Foreign runners had the chance for a final tune-up, with a four-mile run and breakfast on the Saturday morning.

On top of all the official activities, we all spent hours in the various running shops, which stage a "price-cutting war" during the weeks before and after the marathon. Bargains were plentiful, with shoes being discounted twenty to fifty percent from the already relatively cheap American prices.

After all this, arrived the day we'd come for. The marathon started in light rain (which became heavy when I reached ten miles) accompanied by strong winds, but all this subsided by the time I reached fifteen miles. Despite starting in total darkness, it is still deceptively humid, making the use of the fifteen aid stations a necessity. These stations have to be seen to be believed - over a hundred officials at each, spread over a hundred metres of razamataz and cheering and general hysteria.

Although setting out for a sub-2.40, I was still pleased with my 2.47, mainly because I felt strong over the last three miles. However, during miles 12 to 18, I felt tired, and thought I'd be struggling to break three hours.

Although the course is generally flat, with only one hill (at 24 miles), it is not a fast one. It seems that everyone is at least five to ten minutes slower than their expected time, largely due to the humidity.

After the finish came a day-long picnic, with presentations, followed by 2½ hours' television coverage in the evening. We spotted fellow Striders Eric and Adam, and the spectacular finish of Bryce.

Dave Gordon from Washington won in a course record of 2.15.29, taking the lead from Frank Shorter at 9½ miles, and holding off three-time winner Frank McDonald and Swede Eric Stahl. First woman was last year's runner-up, Eileen Claugas, in 2.41.11, leading all the way.

Of my ten marathons, this year's Honolulu, although only my third-fastest, was undoubtedly the most unforgettable and the most enjoyable. The encouragement and the atmosphere generated by the crowd and by the runners is well worth the ten-hour trip and the probability of a slowish time!

On the out-and-back course with a loop (at 13½ to 17½ miles), one gets to see thousands of runners coming the other way, which is some sight! I found myself keeping one eye on the runner in front of me and the other on the mass of humanity coming the other way, trying to spot other Striders. I saw my mother and two sisters, as well as Valerie Willcock and Sue and Adam Thompson; the other Striders were in the loop.

One of the lasting memories of the marathon day was formed after I had finished and the three-hour mark was approaching. The commentator worked the big crowd into a frenzy, trying to get as many people as they could through in under three hours. The crowd (as always in Honolulu) did their bit, and the runners - no matter how tired - responded.

NOT THE HONOLULU MARATHON

This little piece has absolutely nothing to do with the Honolulu Marathon itself. I will leave that to the other Striders. Instead, there are ten things associated with this run, apart from the 26 miles, that really made it a unique experience ...

1. Pre-Race Information

The details are immaculate. Your normal reaction when you post off an entry form, particularly to somewhere overseas, is to worry whether it's actually going to make it. The reply from Honolulu was prompt, packed full of interesting information, included an order form for a video cassette of the race ("save \$10 if you order now") and a colour catalogue of all the clothing promotion items associated - caps, T-shirts, headbands, socks, shorts, singlets, wet weather gear and posters (but not the elite "I finished" shirt that goes only to those who do).

2. Pre-Race Activities

The organisers had a desk set up at a hotel in the centre of Waikiki. Here you see the activity list for the week before and there's something every day - dinners, films, talks by famous runners like Dick Beardsley. If you are a running freak, then this is the place for you.

3. The Carbo Loading Party

On the Friday evening before the run, thousands of runners assemble at the Aloha Tower for the famous Carbo Loading Party - spaghetti, garlic bread and gallons and gallons of beer. It's set up like an army mess, with volunteers heaping loads of pasta onto plates, others squirting Budweiser into giant cups and long, long tables that force everybody to become immediate friends. Bands are playing in every room, videotape machines are replaying last year's events and the buzz is enormous.

They cover everything. Even when you are waiting to get in, the entrance is papered in posters with interesting information about the run - things like which countries are represented and how many runners from each (there were 92 from Australia), the number of men vs women, a statistical breakdown of age groups, runners by weight and height groups. They even go so far as to break down the runners' surnames by the number of letters! So I found that 15% of the runners had six letters in their last name, but only one person had a last name with a single letter!

The Carbo Loading Party was also an excuse for the greatest swap show on earth. All the runners take along old T-shirts, you stand there holding up the shirt that you've brought and somebody offers to swap. Now with so few Australians present, the odds are completely in our favour. Bryce Courtenay and I couldn't even carry our spaghetti to the table without being inundated with requests to swap shirts and the green and white of Sydney Striders was top of their "must have" list.

At the start I was prepared to swap one for one, then realised I had more bargaining power than that. At the end of the night we were being offered three for one, so don't listen to your stockbroker, sell your gold and buy Striders T-shirts. You will make a fortune in Honolulu next year.

And you can really get shirts from all over the world, except Japan, as Bryce found out. He spent the whole evening chasing every Japanese he could find in an endeavour to obtain a running shirt with "some of that great Japanese calligraphy". That wasn't as bad as Brenda, though, who spent all night chasing every guy she could find in a Striders shirt, only to discover it was someone else who had taken my shirt earlier.

4. International Run to Honolulu University

On the day before the Marathon, there's a 4½km trot from Kapiolani Park to the campus at the Honolulu University. As the announcer said in the beginning: "This is a fun run. Stop for the red lights and take it easy".

When you arrive at the University a great breakfast is laid on. No charge - it's all part of the Aloha spirit. And, incidentally, Bryce found his Japanese shirt and having spotted it, he quickly cornered the astonished Occidental, dragged his own Australian singlet off his back and, in broken sign language, arranged the swap.

5. On-the-Day Organisation

In a word, superb. Everybody assembles under cover near the sign indicating their probable time. At the right moment, the slowest runners are called to the back of the starting line. The next group are then called. Everybody is orderly, polite and there is no pushing and shoving (eat your heart out, City to Surf). In this way the faster runners have no problem having to run through the pack.

6. The Start

If you can imagine 10,000 people standing in darkness with fire crackers lighting the sky, singing "Land of Hope and Glory" then you will have some idea of what this run is really about. Once again, when the cannon fires, there's no pushing and shoving, everybody calmly finds their own pace and place and enjoys themselves.

7. The Emotion

Having been brought up in Balmain, I had always wondered what it would be like to run onto the Cricket Ground on Grand Final Day. Well coming off Diamond Head into the park gave me some idea. The last half mile is crowded with thousands and thousands of spectators all cheering you on and more so if you are from overseas. You feel that they really want you to do well.

8. The Finish

As you finish, there are lines of attendants (most of them pretty girls) ready to catch you. As you go across the line, you get a kiss on the cheek and a shell necklace around your neck. There are cold showers and even colder glasses of Coke. It was worth it just for that.

9. The Park Afterward

The park is filled with runners, all proudly wearing their "I finished" shirts and necklaces and a hell of a lot incapable of walking. There is even an Australian banner arranged by some locals where you can gather for food and drink and to compare times. Brenda, Bill Flanagan and I were almost the last to leave. In fact, we gave our last two beers to a couple of desperate Canadians who naturally promised to be in Sydney for the Australian Marathon.

10. It Wasn't So Hard After All

While you are in the park, there's also plenty of time to watch other runners coming in. They have two records at Honolulu - one is for the first to finish and the other is for the last. Last year an 82 year-old Japanese won the honour of the latter title. It took him 11½ hours and they had to feed him twice on the way, but he got there.

Standing at the line and watching the 5- and 6-hour runners come in, you really feel it wasn't that hard after all and it's impossible not to get caught up in the moment and start to cheer yourself for all those trying to get down the last hundred yards.

Brenda and I worked out that it cost us about \$100 each per mile to do the run. It was worth every cent and we will do it again one day. In fact I would gladly have paid twice that to taste again that first beer after finishing.

Alex Hamill

Marathon Ladder

The marathon ladder ranks only those marathon performances achieved by runners while they were members of Sydney Striders. Hence results achieved prior to joining Striders are not taken into account.

However, where a member's best-ever, or only marathon time was recorded prior to joining Striders, that result is shown in a separate column on the right-hand side of the ladder.

Please advise John Dawes of any incorrect details.

Category legends

J = Junior	17 and under
O = Open	18 to 29
P = Prevet	30 to 39
V = Veteran	40 to 49
M = Master	50 to 59
S = Senior	60 and over

Marathon Ladder

(as at 31st December 1982)

STRIDER	CAT.	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS
1. ROBERT HARRISON	O	2.33.46	BIG M	10/82	
2. KEITH CANARD	V	2.35.05	HARBORD DIGGERS	5/82	2.29.00 NSW STATE 1980
3. BILL FLANAGAN	O	2.36.47	NIKE	4/82	
4. NEIL PLEVEY	O	2.37.24	STATE	6/82	
5. TONY MCCALL	O	2.38.01	MARYBOROUGH	7/82	
6. BRUCE USHER	P	2.38.45	CAMPBELLTOWN	5/82	
7. BRUCE ROBERTSON	O	2.39.40	GOLD COAST	8/81	
8. STUART GREAVES	O	2.41.21	BIG M	10/82	
9. CHARLES COVILLE	P	2.46.56	STATE	6/82	
10. BOB SHAW	O	2.48.15	NIKE	4/82	
11. SAM DAHER	P	2.48.24	NIKE	4/82	
12. FRANCIS CHAN	O	2.48.53	SYDNEY	9/82	
13. DENNIS COOLEY	P	2.49.33	NIKE	4/82	
14. DICK CLELAND	V	2.50.34	GOLD COAST	8/82	
15. MIKE ANSCHUTZ	O	2.52.04	SOUTH AUST STATE	6/82	
16. DICK HARRIS	V	2.53.06	HARBORD DIGGERS	5/82	
17. BERNARD COOLEY	V	2.53.45	CAMPBELLTOWN	5/82	
18. RAY DORAN	V	2.54.10	STATE	6/82	
19. OSTEN HANSSON	P	2.55.08	GOLD COAST	8/81	
20. STEVE CORNELIUS	P	2.55.31	STATE	6/82	
21. DAVE INGHAM	P	2.55.32	STATE	6/82	
22. TREVOR ROBERTS	P	2.55.49	BIG M	10/82	
23. NIGEL HADGKISS	P	2.55.57	CAMPBELLTOWN	5/82	2.52.21 BLACKTOWN 1981
24. BERNIE LIEBMANN	P	2.56.05	STATE	6/81	2.40.00 TRANSVAAL STATE(RSA) 1978
25. CHRIS STAPLES	O	2.56.24	CAMPBELLTOWN	5/82	
26. MAX HENDERSON	V	2.58.22	STATE	6/82	
27. JOHN JESTON	P	2.58.48	NIKE	4/82	
28. RON FEENEY	O	2.59.20	SYDNEY	9/82	
29. BILL HUNTER	M	2.59.25	VETERANS	7/81	
30. MIKE BINGHAM	P	2.59.33	STATE	6/81	
31. CECIL FORD	P	2.59.43	BIG M	10/82	
32. SUE HILL	PF	2.59.46	AVON	5/81	2.52.01 AVON W. GERMANY 1979
33. BRIAN LYNCH	P	2.59.55	NIKE	4/82	
34. WYNNE HENDERSON	O	3.00.07	HARBORD DIGGERS	4/81	
35. PETER FOULSHAM	P	3.00.47	HARBORD DIGGERS	5/82	
36. BRIAN COLWELL	P	3.01.47	BIG M	10/82	
37. WINSTON MARSDEN	V	3.02.08	STATE	6/82	
38. MARIA GEMENS C'SHANK	PF	3.02.20	CITIES	9/82	
39. DAVE BLACKHALL	P	3.02.24	STATE	6/80	
40. DAVE MILL	P	3.03.00	HARBORD DIGGERS	4/82	
41. BRENT WATERS	P	3.03.01	BIG M	10/82	
42. IAN WEBB	P	3.03.38	BIG M	10/82	
43. CRAIG JOHNSON	P	3.04.20	NIKE	4/82	
44. DAVID PETERSON	V	3.04.53	STATE	6/82	
45. MICK EDWARDS	P	3.06.53	NIKE	4/82	
46. PETER GARRETT	P	3.07.20	WAGGA WAGGA	8/82	
47. IVAN FREYS	P	3.09.20	STATE	6/82	3.07.00 HARBORD DIGGERS 1979
48. KEITH LEGGETT	J	3.09.27	NIKE	4/82	
49. GAVIN CARR	P	3.09.36	STATE	6/82	
50. RUSSELL HAMMOND	O	3.09.40	SYDNEY	9/82	

51. MARK HANLON	O	3.09.47	NIKE	4/82		
52. STEVE KNIGHT	P	3.11.20	HARBORD DIGGERS	4/81		
53. JOHN SNELSON	P	3.11.25	NIKE	4/82		
54. NEIL COLLUM	P	3.12.21	GILLAWARNA	9/81		
55. LEO LEADER	P	3.15.14	NIKE	4/82	3.05.00 CAPE PENINSULA(RSA) 1980	
56. LAURIE KING	P	3.15.27	VETERANS	6/82		
57. JOHN EVENNETT	P	3.17.40	SYDNEY	9/82	2.58.08 HONOLULU	1981
58. DAVE WILLIAMS	P	3.17.56	BIG M	10/82		
59. GEOFF MURRAY	P	3.20.45	STATE	6/81		
60. PETER RYAN	M	3.21.45	BIG M	10/82		
61. BRYCE COURTENAY	V	3.21.50	HONOLULU	12/82		
62. RICHARD BEVAN	P	3.22.17	BIG M	10/82		
63. BARRY JONES	M	3.23.18	VETERANS	7/81		
64. IAN NEWLANDS	V	3.24.54	NIKE	4/82		
65. IAN MILLAR	P	3.25.54	NIKE	4/82		
66. ROBERT BLACKWELL	P	3.25.56	STATE	6/82		
67. LYNNE EVANS	PF	3.26.06	STATE	6/82		
68. GEOFF COX	O	3.27.26	HARBORD DIGGERS	4/81		
69. JOHN DAWES	P	3.27.34	NIKE	4/82		
70. CHRIS BURKE	O	3.29.53	GILLAWARNA	9/80		
71. NEIL GUY	O	3.29.56	GILLAWARNA	9/80		
72. CARMEN BINGHAM	PF	3.30.50	STATE	6/81		
73. JOHN OLDROYD	O	3.35.00	STATE	6/81		
74. ALEX HAMILL	P	3.35.00	HONOLULU	12/82	3.26.06 NIKE	1982
75. JOHN FLYNN	P	3.35.37	GILLAWARNA	9/80		
76. DWIGHT NELSON	O	3.37.26	HARBORD DIGGERS	4/81		
77. DEREK WHITE	M	3.37.27	VETERANS	7/82	3.26.34 NIKE	1981
78. CRAIG WELCH	P	3.37.30	STATE	6/82		
79. BRENDA HAMILL	PF	3.43.00	HONOLULU	12/82	3.31.57 NIKE	1982
80. MIKE NATHANSON	V	3.43.58	NEW YORK	10/80		
81. ERIC WILLCOCK	M	3.45.00	HONOLULU	12/82	3.28.48 ADELAIDE	1981
82. KARL TOPFER	P	3.46.52	HARBORD DIGGERS	4/81		
83. JOHN GALE	O	3.49.27	ADELAIDE	8/81		
84. PAM HAZLEWOOD	PF	3.57.01	STATE	6/82		
85. GLEN MCGREGOR	O	4.18.47	NIKE	4/82		
86. BOB PEIRSON	M	4.33.40	HARBORD DIGGERS	4/81		
87. DOT FLANAGAN	VF	4.42.00	HONOLULU	12/82		
88. SUE THOMSON	VF	4.52.00	HONOLULU	12/82		
89. VALERIE WILLCOCK	MF	5.16.00	HONOLULU	12/82	4.41.00 AVON	1981

MARATHON PRIOR TO JOINING STRIDERS (NO MARATHON RUN SINCE JOINING)

VINCE ENGEL	P	2.19.08	FIESTA BOWL, ARIZONA(USA)	1979
ANTHONY SAUERMANN	O	2.43.39	CAPE PENINSULA(RSA)	1980
ALAN POWYS	O	2.46.13	STATE	1982
HARRY KARLIKOFF	O	2.50.01	GILLAWARNA	1981
RUSSELL BLACK	P	2.50.38	SYDNEY	1982
DENNIS WEBB	P	2.53.44	NIKE	1982
BRIAN HAYDON	M	2.59.11	NIKE	1982
GORDON SARFATY	M	3.10.00	TYAB	1975
IRWIN LIGHT	P	3.10.38	BLUFF (RSA)	1977
PETER DONNELLEY	P	3.23.00	HARBORD DIGGERS	1981
BERNARD KING	P	3.25.00	BLACKTOWN	1982
ALAN SNOW	P	3.29.00	PRETORIA (RSA)	1978
NIGEL KINGSMILL	V	3.31.00	CITIES	1981
JOHN EDWARDS	P	3.32.52	NIKE	1980
TERENCE MCIVER	P	3.36.18	SYDNEY	1982
ROBERT MANN	V	3.38.00	HARBORD DIGGERS	1982
KEITH SQUIRES	M	3.39.15	BLACKTOWN	1981
JANE FLANAGAN	JF	3.42.00	BIG M	1980
BOB CHEETHAM	O	3.51.00	BIG M	1981
MARIA MARTIN	PF	3.51.56	SAN FRANCISCO	1982

... On a Lighter Note ...

TAKING RUNNING TOO FAR

Recent survey by The Runner Magazine in the U.S. produced some interesting results.

Magazine asked its readers: "If forced to choose between running and sex, which would you give up?".

26.5 per cent said sex.

Further results from the survey found that 13.5 per cent fantasize more about running than sex; 18.9 per cent sometimes think about running during sex; 43.4 per cent of those with running on their mind during sex said the thoughts enhance sex; and 45.8 per cent said they are sometimes too tired from running to engage in sex.

Marathon Muddle

THE MARATHON MUDDLE TOWARDS A SOLUTION

by Philip Caldwell

In the previous issue of *The Blister*, Charles Coville drew attention to the almost non-existent channels of communication between marathon organisers and its most recent by-product - a very much congested 1983 Marathon Calendar for Sydney. Charles called for an "informal, loose knit gathering of marathon organisers to meet, say, every six months, to discuss dates and other marathon matters of common interest".

Your Committee responded by inviting the Road Runners Association to convene and chair regular meetings of the marathon clans. Two meetings have already been held with a third, which will discuss the 1983 Marathon Calendar, scheduled for March next.

Decision making for 1983 events was too advanced for a great deal to be achieved regarding dates. However, an improved calendar should be possible in 1984 when it will be possible to schedule events within the framework of permanent time slots for the Nike/Avon (early April), Australian (early June) and the State (late August/early September) marathons.

We took the opportunity to express our concern with the existing imbalance of Sydney's Marathon Calendar - a surfeit of marathons, particularly now that we have the Australian Marathon, but a dearth of suitable lead-up events with distances of from 20 - 30 kilometres. This augurs well for our own Half Marathon but obviously is not in the interest of runners generally.

We were supported by the R.R.A., but the organisers of the Gillawarna, Legal & General and Cities marathons are firmly committed to their marathons regardless of future field sizes and sponsorship support.

On a different note, Alex Hutt of the N.S.W. A.A.A. made available the A.A.A. measuring wheel to each club with the view to achieving consistency in distances.

On balance, the meetings are certainly a much needed step in the right direction - towards co-operation rather than confrontation. All runners stand to benefit.

Marathon Survey

MARATHON	NIKE (INCP. AVON WOMENS) INTER-NATIONAL	HARBORD DIGGERS	NSW STATE (INCP. NSW VETERANS)
Marathon Location	Canberra	Manly/Warringah, Sydney	Holdsworthly, Sydney $\frac{1}{2}$
Date of Race	April 10, 8 a.m.	May 1, 7 a.m.	May 8
Entry Deadline	Feb. 28	April 22	April 18
Course Description	Flat, Mild Undulations	Mostly Flat, Some Undulations	Mostly Flat, Some Undulations
Course Direction	Out and Back Twice	Out and Back	Out and Back Twice
Course Record	G. Kennedy 2.15.16 1981	J. Andrews 2.24.00 1980	S. Poulton 2.17.07 1981
1982 Field Size			
Starters	1134	620	610
Finishers	810	398	487
1982 Winners			
Male	D. Froude 2.17.45	H. Gambrell 2.30.55	Ingyou Nam 2.17.15
Female	S. Barrett 2.45.12	L. Hopping 3.22.07	P. Marshall 2.54.10
1982 No. of Sub 3 Hours	264 44%	47 12%	177 36%
1982 No. of Striders Finishers	31	8	23
Entrance Fee	\$10.00	\$5.00	\$5.00
Contact (B) Business (R) Residence	Dave Cundy (B) 062 63-3538 (R) 062 31-8422	Geoff Thorsen (B) 411-9258 (R) 939-1039	Keith Reynolds (B) 645-4440 (R) 637-2984

For out of Sydney marathons, please consult:
 Neil Plevy (560-3474 Res) Transport and accommodation
 John Evennett (982-7493 Res) Teams entries and recording of results

Marathons surveyed by John Evennett

AUSTRALIAN MARATHON	CAMPBELLTOWN JOGGERS	FAR NORTH COAST	CITIES
North Sydney	Campbelltown, Sydney	Wardell, N.S.W.	City Centre, Sydney
June 12	July 11 July 1	July 31 (Subject to Change) July 31	August 28 August 21
Expected to be Fairly Flat, Some Undulations	Gently Undulating	Flattest in N.S.W.	Flat and Undulating
North Sydney - La Perouse - Moore Park	Out and Back	Out and Back Thrice	Sydney to Blacktown
New Listing	H. Wegner 2.22.29 1981	B. Clingan 2.32.57 1982	S. Montague 2.26.59 1982
New Listing	140 126	45 32	- 67
New Listing	P. Lockyer 2.30.13 S. Hill 3.05.14	B. Clingan 2.32.57 J. Sutton 3.16.50	S. Montague 2.26.59 M. Gemenis 3.02.20
New Listing	38 30%	15 47%	13 19%
New Listing	15	Nil	3
	\$5.00	\$5.00	\$5.00
(Temporary) Alex Hutt (B) 525-2110	Ken Saunders (B) 236-9309 (R) 046 25-2686	Brian Richards (B) 066 21-4422 (R) 066 29-7278	Ian Winton (B) 621-0011 -

Race Results

Compilation of race results during 1982 proved to be increasingly difficult. Not only were race organisers dead slow in supplying results, but we did not always know which members had participated in the various races.

During 1983, two options will exist :

Option 1

Major races

At most major races the Striders banner will be hung. Members are requested to check in their times at the "Striders Stall".

Option 2

Minor races

Where no banner is evident, and no Strider is recording times, a Results Form should be forwarded as soon as possible to The Blister. Results Forms will be printed within The Blister.

A little initiative too, wouldn't go astray if you acted as Results Reporter and collected the times of other known Striders at the race.

Australian Marathon

THE AUSTRALIAN MARATHON - ONE TO RUN IN '83?

John Evannett

An increasing number of major cities throughout the western world have instituted locally administered marathons during the 1970's with the best known probably being Boston, New York, Honolulu, London and within Australia, undoubtedly Melbourne's "Big M" despite the current amateurish approach in many areas.

With Brisbane being amply catered for by the Superfast Gold Coast Marathon and Adelaide and Perth also having generally acceptable events, Sydney followed in 1981 with its own marathon; high on ideals but sadly lacking in execution. With a reduced field last year and increasing rumours lately concerning the failure of the Sydney Marathon Organiser to meet published obligations, the recent announcement below has left great expectations among most marathoners that we in Sydney may now have the nucleus of a world rated event. For 3 years at the least!

Did it all look too good to believe? Maybe, as the AAU have recently informed us that the NSW Police Force have lodged a number of broad objections to the route.

Watch your next Blister for what we hope will be a harmonious arrangement between all parties.

"THE AUSTRALIAN" - TUESDAY NOVEMBER 30 1982

SPORT

Amateur athletes chasing cash in Australian Marathon

By JOHN HOGGETT

AMATEUR marathon runners will compete officially for prizemoney for the first time in Australia in the Australian Marathon in June.

A \$1 million sponsorship over three years by News Ltd. announced yesterday by the NSW Minister for Leisure, Sport and Tourism, Michael Cleary, will ensure that Sydney will host the national title for at least that time.

The race, open to all amateur sportsmen and women, will start at the Sydney Harbour Bridge being partially closed for the first time for a major sporting event.

The race will be televised live by Channel 10.

The marathon will be controlled by the Amateur Athletic Union of Australia, which will use part of the sponsorship money to set up an office

in Sydney. The union's special projects officer, Brian Roe, will be the race director.

Negotiations are under way to have Commonwealth Games marathon champion Robert De Castella compete. His superb performance in Brisbane saw the event come of age as a spectator sport in this country.

De Castella, who only runs one or two marathons a year, has not drawn up his program yet for next season, but he has agreed to act as technical adviser for the event.

More than \$28,000 will be available in prizemoney for competitors, and by the time trophies and prizes for the various categories are taken into account, the figure could be closer to \$60,000.

To conform with International Amateur Athletics Federation eligibility rules, prizemoney will be held in trust for the athletes to use to further their sporting horizons or until they retire.

The men's winner will receive \$10,000 and the women's winner \$3000.

The second male to finish will get \$3000, third \$2000, fourth \$1000 and finishers from fifth to 15th will receive \$500.

The second woman home will win \$1500, third \$800, fourth, fifth and sixth \$500.

The first Australian man and woman across the line will represent Australia in the 1983 Honolulu Marathon.

There will be trophies for the oldest male and female competitor and the first juniors under 20 to finish. There will also be a paraplegic section.

A teams' event will be run in conjunction with the marathon. It will be open to teams from business clubs, business houses, sporting clubs, community clubs, government, semi-government and local government teams.

Teams can have a maximum of seven competitors, with the best four finishing efforts counting. The winning team of four will also represent Australia in Honolulu.

AAU executive director Rick Pannell already is talking of between 5000 and 10,000 competitors running in the marathon. Every effort will be made to bring the race in line with world-class events like the New York, Boston, London and Tokyo marathons.

The British-based international marketing giant, West Nally, is involved and the organisers are looking for another eight major sponsors. Qantas, Pan Am, Air New Zealand, Coca-Cola Bottlers, CSR, the Commonwealth Bank, the NSW Building Society, James Hardie Industries and Edgell have already shown interest.

A figure around \$50,000 is believed to be enough to secure a major associate sponsorship.

World record holder Alberto Salazar, a Cuban-American, is unlikely to compete.

Salazar is now a member of the Mark McCormack sporting stable and the asking price just to get him to the starting line is believed to be around the six-figure mark.

Exciting

As Dr Frank Larkins, of the AAU Board of management, said at yesterday's launching: "It's an exciting venture and a major lynch-pin in the spread of athletics to all parts of Australia."

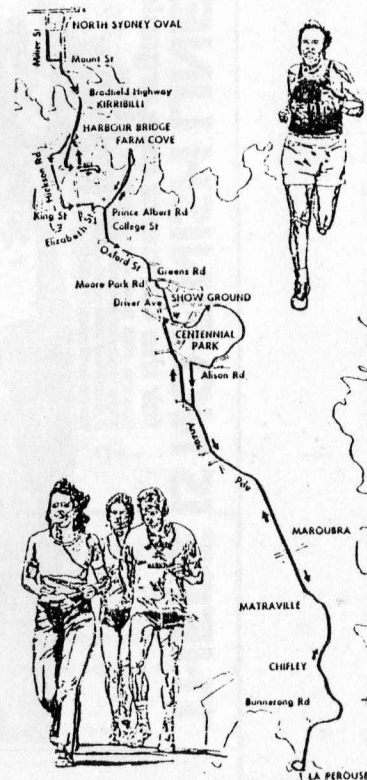
Organisers have stated that up to \$100,000 could be spent each year bringing athletes to Australia.

The 26-mile 385-yard event will start in Miller Street, North Sydney, and cross the Harbour Bridge via the Cahill Expressway. Runners will then wind around Circular Quay, passing through The Rocks and by the Opera House into the Royal Botanical Gardens.

After a look at Centennial Park, they will head out along Anzac Parade to Bare Island at the mouth of Botany Bay before retracing their steps to finish at the Showground.



ROBERT DE CASTELLA



The course for the Australian Marathon in June

ENTRIES OPEN 1 JAN/CLOSE 28 FEB

THERE IS NO FINISH LINE...
for the Canberra race organisers

Run the 1983 Race and experience
more innovations including
a modified course to cater
for an unlimited field!



**Sunday
10th April
1983**

Entry forms available 1 December 1982
Apply: Nike Canberra Marathon
PO Box 144 Kambah ACT 2502

Australian entrants please send stamped
self-addressed 230x110 envelope.

Photograph
by John
Purton

ORGANISED BY THE A.C.T. CROSS COUNTRY CLUB INC.

Race Review

PALM BEACH TO MANLY 30K
JANUARY 8TH

1. J. Broscope 1.43.50

Striders

15. Neil Plevy	1.51.40
18. Robert Harrison	1.52.30
22. Mike Anschutz	1.54.12
27. Bob Shaw	1.55.26
32. Wynne Henderson	1.56.23
40. Sam Daher	1.59.32
46. Ron Feeney	2.01.46
72. John Evennett	2.06.39
77. Laurie King	2.08.59
79. Osten Hansson	2.09.16
91. Charles Coville	2.12.04
92. Sue Hill (2nd female)	2.12.07
94. Dave Ingham	2.12.36
101. Mick Edwards	2.13.44
105. Dave Williams	2.15.13
109. Terence McIver	2.15.46
117. Mike Bingham	2.17.30
118. Dave Peterson	2.17.47
138. Ian Millar	2.22.07
140. Brian Colwell	2.23.17
146. Lynne Evans	2.23.57
152. Mark Hanlon	2.25.12
162. Bill Flanagan	2.28.32
182. Eric Willcock	2.33.07
186. Derek White	2.33.59
189. Barry Jones	2.35.20
193. Steve Cornelius	2.36.25
222. Carmen Bingham	2.56.26
226. Leo Leader	2.59.15
226. Irwin Light	2.59.15
229. Valerie Willcock	3.13.00
234. Dot Flanagan	3.22.35



SUBSCRIBE NOW

Save \$5.40 on 12 issues.
Receive an Australian Runner in the mail.

☐ Please send me 12 issues of Australian Runner at the reduced price of \$18.00.

☐ Please start my sub. with Vol. 1, No.

Name:

Address:

..... Postcode

I enclose cheque/money order/
postal note for \$

Mail this subscription form today to:

AUSTRALIAN RUNNER
P.O. BOX 306,
SOUTH YARRA, 3141.

Technical Corner

LESSONS IN PACING: NSW STATE AND BIG M

Richard Bevan

I ran the NSW State Marathon with a plan for a sub-3h 20m time, and finished in 3h 33m. At Melbourne I planned for 3h 22m and ran almost exactly that. The difference was in the way I ran the two races rather than preparation.

My plan at the State was to run 5k splits of 23-40 (4-44 per kilometre, or 7-35 per mile). I'd trained steadily (for me) with about 12 weeks averaging 40 miles, including a few 16s and 20s (my first Striders efforts).

Perhaps needless to say, with that modest mileage, I don't subscribe to the idea that 60 miles or so per week is a marathon training minimum. Nor, for that matter, do I accept the 'collapse point' theory: I think that once you have sufficient basic conditioning, the 'collapse', glycogen depletion, the wall, or whatever you call a drastic and irreversible slowdown, is a consequence of pace and preparation. That's to say, many factors will contribute to determining when (if) the collapse happens: if you don't taper your training you'll reach your limit earlier in the race; if you aren't fully fuelled-up on carbohydrates you'll run out of glycogen and slow down sooner; if you haven't done heavy mileage it'll show (but not with a discontinuous difference in performance at some special level); and (perhaps most important) if you run too fast you'll run out of steam.

Presumably you'll run your fastest if you hit the pace that brings you to the point of 'drastic slowdown' just as you cross the finish line - or however far before it you can experience complete depletion yet sustain your speed by force of will. Runners like Salazar and De Castella don't hit the wall: they manage their pace very accurately. If they went out 5 seconds a mile faster, maybe they'd run 2-06 ... or hit the wall and run, say, 2-12; but not the 2-08 they were capable of at the start.

Anyway, this digression is a summary of some of the reasons why I feel that even (or 'correct' for any individual) pace is crucial: something that every book and article on marathons stresses ... and yet something that almost every runner seems to have to learn by (usually painful) experience. The corollary is that you need to be able to assess your capacity very accurately, and predict racing performance.

Back to NSW. My plan called for a slowdown any time I got ahead of schedule, on the basis that in the first 15 or 20 kilometres I'd be likely to run too fast. The start, on a beautiful (and cold) morning, was uncrowded and comfortable. The pace was very easy, to the point that I thought I might even be a little slow. Then we passed the one-mile marker (the only mileage indicator: the rest of the course was marked in 5k stretches ... except for the errors, but that's another story). Target 7-40; actual first mile ... 6-46. But instead of annoyance at bad pacing (and a correction) - euphoria! Here I was, running sub-3 hour pace; and it felt like 7-40 miles (at this point, perhaps I should interject an apology for the mixture of metric and imperial measures, a reflection of my recent arrival).

Within seconds, all my planning, together with every running experience of my life, not to say most of what I'd read about running and racing, had been dismissed; rationalised into a conviction that this must be the breakthrough whereby the Average Runner suddenly becomes transformed to the tune of a minute a mile or so off his basic speed. The fact that I had only to sustain this pace for another three miles to record a PB for four should have influenced me.

The internal debate continued for 10 kilometres or so, and in due course physiology asserted itself over psychology and I started to slow down. But it was too little, and too late. By 15k I was down to my intended pace, but three full minutes inside my planned 1-11. At around this stage of the race I was further confused by a course error, (corrected on the second circuit, so the overall distance was right) that gave me an apparent PB for the 10k to 15k split.

Such are the powers of self-delusion that it wasn't until the halfway mark that I finally accepted that I wasn't en route for an extraordinary (for me) time. By then (1-38) I'd started to lose what I'd gained; was feeling a good deal worse than I could afford to at that stage ... and knew what was going to happen.

At 30k I'd lost all the time I'd saved, and a further minute; at 35 another three minutes had gone. If I could have sustained even that plodding pace I would have squeezed in with a PB (3-30-32 to beat), but at about that point I experienced devastating evidence that those who dismiss the wall underestimate the lack of pace discipline of runners like me. I don't need to describe it: 35 to 40 took 29-45; the last 2.2 an even 14m. Another gruesome statistic: first 10k, 44-40; last 10k, 58-35.

And so to Melbourne, with slightly better mileage, including four 80 kilometre weeks (sounds even better than 50 miles) counteracted by a long overseas trip during which the quality was uniformly slow. On balance, I think I was in about the same shape for both races. The plan was a little more conservative, with a 3-22 target; and, needless to say, an absolute determination to stick to plan. A Melbourne friend, also committed to a disciplined race, had marked the entire course in kilometres (the official markers were every five), so there was little excuse for diverging more than a few seconds.

With a field of 5,000, I'd expected problems at the start. But with five minutes to go I walked up the side of the road and found myself close to the front when the gun went. Others have written about the conditions: rain, then sun; and gusty, but mostly following, winds. The first 5k were a delight, as always: you feel you're running too slowly; know that you're almost certainly not; and (in spite of resolutions) hope to have a few seconds in hand. Sure enough, each of Bob's markers showed a 4 or 5 seconds gain, confirmed as a total of 30 seconds at the 5k mark. This time I slowed down (a comment on slow starts: Cecil Ford cruised by at about 3k, en route to his cliff-hanging 2-59-43).

The fact is, the rest of my run was uneventful. I felt really good to about 25k, and after that had to work progressively harder to stay on the pace, but felt confident throughout. I'd allowed for a slowdown of one or two minutes in the second half, and that's what happened: self-fulfilling planning perhaps. I recovered much quicker than after the NSW. One observation about running in Melbourne: when we were approaching the hills (very mild ones) runners with local knowledge started saying things like 'look out, here come the hills' as if they were expecting a formidable obstacle. Now, I'm no hill runner, but six months in Sydney have been enough: compared to my regular Rose Bay circuit, not to say the regular mountainous Striders fare, these were slight undulations. It was a pleasure to overtake the locals.

Finish time was 3-22-18. Perhaps if I'd planned 3-20 I'd have achieved that: but the NSW convinced me not just to follow the plan, but also to set reasonable targets. As long as you compete regularly you can continue to improve. The question now is how to do well at Canberra: a further modest increase in mileage; some hill sessions; some intervals; a plan which is the right mixture of ambition and realism ... and the determination to follow it.

Commonwealth Games

COMMONWEALTH GAMES MARATHON, BRISBANE - OCTOBER 8, 1982

John Evennett

Considerable dispute exists over the time splits recorded for De Castella and Juma Ikangaa, however, the most widely reported, and it appears most logical splits in post analysis, differ from those published in the last Blister.

By courtesy ACP and the Australian Runner, the times recorded at road markers and the aggregate differences can be shown -

	DE CASTELLA			JUMA IKANGAA		
5 km	15.09			(-00.24)	14.45	
10 km	15.07	30.16		(-00.05)	15.12	30.11
15 km	15.23	45.39		(-00.15)	15.13	45.24
20 km	15.28	1.01.07		(-00.34)	15.09	1.00.33
$\frac{1}{2}$ distance	1.04.30			(-00.41)	1.03.49	
25	15.32	1.16.39		(-00.55)	15.11	1.15.44
30	15.29	1.32.08		(-00.58)	15.26	1.31.10
35	15.28	1.47.36		(-00.38)	15.48	1.46.58
40	15.03	2.02.39		(+00.02)	15.43	2.02.41
Finish	2.09.18				2.09.30	

Most interestingly, is that almost all Ikangaa's break was made to 25 km with only a further 3 sec. being taken to 30 km. At this point, whilst De Castella maintained his approximate 15.30/5 km pace, Ikangaa started to show the effects of dehydration and slowed appreciably, in fact dropping 38 sec. from his 5 km average to 25 km.

Deekers 35 - 40 km split, arguably the fastest ever between these marks, turned a 38 sec. deficit into 2 secs advantage.

Deekers covered the last 2.195 km at 2.547 pace, Ikangaa at 2.574.

FOR SALE

NEW BALANCE 990 SIZE 10

This grey and white model was purchased direct from the U.S.A. through mail order.

Features include:

- * Stability for high mileage
- * Long wearing sole
- * Counter to prevent pronation

The NB size 10 equates to an Adidas size 9. This is the reason for sale - it is too small for my feet.

The shoe is not obtainable locally and current mail order prices list the shoe at approx. \$110. The brand new shoe is for sale at \$70 along with drawstring bag.

IVAN FREYS
636 1360 (R)

Clubrunner Championship

SAM DAHER

A comparatively low number of 18 questionnaires relating to the 'Clubrunner' competition were completed and returned in response to the survey.

The results are as follows:

- | | | | |
|----|--|--------|-----------------------|
| 1) | Do you agree to the 'Clubrunner' in principle?
If not, what aspect of it do you find unsatisfactory? | 16 YES | 2 NO |
| 2) | Have you any suggestions for improvement of the 'Clubrunner' in its present form? | 8 YES | 10 NO |
| 3) | Have you any suggestions for an alternative competition in preference to the present format? | 0 YES | 18 NO |
| 4) | Do you prefer no club competition at all? | 2 YES | 14 NO
2 INDEFINITE |
| 5) | If the 'Clubrunner' is continued into next year would you take a keen interest in your performance in the competition? | 12 YES | 6 NO |

On the basis of the above it appears the continuation of the 'Clubrunner' is preferred by the majority. However a number of suggestions for the improvement of the competition have been put forward.

In brief the suggestions are:

- 1/ The addition of different categories. Either age groups or time block groups.
- 2/ Three persons suggested less emphasis placed on marathons as running a large number of marathons is disproportionate to common and medical advice as a flow on performance points for club races recommended as are established shorter runs.
- 3/ All races to be recognised for allotted points.
- 4/ Remove the requirement of a minimum of 8 Striders in any marathon before performance points can be allotted. The reason being a person may run the race of his/her life and not be allotted performance points for the effort if less than 8 Striders.
- 5/ Reduced performance points progressively if less than 8 Striders e.g. if 7 top points 16, if 6 top points 12, etc.
- 6/ Time improvement points should be based solely on previous season P.B. Should make no difference to improving runners but would provide incentive to runners returning from injury and "oldies" past their peak.
- 7/ To include the entire year so as not to disadvantage people who compete in marathons between competitions.
- 8/ Remove the requirement of club colours for points in competition.

Firstly, I would thank all those who took time out to comment on the competition whether for or against. Of the suggestions offered many good points were raised some of which can be implemented, others for various reasons cannot.

It is foremost in my mind to keep the competition low-key, simple and equally fair to all standards of runners.

My personal comments to the points raised are:

- (1) I agree to different categories. I feel that possibly the competition could be run as a whole and then dissected with age or time categories for Males & Females.

The actual categories and other details to be decided in the near future by discussion.

- (2) "Less emphasis on marathons" - My observation of last years efforts does not support this claim that the competition lures people into running more marathons than they otherwise would. Those who did compete in more than 2 marathons did so by entering in low key events or events that did not attract performance points due to less than 8 Striders participating. I think that all the runners realise to back-up in marathons will rarely produce P.B. performances or high placings. I do not believe the 'Clubrunner' has enticed any person to enter a marathon they have not otherwise wanted to run. To restrict the number of marathons would not be practical. If it was restricted to two and on the third marathon a person runs a P.B. no credit would be given for that P.B. The 'Clubrunner' without points in marathon races would merely be an attendance competition. It should be remembered we are a MARATHON training club.

- (3) "All races to be allocated points" - The slower runner would be disadvantaged. However, once age or time categories have been decided on may become practical.

- (4 & 5) (a) "To remove the minimum requirement of 8 Striders"
(b) "To reduce the performance points if less than 8 Striders"

I do not consider it to be fair to score performance points when no fellow club competition is offered. The reduction of the point scoring system when less than 8 Striders can still give an advantage in a small field and whilst the idea has merit would tend to complicate the 'Clubrunner' competition which fundamentally is presently a simple format already complicated to some degree by guidelines. The idea of being able to score 20 time improvement points and 20 performance points but a combination of not more than 25 is designed in part to assist those who have run the race of their life and get near maximum points even if less than 8 participants e.g. a five minute P.B. will give 20 points whereas the maximum combination had the person been first Strider home in a field of more than 8 would be only 25. Therefore the effort has in fact been recognised.

- (6) "Time improvement points based solely on previous years effort" - I agree completely on the basis of the reasons offered.

- (7) "To include the entire year" - I agree. The year to culminate at a reasonable time before the Club's presentation night.

- (8) "Remove the requirement of club colours". I agree - too difficult to control anyhow.

The comments above are purely my own and are offered for thought. It will not be my ideas necessarily that will be implemented. The Club committee has requested that all suggestions be put to paper in order that each point may be discussed at the Club's Annual General Meeting on 13 February 1983 when final guidelines will be drawn after discussions with members.

I once again thank all those who participated in the survey and hope that as a result a competition may emerge that would not offend any club member. It is understood that no competition ever gains full competitive participation as people are individuals with different tastes and opinions.

It is hoped that shortly after the Club's Annual General Meeting details of the updated competition will be circularised.

Striders in Training

TITLE	CONTACT	DAY/TIME	START/VENUE
Wednesday Westerners	Bob Blackwell	Wednesday 6.30 pm	Alternating participants homes in inner Western Suburbs
Turramurra Trotters	Alan Cole Res. 46.3731	Saturday 7.00 am	Turramurra Station Car Park (off Eastern Road)
Centennial Intervals	Brian Colwell	Saturday 7.00 am	Randwick Technical College entrance to Centennial Park
Veterans Time Trials	Logan Irwin Res. 570-3529	Thursday 5.50 pm	Hensley Park, Pagewood.

Please advise John Evennett (982 7493 Res) of any new groups or updates to existing groups.

COURSE	PARTICIPATING STRIDERS	DISTANCE/PACE
Varying inner Western Suburbs, including Iron Cove Bay, Drumoyne, Pymont.	Rob & Nina Blackwell Peter Garrett Neil Gerraghty Neil Plevy Craig Welch	Between 15k and 20k at medium STAR pace
Course starts at 6.5k and builds up progressively to 15.3k. Turramurra, Wahroonga Waitara and Hornsby	Mike Bingham Dave Blackhall Francis Chan Charles Coville John Flynn Dave Ingham Pam Hazlewood Max Henderson Bill Hunter Bernie Liebmann John Snelson Gavin Carr	Handicap race. Slowest runners start at 7.00 am. Faster runners leaving at 1 minute intervals thereafter. 6.5 k Aug 21 - Jan 8 8.8 k Jan 15 - Feb 19 10.4 k Feb 26 - Apr 2 12.2 k Apr 9 - May 14 14.4 k May 21 - June 25 15.3 k Jul 2 - Aug 6
Centennial Park	Brian Colwell Sam Daher Mick Edwards Laurie King	1 hour of varied speedwork
Track followed by additional track or road - Matraville and Botany	Bernard & Dennis Cooley Brian Colwell Ray Doran Sam Daher Bill Flanagan Laurie King Neil Plevy Derek White Alan Powys Ron Feeney	Varied speedwork; alternating weeks. 1st Week Track: 1 mile then Track: 3000 metres or Road: 4 miles 2nd Week Track: 800 metres then Track: 5000 metres or Road: 6 miles

Striders in Training

Please advise John Evennett (982-7493 Res) of any new groups or updates to existing groups.

TITLE	CONTACT	DAY/TIME	START/VENUE
Birubi Track Training	Neil Plevy Res.560-3474	Monday 5.00 pm and Wednesday 5.00 pm	No.2 oval (grass) Sydney University
Sam Daher's School of Fartlek	Sam Daher Bus.234-0390	Tuesday 12.45 pm every second Wednesday 12.45 pm (When Corporate Cup is not on)	Entrance to Domain opposite Mitchell Library
Talays	Bob Talay Bus. 399-3893	Wednesday 6.15 pm	Talays Runners Shop 38 Frenchmans Road Randwick
Corporate Cup	Bill Carlson Bus. 218-9515	Every second Wednesday between 12.00 am and 1.30 pm.	Domain, near public toilets, South of the Art Gallery
Chatswood Intervals	Phil Caldwell Res. 427-6350	Thursday 6.10 am	Rotary Athletic Field, Chr Mowbray and Epping Roads Chatswood West.
Lane Cove River Runners	John Evennett Bus. 700-400	Tuesday 5.30 pm and Friday 5.30 pm	Lane Cove River Park. Fullers Bridge Entrance.

COURSE	PARTICIPATING STRIDERS	DISTANCE/PACE
No. 2 grass oval	Bernard & Dennis Cooley Robert Harrison Neil Plevy	Varied speed training. Note: Jack Pross is specifically coaching a group of athletes. He has no objection to outsiders joining the group, provided that they make no individual demands upon him.
Botanic Gardens and Domain	Phil Caldwell Charles Coville Sam Daher Dot Flanagan Maria Genenis - Cruickshank Russell Hammond Laurie King Bruce Usher	Fartlek at sprinting pace
Randwick to Clovelly Either: 1) left to Bronte, Tamaranga, Bondi or 2) right to Coogee and Maroubra	John Dawes Bill Flanagan Sue Hill Glen McGregor Jan Millar	2 courses of 5k, 8k and 16k run on alternate weeks. Competitive pace.
Botanic Gardens along water front to steps opposite Opera House and return.	Mike Bingham Phil Caldwell Charles Coville Sam Daher Marie Genenis- Cruickshank	6.6k Race. Runners leave every minute between 12.00 am and 1.30 p.m.
Rotary Athletic Field	Phil Caldwell Dave Cox Neil Collum Nicholas Reed	Race pace. 200 metres to 800 metres intervals
10 k route on south of river	John Evennett Max Henderson Gavin Carr Alan Powys Sue Hill Pam Hazelwood Brett Nicholls	Race pace - Tuesday. Medium STAR pace - Friday

... On a Lighter Note ...

WHAT DO SOME STRIDERS DO DURING THE "SILLY SEASON"?

Manly Daily, Thursday, December 27

"It is not at all that surprising that the legendary Nat Young won the third annual loggerday last Monday.

The contest sponsored by the North Avalon Surfrider's Association, features long boards and Nat is probably the best rider ever.

Placings were Nat Young 1, Pico 2, Bruce Usher 3"

Technical Corner

There's only one fear that is stronger than getting slower and that is getting injured.

If you're like me, you'll try anything to keep on the road. Here's some tips that I received recently from a chiropractor friend of mine. There are no miracle cures, but his tips are worth trying ...

Fluid on the knee (In fact, fluid on ANY joint)

Our bodies' natural reaction to any injury is to swamp the whole area with white blood cells. These are intended to kill off any invading bacteria. Unfortunately, our brain cannot distinguish between an open, bleeding gash on the knee and an internal tear of some supporting structure. The response is the same - flood the area with white blood cells, lymphatic fluid and synovial fluid. (It may not be a tear, it could be an irritating loose body or some rheumatoid inflammation.)

So what, you say! That doesn't help my run next week! The first thing to do before any repair work can begin to take place is to get rid of all that fluid. By removing the fluid we can attempt to wash away most/some of the damaged cells and waste product. At the same time as washing away the rubbish, we are flushing in new supplies of fresh rebuilding blood - the repair workmen.

So here's what we should try to do -

1. ICE as soon as possible after the injury, to prevent any further swelling taking place.
2. Drain/elevate the limb. The foot, the hand and even the head are dead ends. The end of the transportation link. So don't let pools of stagnant waste-ridden fluid collect in the membranes around the damaged joint. ELEVATE IT. Brush your flat hand over the swelling. Add some baby oil and DRAIN. Drain it with 50-100 strokes morning and night. Push all that dead, damaged, useless fluid into the abdomen where the "factory" can process it and eliminate it.
3. LAST & MOST IMPORTANTLY, PUT A POULTICE ON IT AT NIGHT. Here's what you do. Dampen a handkerchief or half an old face washer - good and damp, hot or cold water, doesn't matter. Next, fold it nice and neatly over the swollen joint. Then wrap a good heavy bandage over the lot. From 6" below to 6" above; and go to bed all night. What happens, we suppose, is that over the next 8 hours or so the body tries to evaporate the moisture in the region. This localises the repair mechanism right in the spot you want it. You might have to do it a couple of nights in a row but the swelling should have gone down next morning. I remember explaining this to one of my patients who was a top soccer player and he said "I had forgotten about that technique. My old coach in Yugoslavia twelve years ago used to make us do exactly that. He made us add some vinegar to the damp poultice." Vinegar or not, try it! There is lots more that can be done in a chiropractor's office.

Alex Hamill

Letter to the Editor

The Editor,
The Blister.

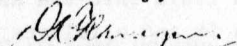
Dear Charles,

Herewith a suggestion for your consideration. Could a "Runners' Problems" column be conducted in The Blister?

Striders could narrate their running problems in the column, and readers having a possible solution could inform the enquirer at the STARS, or publish a reply in the proposed column. With the large membership of Striders, it seems likely that members collectively would have encountered and solved alot of running problems.

For instance, during long runs, the three small toes on my left foot become numb, and, if my foot then twists on rough ground, the condition becomes quite painful. The trouble ceases when I stop running. Has any other Strider encountered and solved this problem?

Yours sincerely,


Dorothy Flanagan.

The President,
Sydney Striders

Dear Charles,

This is just a short note to remind you of our telephone conversation the other day. I was reading the October issue of 'Runner's World' and came across something I thought very interesting

'When carbohydrate-loading first came into vogue, 'depletion' was half the game. That meant running an 18- to 20-miler seven days before your marathon and then consuming largely protein foods for the next three days, thereby depleting your muscle- glycogen stores. Recent research indicates that this depletion phase makes little sense. It's the loading that counts. So shelve the 20-miler and can the protein foods.

"A wiser pre-marathon program has you take your last long run two weeks before your target date. Then taper off somewhat the next week and run a "fresh", hard 10-K seven days before the marathon. The speed of this race will rest in your body's memory bank, making your marathon pace feel effortless by comparison."

So here's the idea as so many of the Striders are planning to run the Canberra Nike Marathon, why don't we organise a 10-K race in Lane Cove National Park on the Sunday before?

I would be delighted to donate a trophy and suggest that it could be given to the person who best estimates their time for the 10Ks. In other words, before the race starts we all write on a sheet of paper what we expect our time will be. Nobody is allowed to wear a watch and we simply organise some people at the end to register the finishers' times.

I think it gives everybody a fair chance of winning.

Yours sincerely,

ALEX HAMILL

Editor - Great idea! We will discuss it at the A.G.M. on the 13th February.

Qantas Jogabout

Alex Hamill

When Brenda and I first decided to take a Qantas package to the West Coast of the United States and Hawaii, we hadn't really thought much about keeping up the running. About a month before we were due to leave, Bryce Courtenay convinced us to join the Striders and suddenly it seemed terribly important to keep some of the condition we'd gained after just three "STAR" runs

So, even allowing for jetlag, demanding children, change of diet, bus travelling and everything else one expects on a trip like this, we made the pledge to run at least once in every city. So, for the uninitiated, here's a guide to the Qantas Jogabout Tour of the West Coast.

Arrival in the States

On arrival we were met by our tour guide, Gordon. He was a typical Californian - sun-tanned (or ray-tanned), about 28 years of age, with a trim beard and looked like he just stepped off the cover of Runner's World. We established in the first two minutes of discussion that he was a runner and that we'd spend some time on the road together. (Have you ever noticed that even complete strangers will establish each other's running credentials very quickly?)

San Francisco - The First Run

On our bus tour we discovered the marvellous Golden Gate Park. It breasts the Pacific Ocean and we were told that when the fog rolls in the temperature can drop ten degrees in ten minutes. Next day we took the chance and caught a cab from the hotel to the ocean. We then set off on an early morning run through the Park.

It was a marvellous experience - Americans use their public parks better than anybody on earth. We passed fellow joggers, frisbee throwers, roller skaters and bike riders. At one stage, as we tried to run the jetlag out of our legs, we came upon a fenced enclosure containing a herd of American bison. That in itself made the run worthwhile.

The interesting thing about the Park is that the man who designed it (and it's all man-made) included lakes, man-made waterfalls and even flower beds resplendent with the local football team's colours and insignia. The one thing he decreed was that there be no statues. So the first thing they did when he died was to erect a statue in his honour.

The run through the Park is about 5 or 6 kilometers and you come out at Stanyan Street, down to Geary and then downtown to the hotel. Apart from the blacks, an overheard conversation between two men saying "I love you too" and police with loud speakers pulling over a fast-speeding car, it was like any Sydney run. We had heard a lot about the San Francisco hills but they didn't worry us on this day.

San Francisco - "Come on Aussie"

Deciding that it wasn't worthwhile catching a taxi out to the Park again, we checked a map and realised that we could run from the hotel to Lombard Street, which was billed as "the world's crookedest street". It seemed ideally located on the map near Fisherman's Wharf and, whilst it required us to run through the Saturday city shopping crowd, we decided to have a go.

Running through the crowded morning shopping centres, resplendent in our Australian T-shirts, we realised from all the "goodonyermates" yelled at us that half the people there were also from Down Under.

Whilst Lombard Street is billed as the world's crookedest street, somebody forgot to tell us that you need to climb the world's hilliest hills to get there! At one stage, passing Filbert Street I really thought the angle-parked cars were going to tip over. As we climbed Lombard Street, determined to run to the end, a big, black American who was walking slowly to the top raised his fist and yelled "More power to you!". It was enough to see us to the peak, pretending that we weren't utterly exhausted. In all, I guess the run was about 8 kilometers but with the hills involved had to be worth at least double that to our still-tired legs.

As we arrived back at the hotel we saw tour guide Gordon setting out for his run. He looked like he'd been dressed by Calvin Klein for an Olivia Newton-John movie. Resplendent in head-band and designer brand gear, he certainly looked the part. But could he run? Brenda was determined to find out.

Yosemite - "Peak-hour Park"

Despite the fact that Yosemite National Park is a 4-5 hour bus trip away, we decided it would be a splendid relief from the people- and car-choked streets of San Francisco. However on arrival we were to be deeply disappointed. An article from the San Francisco Chronicle summed it up nicely ... "most tourists expect to find a wilderness and instead find a small city". And it's true. Whilst the surroundings are postcard perfection, the truth is that there were more cars in the valley than downtown San Francisco.

However we were determined to find some solitude and less than 20 minutes out of the chaos was a bush trail and a tranquility that even the hundreds of cars couldn't disturb. The pine scent is overwhelming and the chipmunks and bluejays on the track made it an ideal run. On the way back, we once again saw Gordon setting off on his run, looking a million dollars.

Monterey - "His bark is worse than ..."

A quick glance at the map reveals that Monterey is on the seafront and, as any runner knows, you can always find a track where there's ocean. This was no exception. The run through the sterile-clean city area was pleasant in itself, but only ten minutes out of town you hit the famous Cannery Row from John Steinbeck's novel. It was a marvellous feeling to simply run along this renowned street.

As I came upon the seafront, I stopped abruptly as the air was broken by the sound of loud and vicious barking. I had already read about guard dogs that American companies hire out overnight to watch over their premises and felt

sure I was about to be set upon by a giant Doberman. Looking in the direction of the noise, I realised it was in fact coming from the sea. It wasn't dogs, but a herd of seals doing perfect Fido impersonations. I continued on the track out to the Stanford University Marine Centre and then back to town along the same route. A more picturesque run you'd never find. Probably about 9 kilometers in total.

Brenda ran separately with our two sons, Marcus and Joshua, and reported that she actually saw Gordon jogging, which means there must be more to him than the pretty clothes.

Santa Barbara - "Brenda Gets Gordon"

Santa Barbara is billed as offering "the most expensive real estate in California" and deservedly so. Gloriously placed on the ocean, it is a joggers' paradise. A track runs at least 5 kilometers from point to point with the ocean on one side and lush, green lawns on the other.

At this stage we actually cornered Gordon and he agreed to come for a run. We jogged out slowly to the south, past Fisherman's Wharf (there is one in every American seaport) up to the point. I had intended a slow run - about 5 minutes/kilometer pace - but it was obvious that Brenda was feeling toey. She set out at least 50 yards in front and was determined to test Gordon. On the way back, I decided to also see if there was anything left in the legs after all that travelling and quickened pace. Misreading the location of the motel entirely, and thinking I could see the motel, I sprinted and then realised I was at least 2 kilometers away and did the last section very tough. Brenda really worked Gordon out, as he exclaimed at the end "I have never run this fast in my life". But he also decided that he liked it and in fact spent the rest of the holiday looking for us to go for a run.

Los Angeles - "Can muggers catch joggers?"

Everyone on the tour bus was hyped about L.A. and the crime problem. Our hotel was not so well located downtown and by the time we landed there our fellow tourists were

so tentative it was obvious they were not going to move more than one block away. I am sure that the person writing our tour guide has a franchise on the coffee shop next door because that's about as far as anybody went the first day. (It reminds me of the time that I saw an American jogging up and down the corridor of his Osaka hotel because he was scared of getting lost outside.)

Only a cross between Roadrunner and Apollo Creed runs in L.A. but we decided to go anyway. It was the day of the transport strike (they have them over there too) and the city was choked with cars. It wouldn't rate highly on a "must run" list, but we covered about 10 blocks in both directions and certainly got to see more of L.A. than anybody else on the tour.

Anaheim - "Disneyland for the Kids - Nothing for the Runners"

Walt Disney might have created the Magic Kingdom for kids but somebody certainly forgot us runners when they made Anaheim, which is the suburb surrounding Disneyland. It looks like they held a convention for fast food and low-priced motels twenty years ago and they decided to stay. If Walt designed Tomorrowland and Fantasyland, then Anaheim was surely created as Horribleland. Even running a couple of miles away from the highway reveals nothing but factories, dust and low-cost housing. I think I can honestly say it was one of the few runs I have not enjoyed and even Brenda, who is never one to complain about such things, put it down as a one-out-of-ten. Still, it was a run.

San Diego - "A Run above Par"

As we drove into San Diego we learned that the blue line down the main street is the route of the San Diego Marathon and knew we were on a winner. Driving around the edge of Balboa Park we saw runners by the hundreds. It is truly one of the perfect running cities of the world and a conversation with a cab driver revealed that there are over 40 marathons held in the city. He was also a marathon runner, having competed in the Seattle Marathon just months prior.

We decided to go for an evening run and I suggested the golf course beside our hotel complex. Brenda is also a golfer of some note and warned me about the dangers of running on a course. However our previous attempts in

L.A. and Anaheim made me even more determined to stay off the roads. It was perfection. The course was lush and undulating and took at least an hour to run right around. The air was fresh and the only noise was the quiet motors of a couple of golf buggies. We decided to do the same thing again tomorrow.

Tomorrow - "No chance at the course record"

We set out at 8 a.m. into the golf course with Gordon accompanying us. He was excited about the prospect. I had painted a picture of the ideal running circuit and he was anxious to try his new-found speed. However as we set one foot on the grass, a loudspeaker boomed out "No joggers on the golf course!". (Was it recorded? Most things in America are.) Unperturbed, we simply turned left, across the highway and suddenly found ourselves running through a hilly, meandering park trail to reveal a lookout over the city. I knew San Diego wouldn't disappoint us.

Las Vegas - "Gordon Gets Even"

They say that entertainers who go to Las Vegas suffer a thing called "Las Vegas throat". It is a condition that comes about because of the harsh, dry desert air and usually takes about two weeks to manifest itself. Let me tell you that Runner's Throat comes after about 20 minutes on the road.

Despite the fact that it was only 8 a.m. the temperature was already nudging over 30 degrees. Still, we were determined to at least try it. Gordon plotted the route which was simply up and down Las Vegas Boulevard and also involved walking through the hotel casino (which at 8 a.m. is as busy as the MCG on Grand Final day) resplendent in our sweat-soaked gear. Gordon was used to this weather, having grown up in Florida, and insisted that we run down the sunny side of the street, just to ensure that the temperature was that much hotter.

At the time of our visit Caesar's Palace were holding their Grand Prix. They had already promoted world-class boxing and other classic sporting events. I am sure that one day they will decide to run the "Caesar's Palace Marathon". Don't go!

Honolulu - "The Capital of Running"

I guess nothing really needs to be said about running in Honolulu. Despite the humidity this has to be one of the best places on earth. We ran up Kalakaua Avenue with Waikiki Beach to the right of us ... up around Diamond Head and back down through Kapiolani Park, which is where the Honolulu Marathon finishes. Our route was actually part of the Marathon track and we saw the mileage signs painted along the road. Honolulu claims the title of the world's capital of running. They certainly deserve some consideration.

Honolulu - "A Nodding Acquaintance"

We decided to do the same run again, but this time simply ran up to Diamond Head and back down the beach road. It occurred to me that there is one different aspect of Honolulu running that really stands out ... for every man on the road there are at least two ladies. Fat ones, slim ones, caucasians and orientals, some pretty and some not so pretty, but never anywhere have I seen so many women. Brenda was in her glory.

If you have ever run in the Emperor's Park around Tokyo, you will know that the many thousands of Japanese who frequent this track all run in an anti-clockwise direction. No-one ever runs the other way. The reason for this is simple - Japanese society decrees that it is polite to say "hai" to people you pass who have something in common with you. The logic is that if you run around nodding "hai" to every runner you meet, you finish with your head feeling worse than your legs. This is also true of running in Honolulu because if you decide to be friendly about it and at least acknowledge runners coming in the opposite direction, you look like a reject from that funny CC's TV commercial where people keep nodding like they have a nervous problem. This is particularly difficult where the pretty girls are concerned.

All in all, it was worth every step and there is definitely no better way to see or feel a city. If any of you plan on a tour like this one, get out onto the streets. You won't regret it.