

SYDNEY Striders

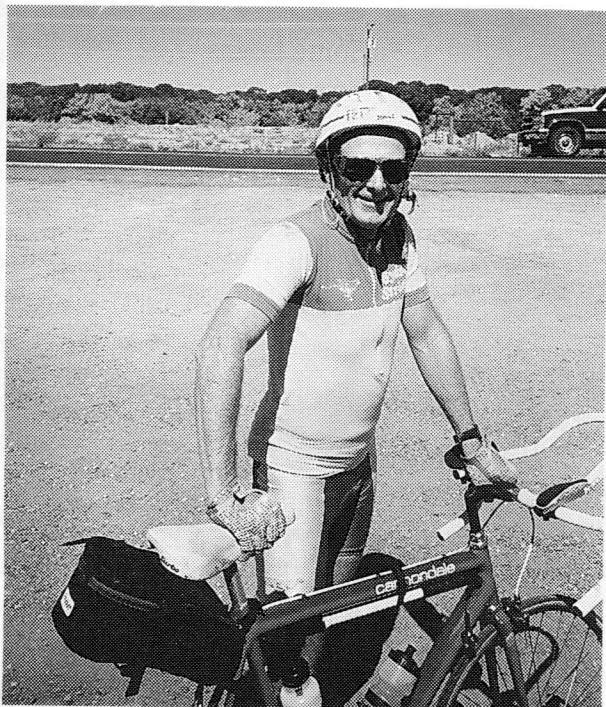


Edition No. 60: December 1995 to March 1996

Murray Town Wins Outstanding Achievement Award

by Kevin O'Kane

For the first time in living memory, Joanne Cowan wasn't in line for the Maria Gemenis-Cruickshank award for outstanding achievement, although she brought her excuses with her - in a basket. So it was appropriate that Joanne was the presenter of this award. With a vintage year of outstanding achievements, there was no certainty of who would win until Murray Town's name came out. Although it must have been close, Murray was a popular and deserving winner. He competed in EVERYTHING in 1995, and always performed well.



Inside this 60th Blister

- * Presentation Brunch at MHYC: Pictures
- * Stunning Revelations about Harvey Blue
- * Margaret White on KO'Ks "Slowies"
- * NY Marathon report, Boston Preview
- * Olympic Tickets: Atlanta's Shame
- * Achilles Club: Running with Disabilities
- * Technical Tips: Cycling, Massage
- * Insulted Strider Speaks Out, Alleges Harassment, Threatens Litigation
- * Marathon Training Group Newsletter
- * Race Reports, Results and Pictures:
 - Mount Bogong to Hotham
 - Palm Beach to Manly and 6-Foot Track
 - Striders' 10k Series Standing to Race 2
- * Club 10k Ladder, Club News, Letters

AND MUCH MORE!

The 1996 Awards Presentation Dinner was the first for the Club at the Waverton Bowling Club. Panoramic views of the city and the colourful decorations made for an unusually pleasant mid-week interlude. Those who ran the Six Foot Track a few days before moved a little stiffly, with debut runners sporting permanent smiles as well. At least Graham Butler wasn't on crutches (he didn't run).
[continued page 3].

Left: Murray Town with an old friend in North America during the 1995 PAC Tour

The Blister

**Official journal of SYDNEY STRIDERS
ROAD RUNNERS' CLUB INC. (Founded
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Club Contacts

CLUB MANAGER, Chris Robb 9959-4269

CLUB COMMITTEE 1995-96

President, Wendy Downes	449-4093
Vice-President, John Turner	331-4867
Secretary, Jonathan Worswick	557-2546
Treasurer, Geoff Taylor	9906-4612
Uniform Director, Peter Truscott	489-4754
Blister Editor, Graham Butler	9949-3381
Asst. Blister Editor, Sarah Entwistle	360-4516
Blister Production, Steve Cornelius	9977-3267
Membership/Database, Kevin Tiller	456-1959
Social Director, George Herisson	888-2490
Social Director, Deborah Robert	9906-6816
X-Country/Relays, Kevin O'Kane	449-1435
X-Country Assistant, Jim Screen	449-7947
Training Director, Murray Town	489-2220
Racing & Calendar, Dick Bartlett	9953-5317
10k Series Director, Mark Fiore	874-3034
10k Asst Director, John Hamilton	484-4773
Internal Races, John Sutherland	9956-8636
Public Relations, Tony Hoban	428-5957
Committee Member, Lesley Maher	809-2411

Race Results, Address/Phone Changes:

Contact Kevin Tiller, phone as above, Internet address: 100244.1707@compuserve.com

Blister Contributions:

Contact Graham Butler, Sarah Entwistle or Steve Cornelius, phone as above, or the latter's Internet address: byker.sands@s054.aone.net.au

Copy Requirements

Contributions are welcome from all Striders.

(1) **Deadline dates:** Copy must reach Blister Production Manager by last day of each even-numbered month, unless an alternative date is published in Club News. Late contributions will be printed in the following edition, if still relevant.

(2) **Disk format:** IBM-compatible 3½-inch disks. Apple Mac disks: 3 days earlier for file conversion.

(3) **File format:** Please save files in text format! Other formats may delay production.

(4) **Tables, results, spreadsheet output:** Word95 tabular, Excel95 or Access Database 2.0 preferred. Otherwise contact Blister Production Editor first.

(5) **Typewritten, readable handwritten copy:** Submit one week before deadline for re-typing.

(6) **Graphics:** Colour or black/white photos, line drawings, cartoons etc, welcomed. Please submit one week before deadline to allow for scanning.

(7) **Verbal contributions** may be filed under "G", even if accompanied by a LARGE BRIBE.

(8) **Disks and photos returned**, if you're lucky.

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Awards Presentation

[[from page 1]]

Whenever Striders get together in a social way, we find out how much we have in common. It's only a pity we can't do it more often. The animated conversation continued with gradually increasing volume throughout the evening, punctuated by brief pauses for refreshments. The only lull was during the presentation of the 3 major awards. In addition to the Outstanding Achievement Award, this occasion saw the presentation of the President's award for excellence and the club's literary prize.

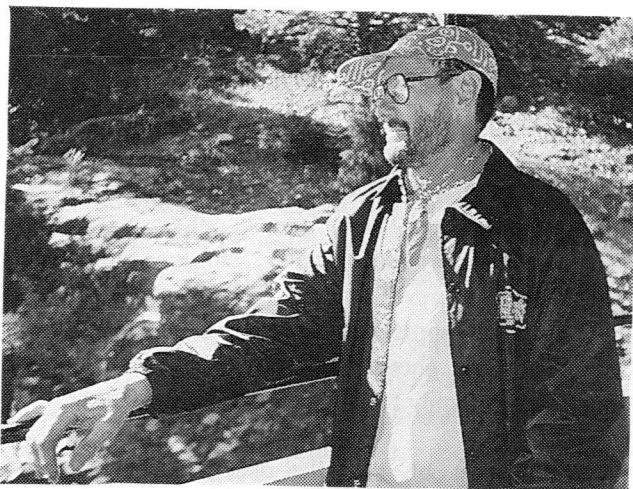
Tailford Award for Best of the Blister

My wife Jan had only one thing to say about the awards on the drive to the Dinner "I hope they don't read out any of that really strange article about Alan Phillips". Bad luck, Jan. Fortunately, sanity prevailed, and Harvey Blue's diary of his American cycling experiences got the gong.

The President's Award for Excellence

I was taken totally by surprise both by receiving this award and by Jan keeping it a secret. I very much appreciated Wendy's speech, even if two thirds of it was about the dog. Doesn't everyone shower with their dog? I hope the Marathon Training Group members realise that this award is for them too.

Dancing, for those who had the energy, and music, continued into the night, as we reluctantly headed home for some sleep. A great night out, with great people.



Harvey Blue, winner of the Tailford Award for the Best of the Blister, pictured in reflective mood during the 1995 PAC Tour

Club News

• **Striders' AGM, 5th May**

**Free breakfast & Annual General Meeting
Election of office bearers for 1996/97
Sunday 5th May 1996
9:15 a.m. at our clubhouse, Waverton
Bowling Club, immediately after the STaR**

Your chance to hear about your Club's performance this past year, have your say about its future, and participate in your Club's ongoing administration. All positions are open for nomination, including President, Secretary, Treasurer, and all the other positions that make our Club operate so successfully. Send your nominations to the Club Secretary or come along and nominate on the day.

• **Membership Renewals**

Kevin Tiller

Most of you have by now renewed for 1996. As always, there are a few who have forgotten. This is to be expected as many people are on holidays over Xmas and New Year. Obviously, you cannot use that excuse now, as that was ages ago. Please, if you did overlook your renewal then NOW is the time to send in a cheque for \$48 (payable to Sydney Striders). Individual letters will be sent to those who haven't renewed soon.

• **Classified/Network Ads**

Blister Editorial Staff

Members are invited to participate in a new "Classified/Network" feature column. You might wish to advertise your professional services to fellow members; you might have something to sell (house, car, old running shoes, disused spouse). Whatever it is, the Classified/Network column is for you. Maximum 50 words (but we're flexible). Only \$25 a year or \$5 for a single edition.

• **Congratulations**

Many congratulations to Dawn and Kevin Tiller on the birth of a daughter Jazmin on 27 Feb.

• Club Uniforms

Peter Truscott

Price List:

New Design Tracksuit Pants	\$45.00
New Design Running Shorts	\$25.00
15th Anniversary T-Shirts	\$25.00
Mesh Singlets (Male or Female)	\$18.00
Coolmax Singlets	\$25.00
Cotton Shorts (green & white)	\$22.00
Cotton Shorts (plain green)	\$22.00
Short sleeved T-Shirts	\$18.00
Long sleeved T-Shirts	\$22.00
Tracksuits (made to order)	\$100.00
Sweatshirts (NEW DESIGN)	\$25.00
Triathlon Lycra singlet	\$25.00
Triathlon Lycra knicks	\$25.00
Bike Pants (with padded seat)	\$40.00
Bike Top with pockets at back	\$40.00
Lycra Bra Tops	\$18.00
Polo Shirts	\$20.00
Squeezys (box of 10)	\$10.00

• Striders via Email

Steve Cornelius

Race results, changes of address and phone number, *Blister* contributions etc can now be made via Email. Check the Internet addresses of myself and Kevin Tiller at the foot of the "Club Contacts" panel on page 2. Any other Striders who have Email addresses are welcome to publish them here.

• Blister #61 Copy Deadline

Communications Sub-Committee

The deadline for receipt of copy for *Blister* #61 will be Sat 11 May 1996. It is envisaged that during 1996 *Blister* deadlines will gradually be readjusted so that they return to the end of even-numbered months.

• Jo Cowan in Rankings

Congratulations to Jo Cowan, whose name appears in the Australian women's marathon rankings, published in the February 1996 edition of *Athletics*, the journal of Athletics NSW. The rankings apply to the period 1 April 1995 to 12 January 1996. Her time of 2:41:48 puts Jo in 5th place.

• On The Streets

Jonathan Worswick

Some interesting, and not so interesting, facts supplied by Athletics NSW. On 15 Jan 96 ANSW was incorporated as a limited company.

Track and Field News' merit rankings showed the African dominance of the men's distance events. In the 3000m steeplechase Kenya filled the top seven positions and eight of the top ten. It was spread a little wider in the longer events; in the 5000m there were two Ethiopians, four Kenyans and three Moroccans, while in the 10000m two Ethiopians, six Kenyans and two Moroccans.

NSW is to get another synthetic track. The track in Albury is going to be resurfaced. So if you're down that way why not give it a try!!!

Sydney 2000 promotion

At Darling Harbour, the restored ferry 'South Steyne' is now the home of the Olympic showcase and information centre. Its berth is on the eastern side of Cockle Bay.

There is a range of visual, audio-visual and computerised displays featuring such items as Australia's Golden Olympic Moments from 1896 to 1992. There is also of course a merchandising outlet! The entry fee of \$2 for adults and \$1 for kids helps fund the Olympic team.

• Kiss it Better with a Bandaid

Wendy Downes

There are many times throughout the year when assistance is required on a one-off basis and it is not always easy to know who to approach at short notice. A couple of years ago we used "Bandaid" to fill the voids in the operation of club events, STaRs, administration etc. Some of our more committed committee members came from "Bandaid" beginnings.

I would appreciate it if as many people as possible could phone Chris Robb to register your name (your family too if you wish) for this group of volunteers.

You may only be called once a year, you may not be available (that's OK too), you may not even be called at all, but please register your name just in case. You would be amazed at the difference it makes to know that there are people out there who just **might** be able to help (in any area).

• Comrades 1996

Graham Butler.

Time Marches on for the 10 or so Striders who plan to run the 89 km Comrades Marathon from Durban to Pietermaritzburg in June this year. An attractive return airfare package has been struck, thanks to Elizabeth Campbell and our other friends at South African Airways.

Some training run/walks

Our volunteer tour organiser, Dick Bartlett, has suggested a number of long training run/walks to give us the basic distance in the build up period:

- 14 April: Canberra Marathon or 50k, or the Davidson STAR long option;
- 20 April: Brisbane Waters Bush Bash 47k
- 12 May: 60k group run/walk Manly to Palm Beach and return;
- 26 May 40k group run/walk.

Do confirm this calendar with Dick Bartlett (0953-5317) before turning up on the day. We'd hate you to go along pre-dawn only to find we've changed the date.

Whilst a background of at least some long run/walks is strongly recommended for the Comrades, some individuals have successfully finished ultramarathon events on far less than the above schedule. For instance, Blister Production Editor and experienced ultra loony S.W.Bag strongly recommends a weekly running diet of about 60k (a 30k STAR, run at a reasonable pace, and some quality 5k and 10k sessions).

Train, don't strain

Other people feel more confident with bigger weekly mileages. It's highly individual, but the best advice I can offer from my own two Comrades Marathons is the old adage of "Train, don't strain." Be cautious of over-training which can easily result in cumulative fatigue and injury for those of us who are mere mortals. It's better to go to the start line fresh and a little under-trained than exhausted, ill or injured.

For those who do run and survive Comrades 96, Dick Bartlett is concocting a number of optional post-race African adventures to such exotic places as Zimbabwe, Botswana and Namibia. Ring him for details.

• Change to 10k program!

The "Run for Cancer" will now be 3 August, not 2 March as previously advertised. See back cover.

• Striders' Web Page

Striders' database and Internet guru Kevin Tiller has put together a World Wide Web Home Page for the club, opening up a whole new area for attracting new members and visitors. The page lists upcoming runs and 1995 Club Awards, and contains links to many other running-related pages on the Web. He's also included some general information about Sydney for out-of-towners, a few words about the Olympics, Sydney restaurants etc. Many thanks are due to Kevin for spending his spare time over the Xmas break learning HyperText Markup Language to make this contribution to club publicity. Visit our WWW site at <http://ourworld.compuserve.com/homepages/tiller/striders.htm>. Watch out, though! Omit the last part of this address and you'll get Kevin's own Home Page where, inter alia, you can see a fabulous picture of Kevin. You might prefer to give that a big miss, as the fancy takes you.

• Striders' Roll of Honour

Data supplied by Kevin Tiller

We congratulate all the following members, who have passed significant membership anniversaries since the publication of the last Blister. We thank them for their loyalty to the club and wish them many more happy years of Striding. (list correct to 1 April 1996):

15 YEARS: RAY DORAN

10 YEARS:

William Thompson	Jack Woodward
Barbara Firkin	Frank Gallagher
Ross Betts	Wendy Downes
Dawn Shaw	Alan Phillips
Keith Jackson	Jonathon Marsden
John Whealy	Tina Campbell
Gavin Morisset	

5 YEARS

Mark Fiore	Peter Corte
Jim Screen	John Gilpin
Hugh Spencer	David Fahey

• Striders' Team Entries

Members are reminded to send their entry forms for the SMH Half-Marathon and City-to-Surf to the club's PO Box, for coordination into teams.

• Why this Blister is Late

Steve Cornelius

I do hope no-one really believed I'd cancel a *Blister* for an injury to my "typing finger" (whatever that is). The truth involves a major rearrangement of the bones of my right wrist, and the relocation of bits of hipbone and half a Mitre 10 store to my wrist to hold it all together. You think that's weird? Michael Jackson has bits of his bum holding his face together.

More to the point, my temporary incapacity owing to an unavoidable operation in February highlights what the Blister editorial committee has been saying for best part of a year now, namely that we need a 4th bod, someone to act as a backup on the Blister production side. Let's hope the AGM in May delivers us such a bod. The alternative, unfortunately, is a glitch in the Blister cycle every time I'm absent, crook, or indisposed.

Brian Tailford has kindly volunteered to take over the screen bromiding of our photographs, so we're just looking for someone with a computer, minimal knowledge of how to drive it, and a bit of spare time to join us at editorial meetings.

• Two Tassie Events

from Alan Rider, Talays Event Management

Sun 17 November 1996: The Point to Pinnacle: Wrest Point to the pinnacle of Mt Wellington, Hobart. A tough 22k road run from sea level at the Wrest Point boardwalk to the top of Mt Wellington (1200 metres ASL). Was first run from the centre of Hobart to the summit in 1903 to celebrate the centenary of European settlement. Contact Alan Rider 002-31-1663 or 019-970-100.

Sun 9 March 1997: King Island Imperial 20 mile (32k): Starts at the east coast beach township of Naracoopa and finishes on the main street of Currie, on the west coast. Attracts many interstate holidaying runners. The night before "Calcutta" auction of runners is a feature and generates much speculation on the race outcome. Big winnings if your runner gets home! Post event dinner is a superbly presented display of quality King Island seafood and farming produce.

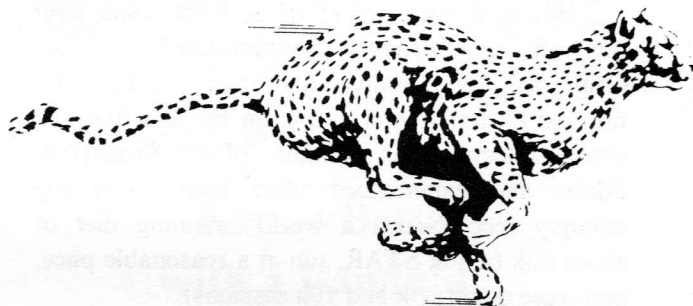
Winners receive salvaged coins from the 1854 shipwreck *Brahmin*. Generous hospitality offered by the King Island host-a-runner scheme. King Island contact Rob Cooper 004-621-510.

• Call for Return: Blister 59

Blister Editorial Committee

In view of impending litigation (see Letters to the Editor), would the half-dozen members who received a copy of the **Limited Edition of Blister #59**, containing the **Special X-rated Sealed Section** with the semi-nude photo of a club member on page 16, please return their copy to the Club's PO Box ASAP for pulping. Thank you.

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Contact Strider Brian Tailford

• 100 Miles with a Blind Runner

Chris Robb

I was recently approached to determine possible support for a proposed running club for physically handicapped runners in Sydney. Richard Shakenovsky, a former South African, is keen to set up a Sydney chapter of the worldwide Achilles Track Club which has 37 chapters in various parts of the world. The word "track" is a little confusing as most members seem to participate in fun runs. The club founder, Dick Traum, is an amputee who, unbeknown to many, was the motivator behind Terry Fox's run across Canada.

Richard has been working with handicapped runners in South Africa for a number of years and in 1994 "piloted" a blind runner during a 100 mile race (161k) which resulted in a personal audience with President Mandela. He has also run the Comrades seven times with the same blind runner.

As you will see from the letter below, plans for a Sydney chapter of Achilles Track Club are in their infancy but a crucial ingredient for success will be volunteer pilots. I feel sure there are some members of Sydney Striders who can make a valuable contribution to this worthy project. If you are interested please contact Richard directly on 261-1211 (w) or 499-2740 (h)) or myself (9959-4269) for further details. (The text of the letter from Richard Shakenovsky follows):

"Dear Sir, Kindly permit me to introduce myself and the organisation. I recently immigrated from South Africa and am currently employed by McCabe Brown solicitors. Having met Mr Dick Traum of the Achilles Track Club New York in 1992 I established the South African Chapter in February of 1993.

I have been actively involved in training and piloting (guiding) blind runners in jogging from very short distances to the famous Comrades Marathon (90 km) and completed the hundred Miler race (161 km) with a blind runner in South Africa in 1994.

The Achilles Track Club assists disabled athletes to participate in social running and running races at club and inter club level with able bodied runners. Current president is Mr Richard Traum who is an amputee, but regularly participates in track events. Based in the US with its Head Office in New York, there are 37 Achilles Chapters within and outside of North America. These include Central and S. America, Canada,

Scandinavia, Europe, New Zealand, China, South Africa and several former Eastern Block countries.

Achilles Track Club has a special program which entitles its members to be evaluated to ascertain whether they are suitable candidates for surgically restoring or improving their eyesight or any other disability from which they suffer as well as obtaining for such disabled member better prosthetics and wheelchairs, all of which is done at the cost of the Achilles Track Club. This benefit applies to its members worldwide.

Disabled athletes include people suffering the loss of physical power as a result of injury, disease and congenital anomaly which include heart disease, blindness, cancer and leukemia, spinal cord injuries, amputation, arthritis, asthma, cerebral palsy, seizure disorders, multiple sclerosis, polio and spina bifida.

These conditions are becoming more and more common and affect everyone from the labourer to the chief executive. Each of us knows someone who has been a victim and is aware of how that person's lifestyle has been altered and compelled as a result of such disability or condition.

However through the support of international sports clubs like Achilles Track Club, athletes have come to think in terms of challenge in conquering and overcoming the handicaps and disabilities by participating in athletics as equals.

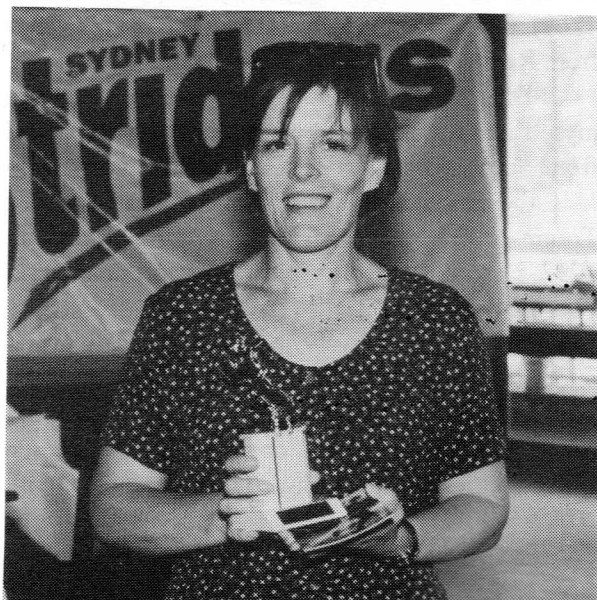
I am keen to establish the Achilles Track Club here in Sydney, train and participate in events like City to Surf, fun runs and marathons but could not do so without the assistance of highly motivated committee members and volunteers who would be willing to assist in the organisation. A committee still has to be formed and disabled members together with volunteers have to be located and obtained. I cannot begin to tell you how rewarding and fulfilling it is. I am also quite certain that an invitation to some of our members to participate in the New York Marathon will be extended. We just need to get going.

Your input and assistance would be greatly appreciated. If interested kindly contact me c/- McCabe Brown on (tel) 261-1211, (fax) 261-2336 or at home on 499-2740.

I look forward to hearing from you and meeting you. Yours faithfully, Richard Shakenovsky

Striders' Pre-Christmas Presentation Brunch 1995

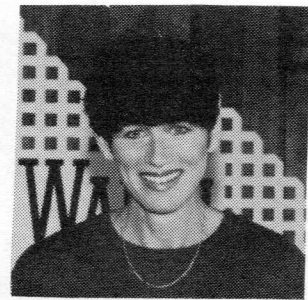
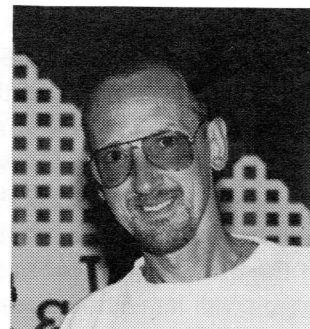
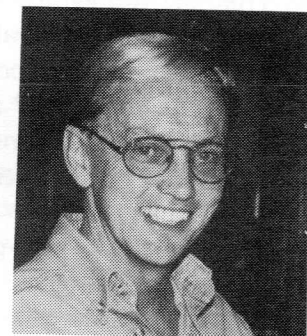
Photographs by Graham Butler



Champions All: Striders at the Pre-Christmas Presentation Brunch at the Middle Harbour Yacht Club. Left, from top: MICHAEL WILSON (best male debut marathon 1995) and GRANT RANKEN (most improved sub-3-hour marathoner). Right, from top: WENDY DOWNES (best female marathon in the Masters age-category), DAWN TILLER (best female ultramarathoner), and MARGARET WHITE (winner of the club's Encouragement Award).

Striders' Pre-Christmas Presentation Brunch 1995

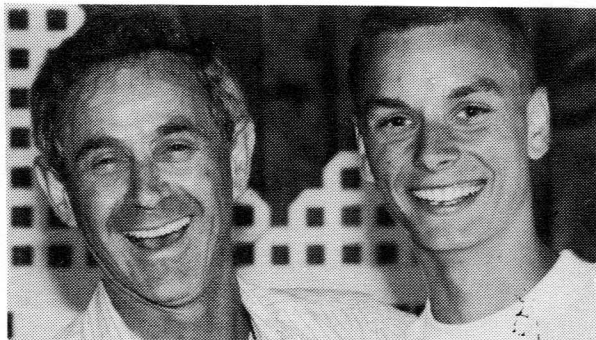
Photographs by Graham Butler



More champions, a lucky winner, and the man who makes our magazine possible. Left, from top: **RON DALY** (best marathon and ½-marathon in the Seniors' age-category), is congratulated by presenter John Turner; and **CHRIS TRUSCOTT** (best male open marathon, and Improver of the Year trophy winner). Right, from top: **JOANNE COWAN** (best female open marathon, and outright winner of the 10k Series); **MARLIES LAAPER** (best female open half-marathon); **GRAHAM MURPHY** (winner of the random draw prize, a return flight to South Africa with 10k Series sponsors South African Airways); and **BRIAN TAILFORD**, who was honoured for his generosity in printing this magazine.

Striders' Pre-Christmas Presentation Brunch 1995

Photographs by Graham Butler



Two more champions, two more presenters, at the Pre-Christmas Brunch at MHYC: Left: Presenter Jonathan Trope with **DARREN BENSON** (best male open half-marathoner, and outright male winner of the Striders' 10k series). Right: Elizabeth Campbell, Strider and representative of sponsors South African Airways, congratulates **JOE DEGABRIELE** on his last-gasp victory in the 10k Handicap. Joe wins a return flight to South Africa with SAA.

What About Day Twelve, Harvey?

by "The Durango Kid"

As is now widely known in USA, Australia and, no doubt, the rest of the world, Harvey Blue won the coveted 1995 Tailford Award for his "Blister" article about last year's cycling epic from Mexico to Canada, the "Ridge of the Rockies" ride. And a worthy winner it is too - a fine assemblage of English which describes a sequence of wondrous events with humour and gusto.

True, the relationship between the events as described and cold hard reality may be the subject of examination, but everyone knows "The Blister" is nothing more than an anagram of "He Lies Better" after allowing for the couple of vowels having been surgically removed to protect the naive.

Harvey's article also gives further proof, if any was needed, that given the choice, sons of our Great South Land will usually opt for the "Australian myth" - heroic deeds founded firmly on air-headedness. I mean, take Day Twelve....

A Tour in Turmoil

The trouble began at breakfast. The scene: a motel car park in Jackson, Wyoming. Twelve days earlier, in a similar tho' hotter car park in El Paso, Texas, all 56 riders had meekly handed responsibility for the day's critical decision - where to go and how to get there - to the tour operators, Lon and Susan Haldeman. From that moment, the

routine was set - scoff some cereal, pump up the tyres, and head on out, following the directions on the daily route sheet. (Unless, of course, you're Harvey Blue who occasionally did otherwise. Like the improbable "Eton-educated British Army officer with a speech impediment" whose (mis)directions Harvey obediently followed and got himself lost a mere mile from the Grand Mesa lunch stop? Surely you've told them about that, Harvey?)

The choice: Obey or Mutiny

Anyway, Day Twelve was different. You could feel it in the air at breakfast. Dilemma all around you. A decision was required. Which to choose?

It was a simple choice really - obey or mutiny. To obey meant following the route sheet, like you always did. That route went way to the west before ending up in Day Twelve's destination. But it neatly side-stepped two of the area's highlights - the mighty Grand Tetons along with that American icon, Old Faithful in Yellowstone National Park.

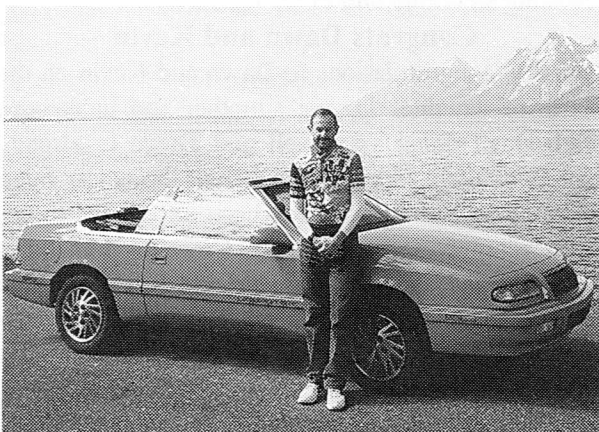
The tension was greatest for the non-Americans - to ride so near yet so far. But to do otherwise was risky. No support. Lon had opted for the west route to avoid the heavy holiday traffic on the shoulderless roads in Yellowstone. And he couldn't support split rider groups.

After some anguish, Paul Russell remained true to his commitment to 'ride the route sheet' and headed west. The other Australians, geyser-philes and iconoclasts alike, risked mortality and headed east. All, that is, except Harvey. He had a special problem.

There is only one stress injury more certain to keep one off one's bike than inflammation of the second joint of the little finger, (Harvey sustained this the previous day in a manner never satisfactorily explained), and that is the stretching of the tendon that holds your ears together. Given that he was suffering at least one of these near-fatal afflictions, Harvey Blue faced double the dilemma. He had to decide not only which route to take, but by which means to take it.

The Blue Angel Appears in Red

Not many miles out of Jackson, the Grand Tetons arise in all their splendour - real "rocky" mountains. Indeed, the apparently frustrated French explorers who now doubt named them after mounds of mothers' milk did no credit either to the



Harvey Blue on THAT day with THAT car

female form or these spectacular spires of weathered shale. They are the first of many photo ops. for the day, so it was the loud-mouthed jibes from a couple of yobs sweeping past in a red convertible, immediately after tranquil Lake Jenny, that really jarred. A few miles down the track however, stopped beside the road with offerings of water, bananas and similar fine food, the same yobs turned out to be none other than a 50+ year old Harvey Blue acting out as an 18 year old and his passenger, a young fellow cyclist trying to appear the sophisticate. Harvey had resolved his dilemma, rationalised his choices and relieved the misgivings of the PAC Tour rebels at a stroke - by

renting a bright red soft-top for the day! Thanks, Harvey.

Old Faithful: Flatulence as Spectator Sport

Yellowstone was blighted by fire six years ago and it shows. A conifer forest remains forlorn much longer than Australia's fire-trained eucalypt woodlands because it re-seeds rather than suckers. Also, the roads are narrow with at least one 10 mile section under repair. But Old Faithful is something else!

Surrounded by grandstands, it appears as an unremarkable mound, like a base for a bronze that has been dissolved by bird shit. At irregular intervals there erupts from this pile of pigeon poo a series of stuttering steamy farts, each a little larger than its predecessor. After nearly an hour of puffing, and to the cheers of thousands, he climaxes in a sulphurous ejaculation rising 30 metres or more.

If it didn't exist, Kodak would have had to invent Old Faithful. Unless you know better, you snap every one of the preliminaries for fear of missing the big one. But Old Faithful is tiring. Where once he came every 40 minutes, he now takes at least 45, sapped of his potency by sidestreams for power generation. Is he the All-American omen as well as the All-American icon?

PAC tour as Heaven: All Equal before Lon

As it turned out, the East Route rebels and the West Route conformists arrived simultaneously at the day's destination motel. Indeed, thanks to Harvey and his red rental hot rod, even Paul Russell got to enjoy a drive back into Yellowstone to see a few sights.

So it came to pass that Harvey's little finger (and his trans-cranial tendon) recovered; no-one perished on the ride through Yellowstone; and the Tour did not disintegrate. Six days later, regardless of how we crossed from Jackson to Yellowstone, whether by east or west, bike or car, we all pedalled into Calgary, Alberta, all equally recognised as having completed the "Ridge of the Rockies".

And rightly so!

Inspiration

Supplied by Kevin Tiller

"If you can't fly, then run. If you can't run, then walk. If you can't run, then crawl. But whatever you do, keep moving " (Martin Luther King, Jr).

From the President

Wendy Downes

The Christmas break has come and gone and I wish every one of you a healthy, happy and fit 1996. Some of us had a well earned rest from competition over the holiday period but there are always some who can't help themselves. Congratulations to all who competed in the torturous Bogong to Mt Hotham, the Palm Beach to Manly, and of course the 6 Foot Track.

Well done ladies

It is obvious that many Striders have goals to aim for in 1996, as is evidenced by the large numbers turning up at Sunday STaRs and I am particularly delighted to see the huge increase in the number of ladies. I can remember when I joined 9 years ago there were usually only 3 or 4 of us! Some of the ladies are even giving the guys a run for their money. Kevin O'Kane's group has done much to draw in the ladies and his training program is working really well - most of them competed in the Palm Beach to Manly and the 6 Foot Track and there were some surprising results.

Amanda Dawson surprised herself and was first Strider lady home in 5.15, not ever having competed in anything like that before. She and Breeda marched past me on the hill up to the Pluviometer and I wasn't able to close the gap. This was also Breeda's first attempt at anything longer than a STaR and as 2nd Strider lady in 5.16 she was delighted. Well done ladies!!

But of course, I have to congratulate Jonathan Worswick, who managed an excellent 3.53.42 to come 3rd in front of the infamous Greg Love. It must be all the Forster training!! Full results elsewhere in this Blister. Congrats to everyone!

Outstanding Achievements

The Outstanding Achievement Award Dinner was held on Wednesday 6 March at the Striders' Club House, Waverton Bowling & Recreation Club and a good time was had by all - those who did not attend missed a fun night.

This special night recognised those of our members who have achieved the most during the 1995 season and the award winners were all very deserving. I can think of no-one more deserving of the Maria Geminis-Cruickshank award than Murray Town and he was a clear winner.

Harvey Blue's article on his ride across America obviously was enjoyed by many and he was up against some very tough competition. All

the articles in the Blister are excellent and it is not an easy task to select just one or two favourites. Keep them coming - and make next year's choice just as hard!

And to Kevin O'Kane, what can I say? He has made an enormous contribution to our Club over many years and continues to do so. He deserved the honour - thanks Kevin, on behalf of Striders.

Red Cross Appeal

No, it's not money we need, just new blood. The AGM is on Sunday 5 May and all committee positions become vacant. Many of the current committee members have been holding various positions over many years with new members being introduced annually. Please give some consideration to how best you can help the club, albeit in maybe a very small role. Descriptions of all committee positions are available (see notice board). We need your help to keep the club running smoothly and every little helps.

Congrats Dawn and Kevin

Finally, congratulations to Dawn and Kevin on the birth of daughter Jazmin - mother and baby (and father) all doing very well and Dawn is already running again, while Kevin stays home to mind Jazmin. Jazmin has already been introduced to her new running partner, Nicola Cowan - remember those names! When you are old and grey, these will be prominent names on the track.

Good luck to all those competing in Canberra Marathon and Comrades. Happy Striding
Wendy Downes, President.

Is this the Origin of the Verb "To Jog"?

Supplied by "The Netpickers"

Have you ever wondered where the verb "to jog" came from? One theory is that it's from the English word "Jogle", an acronym for "John O'Groats to Land's End". JOGLE involves proceeding from John O'Groats, which is at the north-east tip of mainland Scotland, to Land's End, at the south-west tip of Merrie England.

Because this is a fair distance it needs to be "run" slowly, which came to be known as "joggling," which we now know as "jogging".

Slow Going

by Margaret White

It's not all beer and skittles in the Marathon Training (slow) Group. While we may not look as though we are trying, ("you can't be", says Keith, "or you'd run faster") each of us battles natural and/or self inflicted handicaps in our quest for health, fitness and self respect.

"Outpatients group are we?" quipped a local wit as we plodded along in the vicinity of Rozelle Hospital one Sunday morning. It struck a chord.

We stick together. We have to. How else could we bear the weekly humiliation of being passed by wave after wave of lithe, swift Striders, painfully early in the STaR? We've been known to arrive back at the start long after everyone else (except perhaps a wanly smiling host and a despairing spouse or two) has drunk all the drinks and departed.

We regroup at the top of hills (and at the bottom and sometimes on the flats, if need be) in compliance with our number one rule - Stay Together.

Great Helmsman

We love our Fearless Leader (Great Helmsman, Dad) and his trusty hound. We'd be lost (and often have been) without him. We stay with him even in the face of sceptical and unsympathetic spouses. "Just because you're training for a marathon doesn't mean you have to run one every week", commented one whose exhausted wife had just taken more than four hours to run the Shelley Beach STaR plus a few deviations after "going short" that morning. Her running companion on the day hasn't been seen since.

Self-doubt and nausea

For this "slow grouper", however, the privations and indignities paid off in the Six Foot Track. Months of anguishing and indecision finally came to an end as we gathered at the Explorer's Tree.

Self-doubt, nausea, fear and excitement were the dominant feelings, calmed only by the good wishes of the many friendly Striders who told me I'd be fine and even confided that they were nervous, too.

Once we started, the thrill of being "in it" took over. "I can maintain this pace", I thought, as we picked our way down Nellie's Glen. "No worries", I gloated, as we trotted along in bright sunshine

through beautiful countryside, over stiles and through fences and finally arrived at the Cox's River crossing. Not even the fact that the first drink station had run out of water by the time I got there, or a rather nasty fall on the track beside the river could cloud my happiness.

Then we hit the hills! "Walk the hills" I was advised by all and sundry before the race. As if there was any chance that I could have run them! Two hours of slow trudging later, I finally reached the Pluviometer. Cold comfort that everyone else looked as wretched as I felt.

Some things just go on and on and

Then it just goes on. And on, and on. Upwards. Most people around me seemed to be walking even the flat bits up here. Have they forgotten the sweeper? (I had earlier learned that I was not alone in my terror of this dark character). Should I remind them?

Most look like they're well past caring. Those lovely bush fire fighting people do their best to cheer us up and egg us on and ply us with drinks and sustenance (how much Maxim can the human body take?)

One of life's magic moments

Somewhere between the Pluviometer and the road, I hit my personal road, but Keith and Nick jogged with me for a while and helped me over it. From there to the finish, I was (in my mind, anyway) flying. I was nearly finished! I was going to make it! and the time was better than I had dared hope for!

Excitement spurred me on as I ran and stumbled down that last rocky drop to the Caves. People walking up the path clapped and made encouraging remarks. By the time I entered the finishing straight there was a smile a mile wide plastered all over my face and it stayed there for days and days.

The satisfaction of having "done it" was enormous and it was great to share the experience with so many friends at the end.

So thanks to Kevin O'Kane and the Marathon Training Group, to Keith who made me do it and to all those Striders whose encouragement and sincere congratulations made my first Six Foot Track one of life's magic moments!

[Ed's note: another MTG newsletter appears in the centre pages of this Blister].

Striders and Sponsorship: The Internet Verdict

Kevin Tiller

[Ed's note: The following is the text (rather savagely edited, owing to space limitations) of a message which Kevin posted on an Internet running bulletin board earlier this year, and the three email replies he received. The full text is available on request, but these edited highlights are a fair summary. Comments welcomed by way of letters to the editor].

Kevin's request: "Our running club has approx 300 members. 18 months ago we were sponsored for \$20,000. We spent the lot on a club manager, a guy who has his own sports management business. He added some value to the club and is a decent bloke. However we didn't really increase the membership and didn't achieve any more than we used to before we had a "MAJOR" sponsor. Now we've lost the sponsor and many in the club feel that we spend half the time worrying about whether we are doing right by the sponsor and the other half worrying about whether they'll renew. It seems like we lost track of the running aspect. Previously we just used to spread the work out around more people and made do with small "donations/sponsorships" from runner-friendly companies, local business or generous club members with/without their own business. With such vast experience out there I was wondering how other running clubs survive."

Response from Jack Berkery, New York: "Our running club (over 1000 members) strives to become self-sufficient on membership dues alone. We have never had a sponsor for the club as a whole and never had any paid staff. All labor is voluntary. We answer to the membership only and no other external source. Our club even broke off affiliation with the Road Runners Clubs of America many years ago. Any sponsorship moneys which are sought are for each local running event individually. Financially each race is separate from each other as well as from the club general treasury and has to be self supporting. Even a club sponsored race will have to pay the going advertising rate for a full page race entry published in the club newsletter. The race directors are expected to always at least break even and often turn a small profit which is then added to the club treasury after all event bills are settled. A race that loses money is in jeopardy of being cancelled the next year. When an organization approaches our

club about directing a race, it is given a quote of costs. The club does not do races for charity. All external interactions between the running club and other organizations are done in a businesslike fashion, meaning if they want a service from the club they will have to pay for it. It has worked well for over 20 years."

Response from George Coach, Buffalo Chips Running Club, Sacramento, California: [We have] been on a consistent growth "curve" for over the last 15 years. We have NEVER had a club sponsor, rather we have had some modest sponsorship of specific events, e.g. our 10 mile race, our women's race, and others. Even these funds were never greater than about \$3,000 and they were DIRECTLY channelled back into the event and goodies for all participants. We have NEVER had a paid staff member, and only very rarely (perhaps twice in 20+ years) have we ever even given an honorarium to a race director. We have seen club membership gradually but consistently grow from about 200 in the early 1980s to the current level of over 800 today. We have two guiding principles that seem to sustain this growth: 1. Having a highly organized workout program with levels of workout from walker to U.S. National team member, and 2. Having a fabulous newsletter [which] takes up to about 70% of the individual's dues to produce, print and mail (4-6 times/year).

Response from Dennis Halpin, Houston, Texas: Having a sponsor for a running club like this is a new one on me. The Bay Area Running Club has been around for over 20 years and run by a purely voluntary staff of officers. Our membership has held around 300 for the past 5 to 10 years. We manage to be socially active, and active in the local running scene and put on a race. Making a running club work relies on the work of many volunteers in the club and members who are interested in being active! That's the secret! We had one club here in Houston that had money, had members, but all the work was being done by one person. Eventually, he got mad and left. You guessed it, the club collapsed and no longer exists. I would think that having a paid manager would actually work against the future of the club in the same way. The members will become complacent and leave all the work to the manager.

The New York Marathon

David Solomon

A colleague, Brian, decided he wanted to run a marathon in his 40th year. This would be his first and as I had been an influence in getting him into running many years ago, what better running partner to have on this auspicious occasion. It coincided with a business trip to New York so the pact was made - we would run the New York Marathon.

Tapered on the plane

My training was somewhat less than ideal, consisting of the usual Striders runs with little else as I tried to nurse a nagging injury following the Sydney marathon. However, with extensive advice from Peter Hammershimdt, I abstained from all alcohol during the flight to the US, tapered completely on the plane and stuck to eating all the carbohydrate Qantas would provide.

Brian met me at 7.30am Sunday morning as we headed for the bus to take us to Staten Island. The queue for the bus was a mile long and already I was freezing. Brian was not impressed by my Sydney Striders lightweight gear and although I had added sweat shirt, cotton gloves, sweat-band (used as ear warmer) and New York marathon cap, I was still bloody cold. The reason was soon apparent as I glimpsed several snow flurries - it was literally freezing. I quickly donned a couple of plastic garbage bags which kept me alive until we finally made it to the warmth of the bus and out to the start we went.

Found a spot to shiver in

The start resembled the City-to-Surf only multi-cultural. We found a spot out of the wind in which to shiver and were joined by a couple from Quebec. The woman was aged 71 and assured us she would take out her age category in the race. She and her husband came every year to the New York marathon because it was such an event. She also assured us that Quebec would split from Canada the next time it is put to the vote.

Thoughtful Brian had brought bagels, bananas and Power Bars for us to eat prior to the race which I am sure helped to keep my body temperature just above freezing while we waited for the 10.50am start. I explained to Brian that I had two Squeezies pinned to my shorts in case we needed a boost at the 20 minute mark. The plan was to take it easy and get Brian to the finish in one piece in under 4 hours. With the effect of the

plane trip 24 hours earlier an unknown it seemed a sensible plan for me too.

Decided to wear the garbage bags

I started the race wearing everything I had, including the two garbage bags and shed gear progressively as I warmed up - donating it to supporting spectators who lined the entire 26 miles. We took over 13 minutes to complete the first mile which is just as well because my body was still on Sydney time.

It wasn't long before Brian was pushing the pace at 8 minutes a mile and my legs had finally thawed out enough to stay with him. What fantastic crowds all through Brooklyn. Ladies in full length fur coats handing out water at drink stops and children giving runners high-fives as they sped past.

Brian received great support from the crowd as he wore a T-Shirt with the words "Go Brian Go" emblazoned across the front. My Striders singlet was covered by my sweatshirt until Brooklyn gave way to Queens and the half-way point in the race. As I stripped off Brian offered a tip - "hang onto your sweatshirt David, you might need it at the finish". How did Brian know it would be 39°F with a wind chill factor of 20°F at the finish?

Then we crossed the East River and into Manhattan to head up First Avenue. This is four miles of straight concrete roadway with a slight incline. It is tough mentally. The runners, the crowd, the road appear to stretch for ever into the distance to the 20 mile mark. Brian is going fine, we are still managing a good pace and someone shouts, "you're on 3:43 pace at the three quarter mark". Unfortunately the squeezies had torn loose from the safety pin, so next food stop I tried some banana - this hit the spot as we head through the Bronx and then back down towards Central Park.

How many k is 5 miles?

My legs are starting to hurt. But the crowd is yelling "only five miles to go". How far is that? 8 Kilometres? At last we are in the Park, the crowd is larger and more vocal now. Someone calls out "Sydney Striders, Go Striders Go". Then I see the only kilometre sign I noticed in the whole race "40K".

"Brian is still going well but taking longer at the water stops. I'm hurting and wondering where

the finish is. It's head down now until the finish as I try to keep up a steady rhythm and ignore the pain in my legs and neck which has cramped from the cold. Brian is starting to cramp at 25 miles but I don't notice as I turn round the bottom of the Park and up the West Side. The crowd's encouragement takes away the pain and assures us that the finish awaits. 3 hours 47 minutes, mission accomplished. Brian is happy. I am happy. What an experience. I didn't even mind the 2 mile walk back to the hotel in below freezing conditions - well not much.

Can't afford to go to the 100th Boston Marathon in April 1996, or don't want to miss a PB because of the crowds?

Here is your option . . .

The 21st Mobil Canberra Marathon

incorporating the

- Australian Veterans Marathon Championship
- NSW Veterans Marathon Championship
- ACT Veterans Marathon Championship
- ACT Marathon Championship
- ACT Wheelchair Marathon Championship
- Australian Championship for Ambulatory Athletes with a Disability
- Canberra 50k Ultra Marathon

7am Sunday 14 April 1996

For full details and entry form, send stamped self-addressed envelope to: Race Director, PO Box 624, Civic Square ACT 2608



Mobil



RYDGES
CAPITAL HILL • CANBERRA



RYDGES
CANBERRA

Musical Quiz Corner

by Terry McIver

5 new questions for this edition:

- 1: Who sang Love Potion Number Nine?
- 2: What is Elton John's real name?
- 3: Who shot John Lennon, and in what year?
- 4: Who was Keith Moon?
- 5: What was the Rolling Stones first number one song and who wrote it?

For those who got some of the questions in Blister #59 wrong or just didn't know any of them or found them too hard or just didn't care, here are the answers:

- 1: Robert Zimmerman.
- 2: Sara, on the 1975 album Desire.
- 3: 36.
- 4: The Rolling Stones: Like A Rolling Stone
- 5: Highway 61 Revisited, Desolation Row, for going to desolation row.
- 6: George Harrison was Nelson Wilbury; Jeff

Lynn was Otis Wilbury; Bob Dylan was Lucky Wilbury; Roy Orbison was Lefty Wilbury; and Tom Petty was Charlie T Wilbury.

7: James Taylor her ex-husband, but it was really about Warren Beatty.

8: Get Back; on the studio roof of Apple Records.

9: John Lennon said "I'd like to say thank you on behalf of the group and our selves and hope we passed the audition".

10: The Shadows. They were called the Drifters, and there was an American group of black singers with the same name

Blister 59 Errata

Striders' Roll of Honour: Ray Reid joined the club in mid-1984, and has therefore been a member for 11 years, not 10 as stated in the last Blister.

Boston Highlights

from "The NetPickers"

Kevin Tiller culled the following items about the Boston Marathon from Dead Runners' Society, an Internet mailing-list to which he subscribes:

The Boston Herald recently carried a story about the 20 calls a day the Boston Athletic Association is getting from people begging to get in. Most people just whine or beg - but here are some nuggets:

An Illinois man sent a picture of his 12 pound tumour. A man recovering from a broken leg sent the metal pin that had been in his leg with a note saying "Am I not Worthy of a Number?" A judge sent x-rays of her bone spur. A Rhode Island detective wrote about the major case that took up so much time he did not have a chance to train for a qualifier. Parishioners wrote on behalf of their reverend. A first grade teacher had her students write and send pictures telling why she was deserving. A Michigan woman wrote her husband died in her arms of a heart attack while training - so she deserves a number. An Ohio runner offered to wash the race director's car. Joan Samuelson gets many letters from people who "met" her at a race and by the way, can you get me a number?

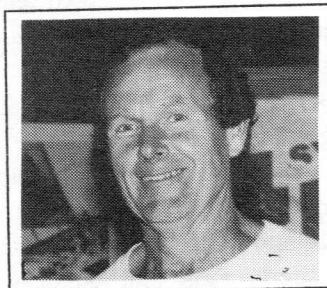
The following is from the Middlesex (Massachusetts) News: The BAA is apparently considering issuing "computer chips" to runners to help record the time they crossed the start and finish lines. They will in some way be attached to your shoe. Cars left parked on the streets will be towed away. It sounds like more than a threat because the chief of police is quoted as saying that some people will be upset, "but that's too bad". The chief is predicting 50,000 runners (including the bandits) and thousands of spectators. According to the News, "The early road closure is expected to cause a tremendous backlog of traffic on Interstate 495 and may even force some runners or spectators to abandon their vehicles."

One entrant commented: "The last time I bothered going to Boston, 5 years ago, I had qualified in 2:59, and it was a 'normal' race, not what it will be this year. It took more than 3 mins to cross the starting line, then we shuffled. I reached the 5km mark at about 27 min !?! The elite would have been at the 9km mark by then. At that point, the field opened up enough to pick up the pace, but the incentive to do so was no longer very great, since a fast time was out of the question."

I have no idea how the BAA plans to get 25000, or 50000, or whatever number of runners off on a single start, no waves, on a narrow two lane road. It could be 30 minutes before the starting line is in sight. So I'm going because of the hype and for the party."

One last quote from the chief of police: "I've been saying all along this race is going to be a nightmare. And it is."

Profile: Murray Town



This time we profile the winner of the Outstanding Achievement Award: the ubiquitous Murray Town!

Full Name	William Murray Town
Place of Birth	Sydney
Age	50
Family	Wife Rhondda, daughters Anna and Sophie
Occupation	Systems programmer
Best Feature	Willingness to give anything a go
Worst Feature	Falling asleep on trains to and from work
Favourite non-running read	Non-fiction books
Favourite music	Classical and opera
Favourite food	Ice Cream
Best time of day	Morning
Other hobbies and pastimes	Triathlon, skiing, squash, tennis and surfing
People (living or dead) you admire	Forrest Gump
Dreams & ambitions	Complete Coast to Coast and a 100-miler
Years running	10
Why did you start	Turned 40 and decided to get fit
Running ambitions	Sub 3-hour marathon
Races you are most proud of	Qualifying for Hawaii at Forster Triathlon
Training partner	Anyone who will train with me
Advice to a new runner	Run within your limits

Olympic Winners and Losers

Reprinted from the Atlanta Journal-Constitution

[Ed's note: This item, by Elizabeth Kurylo and Michelle Hiskey, was found on the World Wide Web by Steve Cornelius. Might it give us a clue what to expect in 2 or 3 years here in Sydney?]

Sales confirmations of 2.7 million Olympic tickets are arriving in mailboxes across the country, bringing elation and disappointment after a nearly five-month wait and a complicated selection process. Many people were angered and mystified about how the process worked, especially the 37,180 who ended up with nothing.

Debbie Thomas, 41, of Stuart, Florida, was angry that she didn't get any of her first choices, which included diving, gymnastics, equestrian, and track and field. She ended up with two of her third choices of volleyball and baseball. Olympic officials had advised sports fans that choosing from a wide selection of sports would increase their chances of getting tickets to popular events. "We're still going to come, but it's kind of disappointing. We followed all the rules and it just didn't work out," she said.

Bill Slate, 56, of Marietta, got half of what he ordered, including finals for gymnastics, rowing, and track/field. "My biggest disappointment was that I didn't get swimming finals. I'm a Georgia Tech alum, and I wanted to see one of the events in the natatorium," he said. He's going to ask for ACOG to refund most of the \$1,348 it owes him.

Politicians "got first crack"

Like many other disappointed ticket buyers, he said that ACOG went too far in allowing politicians and corporate sponsors first crack at tickets. "Too many people who don't deserve them will be sitting in seats that some of us out here could have had," he said.

ACOG's ticket agent mailed 286,000 notices Friday from Minneapolis, 114,400 of those to Georgia. Another 28,000 ticket buyers already had been sent rejection letters because of problems with forms and payment, such as numbers for overcharged credit cards. The typical ticket buyer received nine of the 17 tickets ordered, ACOG said. Forty-seven percent of ticket buyers got one or more of their top choices of events to see. The actual tickets will not be mailed until next year.

ACOG's phone lines began to jangle Monday afternoon with calls from mostly disappointed fans. Many of them had ordered tickets for popular

events on or shortly after the May 1 start of sales.

Anyone who ordered tickets for overbooked sessions by June 30 had an equal chance in a ticket lottery; for those applicants chosen in the lottery, early postmarks helped assure better seats. "We heard from more people who were disappointed than who weren't, and we had to do some explaining," ACOG ticket chief Scott Anderson said. "Generally people seemed understanding." His advice for disappointed recipients is to keep in mind that 4 million tickets are still available. "Spend some quality time on filling the holes with tickets to some of the great events still available or the Olympic Arts Festival," he said.

Some in Atlanta draw blank in lottery.

Diana King lost her Olympic spirit Monday when she opened her mail and discovered she'd been shut out of every ticket she had requested. "I was sick when I opened the envelope and read it. We've really looked forward to this," said King, of Marietta, who ordered \$436 in tickets to swimming and track/field events. "I haven't told my kids yet. I'm not looking forward to that. I don't know how to tell them this great experience is going to be on in this town and our family won't be a part of it."

She wasn't alone. Her friend, Donna Rypel, also got nothing. "They've been holding my money for how long and I got nothing?" asked Rypel, who ordered \$1,000 in tickets and carefully selected alternatives after discussing the choices with her family. They are among 37,180 people who won't get any Olympic tickets because they lost in the FairTix random selection lottery. Thirteen percent of those who ordered tickets got nothing, primarily because the demand was so high, said ACOG spokeswoman Laurie Olsen. "If you were among those who ordered the most popular events, you were placing yourself in a very competitive environment," she said.

Charged for program she won't need

Even so, King was insulted that ACOG took the liberty of charging her \$35.85 for a souvenir program she apparently won't need. She also is miffed at the suggestion that she spend her balance on buying an Olympic brick or making a tax-deductible contribution. "Why should I buy a souvenir program when I can't even get in the door?" she asked. "That was like a slap in the face when I read that."

March, 1996

Sydney Striders Road Runners' Club

Marathon Training Group

Edited, written, produced and distributed by Kevin O'Kane
Tel: 449 1435 (H) 283 3355 (Bus.)

6 Foot Track

For 3 "novice" Group runners, the March 2 run was a mountain (or several) they had never climbed. They needn't have worried. The insanity award went to Breeda Kelly, who flew along the track, then back to Sydney in time to do a couple of legs of the Homebush Relay.

Results:

Breeda Kelly	5.15
Margaret White	6.22
Manfred Fiedler	6.45

Winter Training Group

The Marathon Training Group self-destructs after the Canberra Marathon on April 14. But the good news is that there's nothing stopping you from joining the Winter Training Group for the City-to-Surf and (possibly) the Sydney Marathon in August. If you're interested, ring me, or just turn up for the STaR at Waverton Bowling Club On May 5, at the time for the 10/15k group.

Marathoner's Prayer

Give me the strength to climb the hill

Without the need for an energy pill

And give me the will to pass the pub

To endure the blisters as they rub

But most of all as time drags on

Let me complete

.....THE MARATHON!



TIPPY O'CANINE

AGE: 6 years 3 months

OCCUPATION: Security Guard

BEST RACE: 1994 Hospitals fun run, 3rd in Dog with Human category (slow human).

LIKES: Barking, eating, running.

DISLIKES: Cats, motor cycles, stopping running.

FAVOURITE EATERY: La Red Bowl.

1996 AIMS:

1. Train human to run faster.
2. Defamation actions against Alex Hamill, Chris Robb.

Blitz at Palm Beach

The Group was unleashed on the public for the first time in the Palm Beach to Manly Run on January 7. The race featured the usual hot, humid weather. Half way through, we got a free shower, making life a little easier, at least until the really heavy rain came.

For several runners, it was their first ever 30km run. Nick's nephew had never run more than 12km until he started running with us about Christmas time, and ran 2.30!

Nick's Nephew	2.30
Bruce Murray	2.37
David ?	2.40
Breeda Kelly	2.45
Manfred Fiedlar	2.49
Michelle Baskin	2.51
Lorraine Stevens	2.51
Kevin O'Kane	2.54
Nick Themsen	2.55
Elana Leigh	2.58
Margaret White	3.05
Rozanne Green	3.05
Bill Blecha	3.16
Michael Bailey	3.19

INSIDE

② The Obstacle Course

③ Full Canberra Guide



The Obstacle Course

Getting to the starting line in a marathon isn't just about determination and desire. It is equally about arranging your priorities to fit the necessary preparation into your life, for example

Family commitments

If you've got really fit, your partner/children won't remember you by the time you get to the line. This is ideal. They only cut into training time, anyway. However, you may wish to give just a little of your time so that you have somewhere to sleep and (optional) wash your running gear.

Work commitments

These can be real distractions if you let them. An experienced marathoner can work with eyes closed. After a while, your employer will adjust. Or sack you. Anyway, what's more important, running or the mortgage. If you're unemployed, there's more time to train.

Social Life

Forget your friends, unless they are doctors, physios, lawyers (for the divorce) or runners.

Injuries

Over the last 10 years, I have suffered from torn hamstrings (chronic), 2 torn medial ligaments, chondromalacia in both knees, calf muscle tears, chronic achilles tendonitis, bunions, corns and callouses, metatarsal stress fracture, plantar fasciitis, shin splints, sprained ankles, torn thigh muscles and rib muscles, skinned hands and knees, almost total leg failure from not stretching (the worst of the lot), long standing back and sciatic nerve pain and numerous other problems. I've beaten the lot - eventually, with considerable help from doctors and physiotherapists who knew what they were doing, and with quite a bit of hindrance from those who didn't. At the moment, all I have is a partially dislocated toe joint. Anyhow, to deal with the inevitable running injuries, it helps if you have

- (a) A positive and determined attitude
- (b) An overdeveloped masochistic streak
- (c) No brains.

Rest

Society's norm might be 8 or 9 hours sleep a night. Get used to 6. You know you need the extra training. As for what happens to your formerly sunny disposition, see *Family commitments*.

Diet

Now you're in training, give up on all fat, alcohol, caffeine, sugar, starch and anything else you like. If it doesn't taste like sawdust and come from a health food store, don't ingest it. Eat only fibre and vitamin enriched, organically coloured and antioxidant boosted substances, provided they have not been tested on whales. And make sure you tell everyone how bad their pathetic diets are, and how superior yours is.

Appearance

For what happens to your appearance as you train for a marathon, remember the hero's (dead) friend in "*An American Werewolf in London*". Each time you look in the mirror, those gaunt, hollow eyes looking back at you are surveying the perfection of a marathoner's skeletal frame. Jim Fixx, in the seminal "*The Complete Book of Running*" said that he always knew he was fit when everyone told him how sick he looked. Smile when you're told you look like a toothpick on stilts, because you've worked hard to get there (unless you're Mike Ward who's always like that).

Full Canberra guide

BEFORE THE DAY

Food

The first thing is, don't change your diet too drastically in the last week. Subject to that, you should keep in mind that your body will need as much fuel in the form of glycogen that it can store in the muscles and in the liver. The best way to do this is to change the balance of your diet in the last 3 days to increase the percentage of carbohydrates and decrease the percentage of slower digesting fats and proteins. The day before the marathon, avoid eating too much fibre or heavy food. It has to go somewhere. And give your kidneys and liver a chance to freshen up too. Avoid alcohol and caffeine, and drink a lot of water.

Tapering - the last two weeks

What you're aiming for is to arrive at the starting line fresh and injury free. You can't make up in the last 2 weeks what you didn't do in the last 3 months. So do your last 30km run 14 days before the Marathon. Then do two thirds of your usual mid-week mileage. I suggest that you do a 10k race on the Saturday before to sharpen up and assist you to work out your Marathon pace (see below), then do the 15km option on Sunday. Don't do more than 20k anyway and don't do bush runs on ankle breaking trail. In the last week, do about one third of your usual mid-week distance, tapering to almost nothing in the last few days.

The Mind

You can and should start training your mind well before the event. Each night as you drift off, and any other chance you get, picture yourself running freely across the finishing line. Also visualise yourself relaxing and recovering your form and energy during the inevitable "flat spots", until you are very familiar with this picture. During tough sections of your training, try to bring out this feeling of relaxation and energy, so you'll be able to call up the image in the marathon.

ON RACE DAY

Weather

With the training you've done, you can be confident that the weather won't stop you. It won't be too hot on an April morning in Canberra. If it's cold, wet or windy, it shouldn't bother you. At most you might be a few minutes slower, so long as you remain positive.

Warming up/Stretching

42km is a long way. Stretch lightly before the run and walk around for a while to loosen up. I never waste energy jogging around to warm up beforehand. Save it for the run. If your muscles are loaded up with glycogen, they may take a few kilometres to start working to their capacity.

Food and drink

You won't want too much food inside during the marathon. Personally, I would rather eat a light snack before going to bed. If you must eat in the morning, eat at least 2 hours, and preferably more, before the start. Avoid sugar like fruit and orange juice, as it temporarily lowers your blood sugar, which is the last thing you need. During the run, have a good drink at every drink station. If you drink Gatorade at every 2nd or 3rd stop, and water at the rest, you'll be OK.

Clothing etc

It can get cold in Canberra, so bring a choice of clothing. You may wish to have a T shirt to wear over a singlet early on, or gloves, or a hat. You can always discard these later. Don't wear old or 100% cotton socks, as they get heavy and cause blisters. The usual rule is nothing new.

The Mind

It is normal, even desirable, to feel nervous at the start. So long as you don't add negative thoughts to your nerves, they will actually help you focus. Expect that your body will go through flat spots, and they might be quite early in the run. Don't panic, your training will see you through. If you keep in mind that you will have these spots, your body will do the rest. Throughout the run, keep feeding yourself the positive feelings you have been rehearsing, particularly the picture of yourself running freely across the finishing line. "The Wall" doesn't exist if you're trained and pace yourself.

Other runners

There will be plenty of Striders out there, hopefully in uniform. Wave and smile when you see them - it will give you both a lift. Reserve special attention for other Group runners. You should pass each other four times.

Pace

You'll run your best marathon if you run the first and second halves of the marathon about equally. To do that, you need to know what time you are able to run, all things being equal. The chart below shows how your current 10k time translates into your potential marathon time. Either run a 10k race or, if you can't, you'll just have to guess. If you've done less than the recommended training, you could expect your marathon time to be a bit slower, so adjust your pace accordingly. Try and start out at the pace below, and just try and stay at that pace as long as you can. Don't be tempted into running faster. It should feel ridiculously slow at first. The course is marked accurately each kilometer, so it's not hard to keep an eye on your pace.

10 km time	42.00	43.00	44.00	45.00	46.00	47.00	48.00	49.00	50.00	
Marathon time	3.16.00	3.20.40	3.25.20	3.30.00	3.34.40	3.39.20	3.44.00	3.48.40	3.53.20	
Pace/km	4.40	4.46	4.52	4.59	5.05	5.12	5.19	5.25	5.32	
10km time	51.00	52.00	53.00	54.00	55.00	56.00	57.00	58.00	59.00	60.00
Marathon time	3.58.00	4.02.40	4.07.20	4.12.00	4.16.40	4.21.20	4.26.00	4.30.40	4.35.20	4.40.00
Pace/km	5.38	5.45	5.51	5.58	6.04	6.11	6.17	6.24	6.31	6.3

Afterwards

Stretch

Whatever happens, you'll be sore after the marathon, particularly the next day. It will be less if you stretch for 10 or 15 minutes after you finish. Your muscles, particularly the quads, hamstrings and calves, will be very tight, so stretch gently, not until it hurts. But do it properly.

Rest

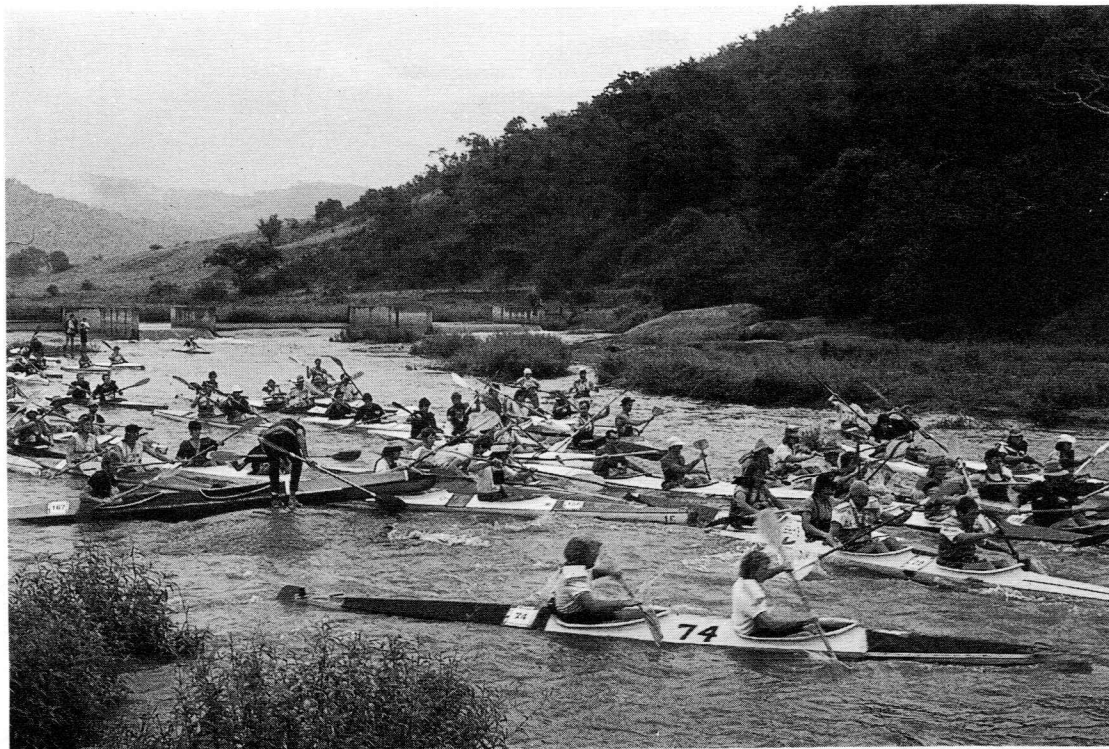
You've just exposed your body to several hours of hard work on a hard surface. It will take up to 2 weeks before the aches and pains are gone. So put your feet up and don't do anything until you are ready, and even then go easy. You won't lose anything if you don't run for a week. If you run again as soon as you can move, looking for the next PB, you risk injury.

The Mind

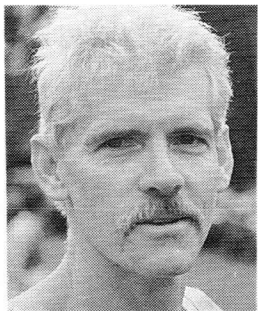
Expect to feel elated for days after the marathon if it's your first. You did it, after all, so savour the feeling. But also expect to feel a great let-down a week or two later. You'll ask yourself "Is that all there is?" At that stage even the thought of running may be a turnoff. While this is normal, it will be easier if it doesn't get you by surprise, so tell yourself it will pass. It will, and you'll then put everything into perspective. You're now a marathoner.

Duzi: The Sequel

by Charles Coville



Congestion in the Duzi Canoe Marathon



In the last edition of the Blister I related my experiences in this unique, challenging canoe marathon. The race today attracts over 1,000 canoeists and the race statistics make interesting reading.

The race was first held in 1952 when there was only 1 finisher - Ian Player, game warden and brother of golfer Gary Player. The following year he won the race in a doubles canoe. Women competed for the first time in 1981 in the mixed doubles category, and in 1985 in singles. The course records are 8:17:54 for singles in 1991, and 8:01:33 for doubles in 1992.

The Gary Player Trophy was presented in 1962 for the best combined time in the Comrades Marathon, held in May, and the Duzi, held in January. Danny Biggs, a top-10 finisher and therefore a gold medallist in the Comrades, set the record in 1982 when he won the Duzi's doubles

category in 8:43 and ran 5:54 in the Comrades for a combined time of 14:37, an incredible achievement. The closest anyone else has come to that record was Grahame Pope-Ellis, who won in 1989 with 15:08.

Bruce Fordyce is the name associated with Comrades. His 9 victories during the eighties are folklore and will surely never be broken. Canoeist Grahame Pope-Ellis evokes even more impressive credentials. His first victory was in 1972 in a doubles canoe with Eric Clark. They won the next 2 Duzis. Grahame continued to clock up another 12 victories in doubles and singles over the next 18 years. During the 6 years that he missed out on winning, he finished 2nd on 4 occasions and was out of the top 3 only twice. He has won the Gary Player Trophy on 3 occasions (1973, 1974 and 1989, a gap of 15 years). Grahame has completed 30 Duzis, more than any other canoeist. His achievements are what dreams are made of.

I have retained my scrapbooks of both Duzi and Comrades during the years that I competed, and would be happy to lend them to anyone interested (phone 44-6688).



More scenes from the Duzi. Competitor 156 (below) is, unbelievably, the author!



Kev's Korner

The collected wisdom of Kevin Tiller

On fitness:

"Last year I wasn't very fit for the Six-Foot Track, so I only ran flat out for the first half".

On software:

"At the moment I can't even send an attachment [with an email message], as my software is smart enough to know that it's dumb."



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Bike Training Tips- S-TRI-ders' Corner

Strength & power training tips from Olympic gold medal cyclist Kathy Watt

[Adapted from an article in *Australian Triathlete magazine*]. Recent studies have shown that strength training workouts are important to develop greater speed, endurance and resistance to injury in many sports.

Although in the past, many coaches/athletes believed that strength training would add excess bulk and inhibit a smooth supple pedalling (or running) action, it is now recognised that an increase in strength does not necessarily mean an increase in size.

Most big muscles are strong because there is a direct relationship between muscle strength and cross sectional thickness. However, athletes with thin legs shouldn't despair because a muscle can become three times stronger without increasing size by doing weight training and strength/power exercises.

Strength is an important component of power and speed:

*** Power = Force/strength x Velocity**

Power, also known as explosive strength, is the rate of performing work. Power results from an optimal combination of strength and speed. Force equals the work put into the pedals, and you can increase power by increasing gearing or pedalling faster in the same gear.

*** Speed = Gearing x Cadence**

Speed is the maximum velocity of muscle contraction in most body segments, or acceleration.

It's a good idea to do strength endurance (SE) training in the off season. It is better to start the first two weeks of SE efforts at a lower level to prevent injury. During the preparatory phase (6-12 weeks) it is important to gain a high level of strength so power can reach high levels later in the training cycle.

Strength endurance efforts (preparatory phase): Select a hill with a slight to moderate slope. Use a big chain ring 53 x 17" to 53 x 13" on required rpm (increased gradient will require using a smaller chain ring). Distance should be five to 10K and time 15-20 minutes. Start with two repetitions and build to six over a few sessions. Cadence should be 60-80 and intensity 86-92 per cent maximum heart rate.

If it's bad weather or peak hour traffice, these intervals can be done on a windtrainer pedalling at 60-80 cadence for 15 mins on a big gear.

During the next four to six weeks of training (the conversion phase), you should try to convert these strength gains to the specific needs of the sport.

Everyone is born with a different percentage of fast and slow twitch muscle fibres, and although you can't alter this ratio through training, you can train the fibres you do have to their maximum potential. For instance, if you have trouble accelerating past competitors in a race, power intervals are a good idea to help develop strength/power necessary to accelerate over a short distance.

Power Intervals/ Power Sprints (conversion phase): a) Power Intervals: Large gear, 1km intervals, High cadence 80-100, Recovery 15-20 minutes, terrain flat-undulating.

Or: 1-2 min intervals at 100% effort, recovery 5-20 minutes, maximum of six efforts per session, cadence 80-100rpm (increase rpm more speed component, lower rpm more strength component).

b) Power Sprints: Five to 10 maximum efforts 200 metres uphill, recovery 600 metres steady pace between each effort (2-3 mins).

By maintaining a steady pace between intervals you build up your body's ability to tolerate lactic acid. These build strength and power and assist in accelerating quickly over short distances. During race season, it is a good idea to do one strength training session per week to maintain all the gains in strength you have obtained through hard work over winter.

Tasteless Non-PC Joke:

Do Not Read This

Supplied by "The NetPickers"

Fellow Runner Bill Clinton, surrounded by Secret Service agents, is lumbering through Washington DC on his morning run. The President spots a hooker and yells out to her, "Ten bucks!". The hooker responds, "No Way!". The next day, the Prez is out running again and sees the same hooker. "Ten bucks!," yells Big Bill. "No Way!," says the hooker. Hillary joins her husband for a run the following morning. The President again sees the hooker. Mr. Clinton is silent. The hooker yells, "See what ten bucks gets ya!"

Improve Performance and Keep Injury Free with Regular Massage

Andrew Grant DBM, DRM

[Andrew Grant is a professionally qualified remedial masseur and medical herbalist who specialises in sports performance, injuries and overtraining syndromes. For more info on how massage can maximise your training effort call Andrew (30-4921). He has promised to donate 5% of fees received from Striders to the club. Ed].

Why massage?

Sports massage has been around for thousands of years dating back to the Roman times when Gladiators would be rubbed down before and after tournaments (the modern day ones probably still are!). Today sports massage is more scientific and designed to meet the specific needs of the athlete before and after training and competition.

For instance, pre-event massage is usually a brisk treatment to prepare the athlete for the event. The masseur uses quick strokes with joint loosening and stretching to increase blood flow and warm the muscle groups to be used. This will increase muscle flexibility and reduce risk of injury.

Post-event massage is a long slower massage to help relax the athlete and help the body to rid itself of lactic acid and other wastes; while a regular conditioning massage is part of an athlete's training program to reduce recovery time and enable them to get more from their training.

Better performance

Over the past four years of working as a remedial masseur with athletes in many sports from recreational competition to elite levels, it has been very interesting to listen to the feedback from athletes about the effects of massage and assisted clinical stretching.

Without fail, all athletes who receive regular conditioning massage comment on an increase in performance. For instance, cyclists and triathletes have noticed more 'power to the pedal' during races, runners experience increased stride length and feeling more agile on their feet, and one boxer even commented on increased punching speed!!

Better recovery

A common observation across all sports is more effective recovery processes following

massage, allowing a higher level of regular training. Many runners in particular, experience ITB (Iliotibial Band) tightness which is easily relieved by working the Tensor Fascia Lata muscle at the top of the hip to reduce tension in the Band. Another common runners' problem is calf pain which although often local, can be caused by muscle tightness in the gluteal region. This referred pain is caused by impingement of the nerves that innervate the calf muscles.

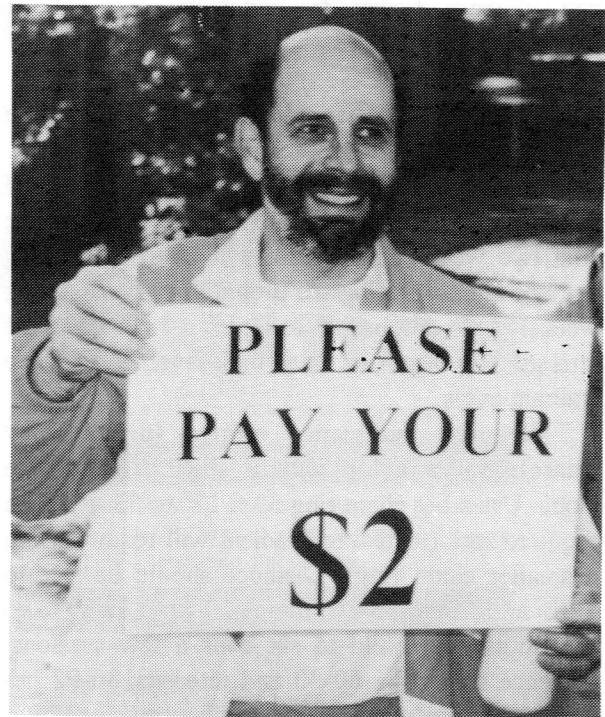
Massage can also help prevent the dreaded hamstring injury common to sprinters by decreasing muscle tonicity and stretching to promote greater flexibility.

Massage is now a recognised science, so why not include a regular massage in your training program to increase performance and recovery, while reducing injury risk.

Aussie World Record

From the Sydney Morning Herald

An Australian men's distance team broke the world record for the 24-hour relay ... at the Homebush International sports complex. The 20-member Athletics East squad covered 434.4km in the 24 hours.



H.H.Hopdiddle raising funds to finance his mounting legal costs (see Letters to Editor)

Letters to the Editor

Canberra Marathon

Dear Striders, The 1996 Mobil Canberra Marathon will be held on Sunday 14 April. We again look forward to welcoming a big group of Striders to the event.

The event will incorporate the Australian and NSW Veterans' Marathon Championships and the Canberra 50k Ultra. The latter might entice some of your members to try an ultra for the first time while still being recognised as a marathon finisher. It is, of course, also ideally suited to the dedicated ultra runners in your club.

For the less ambitious, we will also be conducting the Marathon Eve 5k and 10k Fun Run at 4pm on the Saturday.

Dave Cundy

Race Director, Canberra Marathon

Threat of litigation

From H.H.Hopdiddle, Solicitors and Attorneys

Dear Sir, We act for Mr Alan Scott Crawford, a life member of your club, and he has shown us a copy of the Blister Edition No. 59 (Oct/Nov 95).

Mr Crawford is most hurt, humiliated and hispid at the heedless publication on page 16 of heinous, horrid and hurtful photographs of him taken on Sunday 8 October without his consent. The caption beneath the photos is clearly designed to cause maximum embarrassment, ridicule and harm to Mr Crawford's reputation. The photos invade Mr Crawford's privacy.

The photos were taken when Mr Crawford was severely horripilated as a result of having just completed a 6km race in difficult weather conditions. Mr Crawford was also tired and emotional at the time as he had recently returned from a rushed trip to London.

We are instructed that Mr Crawford has been a long standing and loyal member of Sydney Striders. When the club needed support having taken a new direction, Mr Crawford became a life member. Ridicule is Mr Crawford's reward.

Mr Crawford has assisted in many capacities within the club and to name a few: Assistant Director of the 10km series, STaR host, designer of the Davidson Recreation STaR and fundraiser. We ask you, is harassment by photo the way to treat an hirsute man like this? Harassment is, it seems, to continue.

The publication of these harsh photos of Mr Crawford, an hardihood member, an honourable

man of humility, is clearly designed to disrupt the harmony of the club. You as editor have been a hatchet man concerning the reputation of the hale and hardy Mr Crawford. Mr Crawford's halcyon lifestyle has been harmed by this harshness. Your lifestyle and those of your henchmen is clearly humdrum and you are a hypocrite as editor.

When issuing instructions to this firm, Mr Crawford was quite emotional, which is a direct result of the club's and the editor's insensitive and headstrong attitude towards him. In the main, he remains at home - too distressed to leave it.

Mr Crawford is seeking substantial damages from the club and its officers. Mr Crawford insists that all copies of edition no. 59 of the Blister be returned by members and destroyed. Mr Crawford insists that photos of the Blister Editor and President be included in a new edition 59 of the Blister in place of the derogatory, embarrassing photos of Mr Crawford. These photos of the President and Editor should be in grovelling mode with a substantial unreserved apology.

Unless these actions are taken by 31 March 1996, we are instructed to issue a writ and injunction to the club and its officers.

Faithfully, H.H. Hopdiddle

H.H. Hopdiddle & Co, Solicitors.

Family Values

Dear Sir, I am writing to complain about the blatant exhibitionism of the man pictured on page 16 of Blister 59. It seems some people have no shame, and will do anything to get their picture in a magazine, not excluding wandering around in public places clad only in a towel. I must remind you that The Blister is read by kiddies as well as adults. I suppose it was inevitable that a scandal rag such as yours would publish such smut, once the photo came into your evil possession, but I do implore you to resist such temptations in future, and return to real family values. There is only so much that readers can take.

Sincerely, S.W. Bag

Letter from Figueras

Estimado Señor, Escribo para informarle que el señor S.W. Bag nunca corrió en la Maraton de Figueras. Si alguno cree lo contrario, es un idiota. Por favor revise sus records.

Sinceramente,

José Ruiz,

Race Director, Figueras Marathon

Member of the Month

by Sarah Entwistle

Because this article did not appear in Blister #59, we now feature four Members of the month. We congratulate them, and invite them to see Peter Truscott (uniform manager), at the next STaR to pick up one of our stunning new design Striders sweatshirts worth \$25 each. NB: There is no December member of the month as it seems you were either all Xmas shopping or too drunk to run.

September: Warwick Selby

Congratulations to Warwick for his success in the 1995 Maxim Duathlon Series. In his first attempt at duathlon, Warwick was an overall series category winner (45-49 age group). He is now in serious training to qualify for the Australian team heading off to the 1996 World Duathlon Championships in Italy in September.

November: Kevin O'Kane

Kevin has been nominated as a member of the month for his outstanding success in setting up his dedicated Marathon Training Group (otherwise known as 'a harem on the run'). Not only has he set up a very professional training program, including stretch sessions at the finish, but he even produces an equally professional newsletter (see centre pages). Well done Kevin, and keep up the good work, we all need you.

January: Mark Fiore

Mark's efforts in directing the 10K Series once again in 1995 certainly deserve recognition. Thanks to Mark and his able assistants - particularly John Hamilton, Scott Crawford and Chris Robb - the Series continues to grow in popularity and has the potential to become a good profit centre for the Club.

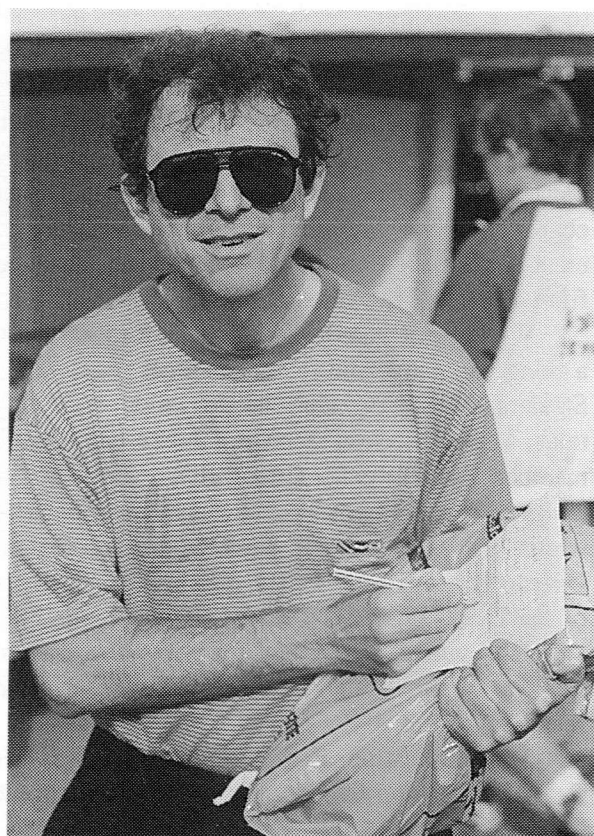
February: Amanda Dawson

Amanda has been nominated for her team spirit in moving to the 6.10 group because her training pace is now too fast for the 6.00 group. She has also encouraged other 6.00 runners to join her despite the sometimes awesome pace set by 6.20 runners pretending to be 6.10ers. Let's hope those rogue runners (and they know who they are!) will follow Amanda's fine example.

Amanda's hard training has also paid off with excellent results in the Brindabella relay and Palm Beach to Manly.



Above: Warwick Selby
Below: Kevin O'Kane



Leaving a Mark

by Kevin Tiller

A universal human trait is that we all want to feel that we have left some kind of mark on the world, to show that we were really here. This is similar to the "15 minutes of fame" most people would like.

This is hard in our chosen sport of running - only a few people can actually win a race, but then there are always other races or the next year. A few elite runners can set course records, but by their very nature they are temporary, at least until someone faster and often younger comes along. That's the way of the world.

Charles Coville has certainly left his indelible mark, as the founder of the Sydney Striders. That is something that can never be taken away from him.

A very special Strider

But do you know of one of our other Striders : Merri Mack? She is very special, VERY special. She has a running club named after her "The Merri Mack Valley Striders".

This isn't some kind of ego trip with herself as President and Chairperson and Top athlete as the following illustrates :

"The Merrimack Valley Striders (MVS) is a club organized to encourage and enhance running at all levels. Founded in 1978, MVS offers an unparalleled range of activities to the running community -- from the best adult coaching and youth coaching in the area to organized runs throughout the week, and numerous social activities. Serving North Eastern Massachusetts and southern New Hampshire, MVS currently has over 600 members and is growing rapidly."

Merri: a mystical goddess?

All I can imagine is that at some stage Merri went near there on vacation and somebody saw more than a passing resemblance between her some mystical goddess.

Either that or she passed on some fabulous training tip like "After hard days, come the easy days" or "Never eat doughnuts and cream, unless after a 30km run".

It is just possible that there is her image on every singlet in the hope that all the club runners can still run times like hers when they become veterans.

Merri, what is the TRUTH ?

Chris Truscott wins Solar Springs 8k

11 Feb 96: The course is a measured 8km, starting from the Mittagong Oval, then heading out and around the streets of Willow Vale. Although generally undulating, it is uphill from the 4km point to around 6km, getting steeper as it goes. Ideal weather produced good times.

A sprint to the line saw Chris Truscott (26:14) of Sydney Striders narrowly edge out Ben Du Bois by two seconds to take the outright honours. Third was Phil Austen in 26:39. Heather Turland, former Australian Half Marathon Champion, won the women's race in 28:03.

Six Foot Track 1996

Jonathon Worswick finished 3rd overall, and Phil Hugill finished 6th.

Striders' Results

1. Jonathan Worswick	3:54
2. Phil Hugill	4:08
3. Kelvin Marshall	4:12
4. Jonathan Trope	4:36
5. Andrew Smith	4:37
6. Chris Smith	4:40
7. Andrew Hallam	4:41
8. Mike Ward	4:46
9. Geoff Taylor	4:52
10. Murray Town	5:05
11. Alf Field	5:07
12. Kevin Tiller	5:08
13. Brian Colwell	5:12
14. George Harrison	5:12
15. Amanda Dawson	5:14
16. Breeda Kelly	5:15
17. Wendy Downes	5:20
18. Tony Crosby	5:29
19. Wayne McCarthy	5:35
20. Alexander Street	5:32
21. Jim Screen	5:59
22. Paula Whitehouse	6:02
23. Dick Bartlett	6:12
24. Roger Rigby	6:12
25. Margaret White	6:22
26. Harvey Blue	6:28
27. Paul Lunsman	6:40
28. Manfred Fiedler	6:44

Andrew Kromer won in 3:29 and the first lady finished in 4:58.

Mt Bogong to Hotham 60km, 7 Jan 1996

Reports by Kevin Tiller & Jonathan Worswick

Results:

Halfway times in brackets:

1. Andrew Kromer 6:41 (3:41) (race records)
2. Nigel Aylott 8:06 (4:21)
3. Greg Love 8:22 (4:33)
4. Jonathan Worswick 8:44 (4:34)
5. Phil Hugill 9:25 (5:12)
6. Kevin Tory 9:42 (5:02)
7. Ross Shilston 10:23 (5:19)
8. Kevin Cassidy 10:36 (5:26)
9. Kevin Tiller 10:42 (5:20)
10. Max Scherleitner 10:52 (5:50) (Age 65)

Another 10 failed to make the cut, Mike Ward included, who finished in an honourable 5:32. So near but so far. Better luck next year Mike!

Report from Kevin Tiller

Only a few desperados went down to the Victorian Alps for the annual Bogong to Hotham Trail run this year. Last year's record of 7 Striders was reduced to 4 through either injury, pregnancy or just gutlessness. A rare treat was that for the first time in living memory there were THE most fantastic views from the top of Mt. Bogong - the highest point in Victoria. Also, the course was changed this year to cut out a section of dirt trail which was replaced by even more bush - leading to a slightly longer first half.

The cut-off time for halfway (on the hills above Falls Creek) was extended until 5hrs 30mins. If you make it after this time you are not allowed to continue any further. Although only 32km, running the first half in around 5 and a half hours is a harder effort than Six Foot Track in about 5 hrs 10mins.

A very worthwhile run, even if only the first half is attempted (this will provide you with the most fantastic scenery and running in any trail run around).

Report from Jonathan Worswick

Well, if you're a true bushie and run ultras then this is the one for you. I'm in the process of changing my mind (I think I'll stick to roads in future!!).

The so called race (more like survival trek if you ask me), is about 62 kms (ish). Now I don't sound too clear on the distance do I? Well that's

because I reckon that at least 10km can be added on because of the hills (mountains!!) and also Geoff Hook just altered the course this year. He reckoned there wasn't much added on, I think you're wrong Geoff.

The race is down in the Victorian snowfields and passes through Falls Creek. The course follows ski poles most of the way, which is very useful as sometimes there can be only 10m visibility when the mountain mist comes down and also the bush tracks get a little indistinct in places. Although there should be no real excuse for getting lost as wireless crews (from WICEN) are present at many checkpoints, some of them walking into the bush with their wireless equipment and staying overnight.

The killer

The first half of the race is the killer with the monster climb to Bogong summit 2km from the start being the main culprit. From the top of Bogong there were beautiful views (usually it's misty) then the course takes you through varied mountain terrain and eucalypt bush with another stiff climb before half way.

The cutoff is fairly severe (ask Mike Ward) so a brisk pace has to be maintained. After a short break, food and water replenishment the second half is again mountain tracks (and marsh) followed by bush after dropping off the plateau. The final climb leads to a fairly flat 10 or so km to the finish at the top of Hotham.

Monners didn't appear

Most of the second half I was suffering severe bouts of depression (due to Greg Love slowly disappearing into the distance), lack of caffeine (due to there being no coffee shops up on the range) and disappointment in Steve Moneghetti not coming up from his Falls Creek training camp to say hello so I can't remember too much only that I was amazed I actually made it to the finish. I must admit to lying down in the grass exhausted for five minutes at the top of the last climb.

Dawn's excuse

Dawn Tiller usually gets her name on the finishers list but she was embarrassed at beating Kev's time last year so didn't enter (oh and also there was some excuse about having a baby).

Palm Beach to Manly 30k.

by Graham Butler.

Palm Beach to Manly is one of those events I'm never adequately prepared for; the toll of the silly season and the general malaise being what they are. The race creeps up on me much too soon in the year, although it does have a certain dread attraction which gets me back year after year. My annual New Year resolutions about running training haven't had time yet to produce any progress in the fitness department. The only year I can remember being fit was 1983/4 when I'd been a member of the famous Phil Caldwell Striders' tour to the Honolulu Marathon, run in early December. In most normal years I'm fat and unfit.

What's more, the weather is usually warm and very humid with the notable exception of the 1994 event which was run on the second day of Sydney's worst ever bush fires when temperatures reached the high thirties by the end of the race and the air pollution was just unspeakable.

The sound of torrential rain accompanies the radio alarm clock which goes off like a grenade at precisely 3.50 am. I spend some minutes in utter disbelief over the notion of getting out of bed. Meanwhile the dark eyed senorita is up making coffee, obeying every detail of the strict brief and timetable delivered the evening prior. I'm lucky to have a running handmaiden and chauffeuse who drives me to Palm Beach with no moral blackmail or backchat of any sort. Whether this standard of service is maintained remains to be seen.

Five bucks in the hand to the Harbord Diggers and the start line up is about as low key as every other year. No national anthems, no news helicopters, no fireworks, just an honest, well organised, great value event.

Within seconds of the start a balls-up of some dimension is apparent as the front half of the field takes a wrong turn up the hill instead of to the left. Most of those blokes have only run the race about 15 times, so how could they be expected to know?

The first couple of kilometres are run in darkness and the fact that I'm managing to keep up with some quite decent runners should have been a hint that I'm going out much too fast for my poor fitness level. When you've averaged around 45 kilometres a week and Avalon looms up quickly and Newport goes by in a relative flash it should be obvious what's going to happen. Sure enough, just past the dark eyed senorita, parked and

handing out water and encouragement at Narrabeen, the wheels begin to fall off. By the rotten little hill at North Curl Curl they've well and truly fallen off but I manage to shuffle to the top, passing a number of walking competitors.

At South Curl Curl my worst nightmare happens. I hear the raucous voices of Alan Phillips and Hugh Spencer on their bikes along for the ride and their annual opportunity to shout smart arsed comments at a stage where I've really lost my sense of humour. They never run the race themselves, but every year they're out there on their bloody bikes! They appear to have no understanding at all of simple Anglo Saxon expletives.

On the long stretch of Harbord Road I spot Jim Screen reduced to occasional walking and I set myself the goal of overtaking him. I never did. Jim's running has improved and mine has got worse and he beat me by two or three minutes. The long haul down the Steyne with the Pacific Ocean crashing to my left is even harder than usual. A pair of runners I've swapped places with through much of the last 10k decide to make a series of challenges for my position. I manage to hold them off with a combination of British pluck and sheer bad temper. I stagger over the finish line in 2.42 knowing I've done no better or worse than I deserve. I hurt all over, the rain is still chucking down and the only bright thing is a cheery smile from the dark eyed senorita. Messrs Phillips and Spencer, Alf and Rosanne Field join us as we retreat to a local coffee shop for some serious caffeine replenishment and a good sit down. I guess I'll do it all again next year.

Results:

[Ed's note: The list is (very!) incomplete. Race organisers did not make the full list available, and very few Striders ever communicate results to the database manager.]

1. Sean Williams
2. Darren Benson (1st Strider)
3. Mike Lawson
4. Chris Truscott (2nd Strider)
11. Wayne Stanton (3rd Strider)
- Joe Vucetic 2:01:56 (4th Strider)
24. Andrew Smith 2:04:05 (5th Strider)
- Andrew Hallam 2:06:00
- Peter Hammerschmidt 2:20:40
- Penny Taylor 2:58:21

Miscellaneous Results

Andrew Smith, 3000m 9:40, 13/1/96 Homebush

Steve Jackson, City to Surf, 49:07 (sorry !)

Steve Jackson, Pitt Town Fun Runs, July 1995

14k: 47:30 2nd

5k: 17:17 2nd (30 minutes later!)

Solar Springs 8Km Dash: Male 19-25 yrs:

1st Chris Truscott 26:14

NSW State 5km Championships - Male:

15th Chris Truscott 15:32

20th Darren Benson 16:04

Weston Creek Half Marathon, 10th March 1996:

Three Striders went down this year, with the following results from 300+ runners

Chris Truscott 74:29 (8th, PB by 1min 25)

Darren Benson 76:15

Peter Truscott 83:42 (equal to PB)

Maxim Duathlon/Triathlon

by Peter Butcher

As a Strider who suffered knee problems, I looked to 6 months of assistance from Sydney Physiotherapy. They were helpful and more importantly successful in enabling me to return to shorter distance running. Last winter I took on the Maxim Duathlon (5 run, 24 bike, 5 run) and found the cycling helped strengthen the knee muscles further. In summer I have moved into the triathlon (400 swim, 16 bike, 5 run). Now with cycle and swim but no run training I am exceeding my previous run PBs.

El President took out her age group in the Duathlon earlier in 1995.

I can recommend duathlon/triathlon especially for those who are suffering knee injuries, and hope to see more Striders participate.

Mugged in Mozambique

supplied by "The NetPickers"

[From Internet correspondent Tim Lardner in Mozambique]: I have a colleague who was running here last week at midday (mad dogs and). Two burly looking characters jumped out of a bush, pulled their knife and tried to remove his belongings. He had no wallet/watch/jewellery etc, so they relieved him of his shoes, socks and shirt. His blisters were enormous after doing 5 miles home in scorching heat on bare feet. Any suggestions for countering the tatty trainer taker??

Urban Myth or What?

Report of item in the Houston Chronicle

A local man who wanted to take up running decided to drive out to one of the local trails to work out. He parked his truck and ran off. Another guy, looking a little like him was also working out on the same running trail. Unfortunately, this other guy had a heart attack, if I recall correctly, and was taken to the hospital where he died. The police, trying to identify the runner who died, took his car keys back to the park, where the keys matched, yep you guessed it, the truck of the first guy! A one in a million shot. Using the license plates to identify the dead runner, they called the first guy's wife (he was still out running) to tell her that her husband had died and she needed to identify the body. She raced to the hospital and not remembering what her husband was wearing immediately identified the other guy as her husband! I'm not making this up! Obviously, she was so distraught that it wasn't only her husband's running outfit that she forgot! Anyway, in the meantime, her still alive husband returned home from his run to be told that HIS wife was in the hospital and fearing the worst, HE raced to the hospital. He went into the emergency room where his wife was. She looked up to see what she believed was her husband BACK FROM THE GRAVE! Well, for them, it was a very joyful reunion. At last word, they hadn't identified the other runner.

Striders' Membership:

How you can help us grow

You can help the club's membership to grow by simply photocopying the Striders' 1996 Application Form (inside back cover of this edition) and giving it to a running friend.

In Your Next Blister

In the next edition of the Blister we are planning to publish a timetable of Atlanta Olympic events, including track and field, swimming and cycling.

This timetable will be based on the latest information obtainable from the Atlanta Olympic Organising Committee's World Wide Web site at the time of going to press.

1996 Sydney Striders 10km Series

Data supplied by Mark Fiore

Result, Race 2: L/Cove River Pk, 2 Mar 96

Name	Time	Target	H/c Pos	Next Target	O/r Pos
Clark, Lesley	52.52	55.36	1	53.25	10
Russell, Robi	50.44	52.51	2	51.09	8
Langworth, Marg.	57.54	60.00	3	58.19	13
Inglis, Rob	47.11	49.00	4	47.33	28
Shepherd, John	41.07	42.37	5	41.25	15
Green, Rozanne	53.03	54.18	6	53.18	12
Stitzinger, Ron	53.04	54.08	7	53.17	34
Kearns, Brenda	45.11	46.07	8	45.22	5
Dunworth, Cathy	43.45	44.37	9	43.55	19
Byrne, Tony	44.16	44.56	10	44.24	20
Wilson, Mike	45.19	45.59	11	45.27	22
Truscott, Chris	33.05	33.44	12	33.13	1
Boswell, Phil	39.31	40.07	13	39.38	10
Hill, Sue	52.59	53.24	14	53.04	11
Benson, Darren	33.15	33.38	15	33.20	2
Taylor, Penny	50.22	50.44	16	50.26	7
Stanton, Wayne	35.52	36.10	17	35.56	3
Walker, John	40.11	40.21	18	40.13	13
Holland, Steven	36.24	36.20	19	36.20	4
Doran, Ray	36.43	36.35	20	36.36	5
H'schmidt, Peter	41.13	41.04	21	41.05	16
Cox, Geoff	37.43	37.32	22	37.33	7
Lovel, Rod	39.22	39.05	23	39.07	9
James, Peter	46.14	45.56	24	45.58	25
Gissing, Jeff	37.50	37.25	25	37.28	8
Cobley, Peter	40.58	40.32	26	40.35	14
Cowan, Joanne	37.52	37.16	27	37.20	1
Taggart, Sally	42.46	42.09	28	42.13	3
McCarty, Michelle	66.00	65.21	29	65.25	15
Lie, Jeff	43.00	42.17	30	42.21	18
Dearn, Frank	58.47	57.60	31	58.05	37
Gordon, Barney	46.08	45.17	32	45.22	24
Russell, Paul	41.51	40.58	33	41.03	17
McLean, Chris	37.31	36.33	34	36.39	6
Vucetic, Clara	43.22	42.13	35	42.20	4
Maier, Lesley	49.53	48.34	36	48.42	6
Dulson, Peter	40.06	38.34	37	38.43	11
Laaper, Marlies	40.47	39.06	38	39.16	2
Burnell, Tom	55.56	54.02	39	54.13	35
Vucetic, Joe	40.10	38.01	40	38.14	12
Murray, Bruce	46.18	43.22	41	43.37	26
Thompson, Billy	44.38	39.43	42	39.58	21
Mcpherson, Neil	50.23	45.19	43	45.34	32
Crawford, Scott	48.59	42.13	44	42.28	30
Bekir, Errol	45.42				23
El-Khansa, M	46.36				27
Brown, Tony	47.40				29
Segula, Andrew	48.59				31
Allan, Lyn	51.44				9
Taylor, Brian	52.14				33
Mehrabam, P.	58.29				36
Wong, Kathy	65.59				14
Tonge, Alan	78.27				38

Outright Placings to Race 2

Minimum points for inclusion: 4

Name	R1	R2	Tot
Benson, Darren	22	21	43
Laaper, Marlies	22	21	43
Truscott, Chris	21	22	43
Taggart, Sally	21	20	41
Vucetic, Clara	20	19	39
Kearns, Brenda	18	18	36
Stanton, Wayne	16	20	36
Holland, Steven	14	19	33
Maier, Lesley	16	17	33
McLean, Chris	15	17	32
Taylor, Penny	13	16	29
Gissing, Jeff	12	15	27
Clark, Lesley	12	13	25
Dunworth, Cathy	19	4	23
Lovel, Rod	9	14	23
Cowan, Joanne		22	22
Green, Rozanne	11	11	22
Cox, Geoff	5	16	21
Vucetic, Joe	10	11	21
Franz, Godfrey	20		20
Smith, Andrew	19		19
Doran, Ray		18	18
Dulson, Peter	6	12	18
Hugill, Philip	18		18
Hallam, Andrew	17		17
McGann, Sharon	17		17
McCarty, Michelle	8	8	16
Russell, Robi		15	15
Verv, Cathy	15		15
Allan, Lyn		14	14
Dawson, Amanda	14		14
Boswell, Phil		13	13
Gardener, Crispin	13		13
Hill, Sue		12	12
Walker, John	2	10	12
Hammerschmidt, Peter	4	7	11
Truscott, Peter	11		11
Joannides, Desie	10		10
Langworth		10	10
Shepherd, John	2	8	10
Cobley, Peter		9	9
Thomson, Kirsten	9		9
Wong, Kathy		9	9
Hodges, John	8		8
Lie, Jeff	2	5	7
Whitworth, Alex	7		7
Russell, Paul		6	6
Byrne, Tony	2	3	5
Burnell, Tom	2	2	4
Crawford, Scott	2	2	4
Dearn, Frank	2	2	4
Gordon, Barney	2	2	4
Inglis, Rob	2	2	4
James, Peter	2	2	4
Stitzinger, Ron	2	2	4
Thompson, Billy	2	2	4

Handicap Placings to Race 2

Minimum points for inclusion: 4

Name	R1	R2	Tot
Stanton, Wavne	21	6	27
Taylor, Penny	20	7	27
Shepherd, John	7	18	25
Truscott, Chris	14	11	25
Taggart, Sally	22	2	24
Clark, Leslev		22	22
Benson, Darren	13	8	21
Russell, Robi		21	21
Langsworth, Margareta		20	20
McLean, Chris	18	2	20
Green, Rozanne	2	17	19
Hammerschmidt, Peter	17	2	19
Inglis, Rob		19	19
Smith, Andrew	19		19
Kearns, Brenda	3	15	18
Stitzinger, Ron	2	16	18
Hugill, Philip	16		16
Truscott, Peter	15		15
Dunworth, Cathv		14	14
Vucetic, Clara	12	2	14
Bvrne, Tony		13	13
Gordon, Barney	11	2	13
Wilson, Mike		12	12
Boswell, Phil		10	10
Holland, Steven	6	4	10
McGann, Sharon	10		10
Hallam, Andrew	9		9
Hill, Sue		9	9
Franz, Godfrev	8		8
Lovel, Rod	5	2	7
Walker, John	2	5	7
Cox, Geoff	2	2	4
Crawford, Scott	2	2	4
Dearn, Frank	2	2	4
Dulson, Peter	2	2	4
Gissing, Jeff	2	2	4
James, Peter	2	2	4
Laaper, Marlies	2	2	4
Maher, Leslev	2	2	4
Thompson, Billy	2	2	4
Vucetic, Joe	2	2	4
Ward, Mike	4		4

Striders' 10k Ladder*Data supplied by Kevin Tiller*

The Striders' 10k Ladder is printed on page 36. Only Striders who have run a 10k race since joining the club are listed. Faster races run prior to joining could not be listed owing to lack of space.

Please notify Kevin Tiller of any errors and omissions, but refrain from abusing him. It's unlikely to be his fault.

Tailford Award 1995: Extracts from the Top Six

Just for old times' sake, the following are extracts from the 6 articles which attracted the most votes in the competition for the Tailford Award for the Best of the Blister 1995. We start with Harvey Blue's classic which took out the prize. The other five are presented in no particular order.

Harvey Blue (Blister #58): A Typical PAC Tour Day, or "Oh that should be fun!" (An account of Harvey's bike-ride from Mexico to Canada).

I am pushing through Cedaredge when I notice a guy to my left coming out of his front gate with a poodle in his arms, with another poodle and a black hunting dog at his feet. The black hunting dog is eyeing me off. He keeps the black hunting dog inside the gate but the poodle slips out. He opens the gate to get the poodle in and the black hunting dog is out like a start at the Dapto Dogs. My top speed at this time is 8 m.p.h. and the dog is onto me in a flash. I immediately think of my mate Allan's advice to me back in Sydney on how to act when attacked by plain's Indians. "Place the bikes in a circle." This is very difficult with one bike, but I manage to dismount and get the bike between me and the beast. I then found the true use of warm Gatorade. It is dog repellent. One squirt between the eyes and off it went.

I was too shattered from the day's ride to go far to a restaurant, so I went to the two opposite. The first was a Chinese, the other a McDonald's. American Chinese restaurants are monosodium glutamate dispensaries, and I loathe Macdonald's food. Nevertheless I sat down and ate 5 Big Macs. As I settled down to sleep I casually asked Murray Town my room mate "What's on tomorrow?" "Just 2800 feet up the wall of the canyon and 153 miles onto Vernal." "Oh!" said I "That should be fun!"

Kevin O'Kane (Blister #59): Marathon Training Group Newsletter (An article for novice marathoners explaining the relationship between training pace and race pace).

The age-old Striders' practice of running as a group to half-way, and that it is then OK to step up the pace and drop off the group one by one is not only selfish, It is physiologically unsound. The

dead feeling in the legs until Wednesday every week is not necessary and it is not beneficial. You should be saving the speed for specific sessions, where your effort is efficient. Your longest run of the week should also be your slowest. By way of illustration, Robert de Castella sometimes ran his long runs at 7 or 7½ minute pace. At that speed, Deek would often be dropped off by the 6.10 group, and occasionally by the 6 o'clock group. While it may appear to be heresy to suggest that Striders should be running STaRs 2 minutes a kilometre slower than race pace, that is exactly what we should be doing. But are you game to try it?

Phil Hugill (Blister #55): Cradle Mountain: we'll give it our best shot (An account of a horror flight to Tasmania).

I guess we both should have known what we were in for when right at the start of our journey, the American pilot of our plane announced in his best McDonald's Drive-through voice that due to the late arrival of the plane in Sydney they were unable to clean it, but he would give it his best shot to get us to Melbourne.

Now I don't know about you, but I was not too happy relying on his best shot, as what's the alternative? His second or third best? It crossed my mind that our lives were depending upon a geographically challenged American who appeared to rely on luck and his emotions to get around.

I wondered if I should go and offer some counselling or therapy to assist his and our good fortune. He promised to get back to us but never did, so I left him in peace and we duly landed in Melbourne.

At the finish of our return flight Ansett managed to lose my bag. As the Pilot said, he gave it his best shot, but I guess his shot went astray, with my bag!!

Roger Rigby (Blister #57): A Close Shave (An account of Roger's Comrades Marathon, in which he finished 17 seconds before the final race deadline).

The trouble with the Comrades is that a single run is not enough. What if the first time was a dream? Or a fluke? Or too slow? Or a lot of fun?

How come the locals run it up to 40 times in a lifetime? How come everyone you meet during a Comrades knows Charles Coville? Why do they call every Aussie 'Bruce'? Or 'Brenda'? Where is Arthur's Seat? It is all a mystery.

Three minutes to go. Into the narrow road, around the outside of the stadium, through the tunnel and turn right onto the beautiful grass track. The crowd is now beyond deafening and is just another strange sensation to the background, there is no point in looking around, all that matters is the track, the clock and the finishing tower now looming ahead. I remember all this from 1993 and it looks good, I tell myself.

Check the clock, not long, perhaps 60 seconds before the Finisher fires his dreaded gun. About 20 metres to go, no problem..... And that is how I cheated ignominy by 17 seconds - official time 10h59m43s. I never want to experience such a sensation again in all my life! Over the line, all was chaos.

Kevin O'Kane (Blister #58): The Bore of running (a celebration of the mental aspects of running).

There are some bastards you just have to pass 50 metres from the finish, or pull out 110 percent to keep them in their place. Instead of watching powerlessly as [Alan Phillips'] rear end disappeared in the distance, I fashioned myself an imaginary dartboard with the obvious centre. After several mental bullseyes, the pain I had started to feel was adequately compensated by my perverse delight in contemplating the human pincushion.

The point of all this is: "Think not what you can do for your mind, but what your mind can do for you. And don't smile when you run past me."

Steve Cornelius (Blister #58): City to Surf in Reverse. (A comment on the habit of printing surnames before given names in race results).

Violence never from the surface far is, and this year runners exhorted were to Stamp Carl, Hunt Steve, Tan Stanley, Stone David, Topp Stephanie, Fry Belinda, Cook Diane, Curry Frank, and Pepper Adam. Some people, however, stop about sex thinking never can, even when running. Dabbling in relationships were Date Ritchie, Hug Jeff, Kiss Jenny and Popkiss Tom (a variant interesting). More seriously involved were Lay Jeff, Hung Darren and Ball Stephen, whose brother Bond Stephen indulged in pursuits kinkier with Whipp Michael. Waggler Keith popular with the spectators proved, while Leek Barry arrested for exposure indecent was.

Year next the Manager Database to his senses come might. Pigs fly might, too.

10k Ladder

Name	Time	Event	Date	Name	Time	Event	Date
John Sauer	31.52	Intervarsity	0490	John Whealy	39.05	Sportscene 10k	1989
Phil Garvin	32.14	Sportscene 10k	1989	Steve Hitchcock	39.14	Minimosm'thon	0792
Mathew Kaley	33.18		1990	Graham Firkin	39.24	Sportscene 10k	1989
Darren Benson	33.30	Nsw champs	0595	Dawn Tiller	39.24	Melbourne	0493
Geoff Cox	33.30	Harrow uk	0489	Stephen Lloyd	39.30	Striders	1989
Godfrey Franz	33.30	Mosm'thon	0786	Alan White	39.32	Combination	0791
Wayne Stanton	33.30	Botany harriers	0486	John Hawkins	39.50	Striders	0492
Chris Truscott	33.35	North head	0495	John Preston	40.16	Centennial park	0390
Stephen Jackson	33.45	Revesby	1992	Stuart Howard	40.22	Minimosm'thon	0792
Chris McLean	34.01	Centennial park	0292	Kevin O'Kane	40.22	Australia day	0188
Ray Doran	34.12	Muscular dist'y	0690	Robert Inglis	40.30	Sportscene 10k	1989
Paul Russell	34.29	Sportscene 10k	1989	Graham Butler	40.32	Body & sole	1092
John Hamilton	34.36	Centennial park	0790	John Plummer	40.43	Sportscene 10k	1989
David Sill	34.52	Minimosm'thon	0887	Bruce Murray	40.54	Sportscene 10k	1989
Andrew Hallam	34.53	North head	0495	John Ross	41.08	2 day	0190
Christopher Dwyer	34.54	Marsfield	1994	Ian Whitfield	41.10	Sportscene 10k	1989
Jeff Gissing	35.01	Minimosm'thon	0789	David Fahey	41.11	Lane cove	0891
Terry McIver	35.01	Sportscene 10k	1989	Paul Lunsman	41.13	Sportscene 10k	1989
Steven Holland	35.25	Sri chinmoy	0795	Alex Hamill	41.19	Sportscene 10k	1989
Warwick Selby	35.28	Centennial park	1990	Ian MacArthur	41.34	Sportscene 10k	1989
Malcolm Satchell	35.39	Sportscene 10k	1989	John Shepherd	41.45	Lane cove	1195
Joanne Cowan	35.40	Lady macquarie	0492	James Howard	41.50		
John Hodges	35.46	Sportscene 10k	0587	Roger Rigby	41.59	Sportscene 10k	1989
Anthony Wolfenden	36.00	Manly	0895	Geoff Taylor	42.05	Centennial park	0890
Philip Hugill	36.06	North head	0495	Susan Griffith	42.30	Mosman	1990
Kevin Tiller	36.06	Manly	0593	Benny Hagberg	42.30	Lane cove 10k	0290
Brian Colwell	36.09	Randwick botany	1989	Brian Tailford	42.41	Sportscene 10k	1989
Andrew Smith	36.11	Lane cove	1992	Ron Daly	42.49	Centennial park	0291
Alan Kaplan	36.14	Mini-mosm'thon	1995	Alan Phillips	42.51	Sportscene 10k	1989
Scott Crawford	36.18	Sportscene 10k	0589	Phil Madden	42.58	Mini-mosm'thon	1995
Charles Coville	36.25	Centennial park	0390	Merri Mack	43.10	Mini-mosm'thon	0793
Mark Fiore	36.27	Centennial park	0991	Joe Degabriele	43.19	North head	1995
Jonathon Marsden	36.27	Sportscene 10k	1989	Richard Hannan	43.43	10k series	0695
Marlies Laaper	36.51	Nsw champs	1993	Peter Butcher	43.54	Mini-mosm'thon	1994
John Ayliffe	37.00	Banksmeadow	0590	Paul Kotala	44.15	Shelly beach	0992
Mark Robinson	37.00	Marsfield	0794	Brian Taylor	44.32	Centennial park	0390
Stephen Urwin	37.12	Sportscene 10k	1991	Edwina MacArthur	44.58	Sportscene 10k	1989
Alex Whitworth	37.21	Sportscene 10k	1989	John Fennell	45.04	Sportscene 10k	1989
Nobby Young	37.21	Sportscene 10k	1989	Manfred Fiedler	45.22	Manly	1995
John Sutherland	37.38	Domain	0493	Jim Screen	45.51	Striders 10km	1194
Alf Field	37.38	Centennial park	0890	Lesley Maher	45.59	Cen ten	0890
Jonathan Trope	37.46	Striders	1993	Elizabeth Campbell	46.30	Minimosm'thon	0793
Terry Rose	37.51	Centennial park	0991	Ray Reid	46.52	Sportscene 10k	1989
Mike Ward	37.58	Sportscene 10k	1989	Wendy Downes	47.00		1995
Phillip Barrow	38.01	Manly	1994	Robi Russell	47.01	State vet track	0390
Peter Truscott	38.10	Manly	0895	Bill Blecha	47.20	Sportscene 10k	1989
Steve Corneliuss	38.13	Lane cove	1989	Fiona Pelly	47.25	Marsfield	1995
Philip Boswell	38.18	Domain	0895	Lesley Clarke	47.30	Columbia	0292
Harvey Blue	38.22	Sportscene 10k	1989	Tom Burnell	48.30	St marys	1095
Tony Crosby	38.24	Minimosm'thon		Amanda Dawson	48.43	Canberra	0995
Peter Copley	38.31	Sportscene 10k	1989	Wayne McCarthy	49.12	Sportscene 10k	1989
Ivan Freys	38.33	Sportscene 10k	1989	Jeffrey Lie	49.59	Terry fox	0695
Gavin Morisset	38.35	Sportscene 10k	1989	Rozanne Green	50.04	Manly	0694
Dick Bartlett	38.37	Sportscene 10k	1989	Elana Leigh	50.22	Marsfield	0695
Paul Mandl	38.41	Mrs macquarie's	1991	Dawn Shaw	51.05	Sportscene 10k	1989
John Turner	38.47	Aust day 10k	0188	Penny Taylor	51.25	North head	1095
Susan Roberts	38.53	Nsw road champs	0693	Margaret White	53.06	Minimosm'thon	1994
Hugh Spencer	38.54	Sportscene 10k	1989	Frank Dearn	57.31	Sportscene 10k	1989
David Ritchie	38.55	Sportscene 10k	1989	Jonathan Worswick	58.30		
Tina Campbell	38.56	Sportscene 10k	1989	Alan Tonge	64.17	Lane cove	0191
Graeme Hansen	39.02	Toronto Canada	0595				

Task Force to Deliver Guide for Pregnant Athletes

From the Sydney Morning Herald, 21 Feb 1996

When elite triathlete Louise Bonham was eight months pregnant and jogging along a beach as part of her modified training program, a woman "attacked" her, shouting: "How can you do that to your baby?"

"She had a cigarette in her mouth, so I gave her a mouthful back", said Mrs Bonham, who took part in a 20km bike ride the day her baby was due. She went on to have a healthy daughter, Georgia, now two.

To try to clear some of the confusion, the NSW Minister for Sport and Recreation, Ms Harrison, announced last night that a new 11-member Women in Sport and Recreation Task Force would draw up guidelines for sporting bodies on pregnancy and sport.

"There have been inadequate guidelines for the players and sports in NSW, not only on the medical advisability, but also the legal issues of playing sport while pregnant," she said.

Mrs Bonham, who had worked out with her obstetrician and sports doctor that she could safely continue to train if she kept her heart rate at 70 percent of its maximum rate, had a trouble-free pregnancy.

Sports organisations are worried about being sued if a pregnant woman or her child is damaged during competition or training.

At the moment, sports bodies' policies on pregnant players "seem to be fairly ad hoc", Ms Harrison said.

The need for guidelines was highlighted by the case of Ms Jenny Gage Traill, who was refused permission last year by the Northern Suburbs Netball Association to play in a grand final because she was pregnant, Ms Harrison said.

The Australian Opals women's basketball team captain, ms Robyn Maher, who kept a cracking pace when expecting her two children, said laying down guidelines would be tough.

"People always ask me: 'When I am pregnant, how much can I do?' But I say I don't know. I know my own body. But if someone is five stone overweight, you're not going to say 'You can run 5 k's'".

My advice from my doctor was that if I felt good, I should play, and that when I protruded, I

should stop because maybe the baby could get hurt."

The members of the task force, whose patron is swimming great Dawn Fraser, include netballer Elizabeth Ellis, president of the Muslim Women's Association Ms Maho Abdo, sports physician Dr Diana Robinson and Herald sports journalist Heather Smith.

Marathon's Timing Pleases Moneghetti

From the Sydney Morning Herald, 12 Jan 1996

Steve Moneghetti hailed as a victory for commonsense news that the start of the Atlanta Olympic men's marathon may be switched to early morning.

The Ballarat marathon start was delighted after the president of the United States Olympic Committee said yesterday that the International Amateur Athletics Federation would change the controversial 6.30 pm starting time of the race at the Games for safety reasons.

"It shows that athletes have a voice. We put up a reasonable case and it's nice that people listen", said Moneghetti.

Moneghetti and other athletes joined doctors in strongly criticising a scheduled late afternoon start for the marathon because of the extreme heat in Atlanta in August.

"We were concerned that they were only worried about international television and the event finishing in time for the closing ceremony.

IAAF general secretary Istvan Gyulai said no final decision would be made until the [IAAF's] council meeting in Cape Town on March 24-25, but clearly indicated that the IAAF was leaning towards the relative cool of a Georgia morning.

1994's Most Bizarre Suicide

At the 1994 annual awards dinner given by the American Association for Forensic Science, AAFS president Don Harper Mills astounded his audience in San Diego with the legal complications of a bizarre death. Here is the story:

On 23 March 1994, the medical examiner viewed the body of Ronald Opus and concluded that he died from a shotgun wound to the head. The decedent had jumped from the top of a ten-story building intending to commit suicide (he left

a note indicating his despondency). As he fell past the ninth floor, his life was interrupted by a shotgun blast through a window, which killed him instantly. Neither the shooter nor the decedent was aware that a safety net had been erected at the eighth floor level to protect some window washers and that Opus would not have been able to complete his suicide anyway because of this.

Ordinarily, Dr. Mills continued, a person who sets out to commit suicide ultimately succeeds, even though the mechanism might not be what he intended. That Opus was shot on the way to certain death nine stories below probably would not have changed his mode of death from suicide to homicide. But the fact that his suicidal intent would not have been successful caused the medical examiner to feel that he had a homicide on his hands. The room on the ninth floor whence the shotgun blast emanated was occupied by an elderly man and his wife. They were arguing and he was threatening her with the shotgun. He was so upset that, when he pulled the trigger, he completely missed his wife and pellets went through the window striking Opus. When one intends to kill subject A but kills subject B in the attempt, one is guilty of the murder of subject B.

When confronted with this charge, the old man and his wife were both adamant that neither knew that the shotgun was loaded. The old man said it was his long standing habit to threaten his wife with the unloaded shotgun. He had no intention to murder her - therefore, the killing of Opus appeared to be an accident. That is, the gun had been accidentally loaded.

The continuing investigation turned up a witness who saw the old couple's son loading the shotgun approximately six weeks prior to the fatal incident. It transpired that the old lady had cut off her son's financial support and the son, knowing the propensity of his father to use the shotgun threateningly, loaded the gun with the expectation that his father would shoot his mother. The case now becomes one of murder on the part of the son for the death of Ronald Opus.

There was an exquisite twist. Further investigation revealed that the son, one Ronald Opus, had become increasingly despondent over the failure of his attempt to engineer his mother's murder. This led him to jump off the ten-story building on March 23, only to be killed by a shotgun blast through a ninth story window.

The examiner closed the case as a suicide.

Clinton Deploys Vowels to Bosnia

Cities of Sjlbdnzv, Grzny to Be First Recipients:

Before an emergency joint session of Congress yesterday, President Clinton announced US plans to deploy over 75,000 vowels to the war-torn region of Bosnia.

The deployment, the largest of its kind in American history, will provide the region with the critically needed letters A,E,I,O and U, and is hoped to render countless Bosnian names more pronounceable.

"For six years, we have stood by while names like Ygrjvslhv and Tzlynhr and Glrm have been horribly butchered by millions around the world," Clinton said. "Today, the United States must finally stand up and say 'Enough.' It is time the people of Bosnia finally had some vowels in their incomprehensible words. The US is proud to lead the crusade in this noble endeavour."

The deployment, dubbed "Operation Vowel Storm" by the State Department, is set for early next week, with the Adriatic port cities of Sjlbdnzv and Grzny slated to be the first recipients.

Two C-130 transport planes, each carrying over 500 24-count boxes of "E's," will fly from Andrews Air Force Base across the Atlantic and airdrop the letters over the cities.

Citizens of Grzny and Sjlbdnzv eagerly await the arrival of the vowels. "My God, I do not think we can last another day," Trszg Grzdnjkl, 44, said. "I have six children and none of them has a name that is understandable to me or to anyone else. Mr. Clinton, please send my poor, wretched family just one 'E.' Please."

Said Sjlbdnzv resident Grg Hmphrs, 67: "With just a few key letters, I could be George Humphries. This is my dream."

The airdrop represents the largest deployment of any letter to a foreign country since 1984. During the summer of that year, the US shipped 92,000 consonants to Ethiopia, providing cities like Ouaouoaua, Eaoiiuae, and Aao with vital, life-giving supplies of L's, S's and T's.

The consonant-relief effort failed, however, when vast quantities of the letters were intercepted and hoarded by violent, gun-toting warlords.



1996 Membership Application Form

Given name: Family name:

Sex: ☐ Male ☐ Female Date of Birth: (day/month/year)

Address:

Post Code:

Telephone: (H).....(W)..... Occupation:

How did you hear about us ?

- ☐ Another Strider (name :)
☐ Striders Race (10k/1/2 Marathon:)
☐ Running Store (name :)
☐ Magazine (name :)
☐ Another Runner ☐ Other (how :)

Running Background

How long you have been running : years months

Type of running you are interested in :

Best 10K time : when : where :

Best City to Surf : when :

Best Half Marathon time : when : where :

Best Marathon time : when : where :

1996 Charges (please select by circling amount)

Joining Date	Full Member	Student Under-20 Unemployed	Joining Date	Full Member	Student Under-20 Unemployed
Jan/Feb/Mar	\$48	\$28	Jul/Aug/Sep	\$24	\$14
Apr/May/Jun	\$36	\$21	Oct/Nov/Dec	\$12	\$7

All memberships are due for renewal on 31st December 1996, regardless of joining date.

Payment Method

- ☐ Cheque (payable to "Sydney Striders") ☐ Mastercard
☐ Money Order ☐ Bankcard
☐ Cash ☐ Visa

For credit card payment only:

Name on card:

Card number:

Expiry date:

Signature:

"I would like to automatically renew my membership every year using these card details, until I notify the club in writing": ☐ Yes ☐ No

Club Running Kit

"Please send me an order form for the club running kit": ☐ Yes ☐ No

Mail this form and payment to: Sydney Striders, PO Box 679, Crows Nest NSW 2065

(Keep this address and use it for any correspondence)

Run the Striders' SAA 10k Series and you could end up in AFRICA.

Two return tickets to South Africa to be won, courtesy of our major sponsor, South African Airways. One will go to the winner of the ever-popular Handicap Division, open to Striders only (so why not become a member soon?). The other will be a lucky draw prize, open to everyone completing five events.



Entry fee includes refreshments. Register on the day.

Entry fees for 1996: Striders \$5, Non-members \$8,
except the Run for Cancer (August): Striders \$6, Non-members \$10.

First Saturday of every month, Race starts 7 am prompt.

Enquiries: Chris Robb (02)-9959-4269.

Remainder of 1996 Programme:

- Sat 4 May: Shelley Beach Park, Manly (east end of Bower St)
- Sat 1 Jun: Mrs Macquarie's Chair, The Domain (Royal Botanic Gardens, Sydney)
- Sat 6 Jul: Marsfield (Cnr Trafalgar Place and Waterloo Rd)
- Sat 3 Aug: **RUN for CANCER:** North Head (Cnr Darley Rd/Nth Head Scenic Drive)
- Sat 7 Sep: Meadowbank Park (New Course, details to be announced)
- Sat 5 Oct: Shelley Beach Park, Manly (east end of Bower St)
- Sat 2 Nov: Lane Cove River Park, Chatswood West (Fullers Bridge)