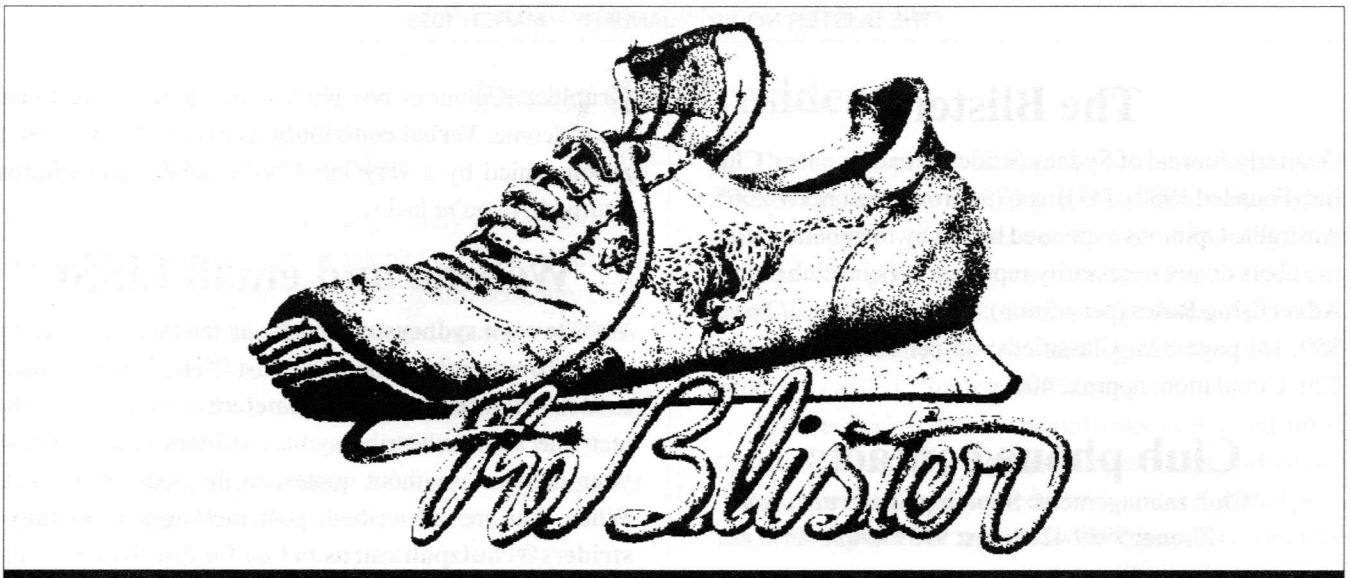

Magazine of the Sydney Striders Road Runners Club Inc. Edition No. 69 January – April 1998

1998 Zatopek 10,000m - Just what I needed!

by Chris Truscott

After spending the majority of 1997 running around in circles rather than in a straight fast line, the decision to run the annual Zatopek 10,000m classic was one that required a great deal of thought and dedication.

Although I had what was considered by some as a good year, I had not achieved any of the goals that I had set back in January.

My first solid run for the year came in the Bankstown Half Marathon in September. This was due to a more consistent effort in keeping my weekly mileage at the 150km mark.

From there I started with the track season and suddenly I was shaving seconds off the smaller distances of 800m and 1500m.

It was now that I realised that my 1997 ambition of sub 32 minutes for 10km might still be achievable so I booked the flights to Melbourne end entered the B grade Zatopek race.

For those who may think that the occasional glass of red wine a few nights before the event is OK, the fact that I somehow swallowed two bottles of the stuff two nights before the race may be of interest considering my apparent dedication to ensuring a good time.

I'm not sure in what way this helped the eventual result of my race. One thing was for sure, I was relaxed.

So I slept from 11.30am to 3.00pm when I arrived at my hotel. I woke only to feed then resumed my rest from 3.30pm to 6.30pm.

Conditions in Melbourne on that Tuesday night could not have been more conducive to a perfect race.

At 18 degrees, no wind and a pack of runners above and around my own ability, the 10,000m was always going to be more enjoyable than any sort of heat exhaustion exercise at Homebush (as experienced each and every every week).

As usual, I raced out with the lead pack and ran steady 3 minute kilometres until just before the 4 km mark. At 5km I was exactly on the time I had hoped for – 15.20.

Running at this pace at the halfway mark, I could not understand why someone upstairs had spared me as long as this from hitting the wall, however I continued.

I recorded PBs all the way from 5km through to 9km where I was sitting on 28.15. I had to clock 3.45 last kilometre to break 32 minutes. Barring a Michael Johnson hamstring bluff, I was cruising.

It was here that I actually started feeling really fresh once more so I cranked up the pace, removed any doubt that I had missed a lap (I had a lap counter in case some of you are wondering about legitimacy) and headed for home.

continued page 2

1997 Outstanding Achievement Awards

Congratulations to the 1997 winner of the Maria Gemenis-Cruickshank Outstanding Achievement Award,

Joanne Cowan

Pictures and full details of all awards in the next edition of the Blister.

See Page 19 for 1998 Minolta Forster Ironman results

The Blister

Quarterly Journal of Sydney Striders Road Runners' Club Inc (Founded 1980), PO Box 679, Crows Nest NSW 2065, Australia. Opinions expressed herein by members or non-members do not necessarily represent official club policy. **Advertising Rates** (per edition): Full page $100, 1/2 page $50, 1/4 page $25. Classifieds: $5 per edition, full year $20. Circulation: approx. 400.

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Copy requirements

Members' contributions usually given priority. Non-members' efforts welcome too. Submit preferably via email or on diskette. Legible typed/faxed/handwritten copy also OK. **Word limit** for major articles approx 1800. **Deadline dates** in Club News. **Late contributions** printed in next edition, if still relevant. **Email**: Text in body of email message much preferred. Send tabular material as email attachments. **Disk/file format:** 31/2-inch disks. Simple text format preferred! **Avoid fancy formatting**, which will only have to be edited out! We use **Microsoft Office 97 Professional** but can convert many other formats. If in doubt, phone Steve Cornelius. **Graphics:** Colour or b/w photos, line drawings, cartoons etc welcome. **Verbal contributions** may be "lost" even if accompanied by a very large bribe. **Disks and photos** returned, if you're lucky.

Website and email LiSSt

Website **www.sydneystriders.org.au** maintained by Kevin Tiller. To subscribe to our email list ("The LiSSt"), email to **steward@chutzpah.cairns.net.au** with a blank subject line and "subscribe sydney-striders your_email@your_domain" (without quotes) in the body of the text. When you are subscribed, post messages to **sydney-striders@chutzpah.cairns.net.au** for distribution to all.

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Credits

Photographs were supplied by Graham Butler and Rozanne Green.

First Impressions at Rosebery did the printing. Special thanks to Brian Tailford and Julie Hemsworth.

Roger Rigby re-emerged in a guest appearance as temporary Blister production editor due to Steve Cornelius' absence in New Zealand. Graham Butler and Roger Rigby did the proofreading.

Thanks to all contributors who make up this issue of the Blister: Rozanne Green, Jonathon Trope (and his correspondents), Darren Benson, Ian Whitfield, Elizabeth Edmonds, Jonathon Worswick, Anna-Greta Pearl and all the letter correspondents.

1998 Zatopek 10,000m *(con't from cover)*

I went past a further 3 runners to record a time of 31.23 finishing 8th in a field of 25.

I continued jogging just soaking up what I had achieved and because it was so personal probably looked bloody stupid to everyone else, punching my fists in the air with delight.

The time was a track PB of 1 min and 35 secs and was well worth the trouble of travelling interstate to compete.

I am already looking forward to my next goal of sub 69 minutes at the Berlin Half Marathon in April and beyond that, to another successful Zatopek classic in December 1998.

From the President

Sponsorship

South African Airways have very kindly and generously agreed to continue their sponsorship of the Sydney Striders / SAA 10 K Series by providing two return economy class tickets to South Africa. This is tremendous support for the Club and in return we should do every thing we can to promote SAA and reciprocate by travelling with them whenever we can. SAA have also offered some very helpful support for those wishing to compete in this year's Comrades Marathon. (See separate Item).

Committee

Membership of our Committee has taken a bit of a beating of recent times.

Kevin Tiller who has worked tirelessly on the Club's database for several years is now finding that his employer wants more of his time. As a consequence Kev is looking for a replacement. Steve Cornelius has accepted a new job and is at present in New Zealand on a training course. The demands of his new job mean that when he returns to Sydney he will no longer be able to use his considerable talents to help produce the Blister.

Graham Butler has contributed about 12 years of service to the Blister and he is also seeking a replacement. If you wish to become involved in these important aspects of the Club please contact me as soon as possible.

New Running Gear

We have also finally been able to confirm our order for the Club's new running gear. A last minute, and totally unforeseen which with the "green" has caused a dreadful delay.

When the task of coming up with a better quality uniform was commenced, Kev Tiller, Tina Campbell and myself visited major sports clothing manufacturers and sports goods companies to investigate if we could latch onto their fabrics but in our green colour. No luck. One company had terrific fabric but only produced it in black. Others had greens which looked very blue and not one had a sample green which went any where near the green we are currently wearing. So the search went on.

We obtained an interim order of gear from the existing manufacturer to see us though last years shortage and arranged for that company to return to us the left over supply of our green material. Unfortunately there was not enough material to go anywhere near satisfying our current needs so more specially dyed material would have been required.

During this period of time we had many very useful discussions with the company Hot Designs, who produce an exciting and very professional range of sporting attire.

The very great attraction of committing to this company for the production of our new gear was the process they use to produce designs and logos on material. The process is called "Sublestatic Printing".

First a design using special inks is printed on to "papers" giving very high quality definition and colour. These papers are then pressed onto fabric in a special process whereby the ink transfers from the papers onto the fabric resulting in the same high quality result. In our case there was no problem in obtaining green DYE for the "Taslon" as used in our latest existing running gear and the left over material used by our former manufacturer. The unforeseen difficulty came in matching the INKS used in the Sublestatic process with the "Taslon."An acceptable match could not be achieved.

Hot Designs then had both dye and ink specially formulated to be the same colour as each other and as close to our existing colour as possible. This means that Taslon dyed green to produce our shorts will be the same as the green ink used to print the singlets.

Because both ink and dye have been specially formulated every order in future will be the same. In addition the printing process means singlets made of superior fabric will not have any seams and should be more comfortable.

The process also means that the Club can expand its range of sporting gear and that each new item will be the same colour green. We will also be able to reproduce the Cheetah and our logos in permanent very high quality definition on a range of different materials and garments.

The outcome of this very long and frustrating exercise will be a running uniform and associated clothing of very high quality, consistent colours, exact copies of logos and the Cheetah and an end to the "Great Uniform Saga."

As the wheel of life turns we can now get back to discussing ad infinitum starting times for StaRs and how to "get, make, order, demand, plead, with members to run in "like" groups on a Sunday morning and how to make sure everyone pays for their STaR breakfast, and to get everyone to inform the Database Manager of their running results instead of expecting someone else to somehow find out. (Oops, pardon me..... just opened the lid on the inner mind for a minute.)

Jim Screen

Club News

Committee deliberations

Meeting of Thursday 22nd January 1998.

- Annual Planning Calendar showing all significant dates for meetings events and functions distributed to all Committee members.
- Athletics New South Wales has extended an invitation to Sydney Striders to compete in any of Athletics NSW Winter Events.

  J.Screen to follow up on this to see exactly what is required.
- South African Airways has agreed to continue its sponsorship of the 10k Series. (Two Economy Class Return Tickets to South Africa.)
- NSW Sporting Injuries Insurance renewed at a cost of $277.90
- 10K calendar is being produced and should be available prior to first race in February.
- Kevin Tiller announced that he would like to step away from managing the database.
- The Club has agreed to provide marshalls for the Corporate Team Challenge to be run in the Domain on Sunday 18 October 1998. The Striders will need to provide 50/60 people and will be paid for its involvement.
- Sporting Spectrum will provide a Gatorade container for water prior to StaRs.
- Uniform Director reported that we had now received unused fabric from EB Sports which was passed on to Hot Design.
- The Club's 800 th Star will take place this year. It was proposed that a special T-Shirt be produced to mark the occasion.The proposal is to be followed up.
- It was announced that Bryce Courtenay has generously agreed to be Guest Speaker at the Outstanding Achievement Awards dinner to be held on 12 March 1998.
- It was agreed to donate $500 to the Achilles Running Club as proceeds from Charity Day and $400 to Manly Hospital for their Charity Day. *(Jim Screen)*

1998 Corporate Team Challenge

The Corporate Team Challenge takes place every year in Sydney, Melbourne and Brisbane. The Sydney event is held in the Domain and involves four runners or three walkers each covering a scenic 4km course around Mrs Macquarie's Chair and the Botanic Gardens.

Each year more than 300 corporate teams enter to try to become the fastest company in their industry and in Sydney for that matter. Most participants however compete for the fun and social nature of the event.

You can expect to see the likes of Steve Moneghetti running alongside you in an attempt to beat the teams outright.

The 1998 Corporate Team Challenge takes place on 25th October this year. Put this date in your diaries and we'll update you on further details when they are available.

1998 Sydney Marathon

Athletics NSW advise that the date for this event is 6 September.

New baby alerts

Jo & Julian Barton

are thrilled to announce the early and safe arrival of their son, Oliver David, on 1st February 1998. Birth weight 3095g, length 48.5cm. Mum and baby doing great. Hope to be back at STaRs soon!

Kevin & Dawn Tiller

had a baby girl on 19th January. Right up until the end she was running for an hour a day - even the day she had it! Her running is expected to come back to form quicker than her dad's.

For the technically curious: Name: Chelsea Tiller, weight: 7pounds 1.5 ounces, time: 00:39.

STaR refreshments

Dick Bamann has asked for a reminder about the Club rule of paying $2 for refreshments at the STaRs. This isn't a lot and those who forget or decide not to pay should be reminded that shortfalls eat into the Club funds (and often enough, the personal pocket of the STaR hosts who 'top up' the cash tin to cover the costs.)

Darren's Training Column

from Training Director Darren Benson

Three new sessions have now commenced. At this stage they are fairly informal. Basically it is up to you guys to get yourselves organised. The details are as follows:

Tuesday Night: Meet 5.30p.m. Drummoyne Rowing Club, Henley Marine Drive (The Bay Run). This will be a fartlek session, involving 5 surges of 1km with 40m recoveries (ie 7km). This may be followed by a further 7km loop warm down.

Wednesday Night: Meet 5.30p.m. Lane Cover River Park, (start of 10km series race) - opposite Steak House. This session can range from 5 - 30km (10km loops). It should be done at a reasonable tempo.

Thursday Night: Meet 5.30pm onwards at Rotary Park, Mowbray Road, Chatswood. This is the most important summer session.

Try 8 x 400m flat out, 200m 'float' (ie steady jog). You may also try a pyramid type session - 200m / 400m / 800m / 1600m / 80m / 400m / 200m. A 2km warm-up and warm-down is recommended.

Do around 5 run throughs before your session to get the legs ticking over at a fast pace.

1998 10k Race Series

proudly sponsored by:

• South African Airways

Who are providing two return tickets to South Africa. One for the winner of the Sydney Striders Handicap Competition. and the other for one lucky runner who completed at least five of the 10k Races this year.

• Australian Runner and Athlete Magazine

If you take out a subscription at a 10k Race your entry for that race is free.

• Gatorade

• The Runners' Shop

My thanks to Lesley Clarke, Chris Robb, Jim Screen, Ron Stitzinger, Amanda Taylor and Mike Ward who provided Sydney Strider power to allow the first 10k Race of 1998 to be conducted relatively smoothly.

A good start was made to this year's 10k Race Series: 105 runners comprising 62 Sydney Striders and 43 guests enjoyed the scenic course skirting the Botanical Gardens and the City, for what was a very hot 10k Race.

Results for the open and handicap are published later in the Blister, or can be obtained from Raymond Potter. Many thanks to Chris Mclean who has agreed to act as 10k Race Host for this event and to Stephen Jackson who due to construction works has remeasured the course.

10k Race thanks go to:

Lesley Clarke	who records entrants names.
Joanne Cowan	for her wonderful help with PR and other behind the scenes activities.
Stephen Jackson	who has volunteered to put out km signs at each 10k Race.
Raymond Potter	for continuing to do a tremendous job providing the results.
Amanda Taylor	who brings the 10k Race Gear to each and every event.

Thank you very much Amanda, Joanne, Lesley, Raymond and Stephen (offers of help at any 10k Race will be gratefully accepted).

1998 Six Foot Track Results

1	Greg Love	3.39.42	
2	Andrew Kromar	3.40.01	
3	Michael Burton	3.50.08	
19	Kelvin Marshal	4.14.23	
22	Warwick Selby	4.20.30	
28	Steve Urwin	4.23.39	
33	Lynda Mackenzie-Hicks	4.26.10	F1
35	Martin Fryer	4.28.21	
37	Brian Grant	4.36.07	
39	Lavinia Petrie	4.36.26	F2
40	Louise O'Brien	4.36.52	F3
43	Mike Ward	4.38.14	
45	Jonathan Trope	4.39.12	
87	Tim Austin	4.55.04	
91	Geoff Taylor	4.56.18	
95	Grahame Murphy	4.57.13	
98	Elizabeth Edmonds	4.57.34	F
111	David King	5.01.39	
124	John Walker	5.06.21	
126	Derek Smith	5.06.51	
139	Brent Waters	5.12.20	
143	Ray Potter	5.13.17	
156	Keith White	5.18.15	
157	Tony Hatch	5.18.25	
161	Alf Field	5.20.43	
170	Jim Screen	5.22.17	
174	Paula Whitehouse	5.22.59	F
183	Mike Wilson	5.25.53	
185	Brenda Kearns	5.27.26	F
189	Susan Griffith	5.29.32	F
198	Wendy Downes	5.32.55	F

Six Foot Track Results *(con't from page 5)*

203	Mike Hansen	5.33.30	
205	Roger Rigby	5.34.22	
208	Gavin Morisset	5.35.16	
211	George Herisson	5.35.45	
219	Tony Crosby	5.38.38	
225	Tina Campbell	5.41.30	F
238	Robert Chalmers	5.44.44	
242	Wayne McCarthy	5.45.46	
262	Nick Themsen	5.50.53	
272	Graham Butler	5.54.10	
283	Brad Renshaw	5.56.09	
284	Dick Bartlett	5.56.19	
312	Kevin O'Kane	6.04.47	
318	Kirsten Themsen	6.07.13	F
322	Robi Russell	6.09.09	F
323	Paul Russel	6.09.10	
340	Brian Colwell	6.16.22	
362	Bronwyn Roberts	6.33.29	
365	Margaret White	6.34.44	F
395	Richard Wassell	6.53.01	

A total of 419 runners finished, the last coming in at 7.50.00 and 30 DNF'd. There were, by my count, 36 Striders (excluding Mike Burton who can be a Strider if he wants to). Well done to all. What a run!

1998 Palm Beach to Manly Results

1	*Paul Arthur*	*1:48:56*	
2	John Young	1:49:53	1st Str
3	Chris Stocker	1:55:50	40+1st
18	Joanne Cowan	2:05:14	1st F
24	Jonathan Trope	2:08:22	
28	Dean Degan	2:09:02	
29	Jane Despas	2:09:38	2nd F
30	Brian Grant	2:09:44	
32	Guy Griffin	2:10:07	
34	Helen MacGeachie	2:10:32	3rd F
36=	Peter Truscott	2:11:30	
36=	Chris Truscott	2:11:30	
41	Andrew Smith	2:12:09	
55	Steve Urwin	2:15:32	
59	Andrew Hallam	2:16:54	
60	Roy Doutreband	2:17:20	
71	Scott Crawford	2:21:10	
91	Peter Hammerschmidt	2:27:22	
95	John Walker	2:28:36	
106	Mahmoud El-Khansa	2:31:01	
107	David Solomon	2:31:42	
124	Michael Wilson	2:37:05	
130	Jim Screen	2:38:53	
133	Alf Field	2:39:20	
145	Stephen Roach	2:42:20	
158	David King	2:46:14	
159	Bruce Murray	2:46:22	
160	Julie Wessels	2:46:42	
163	John Whealy	2:49:31	
165	Brenda Kearns	2:49:49	
193	Keith White	2:58:17	
209	Kevin O'Kane	3:08:04	
214	Bronwyn Roberts	3:09:00	

Forthcoming events

Club Marathon Championshp

Sunday 19 April 1998.

The Canberra Marathon will be the venue for the Club's 1998 Marathon Championships. This is one of the best conducted Marathons around. It is a good traffic-free course with plenty of drink stations and first aid assistance readily available. Although it is a big ask to travel down to Canberra the large number of Striders who compete each year consider the reward of participating in such a good event well worth the effort.

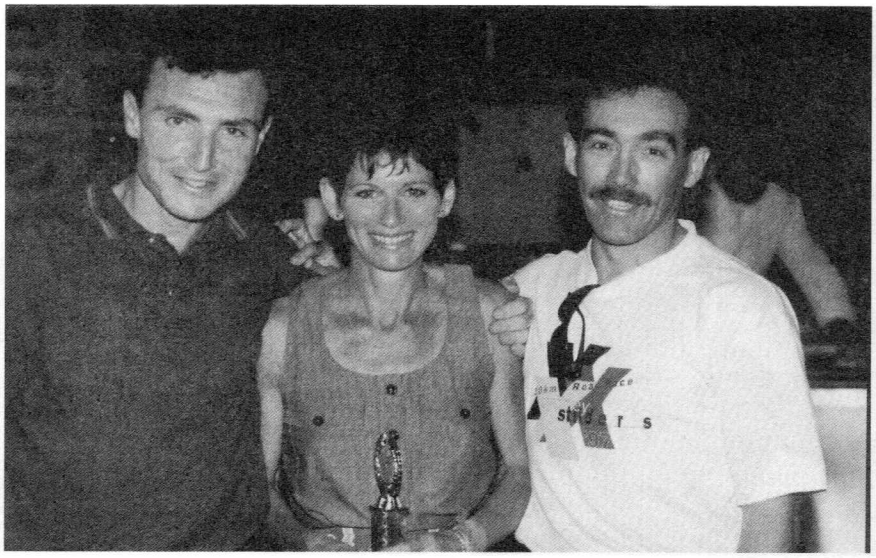
The Championships are open to all financial members who must run in Sydney Striders running uniform unless prior special exemption is granted. Thanks to the organisers who have kindly allowed us to incorporate our Championships with the Canberra Marathon.

Club Half Marathon Championships

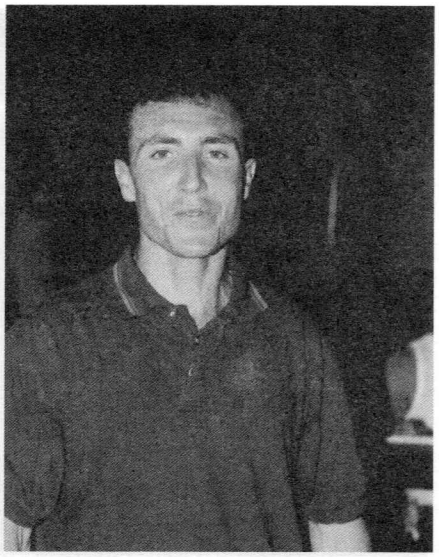
Sunday 24 May 1998

Even though the Club recognises the best individual Half Marathon results on an annual basis a Half Marathon Championship with everyone competing in the same race has not been held in the past. This is a popular distance and judging by the large number of Striders who compete in Half Marathons around town it is about time we included a Half Marathon Championship in our calendar. Results will based on times achieved in the SMH Half Marathon on 24 May. Please make sure you send your entries for the race through Margaret White who will sort out the team entries for the official SMH Half Marathon. Our categories will be Open Male and Open Female;Male Veterans 40-49 yrs; Male Master 50-59 yrs; Male Seniors 60 yrs+, and Female Veterans 35 yrs to 49 yrs; Female Masters 50 yrs to 59 yrs and Female Seniors 60 yrs+.

1997 Christmas Awards Brunch

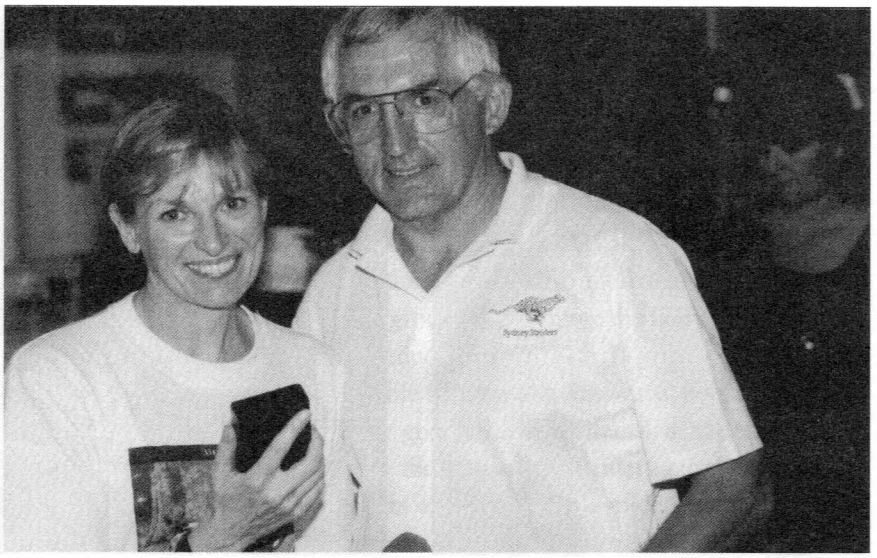


John Young, Joanna Cowan, John Hamilton



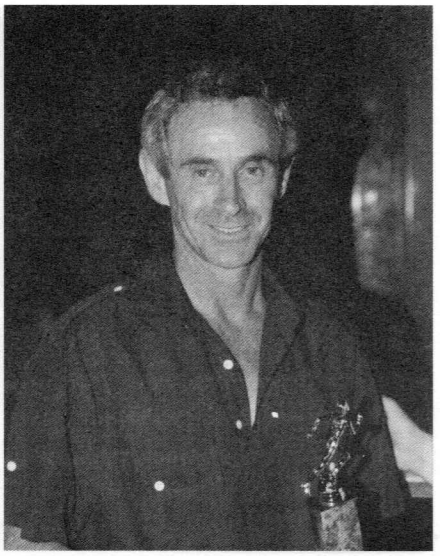
John Young

Robyn Fameli



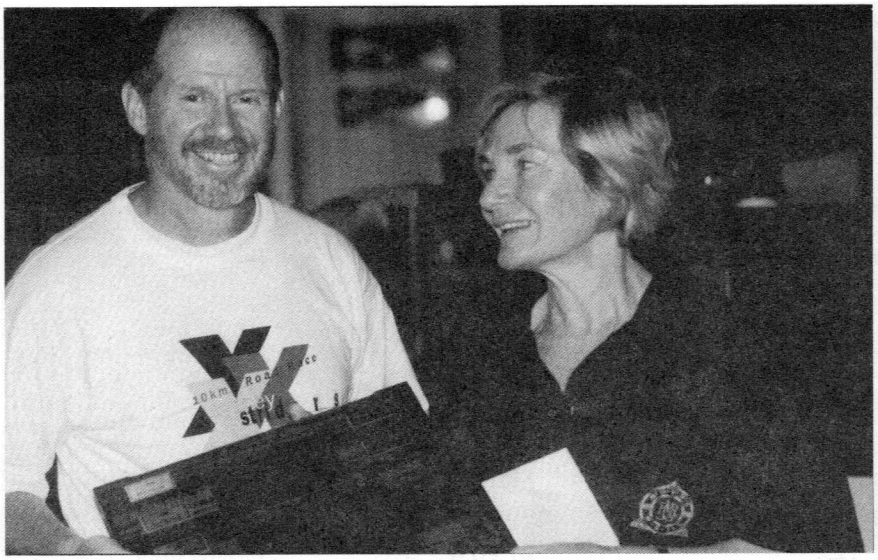
Penny Smith and Jim Screen

Amanda Dawson and Elizabeth Campbell

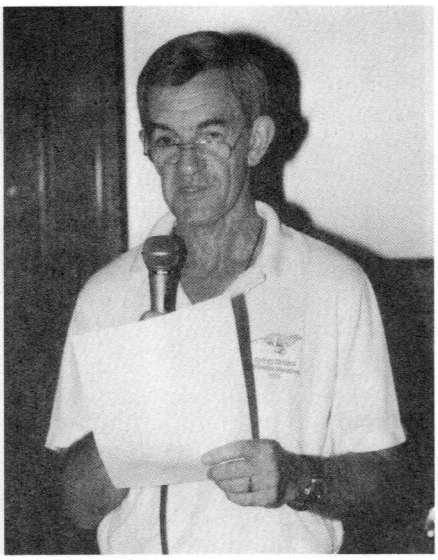


Jonathon Trope

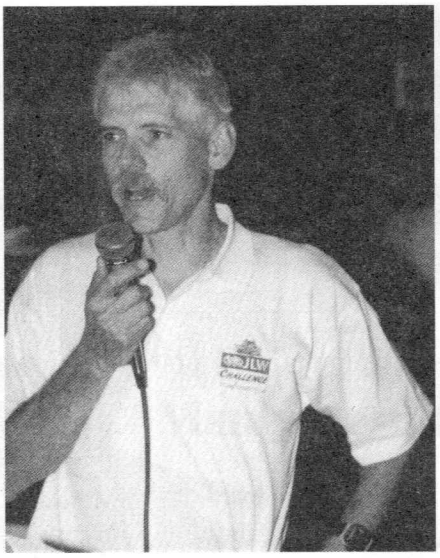
1997 Christmas Awards Brunch



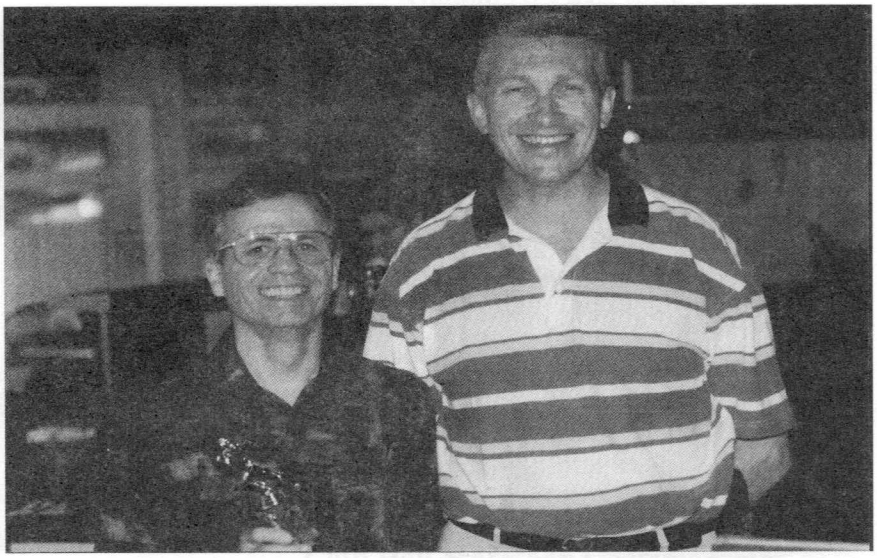
Elizabeth Campbell presents 10k series winner's award to Ron Stritzinger



Alf Field



Charles Coville



Manfred Fiedler and S.W.Bag's representative

Darren Benson

Breeda Kelly – "It's a long way from Tipperary..."

Trophies will be presented at the Annual Awards Brunch in December. The event is open to all financial members running in official club gear.

Bret Nicholls Memorial
"Equaliser" Cross Country Race
Sunday 14 June 1998.

The "Equaliser" course is one of the best bush runs around. Sure it has some up hill sections but it also has some down hill ones as well.

The Equaliser is one of the Club's main events so there is no excuse for not turning up and having a go. For those who want to run long go, around again after the official race. A full Star breakfast is provided and as well as the Brett Nichols Memorial Trophy there are category prizes and a lucky draw.

Further information will be distributed closer to the day. Put the date in your diary now. If you want to get in some early training on the course there are two groups currently running the Equaliser on Wednesdays. One group runs in the morning and the other in the afternoon.

(See Striders in Training Blister No 68 page 28).

Ondieki to Comrades

Knowing the Striders fascination with Comrades, I came across this info:

DURBAN, SOUTH AFRICA – Lisa Ondieki, one of the best women marathoners in the world, has entered the 1998 Comrades marathon.

"We are absolutely thrilled to have Lisa competing as part of our Mr Price Comrades team this year" said Robert du Preez, spokesman for the race's sponsor, Mr Price. "I certainly think that this will be a whole new era with some of the worlds' top marathoners coming to Comrades," du Preez said. "We see the race as the 'senior circuit' of the marathon. Lisa has a very impressive record in road running."

Ondieki has represented Australia in four Olympic marathons. She won a silver medal in Seoul in 1988 and ran her personal best time when she won the Osaka marathon in 1988. Her most memorable experience was her record breaking win in New York in 1992 – the same year that South Africa's Willie Mtolo won.

Lisa has run under 2h30m eleven times. "I am thrilled to be running for Mr Price in my ultramarathon debut," Ondieki said. "What better way to start than the biggest of the lot – the Comrades."

She is being coached by Bruce Fordyce, who has won the Comrades nine times. She is scheduled to arrive in South Africa soon with her daughter Emma and will remain there until the race in June. "My biggest dream is for Emma and I to meet President Mandela – he has been my hero for years. If it takes getting onto the winners podium, then this is what I will have to do!" *(Kevin Tiller)*

Comrades 1998

Thanks to all those who responded to the Comrades / South African Airways survey. Your help was very much appreciated.

This year Comrades is an "Up Run" (Durban to Pietermaritzburg) and will be held on Tuesday 16 June 1998. The distance is approximately 90 km. Sydney Striders are usually represented in the race and the Club is well and favourably known to the organisers so you can be assured of a warm and friendly welcome.

South African Airways have put together a very generous fare of $A1729 plus approx $A70 tax,Sydney / Durban return.

In addition SAA will be giving away two international return economy class tickets to a lucky international athlete who travels SAA this year to compete in Comrades. There's more: If you join SAA's Frequent Flyer Program, Voyager, and fly with SAA to Johannesburg/ Durban return, you earn enough points to qualify for a free return economy class ticket with Ansett Australia anywhere in Australia. SAA have indicated that if they can put together a group of 20 or more the fare of $1729 would probably be reduced.

SAA are able to make all other travel bookings including some very good rates for hotels near the starting line in Durban. In the past some Striders have been able to organise billets and have thus avoided paying for their accommodation.

Although I will not be competing this year I am happy to assist any one wanting to represent the Club in what is considered to be the foremost ultra road race in the world. Please 'phone me on 9449 7947, or Fax 9440 0206. Email: jscreen@ozemail.co.au

A conflict of experts:

"Perhaps the greatest debt of all is owed to the late Arthur Newton, who, more than any other man, showed the way to success by daily and hard training, in season and out." Percy Cerutty (1964)

"There is a time to run and there is a time to rest. It is the true test of the runner to get them both right." Noel Carroll (1981)

"Train little, hard and often." (Jim Peters 1955)

My Micky Mouse Marathon

Rozanne Green

Peter has written about the New York Marathon, Wendy has written about Achilles, so I'll just add a few comments about both and will write about 'My Mickey Mouse Marathon.'

New York Marathon and Achilles

Our New York experience was very different to Peter's. We arrived in NY on the Thursday, the marathon being on the Sunday, staying at the YMCA. There was a great atmosphere, as many other Achilles members and runners from all over the world would congregate either at the canteen or showers. We were kept very busy visiting Achilles offices and attending dinners. We met Dick Traum who is the amazing man behind the Achilles track club which has 110 chapters around the world. He lost his leg in a car accident and being a NY road runners member decided to continue running. What we did learn about Achilles is that it is not simply a running club. It has set up prosthesis factories in third world countries , computers have been sent to underprivileged and they have financed operations to restore sight to members.

I was hoping to bump into Peter at a brunch which was put on by Australian and New Zealand embassies for competitors from both countries but he was relaxing in his hotel room before the marathon. It was at the brunch where we first made contact with Lisa Ondieki. We were also told Alison Roe would run with a NZ Achilles member, but sadly she hadn't arrived at the brunch by the time we left. Michael Baum the Australian Consul General in NY gave us 'SYDNEY 2000' singlets designed by him and which I proudly wore for the Disneyworld Marathon.

And so the big day dawned...

Lisa arranged for us to be transported to the start of the marathon in a police escorted bus which saved us having to catch two modes of transport. It was on the bus where I met Sam Gadless the oldest entrant in the marathon, over 90 years old! He was with his son and grandson. He is quite a lover boy, long gray hair and an earring. We took photos of me sitting on his lap. We arrived at the start relaxed and ready to go. Achilles started behind the females and eventually different start groups joined up. All our pilots rotated with the disabled as did Lisa and everyone found this beneficial. Nick, Phil, Marion (all called disabled yet more able than a lot of people), Lisa, Ellis, Kathy , Three American Achilles pilots and I stayed together for the first half of the marathon which was great for everyone. The American pilots were helpful as tour guides, helped clear the way and kept us hydrated. We had our names written on our bodies and this encouraged the public to cheer us on. Peter told you about the rain at the end of the race, however for us it was for about half the race. Lisa was a fantastic companion for the 5 hours on the road and as I told Wendy, it is true that she wants to do Comrades. I was very fortunate to have been part of the Achilles team and NY Marathon was an experience of a life time.

Disneyworld Marathon

I ran the Disneyworld marathon because while in NY I read Runners World and was excited to see that it was being held in Orlando while our family would be holidaying there. Even though I had not done that many miles after NY I could not let a marathon run past me, and most importantly a huge Mickey Mouse medal is awarded to all finishers. The decision was made and entry forms promptly sent in before the closing date. The forms were in, I had a lot of commitments for those coming weeks, but I would have to do it no matter what. I think that Kevin O'Kane was concerned, as he knew how many miles I had not done.

We left for the States two weeks before the marathon. I had tapered down extremely well leading up to the marathon as Rodney would not let me run before the sun would rise. In San Francisco this was only happening after 7.30a.m. I tried to convince him that the sun never shines in San Fran, but he wasn't buying it. New Year's eve was spent at an alcohol-free party where there was a fun run to see the new year in. We didn't do the midnight run but our kids, Michael and Nicky did the 100 yard dash for kids and were both very proud as they both came 3rd in their age categories. The party was a good place to be for New Years eve as, at Union Square where we were staying, the police were rolling in for the big wild night.

The day of reckoning had arrived. We attended the pasta night the night before and my children were expecting a great night after attending the Gold Coast pasta night where Sea World rides were open to the attendees. To their disappointment it was just in a huge convention centre, nothing too exciting.

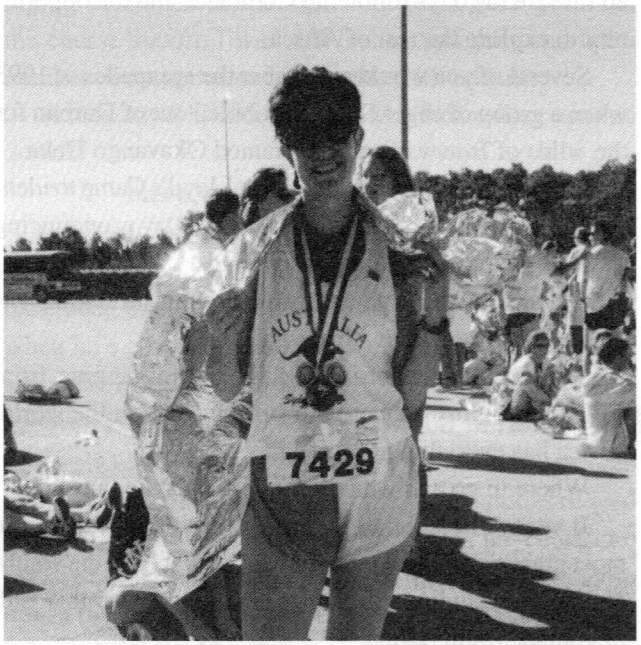
The expo was also a bit disappointing. However the marathon was great. It was a FUN experience running through the theme parks stopping for cuddles with Mickey Mouse, Goofy and many of the others that lined the path of the marathon. It was very cold and dark at the start but fireworks lit up the sky. They were spectacular as everything in Disneyworld is done perfectly. By the end of the

marathon we were very warm as it got up to about 24 C. I wore Striders shorts and the Sydney 2000 singlet which got the crowd cheering me on with 'go Australia' and fellow runners chatting to me on the way. It was wonderful having my family at the finish line as my children have never been there at the end to greet me.

This is what the entry form said about the marathon: It's the most magical start you've ever seen, but something tells you that it's also the beginning of one of the most challenging days of your life. And about the time you pass the arches of Cinderella Castle, you realize there's nothing make believe about this run. Suddenly the fantasy succumbs to cold hard reality. Then you do know what you know you have to do. FINISH.'

Well Kevin, that is what I did, and I was 'FINISHED'. I must give credit to Kevin as the man who encouraged a lot of us through our first marathon. My intention was only to do one marathon, but since Canberra, April 1996 (4hr22) I have done Gold Coast in July 97 (4hr17), NY November 97 (5hr12- Phil's time) and then Disneyworld January 1998 (4hr 30). Well I did it, not in a great time, but I don't train for marathons I just run them for the training. At least I recovered very well. I will have to TRAIN to do a sub 4 hour marathon.

We finished the holiday with a week of skiing. Our highlight was the skiing, naturally the highlight for the kids was Disneyworld. Everyone had a great time and then it was back to the heat of Sydney. I am now struggling to run in the heat but soon I will set my goals for a particular marathon and TRAIN for it and break 4 hours.



Thredbo National Running Week 1998

by Ian Whitfield

National Running Week is one week in the year when 300 to 400 runners of various abilities, size and shape go off to Thredbo for the express purpose of running, whether it be the fun runs of which there are several during a hectic week or busting your gut doing the Crackenback Challenge, approximately 2 km with a 600 metre rise in elevation. Well that's another run if you can call it that. More like a bloody mountain climb for hairy goats. But at least the one and only time I did do it was the scene of another notable victory over O'Canine, if only by a few seconds. But as Kev is fond of saying, "Look at the scoreboard." Then, of course, there's the Kosciusko Classic: 8 kms of sheer hell. 3kms down to the Snowy River and 5 hard, slogging kilometres up to Kosciusko summit, elevation 2,228 metres.

Well, of course after that you need a drink and that, of course, is another major occupation for a lot of runners including yours truly. Schooner rehydration at the happy hour, replacing expended fluids. There's been many a good happy hour imbibing with O'Canine and other characters from Striders plus other running clubs over the years. Happy hour at the Bistro is one of the great traditions at Thredbo usually combined at some stages through the week with presentations for some of the various events or another of Brian Lenton's many book launches.

Another element of the drinking week when Kev comes to Running Week is some of the excellent wines that are consumed. Well, what other drinking holes are there at Thredbo? The Schuss Bar is the late night spot for the young or young at heart to carry on drinking at exorbitant prices or indulge in other activities normally associated with such nightspots. The T-Bar Restaurant has a mid-week tradition of dancing on the tables in the wee small hours. By the way, on one day of the week you do get some complimentary drinks, not too many I might add, not that there's much free at Thredbo.

Well, maybe this description of Running/Drinking at Thredbo will encourage other Striders to give NRW a go in future years. I can leave you with an abiding memory. Sitting in the Bistro in pleasant company with a schooner of the amber brew on a warm Summer's night watching the sunset over the mountains. (I bet even S.W.Bag couldn't whinge about that, though I'm sure S.W. would whinge about the price of beer or something, just to have a whinge.)

Post Comrades, Let The Adventure Continue!

by Elizabeth Edmonds

It's that time of year again and everyone who is thinking of Comrades is well into their training schedules. But beyond the training, beyond the event preparation, beyond all that are the days following Comrades and the opportunity to explore the rest of Africa.

Several of you would remember the escapades of 1993 when a group of eager Striders hobbled out of Durban for the wilds of Botswana and the famed Okavango Delta.

From chasing lions with Lloyd at Lloyd's Camp to identifying the myriad of birds at Xakanaka (try pronouncing that one!), a good time was had by all.

If you have the time and inclination, a similar adventure is awaiting you in Africa.

With over 52 countries and geography ranging from 5,000 metre-plus peaks to the largest desert in the world, Africa has everything to offer.

Where to go and what to see becomes the question.

If your African safari is part of a trip to Comrades, the most practical countries to visit are probably in the southern region including Zimbabwe, Botswana, Namibia and, of course, South Africa.

South Africa is the most accessible touring destination if you are already in Durban.

Less than an hour's flight away is Kruger National Park which offers some of the best game viewing in the world, top quality guides and stunning lodges on the neighbouring private game reserves.

South Africa also provides a wide variety of other tourist attractions, from glorious Cape Town to the dramatic Drakensburg mountain range.

And for those seeking the resort life, The Palace of the Lost City is a sight to be seen! Zimbabwe is the place for diverse game viewing in national parks that include Hwange, Matusadona, Mana Pools and Matobo.

Each of these has its own unique geography, flora and fauna and all are accessible by daily commercial flight service.

In addition, Zimbabwe is home to one of the jewels of Africa ....Victoria Falls.

One of the seven natural wonders of the world, Victoria Falls is well worth a visit from wherever you are in Africa! For those of you seeking to "get away from it all" and truly experience the African bush, Botswana is the place for you! Dotted miles from one another around the Okavango Delta, Chobe National Game Park and The Moremi Game Reserve, the camps of Botswana are generally accessible only by light aircraft charter.

In Botswana, getting to the camps is half the adventure! And then there is Namibia, land of the highest sand dunes in the world, the fantastic Etosha National Park and the cruel Skeleton Coast.

Namibia is for the true adventurer, seeking to see more than just the game of Africa and more than the usual tourist spots.

Once you are in Africa you have already incurred as much as half the cost of your trip.

The price for the rest of the safari depends on your style of travel.

From overland trips that can cost as low as $1,400 for two weeks (land only) to deluxe fly-in camp safaris, most budgets can be accommodated.

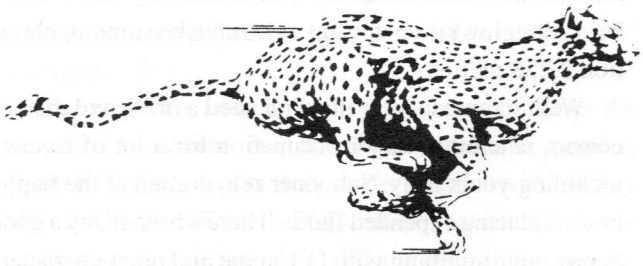
For a first time visitor to Africa or for someone who is looking for comfortable rest and relaxation combined with excellent game viewing, a suggested itinerary may be an 8-night safari around Zimbabwe, including the key sights of Victoria Falls, Hwange National Park and Lake Kariba, with accommodation in luxury, secluded, private tented camps.

This would cost approximately $A3,500 per person, land only.

For further information on Africa, you can contact Elizabeth Edmonds at The Classic Safari Company (some of you may know it as Hartley's Safaris) on 9264-5710.

Or find her at the Sunday STaRs if she can finish the 30km in time!

Improvement through Competition.



ONLY ONE AIRLINE KNOWS AFRICA
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SOUTH AFRICAN AIRWAYS

California Connection - AC/100 part II

Jonathan Worswick

This continues the saga of the 1997 Angeles Crest 100 mile race in California.

Race Day(s) Up at 3:30, had breakfast (my usual of muesli, banana and plain yogurt) collected my gear then headed of to the start.

Then it was the usual pre-race madness, everyone rushing around questioning whether they should take this or that, one two or three water bottles etc. I received some acupuncture tacks in my ear (thanks Jennifer) then joined in the queue for the 'loo.

My first mistake

The race started at 5.00am in the cold and dark. After 100 yards I made my 1st mistake. I hadn't properly tied my shoes, having intended before the start to get them nice and taut. I did not find out this was a problem until a lot later. Since, I have lost both big toenails, they looked awesome after the race (yuk!!).

My second mistake

My 2nd mistake, was not carrying a torch (It gets light about 6:45), even though there is a starry and clear sky we initially ran through tree cover as the initial part of the course is through a pine forest. The forest trail goes up a large climb (no running) following a steep zig-zag narrow trail, (difficult when you can't see!) which reaches 8000+ feet. This sorts out the field straight off. .

I started with the intention of running with a training partner and also first-timer (Vince) but soon got split up in the darkness and narrow trails. Although at this stage of the race there are plenty of people to keep you company. Arriving at the top of the first climb there is a section along a ridge line.

This was my third mistake

Unusually for this time of year a strong wind was blowing (after effects of hurricane Linda) which kept it quite cool until late in the morning. I needed long sleeve cover, or rain jacket (brrrrrr I'm sure I used a number of extra calories trying to keep warm). (* This is one of the longer stretches without an aid station).

I passed through a couple of aid stations only stopping for fuel and a quick hi to friends. I heard that a lead bunch of some Tahumara Indians and a couple of local runners had opened up a lead. I caught up with another training partner who had started slightly faster than me.

We continued to run together for the next few hours until Patrick had to stop at an aid station wisely to change some socks that were giving him a blister.

By mid-morning I realised my 4th mistake

I was miles (literally) ahead of my schedule, by 20 minutes, oops!!!! Another big climb came during mid-morning up Mt Baden-Powell to one of the highest points of the course 9000ft, I was still feeling sprightly and left a number of competitors in my wake. 5th mistake.

A nice down hill section followed then rolling ups and downs.

Here we go again, 6th mistake

I continued to pass people including some of the very experienced top ten runners of previous years, they must have been thinking "he's going to really regret this after when he's crawling along the trail blabbering and frothing at the mouth!!!"

The temperature continued to rise

From about 10:30am to 3:00pm, it was head cover (cap and bandanna), sun-screen and copious quantities of iced drinks. What I like to do is put a handful of ice-cubes into my cap at each aid station as well as one bottle of water to douse myself with and drink, also one bottle of electrolyte (or half'n'half) solution. I should add I only carried two bottles although many runners preferred three. I also carried a small flask filled with 'hammer gel' which is a type of gu/gel (I went through two of these during the race).

A friendly hand

I was lucky and had a friend hand me special drinks at most of the aid stations accessible to spectators (thanks Jennifer), although I must say that each station had plenty on offer and very patient volunteers. The middle third of the race is good running with fire trail and some narrow but runnable stretches. Some good time can be picked up here although care must be taken not to use up too much energy.

By this stage I was mainly running on my own with short periods of conversation as I passed fellow competitors. It is best to run your own race not pacing yourself on others. *(no outside help is allowed other than at the aid stations even though there are some very tempting road crossings.) A couple of runners got disqualified for accepting assistance. *[to be continued]*

"Any clod can have the facts,
but having opinions is an art".
Charles McCabe, San Francisco Chronicle.

Venue Menu – A compilation of Digital Diarrhea

extracted from the email by Jonathon Trope

The following correspondence results from the fact that I sold my house in Pymble and moved to Bilgola Plateau in September '97. Until that time, our midweek running "school" had alternately met either at Peter Corte's unit in Gordon or at my Pymble home on Tuesdays – Fridays (before the cycling bug bit fully).

The players in this missive exchange are all members of Striders with the exception of one (Dave Ingham) whose claim to fame is that he's a born Aussie.....

The "Group" comprises Amanda, Annaliese, Breeda, Charles, Dave, Doug, Peter, Richard, Scott (part–time later as his commitment to Foster increased) Wendy (occasional) Kerie (later on) and me. It began thus:

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31 October – Trope to Group

With all due respect to the rest of you, I'd prefer to run from Gordon on Tuesdays and Thursdays as the extra travel time to Wahroonga (for me) is a pain.

I know that Annaliese (she lived in Hornsby before Doug barged into her life – Ed), Richard and Charles are closer to the Wahroonga location (for Dave it's marginal) and it was my decision to go and live at the beach but..... as an alternative, we could run once a month from Bilgola!

Anyway, next Tuesday is at Peter's place and we can discuss the whole thing on the run. Have a good weekend.

(Needless to say, this plea got the old "thumbs down" treatment so we started alternating between Gordon and Wahroonga but then... – Ed)

5 November – Trope to Group

Due to popular demand (and mainly because Annaliese didn't pitch twice in a row in spite of email messages to her new number) tomorrow's run is also from Dr Corte's Gordon Residence. Future Tuesday and Thursday runs will start at the same venue unless you put up a really strong case to management where a majority decision will rule. For your information, the management is made up of those over 50. So there.....

5 November – Corte to Group

Since the management group by definition includes Ingham, Trope and me, you guys in Wahroonga are in the minority, even if Dave musters his years.

5 November – Briscoe to Group

As for the over 50's, is that minutes for a 10k race? If so Amanda will be the only member and the Doc is too much of a wuss to even attempt one this year.

(You can see the acrimony growing – Ed).

6 November – Coville to Group

Press release:

"Runners vote with their feet". Spokesperson J Trope for the Central North Shore Striders group the Woosies said that the turnout of only 5 runners from the Gordon home base on Tuesday was evidence that runners preferred two locations during the week, especially one closer to home. "It's not a vested interest on my part promoting one location twice a week, it's just that I thought the other runners like to travel to repeat the same courses over and over again.

I must have misread their mood; "they are more intelligent than I realised" he explained after yet another boring run from Gordon. "I know that the unreliable doctor did not front on the first Tuesday back at Gordon from Wahroonga, but it was only because being 50 he was confused and thought that we had changed the day to Wednesdays".

D Ingham of the popular and highly successful Upper North Shore Striders opposition group the Wahroonga Warriors said that if it was taken to a vote, at least 5 of the Warriors (out of a combined population of 8 regular runners) would vote for split venues. "I am reliably told by the Woosies, although they won't admit it, that they would prefer a second venue as they are concerned about vandalism of their motor vehicles in Gordon and the damage done to windscreen wipers". (This is a low-blow reference to Amanda's habit of sticking notes under windscreen wipers to indicate that she's been and gone while we've been running –Ed).

D Ingham also revealed that views from Jubilee Oval, rock climbing and find the golf ball competition offered by the Upper North Shore Striders Wahroonga Warriors was something that the Middle North Shore Striders Woosies conceded they could not compete with. All that they could offer was "spot the construction of the front garden wall" competition, D Ingham confided." And now that some of the walls are scheduled to be painted the Woosies are becoming quite excited about offering "watch the paint dry" competition.

7 November – Trope to Group

The Daily Slur replies:

"Another load of bollocks" is the description given by the spokesperson of the Bilgola Bastards Branch of the Northshore Striders Woosies Group in reaction to the purported "Press Release" which ascribed totally false comments to the self elected spokesperson of the Woosies.

When contacted, J Trope stated unequivocally that there was no way that he had any consideration at all about the other "members" of the group. "The senior members unanimous decision to start all morning runs at Gordon and run the same course was based on a well known precedent set by the very runners that formed the nucleus of that other famous Upper North Shore Club, Turramurra Turds or something, who have been running the same route every second day for 27 years now. The "Warriors" or whatever they call themselves this week (they were the Wobblers last month) were expelled from the Turds for white-anting the President and making negative, nasty and hurtful comments about one member's tight running shorts and jelly legs" said Trope. Trope continued, "Notwithstanding the foregoing, it is abundantly clear that the Wahroonga course (note not courses – Ed) apart from being repetitive in the extreme is only suited to has-beens that can't make it up the tough hills in the Pymble/Gordon area on their own two pins; many need to use other means of propulsion such as low-geared mountain bikes or baked beans.

It has also been noted that the most vocal of the Wobblers was missing at the showdown which was scheduled for Thursday this week. In addition, the Wobblers accredited spokesperson, Ingham, didn't pitch at the appointed time for the "dash for cash" down to Akuna Bay (new cycling event – Ed) this morning, further strengthening the fast-growing opinion that the Wobblers or Warriors seem to be intent on claiming to be the Woosies of all time." In an attempt to reconcile the factions, all have been invited to run at a neutral venue at the top of Cheryl Crescent, Bilgola Plateau on Thursday 13th at the usual time of 0540; the Tuesday run venue remaining unchanged as Gordon.

7 November – Ingham to Group

(plus an unknown individual "Jonathon Schwartz" whose name crept into Dave's Internet address book –Ed)

Unfortunately, there appears to have been a remarkable amount of hot air expressed about this subject – which is not unexpected since to date all correspondence has been from New Australians – in particular yaapies. Therefore, being one of the "rare" real "trust me I'm an Aussie" and having run this area for over 25 years – yes I used to run the Vista St. hill before some of you were out of nappies ie over 25 years ago – I am the only one who has the necessary qualifications to act as the judge in this instance. Being a fair and reasonable man, without prejudice or bias, and only failing to make Wednesday bike rides due to the pressures of study, I conclude that on the weight of evidence put before me, that there appears a groundswell of this that feel there need to be runs from other than the seedy and vandal ridden Gordon station. I acknowledge that this is the abode of Peter "about to break 37 minutes" Corte, and closer by 32 seconds in 20 minutes to Jonathon "engineers do it with their tools" Trope BUT BUT it is not closer for all others. My sentence in this case is that on the first and last Tuesday's of the month we should run from the beautiful tree-lined suburb of Wahroonga. I think all in all a wonderful compromise. Achieves my aim of avoiding those particularly nasty hills in the Gordon area – and provides the opportunity to breath in the aroma of the gardens around Wahrooga.

David "trust me I'm an Aussie" Ingham.

8 November – Trope to Group

Who the heck is Jonathon (incorrect spelling) Schwarz anyway? Another one of those Wobbly spies from Charles "trust me, I've run down this bush path before" Coville's Upper Crust Inside Out Slowly on the Hills with the Tight Shorts brigade? I feel the Ingham judgment which has remarkable racial bias has some hint of merit even though the spelling leafs allot too bee dissired. It completely omits any reference to the majority supported proposal to run a "cooling down" event in Bilgola, it doesn't address the dilemma of the Doc not remembering which venue is on the schedule for next Wednesday and worst of all it was sent to a non-member who is likely to think that the whole group is next in line for admission to a mental institution. Hang it all I say, let's go for a cycle on Tuesday, that'll sort it out forever!

10 November – Coville to Group

Press release 2:

"We didn't just rollover, we tried, but we were outmaneuvered" explained J "trust me with this venue" Trope spokesperson for the Central North Shore Striders Woosies (CNSSW) rather defensively. "Once we knew that the Upper North Shore Striders Wahroonga Warriors (UNSSWW) had stolen a march on us we put our plan A in to operation. We consulted extensively with the Lower North Shore Striders Wallies (LNSSW) who meet for a run in North Sydney over the same course every day and comprise a lot of ad and marketing execs who know all about everything" confided J "trust me with this venue" Trope."

Their proposal was to change our logo and go one up on the UNSSWW. We debated and discussed the concept of a change to our logo for hours and hours, but then unfortunately realised that we did not have a logo. The LNSSW did however feel that we could adopt the effective backside of an elephant along with its pattie as our first logo. This emblem was once seen on the back of the

unreliable doctor P "trust me with being there on Wednesday" Corte in one of his rare appearances from his home base in the vandal prone suburb of Gordon. This was soon discarded as elephants are protected species and we aren't as we realised that we would soon be absorbed by the fast growing, ever popular and multi appealing UNSSWW."

Once again the super sleuth D "trust me with this course" Ingham from the UNSSWW infiltrated their ranks and uncovered their plan B about to be hatched. "Realising that they had to offer something more appealing than a view from Jubilee oval as their last throw of the dice they hurriedly implemented what they thought was a new competition – Duck the cars on Lady Game Drive". "Unfortunately" said D "trust me with this course" Ingham "there was very little traffic on Lady Game Drive that morning (I sabotaged the lights on Ryde Road) and the event fizzled as it had as much appeal as John 'trust me with my policies" Howard's nursing home care policy. We are now awaiting the same nursing home back flip from the CNSSW"

The CNSSW have since retired gracefully, tail between their elephant legs with the unreliable doctor P "trust me with being there on Wednesdays" Corte running by himself every Wednesday from the Wahroonga car park.

12 November – Trope to Briscoe

My email server says you didn't receive this load of bollocks! (Apparently referring to the message "Coville to Group on 10 November" – Ed). See you tomorrow at Gordon?? Or Wahroonga?? Bilgola??

1 December – Trope to Group

Just in case there's any confusion, it's the Gordon Gladiators run on Tuesday and the Wahroonga Warriors' on Thursday. We can rearrange the order of runs next week if you wish.

10 December – Trope to Group

Wahroonga Warriors Whitewashed!

WW spokesman, Acting Justice Ingham confirmed Tuesday that the Warriors had capitulated and thus had no objection to returning to Gordon as the site for future runs in view of the abject failure of certain WW members to turn up for away games over the past few weeks. Gordon Gladiators new PR Consultant and snorkeling specialist, Annaliese Lee (?) magnanimously accepted the Warriors surrender and suggested that one run in six (pro–rata to turn–up over the last 3 weeks) be from the Wahroonga HQ in future. Jelly legs (Murray's my hero) Coville couldn't be contacted for comment but rumours of his retirement were vehemently denied by both his Respiratory Consultant and Ski Instructor. A/J Ingham suggested as an act of good faith that the Thursday run this week start from Werona Ave, Gordon. Watch this space for further developments.

4 January – Trope to Group

Happy New Year to you all, may it be injury free and may all your runs be PB's (especially if they're from Gordon). If you've noticed a marked fall off in attendances over the last week or so, don't be alarmed, we'll be back in action at the usual times from Tuesday 6th January. The general rule is that the runs will be from the Doc's place on Tuesdays and Thursdays except for the 2nd and 4th Thursdays of each month when we'll run from Wahroonga. Just in case you're confused about this week, the Thursday run will be from Wahroonga in accordance with the ruling handed down by Justice in Training Ingham (who's still on holidays I believe).

See you on the road!

6 January – Trope to Group

Due to the total inability of the Warriors to field a team for the Wahroonga run on Thursday, the venue has been changed to Gordon, with the blessing of the Warriors Captain, Crookleg Briscoe. The new calendar arrangements will, however revert to normal thereafter i.e. Thursday 22nd from Wahroonga.....

27 January – Trope to Annaliese

The Snorkelling Specialist (following another disastrous run – Ed)

I'm only sending this to you because you insisted that we share this morning's joke with you.....

See you Thursday at Peter's place.

STOP PRESS!

Randwick Runners Shop has moved to: 223 Clovelly Road Clovelly NSW 2031

Opening hours:

Monday: Closed
Tuesday, Wednesday: 9.30am – 5.30pm
Thursday: 9.30am – 7.00pm
Friday: 9.30am – 5.30pm
Saturday: 9.30am – 5.30pm
Sunday & public holidays: Closed

Phone 9315 8711 fax 9315 7382

triathlon) I did the right thing by phoning Peter "trust me I'm a doctor and perform over 4 bronchoscopies a day" Corte, supposed unbiased organiser of the combined groups, to ascertain the venue for this mornings run.

As I recall the 1st, 2nd, 3rd, 4th, 5th and 6th Mondays in the month were Hornsby, Artarmon the 3rd, Tuesday in alternate months in each leap year, Top Ryde on Wednesdays when American troops weren't in Iraq, Wahroonga every Thursday provided Peter had performed at least 6 bronchoscopies the day before; if between 6 and 4 then Turramurra, and less than 4 at RPA, and Fridays if a test match was on, from the SCG, if not then depending on the weather, if rain, from under the Pymble bypass, if no rain from Peter Corte's Gordon residence, but if South Africa have a home Super 12 match on that weekend Peter Gordon's residence in Cape Town (Groote Schuur north wing gate).

As I was not sure how many bronchos he had performed yesterday I called RPA who had never heard of PC (they said that they had banned bronchos anyway) and suggested that I should pick a number and run with it. Not sure I phoned Peter. He told me Gordon as he had performed 4 ingrown toenail removals. Fortunately I arrived early just as he and his fellow conspirators (Amanda "do you want the same drugs that I gave the Chinese swimmers" Dawson (?) and Jonathan "with an A, I love travelling great distances in my car to runs" Trope were heading off in their cars for Wahroonga.

Sheepishly they conceded defeat and ran with me from Gordon. They agreed, to avoid further embarrassment, that every Thursday, until Australia introduces real tax reform, will be from Wahroonga, the home of the Warriors.

2 March 98 – Trope to Group

To ensure there's no confusion about tomorrow's run, it starts at 5:40 from Peter(s) Gordon(s) place, doctors chambers access, Groote Stasie, Northern Line, Postcode 2072 because NSW beat ACT by more than 7 points and scored 4 tries and South Africa is struggling to avoid defeat in the second test. Thursday's venue selection should be interesting because of the sub 8 minute 2 mile world record time...

2 March 98 – Crawford to Group

The sub 8min in the Ron Clark 2 mile by Daniel Komen was not a world record, it was something like 0.2 outside his world record but it was only the second time 8mins had been broken for the 2 miles. Anyway, what on earth does the venue for the Tuesday run have to do with Daniel Komen and his sub 8 min 2 miles? Do you have some delusions of speed over 2 miles or some other distance? Dream on.

4 March 98 – Briscoe to Trope

I think Scott has missed the plot altogether.

4 March – Trope to Briscoe

Yup, he's really confused now. I guess we should keep him on the hop – I'll ask Charlie to send him a dissertation on the selection criteria for the venue for the 2008 Olympics. (I honestly believe that it's not over yet – Ed)

(SPECIAL NOTE: *This immense article arrived via the Strider LiSSt therefore, in defference to all the known and unknown email conventions we have preserved the spelling, typographic style, syntax and grammatical oddities which seem to apply to cyberspace communications – this disclaimer ought to make this article S.W.Bag-proof.)*

Passion

By Anna-Greta Pearl

Being a new member to Striders and part of the Danish Viking clan, I thought it would be insightful to provide Blister with a story with a difference. Being an active member of Toastmasters International and a 'virgin' marathon runner, I have provided you with a copy of my competition speech given 2 weeks ago, to which I came runner-up. Hope it inspires you as much as Bryce Courtenay's talk at our Prize Giving Dinner last night. Enjoy!

To live without passion is to live an arid existence. Passion is the only true driving force in anyone's life. It is the food, the nectar, the only real performance enhancer.

Have you had your dose of passion for today?

Without passion there can be no enjoyment. Passion is the force, which keeps us going. It is what gives us the power to succeed, to reach our goals. Passion is a discipline and a willingness to achieve greatness. Passion overcomes all obstacles.

I had a passion just like this when I was at school. My passion on returning to Australia was to master the English language. I wanted to learn it, to feel it. I wanted to read it. Not just any old book. I wanted to read what everyone else my age was reading. But I did not have a good command of English and it became so frustrating to be different.

Imagine a young lady with her hair in pigtails at the early age of 11 sitting with the juniors at Junior school instead of with the 5th and 6th graders. Can you imagine the humiliation of this? Well, that was me and all I wanted, in this whole wide world, was to be able to read "big girl" books and not The Secret Seven and The Famous Five.

Passion. That is what it took. Not a little passion, but

lots of it. A passionate desire to succeed.

Whilst learning the language, it was difficult for me to make my point. My two elder brothers easily dominated any discussion. When I complained to my mother, she said: "don't forget that as a female in order to be heard you need to put more passion, more oomph into the argument." More oomph? Right. You could have heard me two streets away. And, what's more, it worked. I have never forgotten the lesson.

As Edwin Whipple said (a 19th century essayist): "The saddest failures in life are those that come from not putting forth the power and will to succeed."

Young passion. Do you remember the magic of your first love?

The magic of a secret shared, or a locket with a lock of hair. The magic of a secret smile, a tear, a kiss. The magic of a wish made upon a star, or when the moon is new, or with an old coin tossed into the fountain. The magic of a budding poet and your first introduction to plagiarism: "Passion is the fire of love. Sensuality is a wild set free. Their mating is pure magic. Its strength endures eternity." You may think I wrote this, but alas, it was Shakespeare. Shakespeare beat me to it!

But all in all, you know what caused it. Yes, it was Passion ..... passion ..... passion. The drive, the energy, the 'do anything' attitude which stems from Passion. Good. You're getting the gist of this! You're becoming intoxicated with passion!

My passions have not stopped since I grew up. For passion never ends, it just becomes more intense. I'm talking about being dedicated to a purpose, to an achievement. In other words, to the fruits of my passion.

Which reminds me of a French boyfriend I once had and the time I introduced him to passionfruit. "Ah", he said, "le fruit de passion. Oooh, la, la. C'est tres sexy ma cherie." His other comments about hard skin and soft tasty centres, I leave to your imagination.

My immediate passion and dedication is to complete a full marathon and not only to run the whole 42 km but to do it in under 4hours. Now there's passion for you! Who needs a French lover when you can have a 10km jog along the water's edge at sunrise and watch the world slowly come to life! My passion for running a marathon was inspired by my gym club pushing me to run, for the very first time, in the City-to-Surf. In fact, it was my first attempt at running for and in anything. For I was never inclined to run as a child. I was learning ballet, which I thought was much more ladylike and graceful.

Running and the strict training regime required to run a marathon, made me take a good look at myself in the mirror.

I realised that to achieve this goal, I must make some personal sacrifices, which makes me wonder whether it will all be worthwhile. I know that you have to trim passion with discretion. It is pretty essential especially when you are running to keep your feet on the ground.

It is passion, which has given me the determination to sustain physical pain, dehydration and mental stress.

Passion. My insanity. Where would I be without you?

In closing, I would like to quote Voltaire: "The passions are the winds that fill the sails of the vessel. They sink it at times, but without them, it would be impossible to make way."

It has been said that it is better to travel hopefully, than to arrive. I believe that unless you travel passionately you may never arrive and fulfill your true destiny.

1998 Minolta Forster Ironman Triathlon

Sydney Strider results:

	Swim	*Ride*	*Run*	*Total*	*Place*	*AgePlc*
Gary Leahey	1.01.14	5.26.16	3.58.26	10.26.06	225	8
Paula Whitehouse	1.04.04	6.11.45	4.21.25	11.37.14	578	6
Mark Fiore	1.07.15	6.01.49	4.36.45	11.45.49	619	115
Scott Crawford	1.04.08	5.44.25	5.03.40	11.52.13	654	13
Derek Smith	1.14.27	6.45.55	4.10.55	12.11.17	719	3
Sarah Entwhistle	1.13.04	6.35.24	4.23.45	12.12.13	724	4
Brenda Hamill	1.12.40	6.39.41	4.52.07	12.44.28	827	3
Peter Hammerschmidt	1.40.40	6.45.21	5.08.07	13.34.08	914	8

For complete results for all contestants see: www.ironmanoz.com

Letters

I will bet my house on it

From: Steve Cornelius.
Alf,
UK bookies William Hills' website offers the following odds to win the World Cup:

3/1 Brazil
6/1 France
7/1 England, Germany, Italy
8/1 Holland
12/1 Argentina
16/1 Spain
20/1 Nigeria
25/1 Croatia, Yugoslavia
40/1 Belgium, Romania
50/1 Bulgaria, Colombia, Denmark, Norway
80/1 Paraguay
100/1 Austria, Cameroon, Scotland, South Africa
150/1 Chile, Mexico
200/1 Morocco, Saudi Arabia, South Korea, U.S.A.
250/1 Jamaica, Japan, Tunisia
300/1 Iran

At those odds, in my opinion, the stand-out outsiders would be (in this order):

50/1 Colombia
40/1 Romania
25/1 Croatia
25/1 Yugoslavia

50/1 for Colombia is a gift from above! I think their true odds should be about 20/1. Romania are well-priced at 40/1, because I think they should be about 30's. The 25/1's on sworn enemies Croatia and Yugoslavia are probably about accurate.

As far as the shorter-priced nations are concerned, really any of the top 8 could realistically win it. Brazil, Germany, Italy, Argentina and England have won it before and are all in with a big chance. France are the host nation and have a mighty strong team too, so they are good bets. Holland have been runners-up twice, and wouldn't surprise anyone by taking it out, and Spain at 16/1 are also realistic shots. Nigeria at 20/1 represent the biggest-ever chance of an African boil-over in the competition's history, but I don't think they'll win it because of their lack of experience in the big-time.

Apart from the 4 outsiders I mentioned above, anyone outside 20/1 will not take it out - I will bet my house on it.

I've sent an email to Ladbrokes also for their odds, and will let you know what they say, but fundamentally my advice is:

Grab the 50/1 on Colombia if you can get it.
Grab the 40/1 on Romania.
If anyone else offers better than 25/1 on Croatia or Yugoslavia, grab that too.

Steve C

Dear Steve,
Thanks for these details. I suspect that they will not change too much over the coming weeks and as I hope to be in London in late April, that might be a good time to place some bets. You are on your usual 10% commission. This OK?

I haven't had a single cyberspace communication from the Striders for about 6 weeks. Have I been ex-communicated for being nasty to John Turner or for revealing my wobbly bits to Wendy Downes (she yanked my shorts up to cover the offending bits of my anatomy on a recent STaR)?

Cheers
Alf

Held together by two addictions

Steve,
What a lovely lunch that was! We enjoyed all the company very much indeed – in spite of the fact that the one–day cricket turned out to be about as boring as the American ball game they pinched it from.

"It was such a pleasure to open the latest Blister and find a review of my book. Thank you. Which brings me to apologise for not having been around my favourite club much these past couple of years. Believe me, I truly missed those Sunday mornings, the banter, the friendship.

Writing "Blind Man's BLUFF" was a hard slog, of course (isn't anything you really, really want to do – or you'll turn blue?). Writing is a learning experience as much as anything and "Bluff" was always going to be a big book. It soon proved to be a big learning experience.

I read recently that there is no such thing as good writing, only good re-writing and I did a lot of that! So it turned out to be a marathon, at which point I began to feel quite at home.

Now I'm held together by two addictions, in 1998 the trick will be to balance them out a little better.

God bless you Sydney Striders – for bringing so much meaning to my life."
John Ayliffe

A message from the UK.

Hi there Striders,

It is the end of March and the weather is starting to warm up here in the UK. There are few long distance running races here from November till April. This is frustrating for those of us that like to race all the time. The break is about the same as Oz but here it is because of the cold. I hope you are all looking forward to an enjoyable 1998 running year.

the Spartathlon

I am looking forward to the this year but am still smarting at my failure in my last race in 1997. I had always looked forward to doing the Spartathlon, following that historic route that Pheidippides took in Greece in 490BC. I have no choice but to try again in 1998 and hope I may be up to the task this year.

Urinating on the run

The first ultra race of the year here in the UK is the Barry 40. It is a 40 mile (64 kilometre) track race in Barry, near Cardiff in (Old) South Wales. It is basically a race for elite runners so I do not feel comfortable being there; 51 world best performances (mostly age groups) have been set there since 1986! Nevertheless, there are no other races so I went again.

It is only a three hour drive from London. We went for a drive in the hills north of Cardiff the day before which were breathtakingly beautiful. I was not pleased to see a few flakes of snow though. A track race in the snow would be would be a new experience. However, Sunday was a fine day.

The usual array of world records were broken mostly by Stephen Moore, the chap who beat Strider, Carl Barker in the London to Brighton last year. There is an intriguing runner there who is able to urinate on the run without slowing down. If anyone asks I'll tell you what he does but I do not give demo's!

Does this count Kevin?

I went there with the sole objective of trying to set a track PB for 50 kilometres. The plan was to run as fast as I could to 50 km, and then have the pleasure of jogging the last 14 kms (only a City to Surf!) to the finish! To my relief all went to plan for once (doesn't it always happen in unimportant races?) and I managed to get to 50km just a few seconds inside 4 hours. On the way there I went through the marathon mark in 3.19.19. This was officially documented in writing by the race director. Has any Strider ever had a marathon entered in the Striders' club records that was a split in a longer race? Does this count Kevin? (no – just ask Alf! – Ed)

Well, irrespective of all that, we had a good time. Our dog likes going to track races. She walks around the outside and enjoys the day out. Lots of the spectators remembered our dog from last year but not many remembered me which is not surprising seeing that I was last finisher last year! I snuck up a couple of places this year.

Two races for fun

Next weekend I'm doing the Compton 40 which is a 40 mile trail race close to home. Then the London Marathon is on 26 April. I'm doing these two races for fun and will start serious races shortly afterwards.

On the Saturday before the marathon I am going to join Malcolm Campbell on the International Ultrarunners Association stand at the London Marathon expo. I suppose lots of you will be off to the Canberra Marathon. I wish I could go - I used to love those trips to Canberra each year. I hope you all do well.

Barry 40: Marathon - 3.19.19, 30 miles - 3.50.20, 50km - 3.59.11, 40 miles - 5.29.21.

(email from Dave Sill)

Runners Challenge

The President,
Sydney Striders,

Tri-Spots Promotions sponsors a year long Triathlon and Duathon Challenge where participants send in finished race distances each month.

At the end of the year, athletes are placed in levels based on total miles completed. Each participant will receive a wooden plaque based on the level obtained and also a certificate of participation. We have been asked to provide a "Runners Challenge" for 1998 where total race miles completed are used to determine level achieved. There will be a $20 registration fee but no additional charge for the plaque or certificate of participation.

Bill Davis
Tri-Sports Promotions Inc.
email: assetm@worldnet.att.net
site: www.tri-spots.com

Captain Anorak

Dear Kevin,
A claim for Captain Anorak:

Am I the first Strider to do all 10 of the 10km races in a year without scoring any points (other than for attendance) in either the outright or handicap series?

Regards,
John Hawkins

Race Report San Juan Trail

I won't go into detail about this race as I wrote an article about it last year. If you want more details or want access to last year's report then I can email it to you.

Just a quick brief: SJT stands for San Juan Trail. The race starts 1.5 hours drive southeast of Los Angeles in the Cleveland National Forest. It's a toughie starting at around 5000ft, has 3 major climbs, some technical descents and ascents and also some fast fire trail. Times were a little slower this year due to the effects of El Nino.

122 starters:

1	Ian Torrence	4:13:50	
2	Tom Nielson	4:15:04	
3	Jonathan Worswick	4:22:15	(1st Strider)
10	Jennifer Henderson	5:10:45	(1st Lady)
44	Dixie Madsen	6:29:02	

(Dixie is 61 years young, she's awesome!)

The wooden spoon was won in a time of 8:57:27

Here are some races in California/Arizona that have invoked my interest:

April

25th: *Leona Divide, 50 mile, California*

Located about 2 hours east of LA. Don't know much about this one as I haven't run it although it's supposed to be well organized and many of the local runners do it every year.

25th: *Zane Grey Highland Trail, 50 mile, Arizona*

Located about 2.5 hours Northeast of Phoenix. You can get flights from LA to Phoenix for around $US90.

Elevation ranges from 5500 to 7000ft, pine forests, manzanita forests, and rocky trail. This is reputedly one of the toughest 50 milers around. The route is in and out of canyons through the Tonto National Forest, basically along a "high-line" just at the place on the Mogollon Rim where the climb to the top becomes vertical hence the name of the trail. Quote from the race organizer "definitely not a wimp run?." I have heard that the race markings could be better! Enough said, ?I?ll see you there?.

May

10th: *(not exactly sure of the date) Lost Boys 50 mile.*

California Located 2 hours east of San Diego. Half of this race is in the desert so it can get a tad hot! Some interesting scenery, sandy trails and later some big climbs. Open terrain early then pine forest with intermittent shade.

June

6th: *Shadow of the Giants, 50K, California*

Located just outside beautiful Yosemite National Park. If you drive, it?s closer from San Francisco, I believe about 5.5 hours and it?s about 8.5 from LA. Scenic historic trails through the eastern Sierra Mountains, 2 miles south of Yosemite NP. Elevation between 5000 to 6800ft. The run takes you through the famous 2000-year-old giant Sequoias.

7th: *Holcomb Valley 50K marathon*

Located in the San Bernardino National Forest, north side of Big Bear, 2 hours east of LA. Loop course on the pacific crest trail and US forest service fire roads, above 7000ft. That's all folks. *(Jonathan Worswick)*

Overseas races 1998

The Abel Tasman Classic, 19 September 1998

The Abel Tasman Classic, a 38k bush/beach run in Nelson NZ, is on again this year on 19th September.

It's the run of a lifetime, thru some of the most beautiful coastal bushlands on South Island, starting at Marahau (about 80k north of Nelson) and finishing at Totaranui from where runners are transported back to the start by boat (escorted by dolphins).

It's a real weekend event staring with a pasta party the night before and ending with a super prizegiving dinner on the night following the race.

I've run it twice (and will run again next year) and last year John Sutherland, Malcolm Satchell, John Hodges, Dick Bartlett and Murray Town went along for the ride. All of them enjoyed it immensely and they can tell you of their experiences if you wish.

It took me 3:47 in '95 and 3:49 last year so that should give you some idea of what sort of run it is. The track quality is generally superb, with only a few relatively short rough bits and the event is rapidly assuming "cult" status in NZ which has resulted in it being really difficult to secure a place in the start line-up.

The Dept of Conservation has limited numbers to 250 and the organiser, Graeme West of Nelson Striders, has already been pestered by hopefuls wanting to register. He has again agreed to hold 6 places for Sydney Striders, but you have to be quick and register your interest with me, at the above email address by fax to 9999 0746, by 17th April.

It's a first-come-best-dressed situation so don't ponder, make a commitment and let me know right away.

Oh, of course there's an issue of cost. I guess (and this is subject to confirmation) that the entry fee, including boat trip, long sleeved T-shirt, pasta party, prizegiving dinner will be around NZ$125–175, you can get a return ticket to Nelson for about A$750 or you can fly to Wellington

for about A$550 and join the guys from Wellington on their charter flight at a cost of about NZ$100.

As far as accommodation in Nelson is concerned, the Nelson Striders have offered to provide billets, you can stay in a hotel in NZ or you can join the Wellington Half-wits (or Harriers, I forget their name) in their cabin accommodation near the start for a reasonable sum.

All in all, it's not cheap but I guarantee it's an event that you'll remember. Now it's over to you.

(Jonathon Trope)

More about the Abel Tasman Classic

I can vouch for all that JT has to say about this run. Be in quick because those Kiwis I assure you will snatch up any spot left unattended.

One other point be sure that you tell anyone who runs alongside to chat that you don't follow rugby. Even the women now more about about the game than your average Aussie plus their fervour about the game is matched by their running prowness.

I'm sorry I won't be making it this year but last year we had an absolutely fabulous day. While running along the shores of the Tasman Bay we had clear views of the snow covered Southern Alps. Many of the bays we came to are extremely picturesque with flowering Pouhoutakawa trees reaching over to shade golden sand-covered beaches.

But the track is fairly flat winding in and out of the numerous bays and wide enough to pass on most sections. A couple of wire bridges span creeks that would have Mike Ward looking for alternative routes and the hills are nothing to write home about except for a little bank about 1km from the finish. All in all a comfortable 38km jog.

Be prepared to run in wet and sand-filled shoes after the Awaroa crossing 7kms from Totaranui. Also, take a warm jacket. Murray, we ended up buying polarfleece jackets in Wellington to stay warm.

(Mata Kondo John)

Striders in Training

What and When	*Who*	*Where*
Achilles Running Club: Chris Robb 9959 4269. Assisting disabled walkwers/runners. Sunday 8am.	Wendy Downes, Chris Robb, Rozanne Green.	Hyde Park near St James Station, Elizabeth Street, Sydney.
Equalizer AM Group: 12k or so, Wed. 5.30am. Contact Kevin O'Kane 9283 3355	Keith White, Breeda Kelly, Doug Lee, Brian Grant, Kevin O'Kane, Annaliese Williams.	Akron Oval, Akron Road, St Ives.
Equaliser PM Group: Up to 14k, Wed. 6.00pm. Contact Mike Ward 9957 3566	Check for Group details for Winter months.	Wyatt Reserve, Wyatt Ave., Belrose.
Lane Cove River Runners: About 10k. Tuesdays and Fridays 5.45pm. Contact Mike Ward 9957 3566	Mike Ward, Amanda Dawson, Scott Crawford, Rod Lovell, George Lisson.	Lane Cove River Park, Fullers Bridge entrance, Fullers Road.
Marathon Training Group: About 10k. Thurs 6.00pm. Contact Kevin O'Kane 9283 3355	Kevin O'Kane, Nick Themsen, Kirsten Themsen and others.	Waveerton Bowling Club, Woolcott St. Waverton.
Saturday Morning Bush Group: Northside bush run, 6.30am summer, 7am winter.	Jonathon Trope, Scott Crawford and others.	Various locations. Contact Scott Crawford scottc@s054.aone.net.au
Sun Alliance and Royal 5k Handicap: Wed. 12.10pm. Contact Tina Campbell 9978 9973 or Cameron Osborne 9978 9976.	Tina Campbell, Cameron Osborne.	Western Park, Pacific Highway, Chatswood (next to Chatswood Toyota).
Veterans Track: 5000m (1st week ea. month), 3000m (other weeks). 6.00pm sharp Thursdays.		Hensley Athletic Field, Cornish Circle, Pagewood.

Sydney Striders 1998 10k Race Series

Sydney Striders Open 10k Races
• Six scenic courses
• Start 7am sharp, 1st Saturday of the month
• Registration from 6am

Entry fees for 1998: Striders $5, non-Striders $8
Runs for charity: Striders $7, non-Striders $10
Entry fee includes refreshments

Enquiries: Sporting Spectrum 02 9959 4269

1998 Programme

2 May	North Head	cnr Darley Road and North Head Scenic Drive, Manly.
6 June	Meadowbank Park	south end of Adealide Street - Parramatta River end.
4 July	Lane Cove River Park	Fullers Bridge, Chatswood West ***(Charity Run)***
1 August	Shelley Beach Park	East end of Bower Street, Manly
5 September	North Head	cnr Darley Road and North Head Scenic Drive, Manly
3 October	Homebush	venue to be advised
7 November	Lane Cove River Park	Fullers Bridge, Chatswood West ***(Charity Run)***

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