Sydney Striders

Road Runners' Club Australia

Edition No. 77: January - March 2000

Jenny close to National Final

Two places were all that separated Jenny Truscott from an appearance in the Australian National 1500m final in February. Jenny took 9th place in her heat in a time of 4m 27.1s.

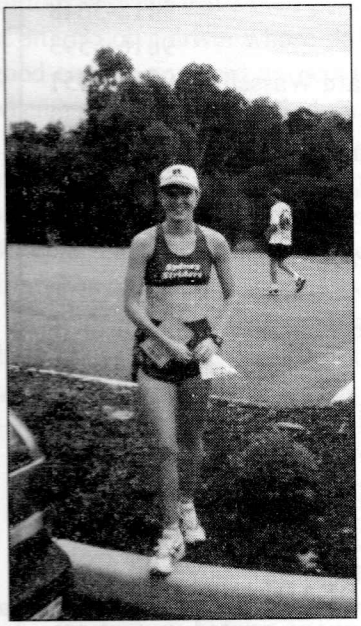
The weekend before Jenny had placed third in the NSW State Championships in both the 1500m and 5000m.

3 PB's

It was three PBs in a week for Jenny. In the State 1500m Championships her time was 4m 31s. This was a three second PB on last year and after having run in the 4m 40s all this season. Then a further four seconds off later in the week at the nationals for that 4m 27s. In the State 5000m Jenny knocked off a massive thirty seconds off her PB to finish in 17m 31s.

Brother Peter also ran a PB in the State 5000m, his 16m 23s being a two second improvement on his previous best. Brother Chris did 15m 40s in the same event.

Andrew Smith.



Jenny has been running exceptionally well recently. (As have the rest of the T-Clan). I'm fortunate enough to catch her smile some mornings - from the car on my way to work. Jenny is training, of course.

Content of Blister No. 77:

- Palm Beach to Manly
- Venice Marathon
- New York Marathon
- Personal Profile and Multisport
- Kenya - Believe it
- Super Series (of course)
- 10K Series (naturally)
- Marathon Training Group
- Torch Bearing Striders!
- Australias Toughest Race
- A couple of 100k runs
- and much, much more

Runners The Shop

The Blister

Quarterly Journal of Sydney Striders Road Runners Club Inc (Founded 1980), P.O. Box 87, Killara, NSW 2071, Australia. Opinion expressed herein by members or non-members do not necessarily represent official club policy.

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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 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. **Avoid fancy formatting**, which will only have to be edited out. If in doubt about formats etc, please phone the editor.

Color or B/W photos, line drawings, cartoons etc most welcome. Verbal contributions may be lost even if followed by a very large bribe, although the editor always are interested in rumours, gossip and well constructed speculations.
Disks and photos will be returned to somewhere at some stage.

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The President: *president@sydneystriders.org.au*
Blister contributions: *blister@sydneystriders.org.au*
I'have been informed that only yours truly receives the Blister-contributions, so there is no reason not to submit even confidential reports (gossip) and articles.

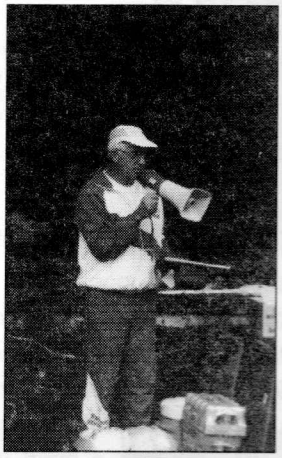
Credits

Photographs were supplied by Jim Screen, Kevin O'Kane, John Ayliffe, Sean Greenhill, the Truscotts, Dean Degan, Tyler Pike, Michael Free and Nick Themsen.

Paper Tiger Printing at Chippendale did the printing. Special thanks to Brad (it's his fault) Renshaw and his crew for excellent support, patience and assistance. Thanks to all contributors who make up this issue of the Blister: The usual one's plus Sean Greenhill, Michael Johnstone, Dean Degan, PeterTruscott, Peter Baker, Michael Free, Tyler Pike and Jonathan Worswick.

Left to right: Martin Fryer, Jacqui Matthews, Kelvin Marshall, Joel Mackay, Jonathan Worswick, Jim Screen and Sean Greenhill.
They are all looking fresh, so I believe it's before the start of Bogong to Hotham. Read Sean's article later in the mag. It's a tough one all right!!
-Ed.

The Presidents Report



To borrow a little from Charles Dickens (I'm sure he wouldn't mind)...." It was thes best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way....."

In many ways these words so fit Sydney Striders that one could be forgiven for not knowing that Mr Dickens intended his words for a completely different purpose.

Year 2000 is Sydney Striders 20th anniversary year. Our membership is at an all time high with over 400 members. Participation at STaRs is regularly up to 100 runners. The Marathon Training Group is in full flight and the 10k Series got off to a record start. The Super Series looks like generating even more interest than it did last year and we have the Host City Marathon to look forward to and our 20th Anniversary and Awards Presentation Picnic is on the way. We have an active Email List and a great Web Site and our STaR Hosts have been just great. So what is the matter Jim?

The matter is that despite all the good things happening we do not seem to be able to get the message through that for your personal SAFETY and enjoyment and to gain the most from your long run it is considered best to run in groups of similar standard.

Over recent times we have had members running over the entire width of roads , strung out over a kilometer or probably longer, and running as individuals. I realise that we own the roads early on Sunday morning but it is possible that not every driver in Sydney has been made aware of that fact. Where it is not feasible to use a foot path it is generally safer to run on the side of the road facing on-coming traffic. We have perfected the art of running with the traffic, generally over the entire road and when someone bothers to yell out "car" it is common to observe three behaviours. Some people move over to the left, incredibly some will run across in front of the car coming from behind and take up a position somewhere on the right hand side but still on the road and others will make almost no effort at all to move and leave their personal safety in the hands of an unknown driver whose skills might or might not be good enough to avoid an accident. It is really exciting when cars come from both directions at the same time.

Just remember that big mechanical things on the move have right of way and that only you have the power to do what is best for yourself and the Sydney Striders. No one wants rules regulations or confrontation when all we want is to enjoy a long run with friends.

Many experienced Striders continue to start at the wrong time and some of our frequent visitors also seem to have a habit of ignoring the essential "group" nature of our STaRs.

30th April Anniversary and Awards Lunch.

By now you will all have received information on the picnic lunch planned for the 30th April . Please make every effort to come along with your family. Should any ex-Strider be known to you they will also be made welcome to come along and meet up with old friends. It would be very helpful if everyone planning to attend could return their money and attendance slip as soon as possible. The cost to non financial visitors is the same as for members.

Club 2000 Marathon and Half Marathon Championships.

The Clubs Marathon Championships will be held in conjunction with the Host City Marathon on 30 April. The Half Marathon C'ships will be held in conjunction with the SMH Half Marathon on 21st of May. Make the Committee know your result at the end of each race.

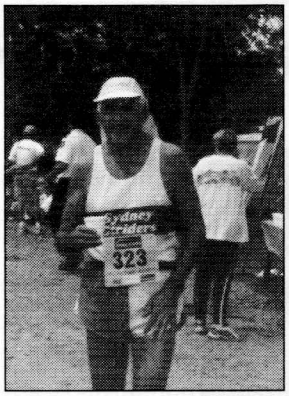
Annual General Meeting.

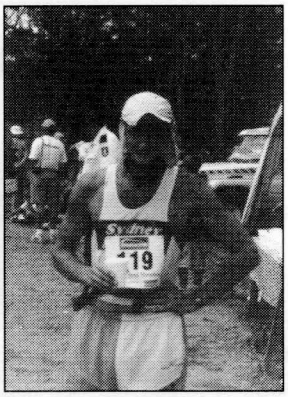
The AGM has been scheduled for Sunday 7 May at the Waverton Bowling Club.
The meeting will commence at 9.30 am and is expected to finish at 11 am.

Jim Screen

Results 6 Foot Track

Brophy	Randall	4:15:59	
Lisson	George	4:25:31	
Fortune	Bernard	4:28:19	
Selby	Warwick	4:31:33	
Marshall	Kelvin	4:35:51	
Rutter	Barry	4:39:56	
Tiller	Dawn	4:40:26	F
Hugill	Philip	4:42:06	
Aitkenhead	Gary	4:48:53	
Edmonds	Elizabeth	4:56:36	F
Coville	Charles	4:57:42	
Serman	Nadene	5:05:30	F
Mackay	Joel	5:06:54	
Willis	Graham	5:08:26	
Shipley	Graham	5:09:17	
King	David	5:11:27	
McCullagh	Cameron	5:22:05	
Hatch	Tony	5:23:57	
Barton	Joanne	5:26:18	F
Rigby	Roger	5:28:25	
Hansen	Mike	5:31:53	
Field	Alf	5:35:45	
Pike	Tyler	5:36:31	
Campbell	Tina	5:45:17	F
Screen	Jim	5:46:42	
Crosby	Tony	5:48:10	
White	Derek	5:58:37	
Wilson	Michael	5:59:03	
King	Charles	5:59:12	
White	Keith	6:15:31	
Russell	Robi	6:16:19	F
Taylor	Geoff	6:21:06	
Themsen	Kirsten	6:21:40	F
Bailey	Michael	6:33:23	
Renshaw	Brad	6:33:25	
Greenhill	Sean	6:35:22	
Taylor	Carol	6:42:57	F
Bartlett	Dick	6:53:12	
Green	Rozanne	6:53:18	F
Baker	Peter	6:54:24	
Grant	Andrew	6:56:49	
O'Kane	Kevin	6:57:56	

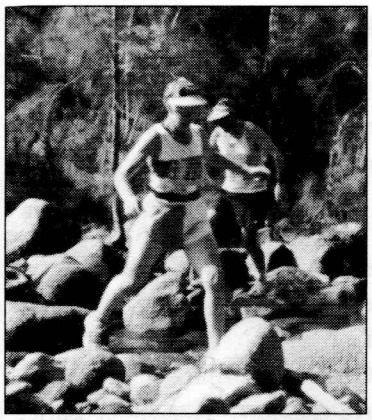


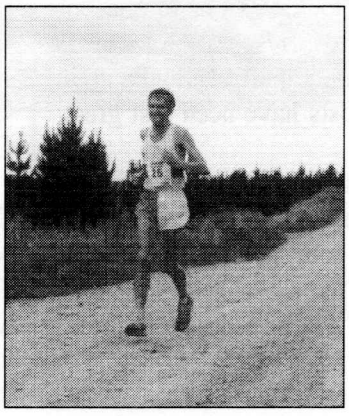


Monsieur Le President and his "twin" brother Keith, both members of the Striders Beduin Tribe for a day. Here shot with only 10k to go at the 6 foot track

Michale Bailey, the Fence Climber. I believe it was his first 6 foot. Well done Mike.

Carol in the middle of Cox River. She managed to cross in a dry fashion and finish for the first time as well - I think. Good stuff.





Kelvin Marshall on the dirt - and I know for certain it wasn't his first 6 foot, but well done anyway.

NYC Marathon

New York City Marathon

7. November 1999

The NYC Marathon is one of the big ones. I was going to the States for a holiday with my Dad and to visit my brother. When I discovered that the NYC Marathon would be on when I was there. I decided it would be a good way to finish the trip!

This required some planning ahead: the marathon was on Sunday 7/11/99 but I paid my deposit in March. Any later and I would have missed out. The marathon is so popular that you have to get in early. They have a limit of 30,000 runners of whom 20,000 are Americans and 10,000 from overseas. If anyone who wanted to run it was allowed to run it, the field would be twice the size, which would be a logistically impossibility.

So I contacted one of the Australian agents, through whom you have to enter, and they booked my flights and accommodation as well as assuring me entry to the race.

This was my first marathon and my first visit to NY, so there were a few unknowns. The run came at the end of a six week holiday and this was an advantage because it enabled me to acclimatize fully and properly, and to get used to thinking in miles!!!

I was able to fit in numerous training runs as I traveled around, from Boston to Washington DC to Niagara Falls and places in between. I was even able to fit in a 10k Fun Run in New Jersey.

I had a few days in NY before the run and this was also very valuable as I was able to get orientated and have a look around.

Registration took all day!!

The registration process, in a pier on the Hudson River, involved probably the longest queue I've ever been in and ended up taking all day. I got the impression from others, who had been there before, that it was normally not so slow. It may have had to do with the fact that runners were given a computer chip, to attach to their shoelace. This was the first time they had used this system in the 30 years history of the race. The chip registered your time at the start and finish as well as the 10km and halfway marks. It also enabled the results to be compiled so quickly that a complete list of results appeared in the next day's New York Times.

Australian marketing

After queuing for two hours to get in to the Registration Hall, I spend some time looking at the Runners Expo. There were a lot of stands for energy bars and drinks plus upcoming marathons around the world. Sydney was a notable exception – it would have been a perfect chance to generate some interest, but we missed the boat....

Similarly, the day before the marathon there was a lunch at the Australian Consulate in 42nd Street for all Australian and NZ runners. The Consul told us all how he had tried to obtain running singlets from SOCOG, which advertised the Sydney Olympics. SOCOG wanted too much money and missed out too.

Race day arrived and it was quite cool – max 10 degrees Celsius. Thousands and thousands of us queued outside the New York Public Library early in the morning for convoys of buses taking us to the start on Staten Island, one of NY's five boroughs. The course has the distinction of passing through all five boroughs – Staten Island, Brooklyn, Queens, Manhattan and the Bronx. It is a relatively flat course, with the biggest hill being the bridge you cross at the start. There are also some undulating hills at the end of the run in Central Park.

Everyone milled about queuing for bagels, cups of coffee and portaloos, before we assembled on the two decks of Verrazano Bridge in our respective color-coded groups. The run started at 10:50 AM.

Sub 4

I took it slow and steady as planned and felt very good till about the 30k mark when my legs started to tighten up. I had to drop back a gear and managed to finish in under 4 hours (3:57) which was my target.

Upon finishing in Central Park, everyone was presented with a medal (featuring Fred Lebow, the co-founder of the race) and a mylar "blanket". That saved me from catching hypothermia before I retrieved my own clothes half an hour later. I met up with Dad, we caught a subway back to the hotel and a bath, a dinner and a beer later, I hit the hay. Only aftermath was sore legs for a couple of days. We returned to Sydney the following night.

I can highly recommend the whole experience.

Michael Johnstone

The Toughest Race In Oz

The Bogong - Hotham 60K

The Bogong- Hotham 60K, or "Rooftop Run", crosses the roof of Australia by summitting three of the highest mountains in Victoria- Mt Bogong (1986m), Mt Nelse (1882m) and Mt Hotham (1868m) via the Australian Alps Walking Track.

Kevin Cassidy, who has finished the American Western States, Leadville, Wasatch and Angeles Crest Hundred Mile Runs, rates this as, mile for mile, the toughest he has done. Mike Ward, equal first place at the 1998 Glasshouse Trail Fifty Mile, had three attempts at it before making even the halfway cutoff, and still speaks about it in hushed tones. Kevin Tiller, a man who delights in self inflicted pain (and yet is good enough to finish several times in the top 10 at Six Foot Track) loves this race (and what it does to him) so much as to be it's unofficial marketing manager.

A Halfway Cut-off

The extra difficulty of the Bogong lies in the aggressive halfway cutoff. Runners who are going the full distance have 5 hours 30 minutes to reach the 34K mark at Langford Gap. People can scoff that they can cover the distance in half the time, but the fact is that more than half the competitors come up short. Those that make the cutoff must then urge weary legs to continue across the Bogong High Plains, descend into Cobungra Gap then ascend to the finish at the summit of Mt Hotham.

I entered the first half only, knowing that far better runners than myself have not stood a chance of making the cutoff. Having secured Monday January 10 off work, I caught a bus to Albury Friday night, and was given a lift by fellow Sydney Strider Martin Fryer, who now lives in Canberra, and was Mike Ward's co winner at the 1998 Glasshouse. Driving towards Mount Beauty, where we stayed the Saturday night, we soon spotted a conical peak with a number of ridges and spurs running off it that towered far above its fellow members of the Victorian Alps. This was Mt Bogong, and we had no doubt that it's aboriginal name, which translates as "big fella", was appropriate.

After settling at the Snow Gum Motel, Martin and I drove out to the start at Mountain Creek camping ground. As we were about to leave the Motel, Jim Screen, President of Sydney Striders, pulled in, having just completed the same mission. "Can you see the size of that bloody mountain?" he enthused. Martin and I (and Martin's son Luke) walked from Mountain Creek about a mile along the track to the base of Staircase Spur, the start of the real climb. The altitude gain over the 8K from Mountain Creek to the summit of Bogong is 1401m, the second highest gain from base to summit of any peak on the Australian continent.

17 Desperados

Sunday morning, in the cool twilight at Mountain Creek, the seventeen desperadoes who were to attempt the first half gathered. Jonathan Worswick, another Strider who now lives in the USA and has finished the epic Hardrock Hundred Mile in around 34 hours, was there, as was the Human Metronome, Kelvin Marshall. So too was Strider Joel Mackay, who I had run with at the "inferno" Sri Chinmoy Marathon last October. After a quick briefing from Race Director Geoff Hook, I muttered, "Gentlemen, it's been a pleasure to know you" and the starting whistle went at around 6.21am.

The first mile, a vehicle track, crosses streams four times at bridges, then runners come across a sign marked "Staircase Spur" pointing to the right. The real ascent commences immediately. The course is not specifically marked for the race, but there are occasional

plaques saying "Alpine Trail" and across the mountain summits and high plains the trail is defined by ski poles.The trail veered upwards at an alarming rate, and I was walking strongly upwards through ferny rainforest. Ahead, I could see the backs of Jim Screen and another character named Paul, who soon dropped back to stretch a calf muscle, and I passed him. Through the trees, I could sometimes still see Jim, every time ominously high above me for someone who wasn't that far in front. On aching quads, we emerged into a different line of trees, without ferns, but instead dry and littered with deadfall. I took the chance, at a flat section here, to run again, but soon the relentless haul upwards sapped from me the desire to do it again at any other flat sections. After about an hour forty I emerged into clear and trotted down to Bivouac Hut where a volunteer was filling Jim's bottles and chatting to him. "Real people," I joked as I approached. Paul joined us in a few seconds and the three of us forged onwards, above the treeline, on rocky trail surrounded by head high bushes. This shrubbery parted in a few spots to show us what a gloriously clear bright morning it was, and the Australian Alps rolled away below us as far as the eye could see. Soon the shrubs gave way to alpine grasses and we were running across several massive embankments,and looking to the north we could see as fas as Kosciuzsko.

"Pleasant little run..."

This was a magnificent, yet humbling, environment to be running in, as the very size of the spurs and ridges made one feel insignificant. Soon enough, I was heading straight up a damp grassy slope to the summit cairn of Bogong, Paul having made several minutes on me and Jim about a minute beneath me. I passed a monument to three skiiers killed in a 1943 blizzard, then reached the highest spot in Victoria. I had made the summit in about 2.10. Three volunteers filled my bottles and pointed me towards the ski poles, which arced aross the Bogong Massif and descended off it to the south. I set off, and within a few minutes Jim had joined me. He was already resigned to not making the cutoff, and we used his camera to take several photos. We dropped off the massif and followed the poles through the trees to Cleve Cole Hut, where more volunteers waited. "Pleasant little run to the river, is it?" said Jim with a dry smile. We continued dropping, crossed some swamply moorland and came upon Maddisons Hut, where a volunteer pointed us towards T Spur, the infamous descent to Big River.

What confronted us here was a sheer drop along the top of a ridge through undergrowth that had not been maintained in years. At first dry forest with a rocky floor, then damp rainforest, following the "trail" was guesswork at the best of times. I ended up following the path made by deadfall (and there was a lot of it) as it was washed into the river by snow. Near the bottom I came across Paul, who had stopped, unsure of which way to go, and we bush bashed our way down a sheer drop to Big River. Jim was waiting at the bottom, about to grasp the safety chain. We forded the icy water, refilled our bottles, and took stock Four hours had elapsed. "We've only come a miserable 18K," said Jim, then he glanced up and said, "it's taken us this long to descend off this bugger, now we've got to climb it's brother!"

"...steep,steep,steep..."

The climb out was impossible. There did not seem to be any trail at all, just an incredibly steep muddy slope covered in rocks, branches and ferns. Jim and I took one route, which was not a trail in any sense but had been flattened by previous runners, and Paul took a similar line twentry or thirty metres to our right. We flailed on the loose surface, climbing upwards on all fours. I was grasping rocks and plants to haul myself up, and half a dozen times I put my hand around nettles. "How much more of this steep, steep, steep?" said Jim. After about 40 minutes, we crossed over to the real trail, just as Paul worked his way over to us and kept going upwards, leading the way. We were still on all fours some of the time. "Paul, is this the slow route?" said Jim. "Sorry Jim," replied Paul, "but we're coming from a river valley to a mountain peak, which means going up." "What kind of marketing exec are you?" grumbled Jim, referring to Paul's vocation. Eventually Paul took off from us and Jim and I reached the line of Duane Spur, which would take us to Nelse. The trail was much better here, but we were too drained to do anything but walk, with rest stops thrown in every few minutes. Eventually we reached Roper Hut, not far from the treeline, and Jim's 5.30 cutoff passed as we filled our bottles and rested up. Then we set off through the bushes, passed the treeline, and emerged onto a damp moorland, with the several summits of Nelse (West, North, Central and South) rising flatly above. Here thr trail was marked by a vehicle track and ski poles. Walking when we needed, or jogging, Jim and I reached the next aid stop, Warbys Corner, a few minutes ahead of the last two runners.

The Runners Shop

This was magnicent, exposed scenery. Flower covered moorlands sloped away in all directions, and behind us we had the back of Bogong, ahead were Mt Feathertop, Mt Hotham, Mt Mackay and others. By now clouds were closing in, and we set off from Warbys with the last two competitors. I started running ahead of the other three (I was not going to come last, I decided) and Jim set out to keep up. The rain started sprinkling down as we followed the vehicle track past several grops of puzzled and bemused hikers, then intensified as we missed the turnoff at Watchbed Creek where the trail separates from the road. We headed diagonally back cross country to meet it, and entered a few sparse groupings of trees as we gradually recrossed the treeline. The trail forded several small waterways, then we entered the last aid station, where the trail crossed Langford East Aqueduct, then turned right to follow it. I pulled away a little from Jim over the last two kilomtres, but as I turned the corner to see the cars parked at Langford Gap and the finish, I waited for him, then we crossed the line arm in arm. Our final time was 7.22.58. It was the second longest run (in terms of time) I had ever done, and Jim, a veteran of Comrades and several Australian ultras, agreed it was the toughest he had seen. Driving out of Langford Gap, the lightning started cracking and hail pelted down.

Jonathan Worwick won the complete race to Hotham in around 7.50, having gotten lost for an hour climbing out of Big River. Martin and Joel made the halfway cut by less than 10 minutes, having also gotten lost for half an hour in the same gully. They went on to finish just behind Kelvin Marshall. A radio operator told me that only three out of seventeen did not get lost on this particular climb. Apparently it had been damaged in a rainstorm and not remarked.

Navigational difficulties apart (which may be rectified by the time the event rolls around next year), this race demands that competitors use all their speed and strength to make the cut, then they still have to hold on over the second half. Even if one just runs the first 34K, it is still worth the travel- it alone is tougher and more magnificent than many longer races such as Six Foot Track. Next year, if you want a real challenge, put it on the calendar.

The race's unofficial website is http://www.coolrunning.com.au/ultra/bogong

Sean Greenhill

Editors Corner
"Electronic Blister"??

It's not another new invention to the Blister, but a place I have reserved for myself to express some opinions or to start a debate of a nature related tc the Blister.

I haven't been involved with the Blister for more than a limited number of years, but it's mission was undoubdtedly to report on the activities that took place in the Club as well as being a means of communication to the members of interclub related info.

Like everything else in this fast developing world, we are now "slaves" of technology and there are faster and better means to distribute and exchange information than a printed publication. (Sorry Brad.)

Recently we have seen the development and exchange of articles and pic's via the Striders website and the LiSSt. Articles and pic's that I in principle don't want to publish in the Blister, because in my humble opinion, they have already been published once.

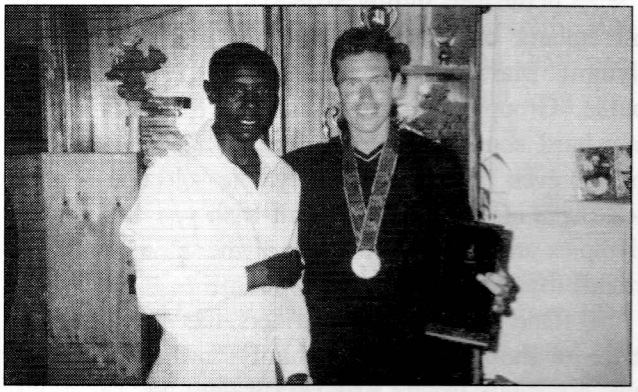
Could we however use a well organised website to also publish the content of our Blister. Could we have a website with "fixed pages" a la "The Pressy Page", The MTG page, The Super Series page, The Profile Page, The Multisport Page etc. If this was an acceptable way to proceed, could articles related to specific runs not be added to the result information for that particular run?? and general articles not specifically related to a race could be included in a separate page. In other words could we not have an "electronic" Blister, if it was organised properly??

The Club's present spending on the Blister magazine amounts to about 20% of the total revenue. If that could be saved/minimized, the Club could do something different with the money.

The present most valid argument against an "electronic" Blister is the fact that not all members have access to the net to which there exist two alternatives in my opinion. Netcafe's and a list of new items/articles on the "electronic" Blister published and distributed together with the calendar. If anyone without net-access wanted specific articles or results, the web-manager could probably fairly easy produce and distribute hard copies.

I'm certain that Kevin or Richard will establish a net-forum to discuss this issue, but the most affected are members without this facility and I would like to hear from EVERY member who is without net-access (compared to all the email-adresses from the member database). A summary of opinions will be available in the next issue. *-Ed.*

Kenya - Believe It



Dean Degan spend 3 weeks in Kenya thanks to Puma and had an eyeopner of an experience.

I recently spend 3 weeks in the Rift Valley in Kenya, looking for that edge to get me to the top of the Striders podium. We (David Eadie from Melbourne and myself) left on 8. November '99. We headed straight for the training camp in Nyharuru (8800 feet above sea level and right on equator.) which is sponsored by Puma. Thanks to Puma Australia, which was the link that got us there in the first place.

David's mate –and mine now- from his trips down under, Luke Kipkosei, picked us up from the airport. Luke has run the fastest 10k in Australia in 27:22. We arrived at the camp some 4 hours later and met the cream of Kenyan running fraternity. Moses Kiptanui (3 times world champion, 3000m), was coaching and training for Sydney. Daniel Komen (WR 2 miles, 12:39), Noah Ngeny (WR 1 km) and others inclusive of Paul Koech, Paul Bitock, Laban Rotich and Godfrey Kiprotich. All in all there was about 50 in the camp – and they all ran well, believe you me.

The first run of the day was at 6AM – a brilliant start to the day (or put an end to it). The run varied, but averaged about 1 hour. It usually started easy for the first 8 minutes, increasing in intensity and then after 15 minutes is was full steam ahead. Each Africar (black man) and Msungu (white man) for himself. We just prayed we could keep them in sight, so we could find our way back to the camp. The altitude made it tough, when you are not used to it (excuses, excuses). On a couple of occasions, I actually got sick from the morning run and actually felt worse than during any City to Surf or SMH Half.

We were back at 7AM –or in our case 7:05 AM for breakfast. Mind you it is a third world country and consequently not like going back to Parkroyal for a buffet and a spa. Far from it. You got a bucket of warm water and a banana and off you go. We'll see you back again at 10AM, thank you very much.

9:45AM you would be getting ready for the 10AM session. Sometimes I could barely walk after the morning run, wondering how I was going to do another one that varied from either track, fartlek to drills. Various exercises like bounding, hopping, knee lifts, leg flicks and more. Fortunately they don't run on Sundays and when it rains. That coincided a few times with a condition where I wasn't in the mood for exercising. They don't run to avoid injuries from falls and they don't want to catch a cold either. "Hey, you don't have to sell it to me."

Kenyan Cross Country C'ships

We had been there two days when they invited us to participate in the Kenyan cross country championships at Eldoret. We accepted and found ourselves on the start line with 268 Africars. Dave and I being the only Msungu's. It was a rough and tight 4 k course and it was crazy. It was the charge of the light brigade to the first corner and I have never seen or experienced anything like it.

They all cheered for us "Go Msungu" which I didn't know what meant until explained by Luke after the race. I came 102nd and David Eddie 66th. He ran 5k in 13:50 the day before we left and came 4th in City to Surf. Dave beat me with 35 spot's, yet was only 29 seconds ahead. That's more than a finisher per second. Luke Kipkosei came 13th in the race which is mentioned just to show you the high caliber of the field.

We stayed at Luke's that evening, his family lives in Eldoret. Moses Kiptanui invited us over for lunch the next day, then drove us back to camp. On the way in the car he asked me about my 10k time. My PB was 31:45, but I rounded it to 31. He reaction was "No, you're lying". It couldn't be that slow. I'm pleased I "forgot" about the 45 seconds. In his opinion, I was capable of running in the 28's if I stayed and trained for another 3 months. He was – like everybody else we met

–being very positive and polite.

David and I was planning to try and "take out" a morning run and one morning I decided it was D-day. The run was supposedly "only" approximately 45 min so I went straight to the lead and I was still there with 6 others after 28 minutes. However I was starting to get "the wobbles", thinking only 17 minutes to the finish. Keep the gap to a minimum. After 45 minutes we were nowhere near the camp.(It's a bit like doing a 45 minutes run with John Young really). After we finished I was prepared to kill Komen, who had arranged the morning run that day. It took me 57 minutes and I was only 11/2 minutes behind the first according to Dave, who had turned back earlier. That was the only attempt "to take out" a morning run.

Over all it was a trip of a life time. We were treated like kings and everybody was extremely friendly and helpful. Having had the fortune to experience these guys train makes you understand why they are so good and achieve as much as they do. They honestly deserve it all. On top of the television in the camp was a sign with a local proverb: "Train hard. Not only will you be hard, you'll be hard to beat".

Dean Degan

6:20 AMForm Guide

In the near future, Striders from all walks of life will embark on yet another insane journey over the Olympic Marathon distance on the 2000 Olympic course. Groups and sub-groups have been training, some hard, some harder to achieve yet again a personnel goal or even the chance of Olympic selection – good luck Brian in your quest. We all wish you well for the Olympics and hope the D seats at the table tennis will provide memories lasting for a lifetime.

One group within Striders has been training hard – or should I say racing hard – in their 30K StaR runs, especially when Chris Dwyer lines up. The group starts at 6:20AM on Sundays and to access their marathon chances, I have prepared a little form guide on the horses – I mean the runners of course.

Nick Adams

A man with all distance's. A goal of sub 2:35 had the rest of us sneezing bulls... until his last start. 3rd place at Brindabella. If the form continues, I think he's capable of sub 2:40 and possibly a top 3 Strider finisher.

Brian Grant

Recently delegated himself to the 6:10 group. His last start at Gold Coast marathon a great success in a PB of 2:54, but have been struggling lately at distances above 800 meter. Brian works very hard with a legion of Ducks following his every step – Brian knows what I mean. He's currently handicapped with 10 kg over the limit, but is the type of runner you can never write off. A third sub 3 hour is achievable if the jockey can get below 74 kg. Good luck.

Andrew Gibbons

Runs well on no training. He has yet to be placed in a Striders championship, but is capable of pulling anything out of his a... Ran a strong second half in the last Sydney marathon (2:57). If he put two days of training together, he'll most certainly break 2:50.

Joanne Cowan

The queen of the 6:20 group and future Striders president – unknown to her. A real stayer coming back in to form. Had no luck in last years Canberra marathon. The legs simply didn't do what they were told. Looks promising to crack 2:50 again. Have had a strong 10k form in the lead up and is almost certain (for the 11th time) to take out the Striders championship again.

Richard Briscoe

His form hard to predict – especially after becoming a Daddy again in '99. He's a prolific sub 3 hour man, capable of anything from 2:59 and below. He always improves when racing long distance. Expect a bold showing.

John Young

Equal favorite for the Striders championship. Drifted of late and still has to be placed in a championship – mainly due to lack of registration. A past solid performer, who never can be written of – not even in the wet. If he doesn't crack under the challenge, he's certain to set a cracking pace. John should crack 2:30 and with a PB of 2:29, he'll be the one to beat.

Chris Truscott

Resumed running after the Christmas drinking binge. He's capable of anything – even sculling a slab of beer mixed with shots of sambucca, within a six hours period. He's constantly carbo-loading and has the ability to run a sub 2:30. He's equal favorite with John Young. It could end up being a real cracker of a race.

Tim Austin

Yet to break 3 hours. His form suggests otherwise. He's a solid 10k performer, but like myself, finding it a bit difficult over the longer races. However, expect to see Tim run a 2:55 – and with the right training, he could even improve on that.

Peter Truscott

One win in the last 10 outings. Has a poor history over the distance and prefer the shorter 3000 m (it's over quicker). Races well in easier grade, but will be no challenge in the championship. I promise not to cause the officials working overtime and will be happy just to beat Brian. I'm aiming for a sub 2:50.

Phill Boswell

A tough customer. His PB is 2:58 will undoubtedly go better than that. He has consistently performed in the 30k training runs. Expect Phill to break the tape in around 2:55.

Chris Dwyer

A stayer, a superstar. Expect Chris to be there with 35k's to go. If he can manage his legs, not let them fall off or tighten up, he will be challenging Nick for 3rd place in the championship. He has a PB of 2:38 and could end up improving. A real tough competitor, who never gives in.

George Lisson

The quiet achiever will push the sub 3 hour mark. His PB is 2:53 and is capable of anything, if job permits. He could surprise and go close to 2:50.

Matt Kaley

His form is good on any distance. He is always hard to beat. Thank heaven he is not running.

Dean Degan

No showing here – maybe out of the country, maybe not!?

Andrew Smith

Relatively quiet in 1999. If he's in form by April, he'll be racing tough. Never gives in. A PB of 2:49 shows his class and I expect him to be around his PB come April.

Wayne Stanton

A hard man to beat. When in form, he's an excellent runner over the longer distances. 1999 was a quiet year, but with a solid base and an injury free build up, I would start looking for Wayne when the clock reach 2:45.

Mark Fiore

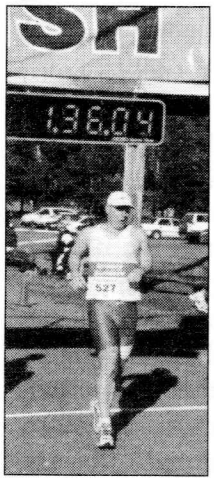
Ironman and legend. I'm not sure about Mark's running, but it will undoubtedly be strong. If not for anything else, then his ironman training. If he takes the event serious and doesn't do a 180k bike-ride the day before, I'll expect to see Mark very close to the 3 hour.

Peter Truscott

The Runners Shop

Randwick Runners Shop
223 Clovelly Road
Clovelly, NSW 2031
Phone: 9315 8711, Fax 9315 7382

10K Series



He's taken on the job for another year - and then we know it's in good hands. Finished strong in 6 Foot Track and will without doubt be following Joanne Barton and Graham Willis very close to the finish in the marathon championships.

The Sydney Strider 10 Km Race Series is one again off and running! Our first race at the Domain has 178 entries. I don't know if this was a record turnout but it was certainly the largest field for a 10 Km event in recent years.

Again this year we will be organizing season long competitions based on positional finishes in races (outright male and outright female) and also a handicap competition. Prizes this year will be $200 cash and a $100 gift voucher from the Runners Shop for our first place finisher, $100 cash for our second finisher and $50 cash for our third finisher in each competition.

We will continue to keep the outright category open to all race participants. We included non-members in last years outright competitions but the top three positions in both he male and female categories were won by Striders.

The handicap competition will only be open to Striders. While the rule is you must be financial to participate we will allow returning members to collect points in the first two races of the season. Later in the year we will be explaining how the mysterious handicaps are calculated.

Following each race we will be awarding $50 gift vouchers from the Runners Shop to the top male and female finishers. Two additional $50 gift vouchers will be awarded after each race based on a random draw that includes was made all race entries and race day helpers. You must be present to win the random draw prizes.

Fees for this year's 10 Km Race Series remain at $5 for members. The non-member race fee has been increased to $10. The increase occur to en-

10 km Handicap Position 2000

Name			T	P
	R1	R2		
Benny Gauci	21	10	31	1
Scott Trevethan	18	13	31	1
A York	15	11	26	3
Paul Jackson	2	21	23	4
Ferdi Nell	22		22	5
Gerard Frahill		22	22	5
Jonathon Gliksten	8	14	22	5
Christian Sellears	2	20	22	5
Brian O'Dea	2	19	21	9
Denise Carney	20		20	10
Steve Ball	14	6	20	10
John Van Yzendoorn	2	18	20	10
Jurg Kunzle	12	7	19	13
Mark Shingler	19		19	13
Marie O'Connell	2	17	19	13
David Harris	17		17	16
Andrew Gibbons	16		16	17
Andrew Waudby		16	16	17
Jenny Truscott		15	15	19
Bernard Fortune	13	2	15	19
Joanne Cowan	11	2	13	21
Greg Donovan		12	12	22
Peter Truscott	10	2	12	22
Michael Free	2	9	11	24
Joe Degabriele	2	8	10	25
Barry Rutter	7	2	9	26
Charles Coville	9		9	26
Dean Gardiner	2	5	7	28
John Young	5	2	7	28
Kirsten Themsen	6		6	30
Leon Walker	2	4	6	30
George Herisson	2	3	5	32
Ross Sinclair	3	2	5	32
Denise Gardiner	2	2	4	34
Rozanne Green	2	2	4	34
Charles King	2	2	4	34
Chris Truscott	2	2	4	34
Darren Goodsir	2	2	4	34
Gary Aitkenhead	2	2	4	34
Gavin Morisset	2	2	4	34
George Lisson	2	2	4	34
Joe Guerra	2	2	4	34
John Hamilton	2	2	4	34

courage new memberships and to speed up the registration process by eliminating coins.

Those of you on the Striders email list have already seen a few desperate pleas for assistance. The ten race 10 Km Race Series is always one of the largest tasks undertaken by the Striders each year. Each race requires people to mark the course, register runners, transport gear, record times and finishers, calculate results and marshall the course. If you can help with any of these jobs during the season please let me know.

I would like to encourage everyone to get out of bed one Saturday morning a month and join us. The 10 Km races are a great way to test your fitness or just enjoy a run with some friends around four of the most scenic courses in the Sydney area. Our calendar for this year was late getting finalized but it is now set (see back page of Blister). The schedule includes three events at The Domain, Lane Cove National Park and North Head National Park along with a single race at Meadowbank Park.

The Sydney Strider 10 Km Series continues to be sponsored by The Runners Shop on Clovelly Road. Please support the Runners Shop and let them know when you are there that you appreciate their continued support.

Mike Hansen

Mt. Wilson to Bilpin

From the Organisers:

We have decided to change the date of this run due to the Bankstown half marathon being on the Sunday after our run. We have now decided to hold our run on Saturday 19th August, 2000.

See you there !

MTG Report

The Numbers

This year's Marathon Training Group recently welcomed it's 100th member, although probably only 80 to 85 are presently active. And we're still adding members. The increased numbers have been most evident on Sundays, with the 6.00 Group having to be broken up before the start into 4 sub-Groups, for safety. Around 70 have entered for the Marathon on April 30. This is in line with my aim at the start of the program, which was to have about 100 members join, and 50 or so in the Marathon.

What are we doing?

With the April 30 Marathon rapidly approaching, our members are in heavy training, some following the Group training programs, and some are doing their own thing. Like everyone else training for the Marathon, it's about finding time and managing injuries.

Newsletter

I'm managing to get the newsletter out monthly, with training and injury tips, training programs (at 3 levels) and matters of particular interest to Group members. There's always interest in the Member of the Month and the performances of Group members in various races.

Sydney Half Marathon

As several members are not going to be ready for the Marathon, I also have a training program for the Half Marathon on May 21. No doubt many of the members will back up from the Marathon, so we should have a good representation in the Half as well.

Group runs

Other than Sundays, the only official Group run is still at 6.00pm each Thursday night from Waverton Bowling Club (open to anyone). Pace from sub-5min/kms to 6+ mins/km. Of course, if we have a few runners in other areas, there are plenty of runs in other parts of Sydney for smaller Groups.

Having fun

One of our specialties. So far, as well as fun on the run, we have also had a Christmas function with about 30 present, and a social function on a recent Thursday night at Waverton Bowling Club. We'll probably also get together once more before the Marathon.

The Marathon

No doubt, the running highlight of the year will be the Marathon. We'll probably have 25 to 30 making their debut in April, with a few others looking for PB's.

Hopefully, our other members, as well as others in the Club, will be on the course or at the finish. And we'll follow up at the Club's 20th birthday party on Marathon day.

The End

The 2000 Marathon Training Group will wind up with a dinner after the Sydney Half mnarathon, where we'll have a good time , and the infamous "Awards" will be presented. Non-members are welcome too. Contact me after the Marathon if you're interested.

K.O'K.

Venice Marathon

A PERFECT DAY - FOR RUNNING

It was a PR kind of day. There was a low, almost misty overcast. The temperature was 13 degrees. The course was so flat it made the Gold Coast look like rolling hills. This was the Venice Marathon of 1999.

It was a point to point run from the Village of Stra on the Italian mainland to city of Venice. It was only in the final 3K that we finally got some vertical terrain, caused only by running over the bridges enroute to the finish near the Piazza San Marco.

Due to (pick one) inadequate training, injuries, laziness, too much partying the night before..., there were no PR intentions, however, among our group of runners. Our only intentions were to enjoy the Italian countryside, the crowds, and the run. In fact, in spite of certain disqualification, we started out in a couple of groups 20 to 30 minutes before the official start in order to catch some good photos of the front runners and not have to spend the entire day on the road.

The crowds were great. In spite of our obviously, non-competitive efforts, they cheered us the whole way with shouts of Bravo, Brava, and Go Sydney. (Cathy and I were wearing our Sydney Striders singlets, of course.) The most interesting part of the course was over the final 3K. Feeling strong, I was able to run ahead of my running mates and get some good pictures as they ran over the ancient bridges of Venice. Near the end, the organizers had built a 200 meter floating bridge to get us across the Grand Canal. It dumped us out on the quay in front of P. San Marco for a sprint to the finish. It was a good thing we were back in the pack, as the high tide waters that occur at this time of year were just receding. Although we got our soles wet, the winner, Julius Bitok, had to have been slogging through water at least ankle deep. He still finished in the time or 2:10:34.

A Funny End to the Run

I had just run over the finish line and was taking some photos of our group coming in, when a rather strange thing happened. A couple of offficials grabbed me by the arm and pulled me over to the side. Thinking I was about to be chastised for having started the run early, I was instead led onto a stage near the finish area. It seems that Runners' World magazine was giving out a trophy to the first finisher from each country where RW is published. I explained to them that (1) I had started early, (2) that there was probably a runner from Australia still coming in that ran the race in a faster time, and (3) that I wasn't even an Australian citizen. Despite my protestations, however, they insisted on awarding me a beautiful Murano glass vase, complete with photographs, handshaking and congratulations all around.

So, I guess, the real purpose of this story is to put out the following notice: If anyone knows of a runner from Australia who finished the 1999 Venice Marathon under the time of about 4 1/2 hours, please have that person get in touch with me. I have his/her trophy.

Pete Baker

Email to the Editor

Subject: Hello from Ireland
Date: Thursday, 16 March 2000 2:04 AM

Hi
My name is John Fortune, Just a Quick hello to my brother Bernard, a Sydney Striders athlete. Best Wishes for the coming races. I'll be keeping an eye on the website over the next few months.
My e-mail address is < jfort@hotmail.com >
Bye for now and thanks,
John Fortune.

Multisport

Summer (such as it was) is pretty much over now and so too is the main season for triathlons and the like. But there are a couple of good spectator events coming up. The Minolta Australian Ironman is happening in Forster on 9 April, always an awe-inspiring event to watch. On 16 April Sydney is hosting the ITU World Cup race where there are sure to be some big names in the world of triathlon.

For those who would rather participate than watch The Fay Richwhite / BRW Corporate Teams Triathlon is on 9 April. This is a huge event in terms of numbers of competitors but a relatively easy course involving a 400m swim, 8km cycle and 4km run all based around the domain. It is entertaining to watch too as some competitors seem to be more interested in making a spectacle of themselves than racing.

In late February the Soft Sand Classic was held at Manly Beach, an event that seems to go relatively unnoticed by Striders. This may be because in the past it has often been on the same weekend as the Six Foot Track but it has now been permanently moved forward. The Classic is 21km on the soft sand (the length of Manly Beach 14 times, very challenging!) but they have also introduced a 9km event which is proving very popular The winner of the Classic finished the distance in just under 92 minutes. Many of us wish we could run 21km on the road in that time!

At the end of May the Jones Lang La Salle Challenge is on again, a 185km two day event starting at Katoomba and finishing in the city. It involves two runs (one in bush, the other on the road), two cycles (again one in the bush, one on the road) and two kayaking stages and is open to individuals and teams of up to six people. A fire has apparently delayed the release of entry forms but they are due out early March and entries close Friday 14 April. More information is available on the website - www.ChallengeEvents.com.au

Brenda Kearns

Personal Profile

Brian Grant, first Super Series Male last year has taken leave of work as horse dentist and farrier to work full-time on a PhD. Brian, last year, completed a Masters degree in Education studying Exercise Physiology. He is married to Eva, a medical records manager who is captain and goalkeeper for Wentworth Falls soccer club. On the way to his Super Series win Brian achieved a PB of 2h 54m 25s at the Gold Coast Marathon which also won him the Striders Sub – Three hour Improver of the Year award.

What is your research area for your doctorate?

Improving aerobic capacity in athletes I am working with swimmers. If athletes can improve aerobic capacity they can go faster without producing lactic acid which is produced when we exercise at too high a heartrate. If we run a STaR too hard this is what makes us slow down at the end.

What do you notice Striders neglecting or unaware of in training or races?

- Running long runs too fast. It's not a race and it doesn't set us up for a good running week. Running at a 140-150 heart rate is all that is needed. Race in races or do speedwork.
- Not doing speedwork. Some runners have one pace and run the same speed in training and in their marathons.
- Overtraining is the biggest killer – running junk kilometres just to get the number up, I'm guilty of it too.

- Undertraining – going in races where the training miles haven't been done. And to do a 30km STaR a runner should be doing 50-60 km during the week. There's a danger of a circle of being exhausted after the STaR then being too tired to do the miles during the week.

- Not finishing a race fast. Our anaerobic system will give 15-20 seconds fast pace at the finish. Everyone has it but they need to know to use it and to have the mental toughness to push hard enough when they round the corner to the finish.

What is essential to a marathon training schedule?

- Base training of two long runs and two speed sessions a week. I spoke to Pat Carroll at the Gold Coast Marathon last year and top runners have the same basis. So I do a 30km STaR and a 25km run during the week. Every 3-4 weeks I do a 35km run. 30km is not long enough on the legs. You need to be on the road for the time you will be on the road in a marathon. A three-hour runner needs a 3-hour training run at 5 minute pace. This preparation gives strength later in the run. Pete Truscott starts looking over his shoulder for me at the 30km mark in the marathon. In last year's Six Foot Track I could pick up the pace on the road and pass a lot of runners. Very few people were overtaking by that stage. If you never do more than 8/10/12 km other than a STaR I think it makes the marathon psychologically difficult. Other than the two long runs, you should not be on your feet for more than 1 ½ hours. After that there is no more glycogen in the legs and the body is burning fat. It will take too many days to recover. I do 12km, 13km, but no more than 15km which takes me 1 ¼ hours.

- My speed sessions are one hill run and over the 8-10 weeks before the marathon, a tempo session of 25 minutes run at 85% of my 10km race pace It can be broken into sections – say eight minutes at 85% 10km pace, a break of slower pace, then another eight minutes at the faster pace... . For this session anything over 25 to 28 minutes at the faster pace does not seem to improve performance.

- For a sub three hour marathon most runners need 100 – 120 km per week. For over three hours it should still be at least 100km. Some runners can get by on less. Elite runners seem to do 150 – 160km+ per week.

- I always run (slowly) the day after a STaR rather than rest. The long run will leave you with lots of microscopic tears and bruises in your muscles, the run gets the blood going and warms up the muscles which clears the blood clots and by-products and aids healing.

What does your hill training consist of ?

Run to a time of 90 seconds at 85% of 10km race pace. I find a hill of a nice grade to attack so I'm out of breath at the top not halfway up. It shouldn't be gut-wrenching as you need to be able to run the second, third etc. Run 90 seconds to the top then walk a little and jog back down. I start with five repeats and work up to eight.

Do you do track intervals ?

No, I do my tempo run. If doing intervals, 200m and 400m repeats are good for the 5k and 10k but for the marathon the distance should be 800m – 1km – 2400m at 15 to 20 seconds faster than target marathon pace (say 3m45s pace for a marathon target pace of 4mins). I read a study which found one weekly tempo run improved aerobic/anaerobic capacity more than two speed sessions on the track.

Do you take any supplements in your diet ?

Magnesium, calcium, multivitamin, iron and folic acid (which includes an iron supplement). I don't eat much meat – I eat a lot of vegetarian pasta. I double the magnesium and calcium in the three days before a marathon – I believe they assist the shortening and lengthening of muscles and avoid cramping. I only got a bit of cramping in Six-Foot Track on the steep downhill before the finish. Most runners suffered more. I recommend a blood count every three months to check the iron level – some runners get fanatical about diet and training and become anaemic.

What do you consume during a marathon ?

I take one sqeezie every hour, so two in a marathon and three in Six-Foot Track. Some runners take these at the wrong time, say after 1 ½ hours. They should be taken at 1 – 1 ¼ hours to top up sugar/carbohydrate levels before they run out. I don't eat the fruit supplied on long races because I don't use it on training runs. I don't take the sports drinks because they are usually made to manufacturer's recommended strength which is too strong. I make up my own drink bottles or where that is not possible carry powder to mix into water or sqeezies. On Six-Foot Track I carried a packet of jelly beans in a bum-bag and had a couple of them when required, it keeps my sugar level up and meant I felt good at the end of the recent Six-Foot Track training run despite not being in good training. I don't eat for an hour before a marathon.

Is it possible to consume too many sqeezies?

Yes, you can get a sugar spike and get diarrhoea or stomach cramps. Only use them in a race if you use them in training.

When did you start running ?

Four years ago - Xmas 96, partially to lose weight. Someone I met on a run told me about the Werrington Bush Handicap which I won three times then heard about Six Foot Track. I ran 5h 34m on ten weeks training and went on to do a 40 minute 10km and a 3h 10m marathon in 1997. Then I ran 3h 2m in the Cities Marathon, saw heaps of Striders and joined.

What was your sport before running ?

I was a professional trotting driver. I race infrequently now but raced every week when I was living in Wagga Wagga. I've been a licenced trainer/ driver for 27 years. I drove a winner in my first race and got ten winners from my first ten drives.

Which was your best race in the Super Series ?

Mt Wilson – Bilpin. I started with a stress fracture above the ankle which I had been icing all week. It was the hardest run as I felt like giving up at every kilometre. I couldn't walk afterwards, I had to ice it for an hour before going home. It was also the most disappointing race. I beat Tim Austin by nine minutes but he was still the next Strider so he only conceded a point. A lot depends on the number of Striders in a race. Tim beat me by about eight minutes in the City-to-Surf but there were many Striders between us. I ran all the Super Series events. I was hoping not to run all the races but needed to keep ahead of Tim. To keep my Super Series hopes alive I had to run Woodford – Glenbrook the week before the Gold Coast Marathon.

Six-Foot Track was the most pleasing race. I set a target of 4h 15m and met it, was second Strider and gained my highest Super Series points total in any race.

Have you a favourite race?

Gold Coast Marathon. I go up for a few days with other Striders (Truscotts etc.), have a bit of fun and relax for a couple of days afterwards.

What is your target for this year?

Just to run social 30km StaRs. I'm planning to run the Sydney Marathon but won't do it unless I think I can break three hours. I have a bad lower back, partly from incorrect lifting, which sometimes gives pain when running. I have some good days and others not so good. That's why it was important to win the Super Series last year. I would have been very disappointed to be beaten. It was my chance to win something at club level by sticking it out. I feel I've accomplished what I tried to do. And I'm one of the 2% of marathoners who've broken three hours.

Andrew Smith

Another brilliant profile by Andrew. Thanks for that. I'm already looking forward to his next "victim". -Ed.

Broken Wing Club

Welcome back Phil Hugel who has been missing in action for a year or two with a non functioning ankle. Phil managed to finish Six Foot Track in a very credible time so full recovery seems to be on the way.

Manfred Fiedler had a "nasty" cut from his back. That proved to be OK but infection set in and probably caused more concern than the original ailment. Manfred is running again but don't pat him on the back for a "well done"

Kevin Tiller put on the "greatest show or earth" recently when out on a secret (from some of us) bush training run . Not only did he break a bone in his foot but he stretched ,strained and tore most other things down in that part of his body. Weeks in plaster, weeks and weeks no running, events galore missed, reduced to riding an exercise bike and swimming. Beats me how some one could do so much damage while running so slowly.

Steve Urwin has also been missing in action. Steve has a crook back which refuses to get better. We have seen him walking to work all dressed up and in his running shoes.

Nick Adams is sporting a strained calf muscle caused by an over enthusiastic tumble turn with flippers whilst doing a spot of cross training. Not every one can achieve this type of injury from swimming . We are looking forward
to reading the book.

To all of the above runners we wish a 100 per cent recovery, the sooner the better.

Jim Screen

39:30

Life is not only about goal setting and competing, but these can be worthwhile. Sometimes it is good to take a moment to consider the journey that began when following a particular goal . This story is about some goals that I have set myself and where they have lead me.

The Start

Where to start? Stories don't really have beginnings, let's pick up this story in early 1998.
So, it is early 1998 and it is the day before the Bogong cup, one of the major events on the Australian hang gliding calendar, I weigh 84 kg, I am reasonably fit and I have been doing small amounts of running, swimming and cycling. On the day before the competition, I decide that I will do a jump on the BMX track, it doesn't go to plan and I land awkwardly on my ankle. I should at this point withdraw from the hang gliding tournament, but I don't and by the end of the competition 8 days later I have one very mangled ankle.

I keep swimming when I return to Sydney, but I later find out that this is making the ankle worse rather than better, I end up settling for becoming sedentary.

..unfit and overweight

Fast forward to late 1998, I have a realisation, it was a simple realisation; "I am unfit and overweight", the surprising thing was I had to get scared before the realisation was real enough for me to do anything about it. What scared me? I am a hang glider pilot, I love it, during summer quite often my friends and I will head inland and try and fly long distances in our hang gliders. On this occasion we had arrived a little late, so it was a rush to get our equipment ready for take off. It was also a very big squeeze for me to get into my harness, it had been custom built for someone who looked very much like me in every way except that he was 20 kg lighter. I was sweating before I even launched! It was a struggle to get some height that day and I very quickly became fatigued. After about an hour of flying my fatigue and the pressure of my harness on my stomach was making me nauseous. So I radioed to our driver that I was only going to fly 30 km and land at an airstrip at Bundara. Then I made some mistakes due to my fatigue, I fixated on making it to the airstrip and miscalculated, with the result that I had to find an alternate landing while quite low, I ended up landing tailwind and dangerously. If I had been unlucky I would have hurt myself. As a hang glider pilot, I pride myself in leaving a margin for error and flying safely, I was furious with myself. I did not fly the rest of the weekend and I caught the bus back to Sydney, I vowed to my team mates that I would see them at the Victorian Open hang gliding champ onship (in March 1999) and that I would be down to 83 kg (from 97 kg) . I think they thought that was the end of my hang gliding.

..old, fat, slow and ugly

So I started running. About 5 times a week, about 6 km, very slowly and not timing myself. Pounding along the paths of Mosman and Cremorne I could be spotted, and when I came to a slight incline you might hear the exclamation "Ich bin alt und dick und haesslich und langsam" in a thick Swiss German dialect and then see me pound up the incline with renewed vigour. Translated it means "I am old and fat and slow and ugly" but I like the sound of it in Swiss German much better and it reminds me of the resolve and determination I had to have at the time when I was living in Switzerland.

So why - "old and fat and slow and ugly"? Well I was playing sport (Ultimate frisbee) with a team I used to captain a few years back and I dropped a catch. My teammate was disgusted, turned to me and and shouted "You are old and fat and slow and ugly!" I looked at him plaintively and in a hurt voice said "I am not old" I took a liking to the tag, and now that I am a bit older, well is seems accurate enough, so if you want to give me a hurry up during a race sometime, "You are old...", I won't be offended.

Helen of Troy

Where was I? Running 5 times a week...
Then I had a bit of motivational luck. After some running I decided that I would get a massage, I was feeling pretty sore, and there was a flyer in my letterbox, so I organised one. The name of the masseuse, is Steph and well, she is lovely, I instantly took a liking to her. A sort of modern day Helen of Troy. Rather than launching a thousand ships, I used it as a motivation to do my running. I couldn't possibly justify getting a massage from Steph unless I had been working my body hard, now could I? I wanted to do hand stands in front of her, like Tom Sawyer in front of Becky, I had to settle for, "O.K. I am this guy who sets goals and achieves them, just watch the athlete emerge, baby". I have a big imagination, that I use all the time, when I am hang gliding. I do deals with the thermals and the clouds,

which apparently the other pilots don't do (although as we glide over large expanses of forest without good landing areas, I am not the only pilot who hums "Ride of the Valkeries"). When I was flagging in my running, it was easy, it was all karma points, and if I got enough I would end up walking along a beach with Steph hand in hand when I was 60. (O.K. that's not EXACTLY what I was imagining, but I am sure YOUR imagination is good enough to figure out the rest).

That reminds me of a comment on one of my "creative writing" exercises from the English teacher when I was in year 10. "It doesn't matter what topic we set, science fiction, drama, etc. you always turn it into a romance, I guess that is adolescence". So here I am urning a running story into a romance, I guess I will get past adolescence soon.

When the Victorian Open came around, I was there, I took a set of scales for the "weigh in", and I was 84 kg (sigh). I ended up coming 3rd in the championship, I was pretty happy.

A steep hill, rolling down

So I am running to get some fitness, but then I started running some more, why? Well I knew my motivation would not last unless I had a goal, I started going in some races. Then I got lucky for a second time, I was at a family gathering and there were comments about my appearance (I had lost 20 kg, it is hard not to notice). My brother told me that he had run a 10 km race in 39:30. This was a bit hard to believe, my brother watches more sport on television that he actually participates in and he supports a bit of a paunch, still, the time he was claiming was from some years ago. When I imagine it I think of a very big hill with the race starting from the top. Still it gave me a goal, the only
thing is that 39:30 sounded pretty tough.

Actually what I really think of is a steep hill, my brother lying on his side and rolling down the hill, a bit like the humans with four arms and four legs described by the playwrite in Symposium, just stick 'em out and roll. Well, that's enough sibling rivalry, at least for this paragraph. During training runs sometimes I raced the ferry from Cremorne Point wharf around to Mosman wharf. The ferry always won, but it was close, I think it's about two kilometers and I think the ferry takes about seven and a half minutes, but that's just a guess.

So I started running more and going in the 8 km races that the "West Metropolitan" group put on. My friend (my best mate) Alanna came along to encourage me and went in the 2 km races some of the time. It was clear from my times that 39:30 was a way off. I started to think about how to train effectively and I asked John Sauer (who was regularly winning the races) for some advice about training. I also e-mailed my friend Sam in the United States, who is a very good runner and I asked him the best way to run faster.

My first 10k race

In June I ran my first ever 10 km run, it was the Striders Lane Cove River track, it was sure to be a PB! I grew up living in Grosvenor Road, Lindfield, less than a kilometer from the start line, so I had jogged up to the top gate and back many times. To my surprise I ran 40:40 that day, which was considerably better than my times in the 8 km races suggested that I would run.

Unfortunately I then had a business trip to Miami, which did not include running, it included the inside of a hotel room and the inside of an office block and a taxi ride between the two, during which I got to notice that it was either hotter than 100 degrees Fahrenheit, or pouring with cyclone induced rain.

On my return I managed to get a bout of the flu, so in the month and a half following the Lane Cove run , I only did about 5 runs. I then set myself a schedule that would result in me beating 39:30 on the 7th of August at the Meadowbank run. It included a race at Gosford (42:22), the Epping (43+) and the Minimos (41:10). When the day came though, I performed below expectations (41:21) . Clearly I still had a long way to go.

Race the Ferry

Alanna, who had come to watch the race and has been involved in athletics all her life, sat down with me and we thought about it. The answer was obvious and it was track work, I just did not want to own up to it because I remembered how much it hurts from having done it for other sports. Rather than do actual track work what I started to do was "race the ferry". I
started racing it three times Cremorne to Mosman, then Mosman to Cremorne and then back again. During the middle of the day this gives about a 5 minute recovery. I never actually beat the ferry 3 times, but it is good fun, the deck hands have got to know me and shake their head as though I am a loon, which is very encouraging. When the race at Mrs. Macquaries chair came around, I was feeling confident, Alanna was there, John Sauer was taking an interest, the time I did was 40:30 I was disappointed. Alanna was a bit non-plussed at the idea

The Runners Shop

that you can run a PB and be disappointed, but well I had my goal and I hadn't achieved it. (The winning of the handicap was some small consolation, after all, seeing my name at the top of a list of athletes was not something I had seen before)

Jog before a race

Another piece of advice that I got from Sam (I keep e-mailing him my race splits and asking for any advice he might give) was that I should jog a couple of kilometers before the race and at least 500 meters at race pace. He thought that the fact that my first 1-2 kilometers was always at a slower pace was a sign that I was not ready to run.

I struck to my training, and when the next Meadowbank race came around, I dutifully went out and ran my 2 kilometer warm up. Today was going to be the day, I was sure of it. I started out well and at about the 3 km mark George Lisson was coming through, so I tacked onto the back of him, I went through 5km in about 19:20, looking good!, at the 7 km mark I was was still on good pace. Then George slowly started to pull away (as did Joanne Cowan and Jenny Truscott who were just in front of us), you know the discussion;

Head: Come on body you can do it.
Body: No way man, it is not going to happen.
Head: Come on, I won't ask you to do it again, we just have to beat 39:30. honest.
Body: Sure, heard that before.
Head: Come on!!
Body: This is all I have pal, cope!

With about 500 meters to go, Gary Aitkenhead came steaming past, that hurts. As I was about to round the last turn, I heard John Sauer yell out. There was an ominous feeling as I rounded the corner, the clock said... 39:47, 39:48. I put the sprint in and managed to finish in 39:59. I had broken 40:00, I had run my PB, but you know, I had not beaten 39:30, the Free family 10 km road race record was not mine. Hmm, next time.

The masseuse

In the mean time something very unexpected had happened, against all odds, Steph (The masseuse) had shown an interest in me, You see all those Karma points do add up. Some of the things that I imagined during training had become reality! (I'm not 60 yet, you figure it out). Except she also then moved to Perth. Damn!

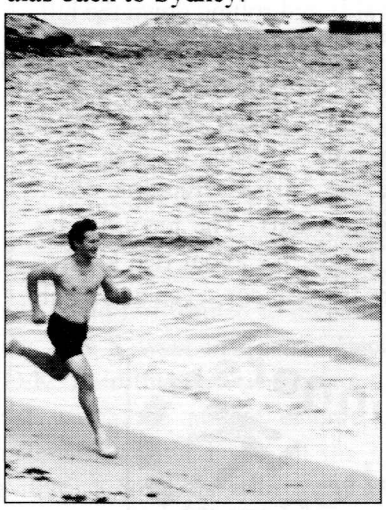
She was not keen on my going to Perth, but I was prepared to make the big play and just turn up, although it was a bit of a big decision, and she needed some time to sort herself out. O.K. let the Karma points decide, if I could run 39:30 then I would go to Perth and try and woo the girl, if not then I would stay in Sydney.

So when the final 10 km race of the year, Lane cove came up, I was physched. Too psyched! I went out way too hard. This time Gary Aitkenhead went passed me at the 6 km mark and I was already gone. I ended up doing a 40:20. I was distraught! (Most people would not be that upset at running there second best time, but there was a lot at stake!) Not to mention that physically I had paid.

39:33

What to do, what to do? Sri Chimcy was holding a 10 km event the next day. If I ran 39:30 in that, then that would redeem the situation. Soon after the start a pack formed, there was a guy looking very smooth, so I hoped in behind him and just hung onto him. At the 5 km turn around, the marshal said "four, five", "eh?" I thought to myself. Oh. I'm coming 5th, wow! weak field! At about the 7 km mark we hit a headwind and my bunny slowed noticeably, I went around him, but I yelled "come on - were doing this together - stick with me". Obligingly he did, still I got to lead into the headwind which did not seem to be the perfect plan, but I didn't have an alternate one. After about a kilometer he took the lead back, and with just under a kilometer to go, I could not hold on to him any longer. I kept going as hard as I possibly could (remember what is at stake here!) . I really do not know how I could have gone any faster that day, my bunny did 39:27, he beat me by 6 seconds. Ah, I can hardly say it 39:33.

Despite the lack of Karma points, I did indeed go to Perth, and I am sure that when I think back to 1999, it will be the two weeks I spent in Perth that I will remember. However, I did not "get the girl", of course "the girl" is a silly concept, yet, this was "the girl". So alas back to Sydney.



Michael sent this picture with his article. I'm assuming it's him and the ferry has already lost the race.

How about a marathon

I was talking to a friend, Piers Truter, from another sport (ultimate frisbee, again), and he asked why don't you go in the Sydney Marathon? (once in a lifetime chance and all that). "Because running more than 30 km is stupid, you use up your glycogen store and start breaking down your own muscles, it is an exercise in stupidity and pain" I chirpily replied. Later in the conversation he admitted he was aiming to break 3 hours, and that he had training schedules for 3,4 or 5 hour marathon attempts and suggested that I should be able to break 4 hours for the Marathon. He might as well have said "You old codger" and spat in my eye. He didn't mean anything by it, he was just making sensible allowances for somebody older and slower than himself, but I heard it. I think 3:20 is probably a realistic goal for me for the Sydney Marathon, but I'm not really into realistic goals, I just hope I get to make some comment about young whippersnappers going out to hard somewhere in the last few kilometers of the Marathon.

So I have started to do the training to do a 3 hour Marathon. The thing about that, is that it means I really have to be able to run about a 38 minute 10km. So I have started to doing the extra kilometers. With the extra training, I did a 7 km race on Australia day and did it in 26:53, so at that pace I really should be able to do my 39:30 now. I looked up the date of the race, 5th of February, Hmm - that is Steph's birthday, I don't know quite what to make of that omen.

Today

The 5th of February rolls around. Alanna is there helping people with the organization. At the start line there are the now familiar faces of several strides, I think of Steph, I think of the goal that I have had for over 6 months, I think of how Sam advice and John taking an interest and I think to myself "well, for one small part of your life, today, TODAY, you are going to be the best you can be."

I set out at the right pace. At about the 3 km mark, I find my legs are very heavy, and I think that perhaps the track work I had done on Thursday was affecting me, no, no, no negative thoughts now, push on. George Lisson comes up beside me, good I will hang off him, he goes at the right pace, damn, he is getting away, push on, push on. A little bit latter, Stephen Ball, comes up beside me. He had finished just behind me on Australia day, so hopefully he was running at the same pace today, that would be fast enough. He asks "How are you going?". I say "Shit". He said "Trained too hard?". I say "Think so". I try and fall in behind him, he runs off into the distance.

I am still telling myself the lies though, Stephen is having a blinder, keep pushing, you never know. Gary Aitkenhead runs up beside me (I know he is aiming at 41:00 today!). He runs past me. My spirit sinks. I finish the race in about a time of 41:20 and allow myself 5 minutes of quite contemplation before joining in with the crowd and having some food. John Sauer asks me how I went, I just give him a thumbs down signal. I feel the failure, but that is good, because when I succeed I will feel that too.

The next opportunity is the 11th of March at North Head. I have in the mean time realised that I wont be running a sub 3 hour marathon on April 30, but I am still training. I have some done some track sessions with Sean from Melbourne.

On race day, Alanna comes out to North Head with me. I go for a little run to warm up. When I get to the start line Sean and Donna comment that I looks serious. My instinct is to deny it, but of course I am going to give it my all, so of course I really am taking it a bit too seriously, but that's o.k. sometimes.

When the race starts, I settle into a pace, I see Jenny Truscott just in front of me which makes me wonder if I a going a bit too fast, I do the first km in 3:47, the second km I reach at 7:30, rather than chastising myself for going out too hard, I just tell myself 8km at 4:00 minute pace, I can do that. I am not really feeling that comfortable, but I pass the 5km mark in 19:20, so far so good. Sean comes up beside me, "Your going well", he comments. I am starting to struggle though. As I come around the turn Stephen Ball is just a little behind me and gives me the thumbs up sign. I am getting encouragement from everywhere, but as I work my way up the long gentle incline, it is hurting.

Halucinations, just concentrate

Alanna tells me that when she saw me after the 6km mark my shoulders were slumped inwards and I looked in real trouble. I start to tell myself all manner of lies, "You can give up running if you do 39:30 today, just put in, just 4km to go, thats just two races against

the ferry, come on!". "Just keep rolling", "relax your shoulders", "use your arms"... Is that a Truscott (probably Latin for poetry in motion) not in the lead pack? Damn, now I am hallucinating, just concentrate... When I get to the 9km mark, Alanna announces "35:40". I reply "That can't be right". What I was trying to communicate (but did not have the mental reserves to) was that I just did not want to believe it, I was stuffed and I did not want it to be true. So I tried to increase my leg turnover, I started to dry retch, so I backed off a little, then tried to accelerate again. The guy I was passing must of thought I was mad. I push myself pretty hard at times, but today we are going to the limit. Stephen Ball came steaming past me looking untroubled, I just kept trying. As I rounded the bend I saw the clock 39:10, I ran it out until the end.

39:22 - Did it

Michael Free

A fantastic story from Michael. Judged by the pic, you are build very similar to me and not much older, so I now know what to aim for!!!
-Ed.

The 2000 Super Series

The first 3 events of this year's series are an indication of what the Series is about. We've had a 30k race on hills, a fairly flat 10k race, and 46k's in the bush. I'd like to say the smoke has cleared, but the ultimate winners still appear to be well disguised, except perhaps in the Men's General Section.

General Section - Men

The big story this year has been the dominant performances by Bernard Fortune. In three events, he has been first eligible runner home twice, and second one. Barry Rutter, who appeared rarely in 1999, is in second position, and leads the Over 40's. In the Over 50's. Graham Willis leads a strong field, while the ever popular Frank Dearn has the early lead for the Over 60's.

Bernard Fortune	124
Barry Rutter	99
Tim Austin	76
Andrew Smith	75

General Section - Women

There a re two leaders at present, Robi Russell, who also heads the Over 50's, and Kirsten Themsen, who also leads the Over 40's. Joanne Cowan (3rd) and Dawn Tiller (4th) are more likely to chhose their events. It looks like being very interesting.

Robi Russell	104
Kirsten Themsen	104
Joanne Cowan	84
Dawn Tiller	82

Age and Gender Adjusted Division

Competition is again close and interesting in this section. Because three events can be dropped, it will probably take until the last event before the winner will be clear. The top scores so far have come from Joanne Cowan in the first two events, and Warwick Selby in the Six Foot Track.

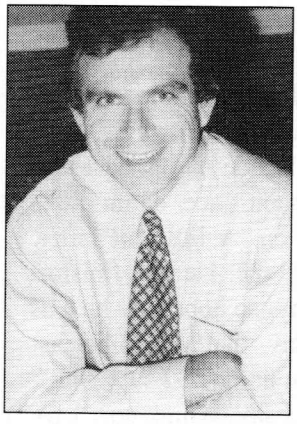
Barry Rutter	2216
Bernard Fortune	2188
Alf Field	1981
Graham Willis	1976

Events to Come

It looks as though this year's events will be the same as those in 1999, although we are still awaiting a date for the Interclub Challenge (which will be held a little closer this year). The Equaliser will be held later this year, as other events have been pushed forward for Olympic year. Running the Equaliser a little later will mean that we'll have a September event, and we can avoid last year's problem of events on successive weeks, followed by long gaps.

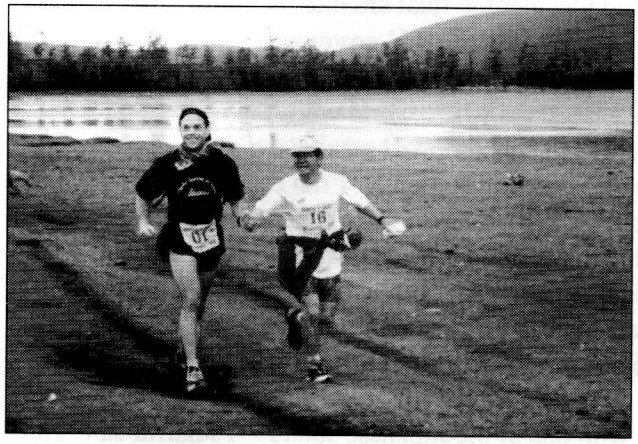
April 30	Host City Marathon
May 21	Sydney Half Marathon
June 18	Woodford to Glenbrook 25kms
July 16	City to Surf 14kms
August 19	Mt. Wilson to Bilpin 35kms
September 10	The Equaliser 15kms
October	Interclub Challenge 10kms
November 4	Final Striders 10k race

Kevin O'Kane



Kevin has again this year taken on the job as Super Series coordinator - as well as finishing the MTG. Great effort.

Mongolia Sunrise to Sunset 100 km



Tyler with sin japanese friend.

The local Buddhist lama had predicted that the race day we had picked was inauspicious. But instead of advising us to change the race date, in the few months before the race, he actually tried to persuade the heavens that the 100km Mongolia Sunrise to Sunset was important enough to enjoy good luck, no injuries, and good weather. I'll never know what he did to accomplish this, but it took weeks of mysterious activites, we were later told. The race date was right in the middle of the Mongolian Nadaam festival, which is the main annual holiday in Mongolia: a time for horse races, Mongolian wrestling, archery. This far north, most of the nomads rarely saw much of the festivities, and our little ultra was to be a rare spectacle for the local nomads. Perhaps this was why the lama went to so much trouble, or maybe he was just afraid that some crazy foreigner was going to run faster than one of the strong and rugged locals that were entered in the race.

Sleepless night before

The night before the race start, the electric storm that rocked the night skies over the camp worried me a little. The dumping rain had been sizzling on the chimney of our yurt's wood stove ever since the power generators stopped at 10pm. I privately thought that the storm would give my partner Tamsin and me an advantage because we had trained for this race in stormy Colorado. On one of our long runs in Colorado we had actually been caught in a terrible flash flood that kept us out for 10 hours longer than we had planned, with only our camel backs and running shorts to keep us warm. But still, I didn't sound like the sound of the rain, and I hoped that it would stop. The more I thought about that - while I lay restlessly in my bed by the fire - the less sleep I managed to get.

Actually I have found that poor sleep the night before a race doesn't slow a runner down significantly. For the Hongkong Trailwalker, I went sleepless the night before the race as my partner was sick, but we ran/walked well... For the Leadville Trail 100, I only managed a few hours sleep before the 3 A.M. race check at the Leadville Trail 100 and I ended up finishing that race too. (I slept long and hard before the 6 foot track this year and ran pretty poorly.)

Coffee, bread and cream

But the fierce Mongolian storm broke at 3:30 AM, and the rain was to stay away for the entirety of the race. I was far too lazy to bother re-lighting the fire in our stove, of course – I just threw on my running gear and grabbed my drop-bag that I had packed the previous day, and went to grab my number at the sign-in tent, drink some coffee that the Mongolians somehow managed to bring in by 6 hour jeep and 2 hour flight from Ulaan Baatar to our race venue, God bless them, and eat some homemade Mongolian bread and cream in preparation for the 100km ahead.

The Mongolian runners were up much earlier than I. And they looked fresh.

Views above the timberline

I ran well into the first aid station at kilometer 12, though I was certainly not in first place. I was told that several Mongolian men and a Japanese woman had already breezed through. "I set this course and they must have gone out too fast... haven't they?" I thought. "the big 5km 650m climb is right up ahead and I'll surely catch them near the top." Guess again.

I ran alone up this hill, still saving my legs for later on. Alone with my thoughts of the general state of the world, what I might be able to do about them, and observing those fields of purple flowers that look so much like Colorado Columbines – 'I wonder if they are related?'. Still not catching the Mongolians. I was thrilled to make it to the top, above timberline, and with the whole of lake Hovsgol below me. I knew there were small communities of nomads in the forests lining the lake, but from up here all you can see are the trees and the deep blue green water of the lake. Up north you can see the forbidding snowcapped Siberian mountains that guard the border between Russia and Mongolia. To the west is the rarely traveled Mongolian wilderness, and the next 83 km of the course.

I blew down the grassy meadows, my heart in my mouth, and passed all but 2 of the Japanese runners, but I couldn't see any of the leaders. Through the 2nd aid station at 25.5km in 3 hours 49 minutes, already more than 30 minutes behind the leading runner, according to the aid station volunteers. I started to wonder how strong these Mongolians really were…

Then straight up, bushwhacking through dense forest on the game trail that went straight up the side of the hill. We intentionally set the course on this existing game trail in order to have minimum impact on the area, even though this damn trail didn't switchback…. I started to hurt, but I was still passing an occasional runner and I felt I must be making up time on the leaders.

Nomadic children following

Meadow-pounding down the next hill, through the wild shallots and gentle horse tracks, was thoroughly enjoyable and at 42km aid station 3 I felt great, coming in just over 6 hours, well ahead of the 8 hour cutoff time. Then I learned that the leading Mongolian runner had over an hour on me at this point. I smiled and realized that the Mongolians were for real.

After hours of meandering lakeside trailrunning, with nomadic children following for a few meters whenever the course went by their family's yurts, I reached aid station 4, and was totally exhausted. The Mongolian volunteers and the smiling doctor had prepared a few stools for runners and they sat me down, feeding me potatoes with fresh cream as they took my blood pressure. I never thought anybody could be so cheerful in the presence of such a downtrodden, fallen warrior. But after 6 minutes I felt a bit better and moved on, and a few more km of easy running and I felt good again.

Japanese superheroes

Running gently and comfortably through the open valleys away from the lake in the next course segment, I felt free and meditative, with only a runner 2 or 3 km off in the distance to remind me that I was not alone. I made it my unspoken goal to catch this runner before the next aid station, and I did. It turned out to be one of the sisters that we dubbed 'Japanese superheroes', due to their incredible posture and their running gait that made you think they were about to take off into the sky. She was smiling but looked tired. We ran together for a while, and I left her to rest at aid station 4, a top 3 finish still on my mind.

Later on, she would finish her first 100km race in tears and with a huge smile, hand in hand with her sister, who finished before her and ran back in order to run together the final km into the finish area.

TV coverage

10 or so hours and 60 km into the race, I felt like I faced the whole world when the ESPN Star Sports cameras followed me down a sun-bathed meadow into aid station 5. I ran especially fast for the cameras, imagining 36 million households somehow being impressed by the display of such strength and courage after 60km, but alas I must have looked pretty average because they edited me out of the tapes! Helped me gain 5 extra minutes anyway.

By the time I reached aid station 6, I had linked up with one of the Japanese squad – Tsugawa-san. He and I ran together for every painful one of the final 25 kilometers. Naming all the beers we knew, telling tall tales of past ultra experiences, and lauding the incredible performances of the Mongolians. It was one of those end of ultra mutual efforts that result in a permanent friendship. We were both made aware that 4 Mongolians were well ahead of us, as well as a German, a Swiss, and the other Japanese superhero. We were running to the second tall tree on the right, and walking to that yurt, pushing each other to the finish. Suddenly in the distance my partner Tamsin, who had completed her goal of 42 km with no previous training due to an injury, appeared in the distance on a damned BICYCLE. She had cycled all the way from the finish to cheer me in. You will know how moving such a site can be, after such an exhausting run…

Finish

Many trailside yaks and favorite-beer-recitations later, the end finally came at 15 hours 39 minutes. 100km distance, 3365m elevation gain/loss. Tsugawa-san and I finished hand in hand, to a politely cheering crowd of local nomads and others, as well as a dozen sheep and a few yaks. We both drank hot soup greedily and smiled, pretending to be stronger than we were as though we could just go run another 100km if we had to. But the act quickly dissolved when we learned that the winning time was 12:22, the new course record set by a young Mongolian marathoner on his first ultra. Over 3 hours ahead of us. We later saw on the ESPN video that he finished to a frenzied Mongolian welcome, as the local nomads are sports crazy and were so pleased to see a Mongolian face win Mongolia's first truly international running race, an ultra no less. But I'll get them next year…. I'll have a couple dozen STARS and perhaps a Sydney Trailwalker under my belt by then …

Tyler Pike, 9 March, 2000

Catalina 100 km

This article was circulated on the LiSSt, so you might already have read it. Do it again. Young John Worswick has "produced" another one.

Date: Saturday, 26th Feb, 2000 Start: 5:00am
Location: Catalina Island, California (1.5 hour ferry from Los Angeles) Also a 50km race starts at 6:00am.

The race starts and finishes in the town of Avalon and follows a figure of eight around the island of Catalina. The course is mainly on good fire road with about 8 miles of tarmac. There are two main climbs the rest being rolling ups and downs.

Catalina Island has only about 3000 permanent residents, most of these people situated in the main town of Avalon, this booms to about 20000 during tourist season. The town is crammed in-between high valley sides with architecture that makes it resemble a picturesque Mediterranean resort.

Golf Carts

The main form of transport used is golf carts which zip around the streets ferrying locals and tourists alike. The majority of the rest of the island is either farmland or preserved land and not easily accessible unless by sea. Herds of Bison roaming around brought over in the 20's for a Hollywood movie. There are many activities such as scuba-diving, whale watching, golf, horse riding and hiking. The island is definitely worth a visit.

Around 90 people started the race on the main street of Avalon across from the beach in the dark and cold. As there had recently been storms and lot's of rain in Southern California many people were worried that the day would be cold and miserable so started with gloves and a rain jacket, as it turned out it was a perfect day for running.

Self made tights?

Eric Clifton the icon of US ultra running, followed his usual style by sprinting off into the darkness dressed in bright multi-coloured tights (self made I believe!), followed by a steadier paced Ian Torrance. Next a group including Tom Nielson, Doug Spencer, Scott Appleman, Dave from Florida and myself. The rest of the competitors taking their time on the 2-mile stretch through the town up a short valley prior to the 1st major climb.

The Race

After a zigzag climb of 1070 feet we arrived at the top and then continued on a ridge trail before arriving at the road section that took us to the islands small airport and the 1st aid station. The sun was an orange glow on the horizon and as we were running on a narrow plateau between each side of the island we had glorious vistas. To the East we could see the 9000-foot mountains peaking above the clouds on the mainland just the other side of Los Angeles. Behind us we could see Avalon just waking up in the early dawn. To our right the steep cliffs rising from the ocean.

We then headed across the island and downhill to arrive at the west side and the next aid station. By this stage Eric was a good 8 minutes in front Ian who was 4 minutes ahead of Tom, Scott, Dave and myself. Doug had dropped of to relieve himself and must have fallen down the cliff or something, as we didn't see him again until the finish line many hours later.

We then wound through various small valleys cutting through to the little hamlet of Two Harbours at mile 24.4 (aptly named due to it being at an isthmus). My time here was 3:18 and ahead of schedule, I was in 5th place just ahead of Scott with Dave and Tom a minute or so ahead.

We then followed a loop going in an anti-clockwise direction, which returned us to Two Harbours. This section followed a flat windy fire road around the coast about 50 feet above the water. We then came to the 2nd major climb which was straight up Boushay Fire Road. This lasted for about 2 miles and 1590 feet bringing you out on a ridge that gradually falls away before abruptly dropping you back down to Two Harbours. By this stage I had passed Dave and caught Tom. It had taken 1:56 to do the loop. Coming down the ridge we glimpsed both lead runners not far in front, Eric losing his large time advantage during this section.

Tom and myself then spent the next 18 miles working away at the lead. We followed the same route back to the next aid station then turned right, to the west of the island and to the Middle Ranch area. We passed Eric but made no headway on Ian staying 3 or 4 minutes behind. By this stage the distance had begun to take its toll, I got a 2nd bought of nausea and my pace slowed on the flat and downhill sections. Tom pushed on to chase Ian and I was left alone feeling beat. I began the fatal glimpsing over the shoulder for a challenger. Sure enough at 10 miles to go Eric came speeding passed just

as we hit the Pump House Hill climb that brought us back to the airport road.

The next few miles of small rollers, which took us to within 5 miles and all downhill to the finish, weren't much fun for me. I hung on then let gravity take me downhill with a grimace every time my feet landed. My quads were burning and I had developed a number of blisters. Luckily the next runner was at least 30 minutes behind so I remained in 4th place, a very satisfying result due to the caliber of the 3 runners in front of me. The section from two harbours took me 3:51.

Ian held off Tom, both having superb races. Eric came back from the dead to finish in just under 9 hours a few minutes behind. Following me, a fresh looking Guillermo came in, with Scott following. Suzanne Brana demolishing any female competition with I believe more than 2 hours in hand from her next rival.

Thanks to all the aid volunteers and of course the R.D. Baz "the drunk" Hawley for making it a great day.

100km Results

1.	Ian Torrance	8:59
2.	Tom Nielson	8:55
3.	Eric Clifton	8:59
4.	Jonathan Worswick	9:06
8.	Suzanne Brana	10:03 (1st Female)

Jonathan Worswick

The Cities Marathon

The date for the Cities Marathon in 2000 has been altered. From late June, it is now Sunday July 30, according to the latest edition of The Right Tracknewsletter. A message from the Manager of Blacktown City Council details the change.

So now it doesn't conflict with the Shoalhaven Ultramarathon anymore...

Sean Greenhill

Palm Beach to Manly Results

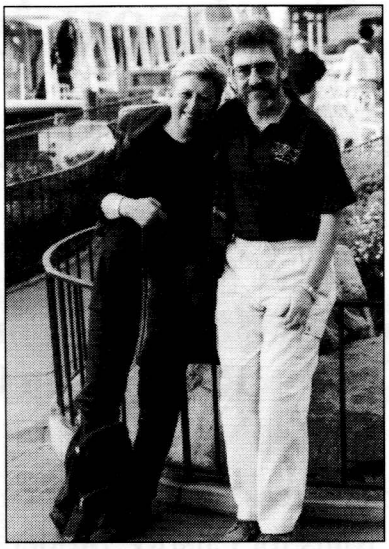
Mathew Kaley	02:03:17	
Bernard Fortune	02:03:40	
Philip Boswell	02:06:11	
Tim Austin	02:07:34	
Richard Briscoe	02:09:48	
Guy Griffin	02:10:33	
Joanne Cowan	02:10:33	F
Andrew Smith	02:11:49	
Barry Rutter	02:12:15	
George Lisson	02:14:11	
Raymond Potter	02:16:10	
Clara Vucetic	02:18:15	F
Malcolm Satchell	02:19:30	
Jeff Gissing	02:19:44	
Stephen Ball	02:21:30	
Joanne Barton	02:22:48	F
Michael Free	02:23:30	
Mahmoud El-Khansa	02:24:48	
Louise Walker	02:29:46	F
Michael Wilson	02:30:05	
Mike Hansen	02:31:12	
Peter Hammerschmidt	02:31:20	
Geoff Taylor	02:34:11	
Paula Whitehouse	02:35:09	F
Denise Carney	02:37:08	F
Graham Willis	02:37:08	
John Olsen	02:37:14	
Michael Johnstone	02:38:07	
Derek Smith	02:38:24	
Andrew Waudby	02:38:47	
Ron Schwebel	02:39:30	
David Theriault	02:41:33	
Carl Jefferys	02:41:44	
Robin Cameron	02:43:00	F
Keith White	02:45:12	
Charles King	02:45:21	
Sarah Braund	02:46:51	F
Scott Trevethan	02:47:05	
Graham Butler	02:47:17	
Alf Field	02:47:19	
Roz Lloyd	02:47:30	F
Penny Smith	02:48:01	F
Ted Brailey	02:49:50	
Joe Degabriele	02:50:06	
Philip Kennedy	02:52:57	
Tyler Pike	02:54:07	
Sharon Callister	02:55:03	F
Patricia Morris	02:55:05	F
Brad Renshaw	02:57:53	
Michael Bailey	02:57:57	
Robi Russell	02:59:49	F
Kirsten Themsen	02:59:50	F
John Simmonds	03:09:23	
Dawn Shaw	03:09:44	F
Steve Cornelius	03:10:30	
Andrew Joseph	03:10:58	
Frank Dearn	03:18:40	
Yvonne Sobolewski	03:18:41	F

STRIDERS TO CARRY TORCH.

Long-time Strider members will remember PHIL GARVIN for the many extraordinary marathons he ran in the sub 2.20's. That's *two hours twenty*. Always the quiet achiever, Phil would sprint through 30k's every Sunday mostly on his own and at the pace most of us raced - over 10k's! Phil has lived in Canberra for many years now. The lone athlete finally married. Julianne is one of nature's lovely, gentle people. They are living in Queanbeyan, go to the gym together, travel as much as they can and are even known to run. My wife, Helen and I, always enjoy catching up with Phil and Julianne whenever we're in Canberra. Now we're thinking how nice it'd be to see Phil carry the torch. Maybe even run along with him, Strider support group."

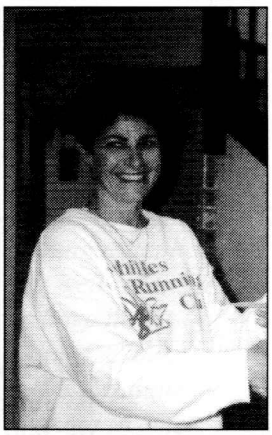
John Ayliffe

From a usually reliable source it has come to the editors attention that Roseanne Green also is going to carry the torch. Congrats on your selection Roseanne. -Ed.



Phil and his wife Julianne in a relaxed moment

The photo library contain a very limited numbers of photos of Roseanne, so why not reuse an old one. She is doing a fantastic job with Achilles.



Striders in Training

What and When	*Who*	*Where*
Achilles Running Club: Chris Robb 9959 4269. Assisting disabled walkers/runners. Sunday 8 am.	Rozanne Green, Chris Robb and others	Hyde Park near St James Station, Elizabeth Street, Sydney
Equalizer AM Group: 12k or so, Wed. 5.30 AM. Contact Kevin O'Kane 9283 3355	Charles King, Brian Grant, El Pres, Mike Hansen, Sharon Callister and others	Acron Oval, Akron Road St. Ives
Equalizer PM Group: Up to 14k, Wed. 6.00 PM. Contact Mike Ward 9957 3566	Check for group details for winter months.	Wyatt Reserve, Wyatt Avenue, Belrose
Lane Cove River Runners: About 10k. Tuesdays and Fridays 5.45 PM. Contact Mike Ward 9957 3566	Mike Ward, Dean Gardiner, Rod Lovell, George Lisson, Ross Sinclair and others	Lane Cove River Park, Fullers Bridge Entrance, Fullers Road
Marathon Training Group: About 10K. Thursdays 6.00 PM. Contact Kevin O'Kane 9283 3355	Michael Bailey, Ricard & Bronwyn Wassell,Brad Renshaw, Carol Taylor and numerous others	Waverton Bowling Club, Wollcott St. Waverton
Saturday Morning Bush Group: Northside Bush run, 6.30AM summer, 7.00AM winter	Jonathan Trope and others	Various locations. Contact Jonathan

Sydney Striders
Y2 10k Race Series

Sydney Striders Open 10k Race Series

- **Four Scenic Certified Courses *Start 7 AM sharp,**
- **Registration from 6.15AM**

Entry fees for 2000: Striders $5, non-Striders $10
Runs for Charity: Striders $7, non-Striders $12
Entry fee includes refreshments

Enquiries:Sydney Striders 0500-JOGGER or
www.sydneystriders.org.au

2000 Programme

06. May	**Mrs. Macquaries Chair, The Domain**
03 June	**North Head, Sydney Harbour National Park**
01 July	**Mrs Macquaries Chair, The Domain**
05 August	**Lane Cove National Park**
02 September	**Meadowbank Park**
07 October	**North Head, Sydney Harbour National Park**
04 November	**Lane Cove National Park**

The Sydney Striders are proud to be associated with our sponsor

Normal opening hours: Tuesday, Wednesday, Friday: 9:30 to 5:30
Thursday: 9:30 to 7:00
Saturday: 9:00 to 3:00 Sunday and Monday Closed
They will however process mailorders at no additional charge to Striders and you can still maintain your 25% discount as a member.

Randwick Runners Shop
223 Clovelly Road, Clovelly, NSW 2031
Ph.: 02 9315 8711 Fax: 02 9315 7382
-ask for Fred

Sydney Striders