

Sydney Striders

Road Runners' Club
Australia



Edition No. 79: July - December 2000

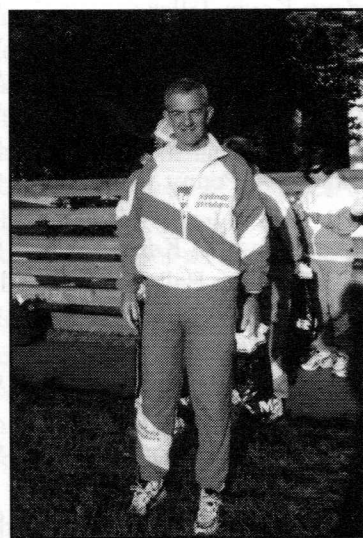
Year 2000

It has been an exceptional year now singing on it's last verse. Due to the Olympic Games, The Marathon Training Group and The Super Series we have seen more Striders in training and participating in races than ever before. And that seems to continue with the membership database now exceeding 400 financial members. Maybe running again is gaining momentum as a recreational pastime.

We've seen Striders excel in running events throughout the year. Whether it was on the track or 100 milers. There was always a Strider there to show the colors of the Club. But I guess nothing has dominated Year 2000 as much as The Olympic and Paralympic Games. How refreshing was it to see the involvement of a large number of our club members in all sorts of activities during the games. Not only as volunteers, but also as supporters of the volunteers. I was a volunteer during the marathons and several Striders came during the events and said hello. Marvelous.

Of any particular event, the Host City Marathon must be it for 2000. Striders had around 60% of the Club members on the start list. It's particular memorable for me, because I was the last Strider over the line. Hopefully Sydney can establish an annual marathon event and give me another chance. Except for a DNF I can only improve.

With a 10K series bigger than ever, a Super Series now established after a successful second year, a MTG exceeding 100 members on the trot for Canberra in April, membership up and Star's organised perfectly, let me wish you a Merry Christmas and a Happy Running New Year. We have a very sound club, please use it!!
-Ed.



Ex-president Alf Field captured shortly before the start of Melbourne marathon - his marathon number 100. Congratulations and well done Alf. I'm only 94 behind you. -Ed.

Content of Blister No. 79:

- ♦ Paralympic pilot
- ♦ Melbourne marathon
- ♦ Cities marathon
- ♦ Personal Profile
- ♦ Willie to Billie
- ♦ Super Series (but of course)
- ♦ 10K Series
- ♦ Marathon Training Group
- ♦ Member Benefits
- ♦ How to count your marathons!
- ♦ and much, much more

- so please enjoy!!

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

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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

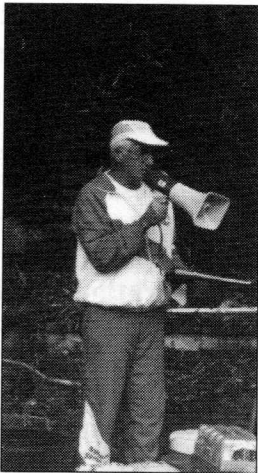
Photographs were supplied by Jim Screen, Kevin O'Kane, Andrew Smith, Carol Taylor, Barry Rutter and Nick Themsen.

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 Barry Rutter, Steve Cornelius, Alf Field, Carol Taylor and Frank Dearn.



L to R: Brad Renshaw, Gavin Morisset, Jonathan Trope, Richard Wassell, Kirsten Themsen, Marie O'Connell, Michael Bailey, Jim Screen, Michael Wilson, Gordon Forsyth and Alf Field before the start of Melbourne marathon.

The Presidents Report



What a buzz. Never have we had it so good. Sydney at its very best. When the Olympics came to town what were you doing? Were you fortunate enough to get along to an Olympic event? Were you lucky enough to be at the Olympic Stadium and see the world's best going at it head to head? Did you see the "Big Man" Michael Johnson run with such power and ease and Cathy Freeman blow them away and Tatiana, wow, and a tiny tot from Japan who set an Olympic best time in the Women's Marathon? And did you see the guts and determination displayed in the Paralympics and the fabulous results achieved by the Aussies in just about every event they were entered? And did you see those wonderful volunteers going about their duties with such friendliness and professionalism? And did you see the crowd behavior; so good it made one feel very proud to be an Aussie? And did you enjoy traveling by public transport again; probably the first time in many years for some of us? It was so good.

And did you see all those Sydney Striders helping out as volunteers in a wide range of activities? What a thrill to drive along the Marathon route and see so many Striders setting up drink stations and crowd control barriers as part of the road events team. And did you see those Striders holding up mile marker signs for the giant American NBC organisation and their partners with the radio head sets calling in the progress of the runners to NBC's broadcast centre? And were you one of the Striders Families hosting an overseas visitor or were you a

volunteer driver? And what about the Opening and Closing Ceremonies? And I could just go on and on and on and on and on.....What a buzz.

And I just have to say that I for one had the very best of times and enjoyed every minute of my involvement with Australia's Sydney Olympic Games.

It must also be noted that the said Olympic games took a fair bit of time out of our normal routines causing some things to be put in the bottom drawer for the time being. Well its all over now and the bottom draws are still there.

Perhaps the main issue facing the Club is how to provide good value for its members. We have over 400 financial members and this in itself provides a challenge. It is not unusual for a prospective new member to ask what we offer as a running club. Although we can list a range of services and benefits these are all provided by volunteers. It is a simple matter of fact that most of us are becoming more involved with work and family and to be expected to take on a "work" position in our recreational life is perhaps expecting a bit too much. But that is what has to happen. Next year we will possibly have several vacancies on the Club's Committee as those who have contributed over the past few years step aside for a well earned rest. Who is going to fill the vacancies created? Hopefully by the time you read this we will have been able to fill the position of 10K Series Director for 2001 with a volunteer who has the necessary organisational skills and the determination to be a success. At the time of writing this there has not been one response to fill this most important Committee position.

Jim Screen.

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

Striders Award Winners 2000

Debut Marathon Award

Male: Berhard Fortune
Female: Tracey Love

Sub 3-Hour Marathon Improver

Andrew Gibbons

Sub 4-Hour Marathon Improver

Sharon Callister

Improver of the Year Award

Michael Bailey

Encouragement Award

Sean Greenhill

Equaliser Cross Country Award

Chris Truscott

Open Marathon Award

Male: Chris Dwyer
Female: Joanne Cowan

Veteran Marathon Award

Male: Chris Dwyer
Female: Joanne Cowan

Masters Marathon Award

Male: Warwick Selby
Female: Tina Campbell

Senior Marathon Award

Male: Alf Field

Club Marathon Championships (Host City Marathon)

Open Male: Andrew Gibbons
Open Female: Joanne Cowan
Veteran Male: Randall Brophy
Veteran Female: Joanne Cowan
Masters Male: Warwick Selby
Masters Female: Tina Campbell
Senior Male: Paul Lunsman

Ultra Runner of The Year Award

Male: Kelvin Marshall
Female: Dawn Tiller

Triathlete of The Year

Paula Whitehouse

10K Series

Handicap: John van Yzendorp
Male Outright: Chris Truscott
Female Outright: Nicole Frykberg

Open Half Marathon Award

Male: Dean Degan
Female: Jenny Truscott

Veteran Half Marathon Award

Male: Chris Dwyer
Female: Joanne Cowan

Masters Half Marathon Award

Male: Raymond Potter
Female: Tina Campbell

Seniors Half Marathon Award

Male: Manfred Fiedler

Club Half Marathon Championships (Sydney Morning Half)

Open Male: Dean Deagn
Open Female: Jenny Truscott
Veteran Male: Stephen Jackson
Veteran Female: Joanne Cowan
Masters Male: Jonathan Trope
Masters Female: Tina Campbell
Senior Male: Manfred Fiedler

Super Series

General Division Male:

Open: Bernard Fortune
+40: Barry Rutter
+50: Warwick Selby
+60: Heiko Schaeffer

General Division Female:

Open: Marie O'Connell
+40: Joanne Cowan
+50: Tina Campbell

Age and Gender Adjusted:

Joanne Cowan

Highest Age and Gender Adjusted Score:

Chris Truscott
(Mt Wilson to Bilpin)

Mt. Wilson to Bilpin

Mt. Wilson to Bilpin 2000 - a view from the back of the pack

The day arrived and my wife Judy and I set out from Lindfield in the Berlina and stopped at Killara to pick up Mike Hansen who was ready and waiting for us. We then proceeded to Bilpin.

The organisation and hospitality were evident as soon as you had parked your car. Hot coffee and tea were available before you even boarded the bus to the starting line. I registered and we then joined the first bus which took us to an area known as Silva Plana Reserve at Mt. Wilson. This is a large flat grassed area, a vast difference to the terrain which I believe was in store for us. It was nice to stand in the sun, being a cool morning and enjoy the food and drinks provided by the organisers, their partners, sponsors, their associates and friends. Plenty of good bush tucker, including damper and cockeys joy (golden syrup).

The race started around the appointed hour of 10.00 AM and proceeded on a stretch of bitumen for about 1 km before turning off into the bush. I had the very good company of Margareth White, Bronwyn Wassell and Carol Taylor from the start, throughout and to the finish of the run.

The run proceeded for about 4 km to Farrar Plateau and we had the motorised bike behind and in front of us for various sections and this was the first drink stop. It was good to see my wife Judy there and our well known Blister editor. They appeared at other drink stations as Nick was able to get his vehicle to these locations. Nick was doing a bit of stirring with his verbals to runners he thought were taking it a bit easy. Andrew Lloyd was also a spectator and was observed doing some stirring and cheering on some friends who were in the race.

The run for the next 6 to 7 km proceeded from Farrar Plateau to "Lindfield Park" and Danes Way Ridge. The terrain covered fire trails, farm land, rough bush tracks, steep climbs, short descents, and in parts we ran through rain forest and ancient tree ferns. From Danes Way to "Irvineholm" the run flattened out somewhat for about 5 km and there was some spectacular scenery and wide scope views.

What great organisation was involved, particular how the course was so well marked, the frequent drink stops, or even food stops as I had some cheese and biscuits at one place. They also

provided great first aid for those who were injured or sick. It was unfortunate for Richard Wassell to pick up his baby daughter Bittany's stomach wog. We passed him as he was forced to proceed at a walk.

The 7 km run down the dirt road to Bowens Creek was a contrast to the 6 km run from Bowens Creek to Bilpin which nearly flattened our little group - with yours truly feeling it the most.

It was my first long bush run and proved a great experience. Thank you Margareth, Bronwyn and Carol for your support throughout the run - and thank you Bilpin Bushfire Brigade for organising such a good run.

Frank Dearn

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Ph: 9968 2034**

Results Mt. Wilson to Bilpin

Letter from Elizabeth Taylor

NAME		Finish
TRUSCOTT	Chris	2:17:05
DWYER	Christopher	2:30:45
BROHPY	Randy	2:33:22
SELBY	Warwick	2:40:16
HUGILL	Phil	2:46:05
TILLER	Dawn	2:49:24
RUTTER	Barry	2:50:37
FORTUNE	Bernard	2:52:06
LISSON	George	2:52:22
BOSWELL	Philip	2:53:51
McGURK	Kevin	2:54:29
O'CONNELL	Marie	2:56:08
FREYS	Ivan	2:57:26
WARD	Mike	3:03:38
HATCH	Tony	3:03:55
HAMMERSCHMIDT	Peter	3:05:03
CHRISP	Darryl	3:08:17
WHITEHOUSE	Paula	3:10:52
BOND	James	3:13:40
HANSEN	Mike	3:13:40
PRERAU	Greg	3:13:40
WILLIS	Graham	3:14:40
SERMAN	Nadene	3:15:08
SCREEN	Jim	3:15:23
KING	Charles	3:15:43
GREENHILL	Sean	3:18:00
HARRIS	David	3:18:17
BLEAKLEY	Marie	3:18:17
JOHNSTONE	Michael	3:22:46
LOVEL	Rod	3:23:03
AUSTIN	Tim	3:23:55
WHITWORTH	Alex	3:24:11
CALLISTER	Sharon	3:25:04
GRANT	Brian	3:30:07
CAMPBELL	Tina	3:31:44
RENSHAW	Brad	3:32:05
BAILEY	Michael	3:32:33
WILSON	Michael	3:33:43
SCHAEFER	Heiko	3:36:52
SPENCER	Hugh	3:40:23
SMITH	Penny	3:42:24
McCARTHY	Wayne	3:45:30
THEMSEN	Kirsten	3:51:19
HILL	Sue	4:09:02
WHITE	Margaret	4:21:04
WASELL	Bronwyn	4:21:04
DEARN	Frank	4:21:04
TAYLOR	Carol	4:21:04
WILSON	Beryl	4:30:31
RIGBY	Roger	4:49:00
SMITH	Andrew	DNF
DUNN	Xandra	DNF
WASELL	Richard	DNF

Hi Nick,

First let me introduce myself, my name is Liz Taylor (not a joke) I've been a member of Sydney Striders for almost a year now and because of the nature of my work I haven't been able to enjoy a Sydney Striders run yet.....I'm a Professional Singer/Entertainer, I work nights and so am not a morning person.

I started running in September last year after making a pact with my sister Ginny in the U.K. to see in the new millenium by completing the London Marathon with her in April this year, then she is coming over in August to do the 2001 City to Surf with me.

Yes it's a "My First Marathon Story" but you asked for editorials! To cut a long story short we all know the agony of our First Marathon and the Training leading up to it, which I did alone, and would report in every Sunday (long run day - if no gigs) to my coach/sister as she sent me the Runners World U. K. Training schedule which we did together on opposite sides of the world. This was Ginny's 3rd Marathon by the way.

I'd hoped I would be able to join Sydney Striders in a few runs to get to know and run with more experienced people but at the end of the year an Entertainers workload is full on and sleep deprivation isn't good for voice and Performance believe me. So the emails from you lovely Striders made me feel like I belonged in my Asics and I was and am part of a special group of people with common goals.

Ginny and I DID complete the London Marathon in 5 hours and 42 minutes and we found the energy to sprint the last 20 metres!!! And at 41 (That's me, Ginny is 42) it has changed my life and the way I handle lifes hurdles and challenges. I took a couple of months off from running, fixed my knee and hip (ITB !!) They weren't happy for a while after, and have enjoyed running ever since.

So please keep the "List" emails coming, I may be a "silent" member but I'd hate not to be a part of the Striders even in this way. And one of these days I might just turn up at Lane Cove or somewhere to actually meet and run with you.

Meanwhile, my best wishes for the Festive Season and your up and coming awards.

Liz Taylor

If you would like to know more about Liz, pls visit www.liztaylor.com.au. Good photos too!! -Ed

Marathon du Medoc

In September of this year, Fraser and I set off with a bunch of great Kiwi friends for France to run (or stagger) around a marathon in Medoc in the Bordeaux region. Each year in Medoc for the last 14 years the community has organized a very special marathon. Open to a limited number of 8,000 runners, it is only available to those who wanna have fun.

No serious runners

Fancy dress is the order of the day and serious runners are strongly discouraged. Drinkers of fine wine are especially welcome and I felt well qualified as I have often socialized on Saturday nights with the odd glass of wine and managed to run sometimes only a few hours apart on the Sunday morning. This time we were encouraged to combine these great skills and do both at the same time. We were limited to 6 1/2 hours to complete this amazing journey. You don't actually think of the French as being highly amusing with a great sense of fun, but believe me they taught us the true meaning of the word "fun". Not only that but they also made us feel like we were true heroes and great athletes.

The great day started, overcast but very hot, 32 degrees C. Our plan was to take on as much fluid as possible, inside and out. The start was like a huge carnival. Bands playing, acrobats above us performing from huge cranes above our heads, huge cheering crowds, much fanfare and at 9.30am we were off. 5 proud Kiwis with one of us being a proud Kiwi and Aussie at the same time and 2 of the group being first time marathoners took off with the best of them. But congestion got the better of us and we were only able to walk for the first 5 minutes or so. 15 minutes later, we came to the first wine tasting and 1 hour 40 minutes later had only managed the first 10 kms. At this stage we realized we were not going to do a PB! May as well go with the flow and enjoy ourselves, as long as we reached certain cut off points along the way we would be right.

Plenty of wine

Early on in the race we became a little alarmed that there didn't seem to be enough water available. Plenty of wine but we worried about dehydration, so in desperation took to drinking out of the horse trough in a nearby village, hoping I wouldn't succumb to "mad cow's disease" (but probably I've been one of those for some time any-

way). We needn't have worried, as all along the way both the organisers and villagers provided us with not only water, but replacement drinks, dried fruit, fresh fruits, sugar, cheeses, fruit cake and later, meats and oysters, and of course always the wine (I can only remember "red" being offered).

French "Rock around the Clock"

On and on we ran, 25% being run through vineyards and through the beautiful chateaux that their gracious hosts opened to us. Because we were hydrating so much, and as the French don't provide "Porter Loos" along the way, meant we had to use the vineyards as quick stops. We now know what gives the Medoc wines that extra special flavour that "cru" that is so admired in the wines from that region. And "wee" helped (excuse the pun). On and on we ran, passed crowds of happy spectators, picnickers and supporters. Sometimes they sang to us and sometimes we sang to them. To hear the French singing en masse is something special and spine tingling. We ran past many bands, rock and roll, jazz, blues and it was wonderful, many runners dancing and having fun. Fascinating knowing the tunes but hearing them sung in French, e.g. "Rock Around the Clock".

On and on we ran, we reached the final cut off point with plenty of time to spare, but it was hot and the sun had come out. Many of the runners were now relaxed and walking including one fellow who told me he was running his 124th Marathon and of course he had to be a mad Ex-Aucklander, now living in the US and doing a Marathon per week! As we were reaching our destination the hype picked up with bystanders cheering us on, offering us goodies, school kids form-



Carol I the middle of all the fun. Where else??

ing a guard of honour, wearing "Medoc Marathon" T shirts faces painted with their own art work pinned to all the trees lining the final avenue and messages of encouragement also pinned to the trees.

Scarlet O'Hara

With TV cameras, a red carpet for the final 200 metres we felt like gold medallists winning at the Olympic games. So what if it was a personal worst! We received a medal, wine, towel, food and gifts then later sat at a roadside café celebrating with wine and watching the parade of runners coming in and milling around and sharing their stories in some of the most amazing costumes. How some of them ran in that heat in some costumes has my utmost admiration. One vivid memory I have is of a young woman dressed like Scarlet O'Hara complete in a strapless, tightly bodied, full crinoline ball dress and long gloves disappearing into the vineyards, (answering to Mother nature) with little whirlpools of dust thrown up from her skirts. I wondered how she was going to cope and I never found out.

There is a PS to this story. The next day there was a 10km walk and wine tasting through the vineyards for runners but more importantly for supporters, spouses or those that may have been injured. It was a blazing hot summers day and very beautiful. Off we set, and what a wonderful time we had. Then on to a beautiful Chateau where a marquee was rigged for a luncheon for 2000 people. I have never experienced anything quite like it. Happy people, great food, great wine, great band. At each table the band stopped and played your national anthem. When they reached ours, there was no hesitation. They struck up the old "God Defend NZ" and we stood and sang our little hearts out. Fraser and I totally forgot we were paid up Aussies at that point in time and followed that aberration by performing a really good Haka (my first) led by our youngest Son and this was most appreciated by the French. Also my friend Liz showed the French how the "Can Can" should be done (also her first). I think they preferred the Haka. So far we haven't had to give up our daytime jobs!

Oui, mes amies. Tres magnifique! What an experience!

-Carol Taylor

2000 Super Series

The 2000 Super Series was just as interesting as the 1999 event, with the same keenness shown by runners eager to prove he/she is the best all round athlete.

General Section - Men

For most of the year, the dominant runner was Bernard Fortune, so it was no surprise that he ended the year well in front. Unfortunately for us, Bernard has now returned to Ireland. At least that means that someone else has a chance next year. To his credit, Barry Rutter kept at it, although Bernard's big early lead was enough in the end. However, Barry's performance was good enough to hold off Phil Boswell (who ran many good races) for the 40+ award. In the Over 50's, Warwick Selby's bursts of speed overcame the season long doggedness of Graham Willis. Heiko Schaeffer finished well clear in the over 60's.

FORTUNE	Bernard	380
RUTTER	Barry	356
BOSWELL	Phillip	325.5
SMITH	Andrew	282

General Section - Women

After several leaders throughout the year, the women's winner was the very consistent newcomer, Marie O'Connell. At the end of the day, it came down to number of events. Despite giving away one event start, Joanne Cowan almost caught Marie at the end, while Tina Campbell had the most points, but had to drop one event. Joanne Cowan was the over 40 winner, while Tina Campbell was the only 1999 Super Series winner to repeat a win, in the over 50's. Let's hope next year's competition is as good.

O'CONNELL	Marie	404
COWAN	Joanne	396
CAMPBELL	Tina	384
THEMSEN	Kirsten	331

Age and Gender Adjusted Division

Just as in 1999, it was hard to pick the winner until the smoke had cleared after the final event. With 3 events to drop, it is hard to know who will be standing at the end. However, once Joanne Cowan managed to complete the necessary 8 events, the result was beyond doubt. All things considered, Joanne remains the best runner in the Club, allowing for age and gender. Phil Boswell and Barry Rutter fought a season long battle for second place, with Phil finishing narrowly ahead. The winner of the award for best individual performance was, in something of a surprise, Chris Truscott in the Mt. Wilson to Bilpin. Even Jo can't win everything.

K'OK

Cities Marathon

For the past three years the Cities Marathon has been run in wet or some say very wet weather. However, for the 20th Anniversary Cities this year the weather was fine and near perfect on the day.

A total of 200 starters took off at 6.30 am from Sydney Town Hall for the Blacktown Showground, with 178 recorded finishers. A number of Striders contested the event and the results were pretty good all round.

List of known Striders results:

Place	Name	Time
13	George Lisson	3.03.43
14	Gary Aitkenhead	3.05.10
15	Ray Potter	3.05.31
21	Barry Rutter	3.08.33
30	Tony Hatch	3.18.31
50	Bernard Fortune	3.33.54
63	Michael Wilson	3.39.15
69	Nadene Serman	3.41.38
76	Charles King	3.45.46
102	Jim Screen	3.57.42
114	Fiero Mamone	4.02.22
135	Richard Bartlett	4.13.29

I think all are listed but apologise if any are not.

This year a group of Striders entered as the team of "Sydney Striders 1" and comprised Gary Aitkenhead, Bernard Fortune and Barry Rutter. The team came second by 5 minutes to "Crosslands Running Club" which comprised two Striders, Ray Potter and Tony Hatch. Mark Langworthy making up the third member.

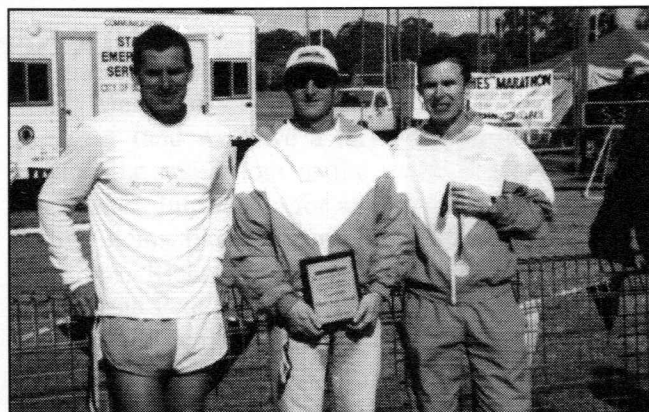
Other age placings were:

Nadene Serman	1 st Female 20-29
Ray Potter	2 nd Male 50-59

A special presentation was made to Gary Aitkenhead as recognition for competing in his 10th Cities Marathon, a great achievement.

For the 2001 event the shape and date are yet to be determined. However, it is now highly likely that the new Blacktown Olympic Centre, incorporating a synthetic athletic track, will be utilised.

Barry Rutter



Bernard Fortune, Gary Aitkenhead and Barry Rutter after Cities Marathon. Well done guys.

Conspiracy Theory

Out of the many Striders who competed in this years Host City Marathon, there were only 3 DNF's: Chris Dwyer, Chris and Peter Truscott.

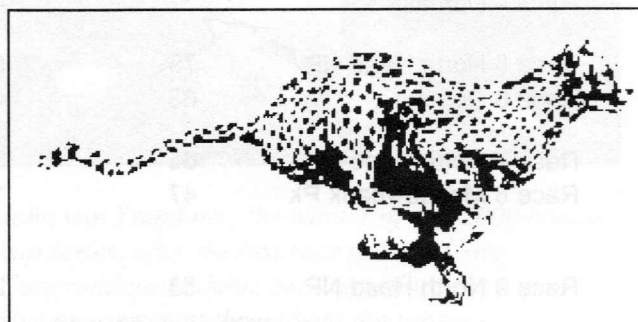
All three were aiming for a sub 2.50 and both Chris's probably closer to sub 2.40.

It seems peculiar that the winning Strider, Andrew Gibbons (2.48) in his spare time dabbles in sports massage, with 3 Striders in his client base. Strangely enough those 3 Striders are none other than – you guessed it - Chris Dwyer, Chris and Peter Truscott.

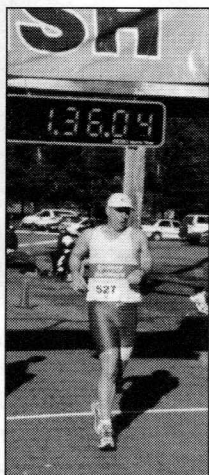
It could be called a coincidence or an act of God. However, we call it a conspiracy, which may shake the foundations of the 6.20 – group. What do you think??

- *Peter Truscott*

NB. Gibbo had a magnificent run and is a deserving winner. Congratulations. PT.



10K Series 2000



Again in 2000, the Runners Shop on Cloyelly Road sponsored the Sydney Strides 10K Race Series. Please stop into the Runners Shop the next time you are in need of any running related gear and let Fred and Elaine know you appreciate their support of our 10K Race Series throughout the year.

Overall participation in the 10K Race Series was about even with last season. The number of Strider entries was up about 10% over last season but our non-member entries were down. The non-member decrease was primarily due to a decision made not to promote the 10 KM Race Series outside the club and an increase in the non-

member's entry fee to \$10. The chart below shows the number of entries for each race.

It was great to see a strong turnout for Charity Race at Lane Cove National Park in November. With \$5 from each entry going to the Achilles Running Club we were able to make a donation of \$515.

The yearlong handicap and outright competitions (male and female) were again strongly contested. This year's leaders were racing for a total of \$1050 in prize money (1st = \$200, 2nd = \$100 and 3rd = \$50).

Before announcing this year's winners a few notes about "the scoring rules" need to be noted. Points in each race are awarded based on finishing position (outright and handicap). The top finisher is awarded 22 points; the next finisher receives 21 points. All finishers receive 2 points. For both the handicap and outright competitions the last race at Lane Cove National Park counted double points and only the scores of the best 8 of 10 race results were included in the final totals.

An explanation of how a handicap is calculated will be provided upon request. Of course once you understand the system you will be required to maintain the 10 Km race results.

Women's Outright

The women's outright competition was decided this year on the basis of consistent top finishes.

Nicole Frykberg who only joined the club in January finished first. Nicole has five medal (top 3) finishes

Race	Striders	Non-Striders	Total	Race day comments
Race 1 Domain	103	75	178	Great weather, where did everyone come from?
Race 2 North Head NP	66	40	106	Warm but hard rain
Race 3 Lane Cove NP	73	47	120	Good weather, good turnout
Race 4 Domain	57	44	101	Cool, week after Host City Marathon
Race 5 North Head NP	75	53	128	Cold but good crowd
Race 6 Domain	68	42	110	Cold again (J. Cowen Race Dir.)
Race 7 North Head NP	65	35	100	Cool crisp, good morning
Race 8 Meadowbank Pk	47	12	59	Dark (Michael Knight time) and wet, only the regulars today
Race 9 North Head NP	53	28	81	Bush fires all around, Melbourne Marathon
Race 10 Lane Cove NP	69	34	103	Great day, Charity event
Totals	676	410	1086	
Average	67.60	41.00	108.60	

and seemed to run faster each race in spite of a late season back problem that limited her training. Marie O'Connell another new member who joined the club in January finished second. Marie consistently finished with the leaders of each race missing only one event due to a conflict with the Melbourne Marathon. In spite of finishing the year with three 1st place finishes, two 2nd place finishes and one 3rd place finish Joanne Cowen ended the season in third in this seasons outright competition.

Men's Outright

Chris Truscott ran away with this year's men's outright competition. Chris has an outstanding race series and finished with five 1st place finishes, two 2nd place finishes and one 3rd place finish. Only one point separated 2nd and 3rd place. Tim Ashby (another new member) finished strong to edge out Peter Truscott for 2nd position. The points Tim earned before joining the club count in the outright competition as this event is open to both members and non-members. Tim earned the 2nd position by competing in eight races and recording times between 35:41 and 37:39. Peter who finished in 2nd place last season ran well again this year to earn his 3rd position finish. A highlight for Peter this year were three 10 KM finishes under 35:00.

Handicap

John Van Yzendoorn dominated the handicap competition throughout the year and won the season long competition by a large margin. In addition to running PB's nearly every month, John got under the 40:00 barrier with a 39:59 in Race 9 at North Head. Richard Frykberg was also near the top of the handicap competition most of the year and finished in second position. After establishing his initial handicap in February Richard was able to run under his handicap target in the next 6 races. Ralph Melano took third in the handicap competition with a based on the results posted in the last 3 races of the season.

The Strider web site has all the results for this year's competitions. Please contact me if you want a copy of your results or certificate with your season's best time.

Thanks

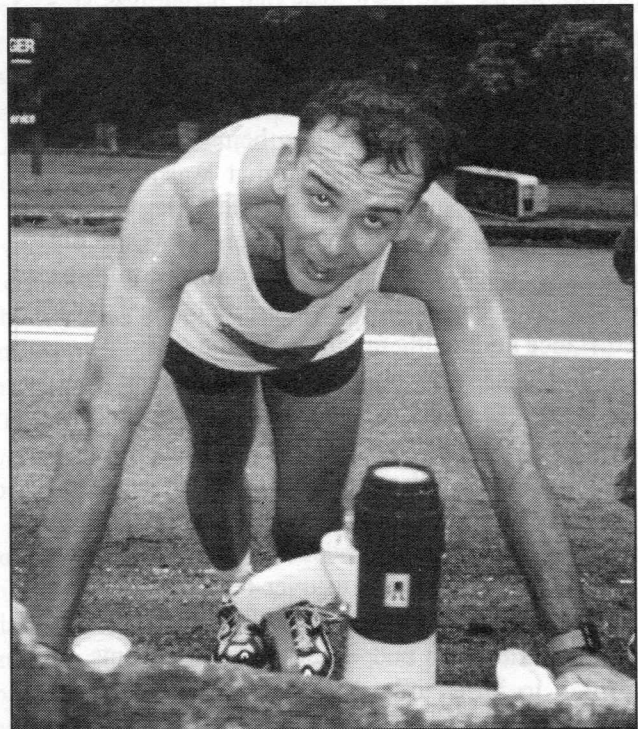
I have a lot of people to thank for making the series the success that it was this year. Special thanks to Raymond Potter who spent many a night calculating the race results. Stephen Jackson for measuring all our courses and then making sure we found all the marks on the day of the race. Joanne Cowan for making sure our results made

the papers. Bronwyn Wassell for managing the entries. Mahmoud El-Khansa (Mac) for transporting all our gear (and we have a lot). Richard Wassell for getting the results out to the world via our Internet WEB site. Jim Screen for assisting with the administrative items like the hiring of the courses. Brad Renshaw, Richard Wassell, Mike Ward, John Simmonds and Pete Baker for working the clocks. David and Helen Ritchie for hosting the North Head Races.

Special thanks to my wife Judy and daughter's Erica and Lauren for getting up at 5AM the first Saturday of each month to hand out water to the runners. Everyone on the course appreciated your enthusiasm and spirit.

I'm not going to list all of the Striders, your friends and family members who put up their hands to help with the marshalling, registration and recording finishing results throughout the season. Without all of you the races just would not have happened. Thanks again!

Mike Hansen



John van Yzendoorn, the winner of the 2000 handicap series, after the last race in Lane Cove.

Congratulations John, brilliant effort. Very impressive improvement throughout the year.

Alf Field on marathon counts.

NO COMPLAINTS, PLEASE, MR. S W BAG!

Some time ago there was a vigorous debate in club circles about the method of counting marathons, that is, in arriving at one's personal tally of marathons run.

I am not referring to the debate as to whether standard marathons should be counted with ultras. I fully agree that those woosie 42.2k events run over smooth flat surfaces with pamper stations every 5k bear no comparison with real red-blooded ultras and that there is thus a case for counting them separately. It happens to be my personal choice to downgrade the ultras and count them with my "mere" 42.2k marathons.

No, the debate I am referring to relates to my contention that an event like the Comrades Marathon over nearly 90k should be counted as two marathons. My view was that if one was stupid enough to run two marathons on the same day, then so be it, the tally should be increased by two.

This approach was howled down by all and sundry, with Mr. S W Bag being conspicuous in venting his views. The verdict was that one should count a single event, no matter how much further than 42.2k, as one marathon. Thus the old Westfield Sydney to Melbourne run would be counted as a single marathon despite being 1,000k in distance and taking anything from 5 to 8 days.

I accepted this decision; although this required me to run another 10 marathons in order to get my tally to 100.

Marathon over 3 days!

Now I have found a very special marathon to be run in Malta in November that will be my first marathon in my new over-60 age category. The Malta Marathon is on the AIMS international marathon calendar and, like all AIMS events, is certified to be exactly 42.2k. It is thus an absolutely kosher marathon and if my time is good enough, I will submit it as a qualifying time for the Boston Marathon.

What then is so special about the Malta Marathon? Simply this: *it is run over three days!* That's right, **three days**. The first day the distance run is 11.2k; the second day is an easy 6k, followed by 25k on the third day, total distance – 42.2k. Runners' times for each distance are added

together and a certificate is issued with the total time! Now this is the way to get that magic PB.

It is a single event on the AIMS list of marathons and the distance is a certified 42.2k. If the Sydney to Melbourne run is regarded as a single event despite taking a minimum of 5 days, one would have to argue that the number of days taken for an event does not matter. Thus there is nothing to prevent us counting a marathon spread over 3 days as a single event, as one marathon.

I can visualise Mr. S W Bag going puce in the face as he reads this, before he rushes to his word processor to dash off a letter to the Editor. I can't wait to see what he has to say about this issue.

Meanwhile, if you would like to get that elusive marathon PB or qualifying time for Boston, why not join me in the Malta Marathon?

Talking of international marathons, is anyone interested in doing the Antarctic Marathon (or half marathon)? It is the only marathon held on the continent of Antarctica, so if you harbour a desire to run a marathon on every continent, the Antarctic Marathon is a must. The 5th running of this event takes place in February 2001, but that event is completely sold out, fully wait listed and they are not taking any more inquiries.

The following year it will be run on 5 February 2002 and that event is 68% sold out. If you wish to get your name on the list you will have to act fairly quickly. Details and entry form are available on the web site:

<http://www.marathontour.com/antarctica/index.shtml>

The following is an extract from the info on the web site:

Marathon Tours & Travel, the event organizer and exclusive tour operator, in conjunction with Marine Expeditions of Toronto will provide the itinerary for 140 runners and accompanying friends for this journey to the end of the Earth. Only one ship, the Lyubov Orlova, will make the journey from Ushuaia through the Beagle Channel across Drake Passage and through the Shetland Islands and along the Antarctic Peninsula.

The course on King George Island located off the tip of the Antarctic Peninsula loops through the scientific research bases of Uruguay, Chile, China and Russia who provide water, medical assistance

and supportive cheers. Great care is taken to leave behind zero impact on the environment in this sensitive ecosystem. We guarantee that you will experience a most challenging running experience.

Runners will gather in Buenos Aires on 28 January 2002 for a 2-night stay before flying to Ushuaia at the tip of Terra del Fuego. The voyage on the Lyubov Orlova will last for a week, returning to Ushuaia, unlike some Antarctic tours that finish in Australia.

I have entered and paid my deposit, so I am planning to be there in 2002. Rosanne will join me in Argentina when the Antarctic trip is over and we plan to do some touring in South America. Let me know if you decide to get involved in this unique event.

Alf Field



Alf, here captured finishing his marathon number 100, has revived the internal discussion about how to count the number of marathons. But he is also of to Antarctica in 2002.

Steve Cornelius replies:

Dear Alf,

I'm sorry S.W. Bag wasn't available to write a reply, but you should know by now that he only writes facetious stuff. On the other hand, when he wants people to think he's only mildly eccentric and not a total dickhead, he adopts the nom-de-plume "Steve Cornelius". Then again, some would say

... All right. <Sigh>. Where to start? Although I really thought we'd sorted out the "counting an ultra as a marathon" debate, and relatedly, the "counting an ultra as more than one marathon" debate, I suppose we'll have to revisit them, as you still seem unhappy with the referee's decision.

First, however, some congratulations are in order. Your recent completion of your hundredth marathon is a staggering achievement, no matter how one tallies such races. (And probably, if truth be told, included a bit of staggering here and there). I recently worked out that the total race distance of those 100 events was the equivalent of 12,200 times the distance which won Kathy Freeman an Olympic Gold. Or, if you prefer, a return trip from here to Kalgoorlie, or London to Istanbul and back. Fabulous stuff, and an inspiration to us all.

However, when you say it "happens to be [your] personal choice to downgrade the ultras and count them with [your] 'mere' 42.2k marathons", I think you're being a little disingenuous. Some runners, and some clubs, wouldn't count them AT ALL in your marathon total, insisting that if you're tallying "marathons", they should ALL be real marathons, the ones you refer to as the "woosie 42.2k ones with pamper stations".

This is the approach famously adopted, for example, by Mountain Man (Graeme Kerruish) who, last time I checked a few years ago, had run over 220 standard marathons, was heading for the Australian record, and wouldn't dream of including his many many ultras, preferring to regard them as a quite different kind of animal. He's probably up in the 300's now, with no assistance from ultras (including at least one Sydney-to-Melbourne) at all.

If Sydney Striders had insisted on this strictly purist approach, you'd still be 34 short of the mark, instead of which you are now basking in the adulation of your clubmates, who are happy to regard you and your century as something of a folk-legend.

As for counting ultras as two or more marathons if they're longer than 84.4k, you say "this approach was howled down by all and sundry". Yes it was. And when one of my opinions is "howled down by all and sundry", I usually take it to mean that the idea probably didn't have legs in the first place, and might need a little re-assessment on my part.

The point is that running Comrades is NOT "running two marathons on the same day". Comrades is a single event, with a single start-point, a single finish, a single official time for each runner, and a single result list on which each finisher figures exactly once. And above all, it's a single race in the sense of being continuous - there are no official stops, gaps, rests, or break-points where the clock pauses. To count in just about anyone's definition of a marathon, a race has to be not just 42.2k minimum, but also a separate official event, with a separate properly-timed result list.

The day you can produce two finisher's certificates, both in your name, for each of your 10 Comrades, with a separate race-name, time and certified distance for each one, then I'll personally help you campaign to have your marathon tally increased by 10. Until then, congratulations on your 100. I thought we'd sorted that out years ago.

Now to your latest whim, the so-called Malta "marathon". It's a nice try, Alf, but a multi-day event such as this inevitably raises a number of questions and objections. You will know as well as anyone else that not everything which bears the name "marathon" is truly a marathon. If AIMS have designated this series of 3 separate sub-marathon races a "marathon", then they're sillier than I thought they were, and plainly haven't thought through the possible implications. The acid test will be whether the running community around the world will accept performances in this Malta event on marathon ranking lists. I rather think they won't.

Consider this. Suppose Sydney Striders decided to stage a long series of 100 metre races, held on 422 consecutive days. It's a properly organised series, by a properly constituted athletic club, run on a properly certified 100 metre track, with proper timing and all. Let's suppose the club decides, in its wisdom, to name the entire series the "Sydney Striders' Marathon", and publishes only a single result-sheet - the total elapsed time after the 422nd day.

Now let's suppose I start to do a bit of training. (Well, OK, it's pretty unlikely, but not impossible, and let's face it, a lot more likely than you get-

ting your Malta "Marathon" time ratified as a PB). Let's say I get my 100-metre time down to around 17 seconds, I enter this ludicrous event and I run 422 of them at an average of 17 seconds on 422 consecutive days. My total time for the Sydney Striders' "Marathon" would be 1 hour, 59 minutes and 34 seconds.

So would I be the first runner in history to break 2 hours for the marathon? Hardly. How many TV marathon commentators would subsequently refer to me as the holder of the "marathon world best"? Sweet zero, mate, that's how many. I might get a bit of recognition for completing a remarkable streak of 100-metre races, but absolutely nobody would believe that streak constituted anything like a marathon. And I wouldn't believe it myself.

Because, critically, there are gaps in it, chances to rest and recuperate and get your breath back, to build up that leg-muscle fuel and go to the toilet and eat pasta and relax in a deck-chair and drink chardonnay and make love, all without incurring time penalty.

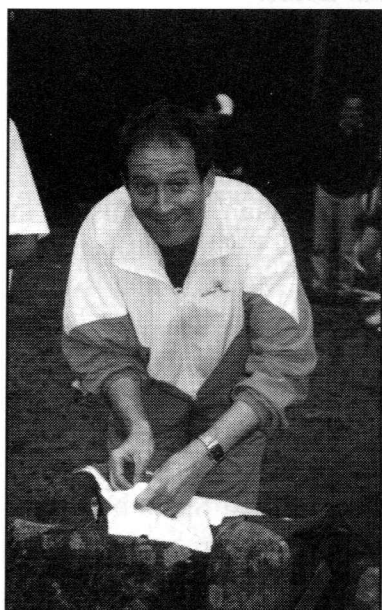
The Malta "marathon" is plainly and obviously easier than a standard marathon, because no matter what silly name they apply to it, it's 3 separate short races separated by resting time. Cripes, even I could complete a "marathon" like that, without too much trouble. Will you yourself honestly be happy to believe that a "marathon" which spreads over an elapsed time of over 50 hours, and includes 2 good nights' sleep and numerous sit-down meals, truly represents your marathon PB? Will that sit right, inside your normally fair-minded head? I don't think so.

The ultimate irony of all this is that you, Alfred J Field, don't actually NEED dumb, ersatz, gimmicky, substitute, Mickey Mouse, pretend, losers', misnomer, fiddle "marathons" like this one to boost your cumulative total, your sense of achievement, your PB or the admiration of your clubmates. You're good enough at proper marathons to give this one a big, big miss.

Good luck and best regards
Steve C



Personal Profile



Our regular profiler, Andrew Smith—always smiling and lending a helping hand. Here at the last 10K series in Lane Cove

Profile – Rozanne Green

Rozanne was one of the Striders privileged to carry the Olympic Torch as a result of her work in the Achilles Running Club for disabled athletes. It rounded off a year in which Rozanne completed Comrades (11hrs 32 mins) and ran a PB in the Host City Marathon. Rozanne is an analyst/programmer with two children Michael, twelve, and Nicky, nine.

When and how did you get into running?

I started in 1980 when my boss persuaded me to join her in running in a Ladies 10km. I played hockey then and ran the race in a hockey skirt doing 63 minutes on no training. Comrades record holder Bruce Fordyce was seconding his sister in this race. After that first race I started running getting encouragement from my brother who was a member of a running club. I did lots of half-marathons but never a marathon. I entered for one but it was the day before my wedding so my mother persuaded me not to run. The furthest I had run was 32km until I started with Kevin O'Kane's Marathon Training Group in 1997.

You run a wider range of distances than many – from the 6km of Corporate Cup to Comrades – which distance do you prefer?

Corporate Cup is harder than the

longer runs because I push more. I prefer the slower pace of the marathon. I've completed Canberra (twice), Gold Coast, New York, Disneyland, Sydney, Six Foot Track, the Host Marathon and Comrades. My favourite distances vary from month to month, in June it was Comrades and August the 500 metres of the Olympic Torch relay

What was it like to carry the Torch?

It was an amazing experience shared with family, friends and strangers. The Torch Relay touched everyone, I had strangers kissing me. My torch run was a three day weekend away with family, friends and lots of children. I ran in Doyalson on the Central Coast. The children ran alongside as I carried the Torch, it was beautiful sharing this experience with my children Michael and Nicky. I was totally high, not just from the 500 metre run but the experience before and after. There was the lighting of the cauldron in Gosford – it was like being part of the Opening Ceremony. I have the Torch – we could buy it.

How long have you been associated with the Achilles Running Club?

Since 1997 after my first marathon when Chris Robb asked for volunteers. I felt I got so much out of running a marathon so I wanted to put something back into running. In the meantime I have got even more out of it though helping others. I've been 'pilot' for Achilles athletes in City-Surfs, SMH Half, Sutherland Shire Half, many 10km races and the New York Marathon. In New York there were Achilles runners Nick Gleeson, Marion Hetherington and Phil Cook with volunteers myself Ellis Janks, Cathy Katen and Lisa Ondieki. The 'pilots' switch around in running with the Achilles runners. We try to have two pilots even on short races.

What is involved in being a pilot?

We have to tell whoever we are guiding about every bump or unevenness and describe the scenery and what is happening around us so whoever we are piloting can experience a run fully. Sometimes I get tongue-tied and give the wrong

instructions – we've had a tumble or two in training fortunately not from wrong instructions but from guiding two blind athletes at the same time. Some blind athletes have some vision so they can follow closely.

What commitment is involved?

There is a Sunday morning run from the Domain but we have a roster so it is only necessary to miss a STaR once a month. I was also on the committee and did fund-raising.

Do you have a training program for a marathon?

No, just run when I can. Kilometres per week vary from 40km to 90km. My biggest week was 90km when training for Comrades.

When do you find time to train?

At lunchtime at work. While my children are at afternoon activities I may do a 6km run while other mothers are in their cars reading.

You've said that you train for marathons by running them – what is the most in a year?

I did three in six months once – New York, Gold Coast and Disneyland.

Was running Comrades a long-term dream?

No, I never thought I could possibly do it because of the 11 hour cut-off. This year the cut-off was 12 hours so I thought it was my only opportunity. I now know anything is possible and we can do anything if we believe we can. I believe I can do it in 11 hours because I felt strong at the end after 11 1/2 hours. I did the uphill race so one day I would like to do the downhill. The 60km (I only did 56km) training run with the Striders was a necessity for Comrades, Jim Screen was fantastic looking after us the whole way. I would never have accomplished all my runs, the Torch run or Olympic volunteering without the help of Striders in particular Kevin O'Kane's Marathon Training Group.

Have you run your fastest marathon yet?

My faster one is still waiting. I keep saying I want to break four hours.

You also helped as an Olympic volunteer...

I had to pack the athletes drinks into eskies for the marathons. I was also a stretcher-bearer in the Olympic Stadium for the marathons. We had to cart off a Cambodian who finished in 3h 02m then collapsed. Gary Leahy was carrying the stretcher too. I touched Monna's and Rod de Highden's hands. I got a ticket for the Closing Ceremony because I happened to be at the village at 4.40 a.m preparing for collecting of drinks for the men's marathon. We went to the women's 200m final and Jai Taurima's long jump on my son's birthday. We also watched Spain beat Brazil at beach volleyball and met the Spanish players as we were to host the wife of one of the Spanish players.

Rozanne's PBs:

Marathon:	4h 14m 43s	Host City 2000
Half:	1h 51m 02	Sutherland Shire '
10k:	49m 50s	Manly 10k 1997
City-Surf:	1h 16m 19s	1999



Roseanne as a well deserved torch bearer

Roads of Inspiration

Recently my brother Chris and I had the wonderful opportunity to compete as guide runners in the Paralympic Marathon. Thanks to my sister Jenny, who unfortunately had to pull out due to other running commitments (Noosa 5 K.)

We met the Polish runner on Thursday before the race at Olympic Park. He didn't speak a great deal of English, but understood the basics. His teammate spoke fluent English and was the favorite for the race. Both runners were in the T12 category, which is for visually impaired athletes with no more than 10% vision – I think.

Our runners name was Tomasz and his teammate was Waldemere. Both runners had PB's of 2.34 and 2.29 respectively. When we first heard this, there was a bit of concern, especially by myself. What if I did drop back and had to shout directions from behind?? Or that it might be like taking your dog for a run and you ended up being dragged along?? Thankfully they had sufficient vision, so we didn't need a guide rope.

There was four of us guiding Tomasz, each running 10K and the last runner completing 12.2K. Naturally Chris and I both wanted to run the "glory" leg and finish on the Stadium. We found that the only fair way to decide this matter was a 3 times toss of a coin. The luck went the way of the slower Truscott and I beat Chris 2-1.

Sunday dawned, we met up with Tomasz and went through his quick race plan – 36.40 for each 10K split. Chris ran the first leg from the start and across the Harbour Bridge with him. The rest of us caught the bus and was posted at the 10K, 20K and 30K mark. Chris ran the first 10K split in around 37 min and enjoyed strong crowd support around Hyde and Centennial Park. He was a bit reluctant to hand over to the second guide and a little disappointed that it was all over so quickly.

The waiting time

In the meantime I had arrived at the 30K mark on the City West Link together with other guides. We waited for nearly 2 hours, chatting, jogging and preparing ourselves for what was coming. The first wheely came – it was getting closer. Then the first runners, Waldemere was narrowly first. A few minutes behind Tomasz and another runner was striding up the hill battling for third place. I joined in and our 3rd guide had finished his job. The pace was solid but comfortable, 3.35 for the first km followed by 3.37 for the second. (and you call

that comfortable?? –Ed). My only thought was: "Don't get dropped!" I didn't want to let Tomasz down and I actually felt pretty good, as I had tapered for this race.

Running on the blue line with crowds on both sides – it was the closets I'll ever get to any Olympic type race. Tomasz was running solid, up the hills in 4min/km pace and 3.40/km on the flat sections. I was having a great time, loving every minute of it. Arriving at Olympic Park, the crowds increasing, approaching the Stadium I knew I wouldn't get dropped from here. I was full of running and could have sprinted to the finish if need be.

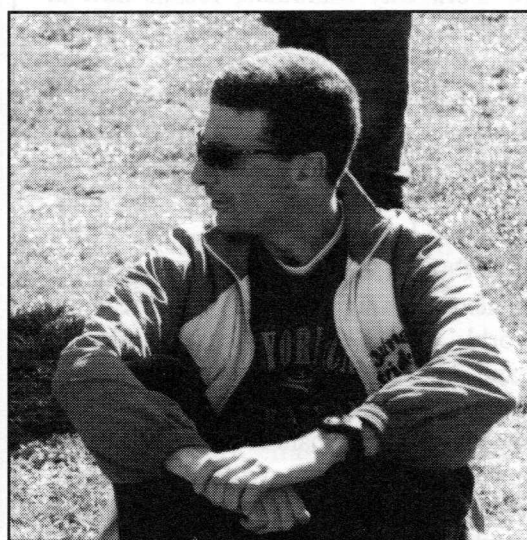
Finishing on Stadium

The run into the Stadium was fantastic with nearly 10,000 spectators. I was bouncing up and down on the track trying to catch a glimpse of Tomasz and myself on the big screen. I made sure to stay behind him all the way to the finish as he otherwise could have been disqualified.

Tomasz finished fourth in a time of 2.38.41 and was a little disappointed. I thought he ran very well, not being able to ever visualise myself running the last 12.2 km of a marathon in his pace. His teammate Waldemere won the gold medal in a time of 2.33.

Truly the whole experience was magnificent and on par with the best things I've ever done in my life. And afterwards – I was just so relieved that he didn't drop me.

–Peter Truscott



Peter Truscott in his usual relaxed manner!!

Taste Feature Eat and Run

During The Olympics we had the pleasure to host an american visitor. After his return to the US, he found the following article written by Cameron Stracher. It's about "GU's" and their potential (lack of) effects.

Locked in a duel after 24 miles with two other runners at the 1996 U.S. marathon trials, Olympic hopeful Bob Kempainen swigged a few gulps of a certain sports drink, then promptly regurgitated a bright green stream. With live television cameras catching the action, Kempainen vomited two more times while simultaneously picking up the pace (running a sub-five-minute mile) and dusting his weary competitors.

On Sunday, in New York, 30,000 runners will try not to duplicate Kempainen's feat -- at least not the regurgitation part. They have trained for many months and many miles, most with the hope of simply covering the 26.2-mile distance. But some will make a small and simple mistake, reaching for a new generation of sports rinks and "gels" -- essentially, semiliquid sugar -- in the hope that science will give them that extra edge. As they will discover, the quest for the perfect food, and the perfect physical condition at race time, often comes with a painful price, and a trip to the porta-potty. This raises the question: Is high-tech nutrition really superior, or is it just wrapped better? In the good old days, "carbs" were cleaned, not loaded.

Grete Waitz, the nine-time winner Of the New York City Marathon, recalls how at her first marathon in 1978 she had no idea what to eat. It was her first visit to New York, and she and Her husband, Jack, celebrated by going out for a fancy dinner, where she consumed a shrimp cocktail, filet mignon, ice cream for dessert and red-wine. "Oh, and I had a baked potato," she adds. "So I guess I carbo-loaded."

Paella and Sangria

The next morning she went on to break the women's world record by two minutes (running two hours and 32 minutes). In 1979, she topped her previous culinary experience by eating paella and drinking sangria at a Spanish restaurant in the Village. During the race she swilled flat Coca-Cola. The result? She broke the world record again and became the first woman to run under two hours and 30 minutes (she ran 2:27).

Alberto Salazar, who still has the best time

by any American in New York (and who once held the world record), was awakened by his 16-year-old brother at 2 a.m. in their hotel room the morning of his first race, in 1980. His brother convinced Salazar to come outside and get a couple of slices of pizza. Ten hours later he won the race, and set the fastest time for a debut marathon.

Carbo loading

Bill Rodgers, four-time winner of the New York City Marathon, often subsisted in those days on a diet of macaroni and cheese, Fritos, olives, and olive juice (from the otherwise empty can). "I guess I had a craving for salt," he says. Waitz, Salazar, Rodgers and the running world changed diets in the 1980s, as more research was done on the role of carbohydrates in the production of glycogen, which the body uses for energy. Many elite and nonelite athletes began to "carbo-load," a two-step process that begins With depleting their bodies of carbohydrates for several days in the week before the marathon and then bingeing on carbos in the three days before the race.

Anne-Marie Lauck, who ran the 5,000 meters for the U.S. in Sydney and finished third in New York in 1994, fasted for 24 hours in the week before the 1994 race while running her final hard workout. Then, for three days straight, she ate a diet of mostly carbohydrates. She ran a personal best of 2:30:19. Still, Lauck says she never felt great during that race and never got the energy "boost" that supposedly comes from carbo-loading.

Among elite athletes, at least, the pendulum seems to be swinging away from the Dubious science of strict carbo-loading toward a more humane diet -- complete with junk food. As Waitz points out, when runners "taper" in the final week before the marathon (reducing their mileage by up to two-thirds), they are effectively carbo-loading without the razzmatazz.

Kim Griffin, one of New York's best local runners (with a personal best of 2:44:53), eats whatever she feels like, including red meat and wine. So does Jean Chodnicki, Another New York runner who ran the women's Master's National Championships last year. At that race, she had trouble finding a restaurant (in St. Paul) and ended up eating white rice, wonton soup, a half box of Fiddle Faddle candy and Tastee cakes for dinner. She finished fourth.

Sleek Packaging, Fancy Names

Keith Brantly, the 1998 U.S. marathon chapion, says he eats fried chicken and McDonald's burgers, and starts his morning with "a feedbag-sized bowl of Cap'n Crunch and milk." Not the four basic

food groups, but at least he gets his calcium.

Joe LeMay, one of the top U.S. marathoners, sucks down Ultra Slim-Fast, not as meal replacement—"the way the good people at Slim-Fast intended" -- but as a meal supplement. Even Bill Rodgers, who admits to eating some fish these days, still has a yen for Fritos.

"Traditionally," notes Rick Pascarella, coach of New York's Warren Street Running Club, "the best runners had the worst diets." Yet walk into any running store and the shelves are lined with Power Gel, Gu, Gatorlode and other high-tech products that promise to pump up the blood sugar and make A champion out of the Sunday jogger. They certainly look like they can make you fast, with their sleek packaging and fancy names.

But beware. You can't eat yourself to a good marathon," says Grete Waitz. No amount of upscale fuel will substitute for good old-fashioned pavement pounding. And while most elite athletes drink some combination of water and a sports-drink during the marathon, and eat the occasional Power Bar during their training, they do so cautiously, and only after experimenting with the right quantities in their training runs.

..do nothing new on race day

Scarfig down a Gu at mile 18 because you're tired can be like eating a Snickers bar while doing jumping jacks on a Whirlygig. You wouldn't want to do it without a lot of practice -- and a safe place to hide. "The best medical advice," says Dr. Lewis Maharam, the medical director of the New York Road Runners Club and the New York City Marathon, "is to do nothing new on race day." "If you don't train with it, don't do it," echoes Pascarella. So if you haven't been tanking up on the fancy sugared concoctions, stick with the usual suspects -- even if it's meat, potatoes and Fiddle Faddle. Kempainen overcame nausea to triumph, but trust me, you won't. Mr. Stracher is a contributing editor at The American Lawyer magazine. He threw up at mile 25 of the Twin Cities Marathon.

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Stop it, Stop it, Stop it

Perhaps with the price of race entries climbing (Host City Marathon \$100 Melbourne Marathon \$75) as organisers try to meet the ever increasing cost of Police and other services essential for our safety and enjoyment it is more than tempting to try and "sell " our entry or give it away when it is discovered for one reason or another that we have to miss the event.

As justified as this might be in our own minds it is poor practice and as expensive as it might be it must stop. Not only does it "stuff up" the race records (for ever) by giving false acknowledgement to non starters it could also cause untold embarrassment and perhaps have more serious consequences if there is an accident and race organisers contact the wrong family and are unable to contact the actual runners family. There might also be aspects of insurance which could come home to haunt you if it is discovered that you were not the person listed on the entry form.

Most of the major event entry forms contain a no transfer clause and this should be respected.

Jim Screen

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Melbourne Marathon

More than 20 Striders made the journey south to Bleak City to compete in this years Melbourne Marathon. Unfortunately at time of publication it has not been possible to compile all of the results or to be sure just who actually did complete the event. This of course is not unusual as on many occasions we only find out who was at a race by the complaints received because they were missed off the results list. Never mind we will hopefully have all results in time for the next Blister.

Dick and Alf's 100

Perhaps one of the main attractions for this particular marathon was that it was scheduled to be the 100th run of 42.2 or longer for both Alf Field (past president) and Dick Bartlett (past committee member). This pair of intrepid Striders have been going neck to neck over many years to reach this milestone together. In doing so they have completed Marathons and Ultras in many parts of the world and throughout Australia. (Perhaps we can expect a couple of stories in due course so that we can all relive the journey with them.) In addition Alf was planning to celebrate his 60th birthday as part of the post marathon celebrations.

It was with more than a little excitement that we found ourselves at Frankston on a fine but cloudy, cold and windy morning. Unfortunately we were all a little bit disappointed because Dick Bartlett had succumbed during the week to a virus and was stuck in bed "under a doctor". He was also stuck on number 99 and would have to wait to notch up his 100th.

Alf was on deck however and was taking no chances of having a DNF. He was planning a race time of over 4 hours to make sure that his support group and himself all finished this notable day in one piece. Well the run was uneventful enough with Alf and his support group trotting along at just over six minute pace.

The Race

The weather was eventful with the wind playing an important part in the running conditions. Generally speaking it was cold but when the sun came out it was hot enough to cause some sun burn to the eastern side of one's body. The western side of the body was of course frozen. As we ran down Beaconsfield Parade, St Kilda about 3kms from the finish a wicked storm blew in from Port Philip Bay. Gale force winds, driving rain, lighten-

ing, and very cold. Within a few seconds we were soaked and cold. There was nothing much we could do except to trot on. After about five minutes the storm passed by, the wind dropped and the sun came out. Does this remind you of some place with a well earned reputation for having four seasons in a day?

One little bright spot on the run occurred as we ran through Mentone. For a short time we were running four abreast across the road. A voice in typical Aussie came from the side of the road and said in as many words "at least you would win the prize for the best uniforms". I know we were running a little bit off the pace but at least we looked good.

It was a great day for Alf and it was duly celebrated in great style later that evening. We were all a little sad for Dick but it will not be long before he notches up his 100th.

Jim Screen



MTG boss, Michael Bailey is seriously preparing himself for Melbourne marathon the night before in Lygon Street. I'm not sure whether the good company (yours truly inclusive) or the relaxed atmosphere made him produce his first sub-4. Well done Mike.

Marie O'Connell did a 3.22 despite an injury. I'm never gonna catch her. -Ed

Marathon Training Group

At the time of writing, slightly over 100 people have expressed interest in training with the MTG for next year's Canberra marathon on April 8. Of these, about 20-25 are new to Striders and it is hoped that they will all sign on the dotted line.

Our purpose is very clear and that is 'to assist and encourage each other, especially first timers, to experience the thrill of crossing the finishing line at the Canberra Marathon on April 8 2001'.

Once we start running at 6.00am on Sundays (currently 7.00 whilst we're still going 'short'), we'll see just how many are in the group. It looks like being a big party in Canberra however.

This years beginning

The first official MTG run was on October 29 and regrettably I couldn't be there. John Simmonds was the host of the STaR and Brad Renshaw and Penny Smith kindly stood in for me. A good team effort.

On that first run, one of our newcomers, Tom Reddacliff, had a nasty fall in the bush having tripped on a tree root and then falling on to a rock - knee first, ouch! Penny kindly walked back with Tom and my latest information is that he will live to run another day - no permanent or serious damage. Tom is definitely committed!

I get lots of e-mails telling me that people are not able to come to a particular run. Obviously everyone has to miss to the occasional STaR when training for an event, but I do wonder sometimes if I'm doing enough about emphasising the commitment necessary to run marathons, particularly first ones.

In mid December we'll add a longish (17 - 18kms with a 13km option) Wednesday evening run to our program. The consensus choice of route seems to be to run the course we ran mid week last year. This is, Australia Square to Macquarie Street, Oxford Street, Anzac Parade and follow the blue line around Centennial Park and back. At this point we can either run directly back to Australia Square or for those wanting to run a bit further, we'll godown to Mrs Macquarie's Chair and then back to Australia Square. This will add about 5kms to make 18 in total.

MTG members are encouraged to join the Thursday Waverton run. 5.55pm for the slower group and 6.00 for the faster ones.

-Michael Bailey

Results The Equaliser

Posn	Surname	1 st Name	Time
1	Truscott	Chris	54.29
2	Matulick	Warren	59.14
3	Gibbons	Andrew	60.59
4	Dawson	Martin	61.22
5	Briscoe	Richard	62.01
6	Connell	Mike	62.21
7	Cowan	Jo	62.34
8	Rutter	Barry	64.05
9	Fortune	Bernard	64.06
10	Fiore	Mark	64.42
11	Boswell	Phil	64.42
12	Selby	Warwick	65.43
13	Power	Damien	65.57
14	Cremen	Peter	66.17
15	Ball	Stephen	67.00
16	Lovel	Rod	69.10
17	Bodner	Steven	69.31
18	Barker	Neil	70.12
19	King	David	70.14
20	O'Connell	Marie	70.16
21	Schwebel	Ron	70.17
22	Leahey	Gary	71.26
23	Schaefer	Mark	71.27
24	Lisson	George	71.28
25	Screen	Jim	74.28
26	King	Charles	74.41
27	Hansen	Mike	75.00
28	Smith	Trevor	75.40
29	Ritchie	David	75.42
30	Kennedy	Phil	75.48
31	Serman	Nadine	76.30
32	Johnstone	Michael	77.51
33	Woods	Peter	77.55
34	O'Kane	Kevin	78.52
35	Chalmers	Robert	79.04
36	Tiller	Kevin	79.22
37	Fiedler	Manfred	79.38
38	Campbell	Tina	79.48
39	Whealey	John	80.54
40	Callister	Sharon	83.42
41	Schaefer	Heiko	84.05
42	Wassell	Richard	84.24
43	Taylor	Marlene	84.32
44	Bleakley	Marie	85.08
45	Gauci	Benny	85.08
46	Field	Alf	89.49
47	Smith	Penny	98.48
48	Ayliffe	John	98.48
49	Dearn	Frank	101.34
50	Themsen	Kirsten	101.34

Membership benefits

Following a recent Committee meeting where the benefits for members was subject to a lengthy discussion, the President circulated an email to all committee members. In this mail was a copy of the New Members Welcoming Letter, which in the shortest possible form describes all the benefits. What do I get for my membership fee. The letter is published below:

"Welcome to Sydney Striders.

Sydney Striders was founded in 1980 to promote and encourage long distance running, especially the marathon. Over the years, though, the Club's profile has broadened to include just about every type of runner from the 10 K fun runner to experienced triathletes, orienteers, track runners and ultra-marathoners. The common thread is that you enjoy running. Sydney Striders welcomes every runner, male or female, young or old, social or competitive. The diversity of members' interests and abilities is one of the Club's strengths.

Where else could you meet such a lively group of fun loving and friendly people to spend a few hours with on Sunday mornings, sharing family, work and running experiences while exploring some of the most beautiful and interesting areas of Sydney? As well as giving you a host of new friends, joining Sydney Striders brings you a number of other significant benefits:

1. STaRs (Sunday Training Runs)

Groups run every Sunday morning commencing from 6 am; 26 different courses covering the most scenic areas of the North Shore, Eastern Suburbs and Inner West of Sydney. Each STaR has a course map indicating various distance options from 10 K to 30 K and even the occasional "long option" of up to 39 K for those who want it. Choice of start times between 6 am and 7 am, allowing you to choose a group which runs at your pace. All those running 10 K or 15 K start together at 7am. Groups are always encouraged to stay together so that no one ends up running on their own. Each STaR is "hosted" by a club member who provides refreshments at a cost of \$3 per person. Post run socialising is an important part of club spirit, giving runners of different standards an opportunity to catch up with each other and swap stories and training tips.

2. Sydney Striders 10 K Series

An Open 10 K race is conducted on the first Saturday of the month (entry \$5 members \$10 for non-members) over 4 different Sydney courses. A handicap points system operates for members so

you can plot your progress over the months.

3. The Blister

The Club's magazine is a high quality and very popular publication produced quarterly. It contains informative articles and entertaining "running" stories about our achievements, disasters, training tips and Sunday morning gossip.

4. Club Colours

Members are encouraged to wear Striders Colours everywhere they run, especially at STaRs, and major outside events such as the City to Surf. All sorts of gear is available in the distinctive green and white colours, at very reasonable prices. Orders are taken on a quarterly basis however the Uniform Manager keeps a small stock of selected items for sale to new members.

5. Club Events - Races and Social

Club trophies and prizes are awarded for members only races that include a cross country race and a picnic day. Family members are encouraged to join in these events as well as any post STaR BBQs, annual Prize giving Breakfast and an Awards Dinner.

6. Midweek Training Runs.

Each Thursday at 6.00 pm the Club conducts a training run of 9.5 kms, variable pace, from the Waverton Bowling Club, Woolcott Street, Waverton. The run is held all year round, summer and winter. This is an ideal run for beginners to get to know the Club and its members.

7. Mid-week Running Groups.

In addition to the weekly STaRs, monthly 10 k races and Thursday night training runs, there are several groups of Striders who meet for a run during the week at a number of different locations and times. Please refer to the inside back page of the Blister which is enclosed.

8. Marathon Training Group.

Within the Club we have a Marathon Training Group. The aim of the group is help prepare members to successfully complete the Canberra Marathon to be held on 8/4/2001. The MTG provides support and encouragement especially to first time marathoners and beginners but is open to any one in the Club. If you have not already done so please make sure you introduce yourself to the Sunday STaR Host so that you can be given advice on which group is closest to your present standard and be introduced to some other members who will be pleased to look after you.

Jim Screen, President."

Ultra Runners

In this issue no articles from ultra runners are published. That does not mean that the members enjoying this form of running aren't active. On the contrary!! Sean Greenhill has written about his experiences on the following web addresses:

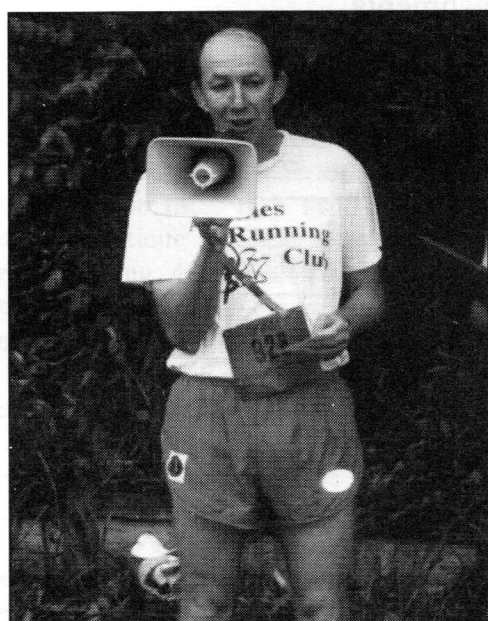
www.coolrunning.com.au/ultra/glasshouse/glassh25

www.coolrunning.com.au/fatass/lostworlds/index

www.coolrunning.com.au/fatass/rnp/index and

Www.coolrunning.com.au/mountainrunning/events/bclassic.

Please check these sites for some fascinating reading. —Ed



Handicap Half

One of the regular annual features on the Striders Calendar used to be a Handicap Half Marathon event. This was always a popular run and provided plenty of excitement as the race format provided numerous opportunities for races within the race to develop. Road changes eventually forced the race to be dropped about five years ago.

The race featured a staggered start with the slower runners leaving first. Handicaps were calculated from latest race results and were set to have everyone finishing at the same time. The outcome was that as the race unfolded the faster runners would catch up and try to pass some of the slower competitors. Some of the passing moves were swift and sure but many others took some considerable time and effort especially where handicap differences were only slight.

Because this was a good event and some members have asked that it be included in a future calendar it has been agreed to try and include a Handicap Half Marathon in next year's activities. Details have yet to be decided but the event will be held probably on a Sunday morning as a STaR. We shall keep you posted.

Jim Screen

Left: Achilles Running Club was again this year the receiver of the donation from the last 10K series Charity Run in Lane Cove. It's really a remarkable amount of work they do. Keep it up.

Striders in Training

<i>What and When</i>	<i>Who</i>	<i>Where</i>
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	A great variety of Striders	Acron Oval, Akron Road St. Ives
Lane Cove River Runners: About 10k. Tuesdays and Fridays 5.45 PM.	It varies a bit	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 and numerous	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

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Has finished

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Runs for Charity: Striders \$7, non-Striders \$12

Entry fee includes refreshments

Enquiries: Sydney Striders 0500-JOGGER or

www.sydneystriders.org.au

2001 Programme

Has not been decided yet. Keep an eye on the website.

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.

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