Sydney Striders

Road Runners' Club Australia

Edition No. 80: January - March 2001

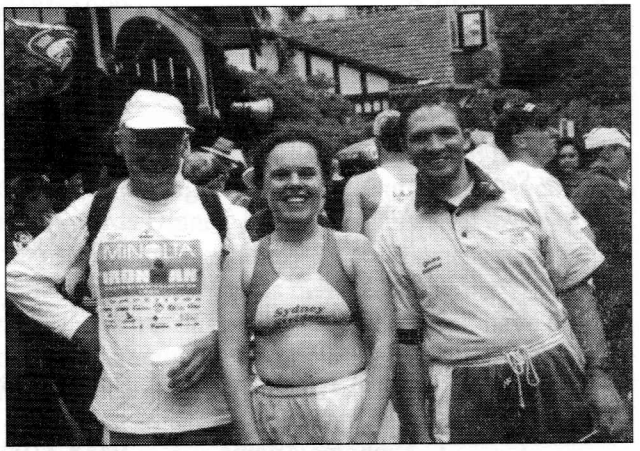
Winners, winners and winners

With the Club's awards dinner coming up various members have been nominated for the Maria Gemenis-Cruikshank Award. The winner decided democratically by votes from the members. However during the last couple of months, we have seen Striders performing extremely well in various disciplines. Some get separate mention later in the mag, but to give a little appetiser, a fair number of people are worth mentioning.

Xandra Dunn and Barry Rutter won the Jindabyne marathon in November. There was 5 Striders amongst the first 15 at Brindabella. Trevor Jacobs won the event - yes he is a Strider. Paula Whitehouse finished the Hawaiian Ironman in grueling conditions in 12.30. Dean Deagan won Palm Beach to Manly and has produced a marathon time of 2.30 in Osaka, Japan. It will not be beaten unless he runs another one this year. Jonathan Worswick came 3rd in Bogong to Hotham and Gary Leahey finished the Cradle Mountain race in Tasmania. Joanne Cowan and Caroline Yarnell won their agegroup in the State's 5000m track Championships. Stephen Ball won his agegroup in the steeplechase. And finally, Randy Brophy came 3rd overall in Six Foot Track and won his agecategory. Striders are showing the colors everywhere to an extend where we are getting new member applications from people who think Striders is an elite club!!

Being Striders, we know, that no specific effort or incentives are in place for the elite, but that all the Club activities are aimed to accommodate and support runners of all abilities. I believe it's nice to belong to a Club with the diversity of Striders. Thereby I feel like a winner, even when the real winners win.

-Ed.



Derek Smith, Bronwyn Wassell and George Herisson enjoying their finish of Six Foot Track. It's amazing; they were smiling out on the course too!!

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- **and much, much more**

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.

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The President: *president@sydneystriders.org.au*
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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.

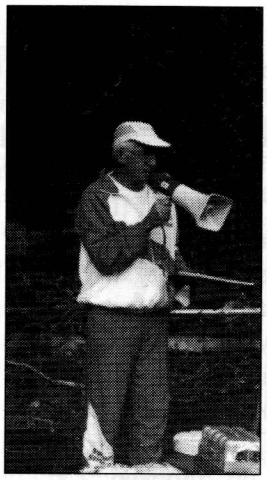
Credits

Photographs were supplied by Dean Degan, Michael Bailey 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 Andrew Smith, Michael Bailey, Barry Rutter, Derek Chung, Caroline Yarnell, Fred Howe, Kevin Tiller , George Herisson and Randy Brophy.

Margareth White during the Six Foot Track. It appears she's driving a pole into the wet and soft ground (it had been raining a fair bit), but she's actually trying to maintain balance on top of a fence crossing.

The Presidents Report



See the happy moron,
He doesn't give a damn
I wish I were a moron
My God! Perhaps I am!
(Eugenics Review, 1929)

What has the above quote got to do with the President's report, I imagine hopefully at least one member might ask, before passing on to other items of greater interest contained in this edition of the Blister.

The answer is nothing really; I just liked the way it challenged me to find a better quote to start this report. But this one will do.

If that member is still with me I would urge continued reading of this column as it might just contain one or two questions which in due course will require some action from some more members who give a damn.

New 10K Director

In Blister 79 I mentioned that at the time of writing we did not have a 10K Series Director. Well we have one and we should be very thankful that Ian Whitfield has stepped forward and taken on the job. Many thanks Ian, you arrived just in the nick of time.

Many thanks to Mike Hansen for his couple of years as Director. Under his guidance the 10K Series gained a new impetus .Also lots of thanks to Ray Potter for service as long as I can remember in doing the 10K Series Results. Ray has been a great help for so long I must say I was terrified at the thought of how we would handle this years results without him being around. (Perhaps he would do them one more time). And then the phone rang and it was Saint Stephen Jackson saying that if Ray really didn't want to do the results again, then not to worry, because Stephen would be happy to take over. Wow, there's someone who gives a damn.

And while we are on the 10K Series many thanks to Mahmoud El-Khansa (Macca to most of us) for being the 10K Gear Steward for the past couple of years. Macca made things so easy by always turning up month after month with the gear. Even when he was injured for most of last year Macca continued on with the job. Unfortunately because of a staff problem with his taxi business he has to spend Friday nights working and can no longer assist.

Well guess what? We haven't got a gear steward. All of the equipment is residing in my garage. Would someone kindly come forward and take on the job. Yes, there is a reasonable car load but with a bit of careful packing it fits in without much trouble.You will also need some suitable space to store the equipment.Sorry , but the pay is not that good.

Social Striders?

Apart from the 10K Series we also have the prospect of having to cancel the Outstanding Achievement Awards Dinner. I hope we can avoid this but with no time to go and only 25 acceptances we might not have a choice. Why is this the situation? The volunteers who put this exercise together still have to do the same amount of work whether it be for 21 people or 200 .We have over 400 members of which 75% are financial so why the lack of support? Is the committee doing such a poor job that they do not deserve a mild stirring of interest from say 20 percent of members?

AGM

Which brings me to the Annual General Meeting scheduled for 20 May after the STaR. All positions are declared vacant at this meeting and make no mistake about it some of the current committee members will not be standing for re election. If the positions are not all filled then the responsible thing for the next committee to do might be to simply drop the activities not covered from the Clubs agenda.

Notes on the AGM will be distributed at the end of April early May. And please be there even if only to make sure you don't get a job in your absence.

Randwick Runners Shop
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Finally I would like to pass on my sincere thanks to Nick Themsen. Honorary Editor, Copy Boy, Photographer and Gofor for the Blister. This is Nick's last edition and I know all members would like me to thank him so much for the contribution he has made to the success of Sydney Striders. Nick had to learn the hard way commencing at Blister No 70 when he took on the challenge by himself, at a time when no other volunteers would come forward. Since then Nick has become the Blister Man and we have all benefitted from his personal contribution. We also sincerely thank his wife Kirsten and their family for giving Nick the support necessary for him to produce 11 editions of the Blister. The Kirsten's also run a great STaR.
Thanks again Nick for giving a damn.

Jim Screen.

Thank you Jim for the nice words. I've been involved with the Committee and the Blister production for 5 years now and I find it's about time some new and fresh ideas are brought forward. The Blister production is a big job at times, it's a bit like painting –60% preparation and 40% actual production. However you can see the result when finished and that's usually satisfaction enough to want to produce another one.
I was relatively new to the Club, when I first took on the job and if nothing else, it has certainly given me the opportunity to meet and learn a great number of members, whom I otherwise would only have known as a name from a list of results or a club ladder.
Finally thank you to all the contributors over the years and for all the both written and verbal support from so many different members - inclusive my household. Without their back-up it wouldn't have been possible.
-Ed.

Runners The Shop

Are you an unfinancial member??

1) a number of people are still unfinacial for 2001. For those of you not aware, everyone's membership expires end December and you need to renew annually. forms have been sent out at the end of last year but there are a few stragglers. If this is YOU, then you can renew your membership here :
http://www.sydneystriders.org.au/renewalform.shtml

If you are not sure what side you are on, then email info@sydneystriders.org.au and ask. I think reminders will be sent to all concerned soon, but if you know you haven't paid them please do the right thing.

2) Speaking of doing the right thing, the club will have its AGM on 20th May. I am quite sure most people don't really care about this, but now would be a good time to ask yourself whether you might like to put a little effort into helping the club by taking on a small role to help out. I am not out to sign anyone up to anything, but just think it over a little and no doubt we will come back with some specific roles or ways you might be able to help. It's a voluntary club, and doesn't need a lot of work, but a little often helps a lot.....please think about whether you would like to help and how, and I am sure we could find a role...

Kevin Tiller

State Track Championships

A number of Striders turned out at Homebush for the NSW Track & Field Championships on 9th - 11th February. They appeared in the colours of their track athletic clubs or as individual veterans. Our one runner in the Open events, Jenny Truscott, came away with a creditable 4th place in both the 1500m and the 5000m. In the Veterans events, Striders again did well. In the 5000 metres both Joanne Cowan and Caroline Yarnell took first places, in the 45-49 and 40-44 age groups respectively. In the men's 5000m Stephen Ball came second in the 45-49 age group with Barry Rutter also finishing well. Andrew Smith came 9th in the 40-45 age group. There was a second medal for Stephen as he backed up next day to take first place in the 45-49 Steeplechase. Well done all.

Andrew Smith

Marathon Memories No 1

My first Marathon was on Easter Monday 1960 in England. It was The Doncaster to Sheffield , a well established Yorkshire Classic.
This was to be the first time I'd run further than 20 miles (32 kms.) and I'd only done that twice. However I'd been running in excess of 120 kms./week for the previous 2 years and racing nearly every week for my club.

The History

My stepping stones to this marathon perhaps started when as a 16 year old I ran in the local Hereford to Ross 14 (22.4 k.). There were only 15 starters and I finished equal 10th. I'd only run it for soccer training but I handled the distance quite easily.

For the next 5 years I was more interested in playing soccer, but I still enjoyed going for a run most days and managed to win a few low key local track races.

At 21 I started 2 years National Service in the RAF where my running really started, mainly due to the encouragement given to me by a couple of "real runners", in 12 months my mile time went from 4-58 to 4-36, but more importantly I was handling longer runs much better. I was also in the RAF gymnastic team so I was becoming a very fit guy.

After the RAF (in 1957) I was back in the real world where I was an electrician. I started running to & from work every day and racing with Blackburn Harriers every Saturday, Cross Country in winter and track in the summer. My mile time improved to 4-22 and I finished 108 th. In the English Cross Country Champs (1st. 100 were considered real runners.

In 1959 one of my workmates (I was now a draftsman and still running to and from work 10 Km. in the mornings and up to 20 km in the evenings and still racing most Saturdays) entered me into my first long distance road race , a 16 miler (26 km). Luckily (& I really mean this) none of the Big Boys turned up & I managed to win in 1 hr. 32 min. about 10 mins. slower than the record. But it gave me the confidence to go further. My next long one was 8 weeks later when I finished 4th. In the Red Rose 20 (32 km.) my time was 1 hr 59 min. 7 mins behind the Winner but I'd slowed right down over the last 8 km, my feet were sorer than I'd ever known. My shoes were too tight for these long races. It was a good lesson, one I now use to help my customers.

The Marathon'er

I had now made up my mind to run a Marathon and I had 6 months to prepare for it. I continued running to and from work Mon to Fri. Raced X-C most Saturdays and did 25 km every Sunday. One month before the Marathon I ran a 20 mile (32 km) trial in 1hr 55 min., a 4 min PB. I knew I was in good shape and could go under 2 hr 35 min.

As far as the race was concerned, I just did everything right, getting in the first 20 from the start, keeping relaxed and not worrying about the last 10 km. I went through 20 mls (32 Km) in 1 hr 52 min (a PB) and kept chasing the man in front of me, my workmate who really set me on this path. I finished just behind him in 2 hr 30 min 29 sec. Feeling "over the moon" it had been so easy and so much fun. I was Fred "The Marathon Runner".

The winner of the was Arhur Keily in 2 hr 19 min 23 sec., the second Brit under 2-20 after Jim Peters. Arthur was 39 years old and went on to run in the 1960 Olympics before retiring, Ha! Ha! When he was 70 he started running again and at the age of 71 he did 3 hr. 24 min. 23 sec in the 1991 London Marathon.
Now that's a Real Marathon Runner.

Fred Howe

Fred and Lainie outside their shop in Randwick. Please support them– they support us!!

Hong Kong Half

The HK marathon was held on the 4/2/01. I ran the half marathon which was held in conjunction with the event, as was a 10km race. This year the event attracted record numbers (over 10,000) most of whom were in the 10km class. 1500 were entered for the marathon and 2600 for the half. Anyway all three events started at the same time and place, and you can imagine it was pretty chaotic at the start, made worse by people slowing to shake hands with the dignitaries (the CEO of Hong Kong was the official starter) and road works which caused congestion further up. Things were a bit trickier for the elite runners, some of whom lost a lot of time when they followed the 10km runners instead of turning off for the marathon course. Next time they should read the course map more closely.

Anyway the weather conditions were good - 15 degrees but humidity was 90%. I didn't notice the humidity but most of the elite guys did. The course started in Tsim Sha Tsui, which is a famous tourist spot and went as far as Lantau Island. The half marathoners turned back at Tsing Yi Bridge, which is about 10km before Lantau Island. The course then took you back to Wan Chai, the former home of the famous Suzie Wong, via the Western Harbour tunnel.

Most of the race was held on expressways so it was largely flat, though at the end coming out of the tunnel and onto and off various overpasses saw the course steepen considerably. I don't mind a bit of hill work and was able to overtake a lot of people at this stage. I found it difficult in some parts because concrete walls lined the expressway and so there wasn't much scenery to distract me or set a pace by. I did have a lot of fun - the start was a pretty noisy affair with runners cheering and shouting stuff in Cantonese. However, by the 5 km mark all that had ended and people started concentrating more on their running.

My preparation was poor - the most I had run since arriving in Hong Kong was about 7 km. Where I am living, road running is difficult because of heavy traffic and finding a good course was problematic. My goal was to finish the course and hopefully avoid being caught by any of the marathoners. I was successful on both counts, finishing in 2 hr 3 minutes, though about 15 minutes slower than my PB. The overall pace is a little bit slower here - the half marathon was won in 1:16:50 minutes, The men's marathon was won in 2 hour 23 minutes by a Ethiopian policeman, Jilo Dube (whose claim to fame is beating the great Haille Gebrallise in the 10,000m in the Ethiopian championships back in '89 - a feat he admits would be impossible now). The lack of a separate prize for setting a course record was the reason given by some competitors for the (relatively) slow pace - runners were content to run for position rather speed. It made for a thrilling finish, though, with the top two sprinting for the line. Although crowd support was poor, the local English language TV station showed 30 minutes of highlights before the news on the evening of the event.

The slow pace was also reflected in my placing of 418th out of 1016 finishers in the Mens Open category, the first time I have finished in the top half of any distance race. I was happy to have finished the course without too much pain and will definitely be having a crack at the marathon next year. For those interested in finding out more about the event, including full results, go to www.hkmarathon.com . For running in Hong Kong, www.hkrunners.com is a good place to start.

Derek Chung

Derek has also made himself contactable on derek@dekca.com in case someone gets to run in HK. -Ed.

Letter to the Editor

Dear Editor,

Our STaR calendar has B1 to show how many kms of bush and H29 to show many kms of hills (always a lie). Perhaps our Calendar Manager could include further indicators so I can decide if it is worth getting out of bed on a Sunday morning.

We could have 'WC' to indicate if toilets are open at 5:45, 'WC+' if it's actually safe to connect the anatomy with the seat; HS for hot showers, CS if there is no cover in winter; $$$ if there is a good chance of copping a parking-ticket. One chef's hat for cake with icing, two chef's hats for a full cooked breakfast and three chef's hats if I can consume more 'snakes' in one morning than my children are allowed in a year.

Yours sincerely, Mitch O'Lyn

Bogong to Hotham (nearly)

7. January 2001

Last year we had a report from the race, which Kevin Tiller was kept away from due to injury. This year he made the attempt and filed this report on the LiSSt.

" I've stumbled on the side of twelve misty mountains, I've walked and I've crawled on six crooked highways, I've stepped in the middle of seven sad forests, ..And it's a gonna be a hard run today. "

..tougher than the rough end of a pineapple.

The Bogong to Hotham mountain run is, in my mind, the heart and sole of Australian Ultra Trail running. I think this is because I first heard about the Australian Ultra Runners Association, and the Bogong run at the same time - in the early 1990s, well before the internet made all that stuff easier to find out about. I think I fell in love with the race, and the alpine countryside then and have endeavoured to return every year possible. Maybe that's why I place it in such high regard. Or maybe because it's the low-keyness of the race - it starts in a remote valley 7 or 8 hours drive from Sydney, attracts a couple of dozen starters, less than a dozen finishers and is tougher than the rough end of a pineapple. There is no posturing and posing, no need for fancy job-titles or rules - the course is such that your running and your fitness will tell its own story and you'll come away with a clearer picture of what type of person you are both mentally and physically. The weather is often poor - it took me 3 or 4 years to view more than clouds from the summit of Mt Bogong, and of course I'll never forget the first year of running the event where I was lost for half an hour on the summit of Mt Hotham looking for the finish line in white-out conditions ! Even though its held in mid-summer I still choose to wear a long sleeved thermal top.

Cut-off

The race has an extremely tough cutoff at the half way point (approx 34km) of 5hrs 30mins, approximately 5hr pace for Six FootTrack (if you have ever run that race). Its absurd as an extra hour or even half an hour would still leave plenty of time to finish in the daylight, even given a slow down rate - its mid-summer and so doesn't get dark until 8pm or so. [I think the official reason is so that aid station volunteers, many of whom camp out the night before, can return in daylight - fair enough I s'pose]. Given that out of my first 4 excursions, I made all 4 cut-offs, you'd think that I would be keen to make the cutoff in 2001. Well .. I knew that my fitness of late is NOT what it was in the early 1990s, and I'd missed 4 years worth of "Bogongs" - 2 overseas in the UK at Xmas/New Year, one with a heavily pregnant wife, and one with my leg is plaster cast. Just being in shape enough to start the Bogong run would be pleasure enough, although I secretly, or not so secretly, hoped to make The Cut this year.

Background

For background, the race is 60 km (36 miles) starting at the foot of Mt Bogong in the Victorian Alps and continues to the summit of Mt Hotham by way of the summit of Mt Bogong and other steep climbs. This is all ski-ing country in the winter, and it seems lives are lost year round due to bad weather, bad luck and/or bad planning so unlike many runs, there is a real feeling of being "out there" and that if you fall over or get lost, maybe no-one will look for you for a week or so. Maybe that adds to the thrill of it.

The trip

I spend much of the year hyping the event, around the Sydney running circles, in the hope of attracting runners to share the ride down with me, and this year it worked a treat : Sean Greenhill, a returnee from his maiden voyage in 2000, and 2 new recruits from the Fat Ass events [http://www.coolrunning.com.au/fatass] - Thomas Lenzenhofer and Dave Fimpyhead" Pettit. We decided the weekend would proceed in Fat-Ass-Style ie no regimented plans, other than the run, and we'd take a "she'll be right mate" attitude that works well for those runs. I drove a winding road across Sydney at lunchtime Saturday to pick up the guys - Ryde, Burwood and Liverpool, before heading off down the Hume Highway to Albury and the "Snowfields". We arrive in Albury approx 7 pm to get some food, as further south in Victoria, none can be guaranteed at this hour on a Saturday night. We cram full of pasta or pizza, on top of all we had in the car on the way down (Vegiburgers at Marulan, amongst other stuff). The walk back to the car was required else we'd

Runners The Shop

pop - or maybe that was just me. Onward we roll, finally getting to Mt Beauty and the Snowgum motel at 10 pm to drop Sean off to share a room with Martin Fryer, Sydney Strider, although Canberra-based. That was the slickest organisation we'd seen all weekend, although Sean was about 4 hours late. Mountain Creek Campground was just a couple km back.

We got to the campsite with the needle of the fuel tank on empty and Dave/Thomas set up the tent. I push down the seats of the car to bed down for the night. Dave - a big boy - decides after surveying the options that it will be comfier in the tent.

Gifts?!

In the murky morning we awake to a hive of activity, runners breaking camp and arriving. The race director arrives and starts handing out race numbers - all runners are pre-entered. It seems that all the runners know each other from adventures past. The weather is warm and sticky with a nice "woody" smell hanging in the air. This year each runner was handed a block of chocolate and an Olympics 2000 notebook !

Victim of the course

We gathered for a last minute pep-talk by the new race director, Michael Grayling. I can't remember what he said. We all took off at approx 6:20 am and immediately I dropped to the back as I was fiddling around with my camelback. I found the weather was warmer and stickier than previously thought and started sweating and found myself running alone with the vast bulk of the field ahead. By the time we reached the turn off at Staircase spur to go REALLY uphill I was buggered. Gradually all the slow pokes behind came past me—Sean, Geoff Hook, Bill Thompson the demon walker of the Glasshouse Mountains etc. I think I knew then that there was no way we'd make the cutoff. After the best part of an hour I came across Sean lying on the ground with Thomas and Flimpyhead standing around. I'd assumed they'd be a long way ahead by now. "What's goin' on". "I fell over" says Sean. "Are you ok ?" "nope - cut it through to the bone". "Shit, you'd better go back". Sean now jumps up, having finished with the bandage, "No I'll be right I'm really pumped up now". "Nah that's just the adrenaline, you'll get to the next hill or maybe not even to the top of Bogong and you'll be buggered - go back". Sean : "Oh shit and f#@*!". He starts walking back and the three of us continue up. We didn't spend much time talking about Sean after that, I think we all understood that it's about the survival of the fittest, and if you are injured or whatever then its just too bad. He didn't need to be put down, and even for a bad injury he would make the few km downhill without a problem, even if he had to do it on his backside.

Similar to Austria

We were finally reaching the top of Bogong and passed the tree-line so the views opened out and we could see how far we'd climbed. Thomas kept remarking about how similar it was to Austria. All of us were just pleased to finally be OUT THERE and enjoying the wind and views. All that city living was just seeping away now and the long car drive down was finally getting out of the system. Thomas took a bunch of photos. We cut across the scrub to the summit cairn and had a drink and chat to the course marshal there who had camped out the previous night. More photos. We watched Ian Javes continue underneath us and miss the deviation to the summit. He's from Queensland and never done the run before so might be excused. We told the marshall his name so that he wouldn't be marked as lost then took off after him. We quickly caught and passed him.

Realisation

We ran as a threesome for a while along the top of the ridge but slowly Thomas pulled away. He was muttering about that maybe he could still make the cutoff. Of course he'd never been here before so didn't know that there was NO chance, but maybe he just didn't like to accept defeat so early in the run. The last time I made the cutoff I'd got to the summit of Bogong in 1 hr 30 mins and made the cutoff within the last minute - and this time it took us 2 hrs and we still stuffed around taking photos. I knew that there were more big hills and I'd likely lose even more time, and could not make it up. I gave Thomas, although he was much fitter, no hope either.

Good old Helly Hansen

I ran with Dave Fimpyhead and we chatted about all sorts. He is a highly intelligent life-form and so the time passed quickly. We got to Cleve Cole hut and I took a solitary jelly bean and some gatorade. Had a quick look in side the hut - one of many in the area - used during emergencies. Impressive. We took off and filled our bottles at a stream down the hill. By now, the mist had come over and it was grey and colder - so I was now pleased that I had my long-sleeved Helly

Hansen thermal on. In fact I think its the same one I've worn every year and is now VERY thin all over. There were some beautiful flowers out here, and there was a distinct eerry feel about the terrain - the wind blowing pockets of mist all over. The track is clearly visible here, but twisting and turning all over. SO beautiful. Eventually the route was headed distinctly downhill, T-Spur. I'd told the others that this was usually the worst part to find your way, and was usually a bush-bash, but we found that this year the route was very easy to see, although there were still lots of fallen trees and stuff. It was quite pleasant winding our way down.

We came to the clearing by the river (Big River) to find both Thomas and Bill Thompson just kinda hanging around it seemed. I showed them the way to the crossing and Bill took off, whilst Thomas and Dave stuffed around taking their shoes off. Then we took some photos. Then we filled our bottles - very casual !

A hiker lost of time

I was nervous about the next section, the climb up Duane Spur, almost as bad the Bogong massif itself. Last year the route was not easy to find due to a landslip and it was 4 years since I'd been here and my memory probably wasn't good, but the route luckily was easy and obvious to see. We took off up it slowly. I started OK at the front, but then let the others go ahead. I remember meeting a hiker and we asked him how long he'd been out and he wasn't sure but it might have been 4 days. THAT must be a good hike if you lose all trace of time ! I lost touch with the others and drifted off into my own little world - I really enjoy these moments. I was working hard, and sweating and drinking quite a bit. Dave Flimpyhead gave me a start as I found him sitting down waiting for me in the middle of the path. I would have run into him if I had been just that little bit more into my own world. He had lost touch with Thomas who was still looking for the cut-off and decided to wait. We still had a long way to run and just plodded on upwards and along ... and upwards and along ... eventually passing the lush lowland vegetation into Snow Gum territory. As the name suggests - your standard gum tree but with a "frozen" look - white and silvery. Mixed with all the colourful alpine flowers it made for a REALLY pleasant run along here. We eventually came past the tree-line around Roper's Hut for the next checkpoint. The guy there advised us of the times of the previous few runners and we thought we might be gaining on them, but it wasn't clear cut.

From here, the course emerges from the trees and crosses the Victorian High Plains above Falls Creek. The route is along the alpine way which is denoted by snow poles approx 3 meters high spaced 50 meters apart. Following them is normally pretty easy, except they are designed for cross country skier's on snow. With no snow, you would have to run over divots and ditches and really rough ground. Most people run on the dirt road at this point - which is just like a wide path which winds around the poles. Given the mist, there were lots of sections where you lost sight of the pole and there was concern over whether you were still on track - I knew that the route just suddenly cuts off across the hills at a certain point (pole 739) and didn't want to miss it. At some point Dave Flimpyhead dropped back and I felt good as I finally went past the walker (!!) Bill Thompson and looked like catching the runners ahead. Clearly this section favoured runners over walkers - whereas the climbing sections are pretty much even. Dave even caught me up, just before we decided to pull over and check which number pole we were near. Luckily the turn off was just a few pole further on. From the turn it was not much further along a single track until we came out on the final dirt track close to Langford Gap - the halfway point.

"No worries, Dave, nearly home now" and of course the mantra spoken, real life kicks in and we put on a finishing spurt around every corner, then sagged when we were faced with a track heading off into the distance past the next set of trees and corner. We did this spurt/sag thing about 3 or 4 times.

The (cut-off) finish

Eventually though we did pull into the finish area - not so much a finish line, but just a cluster of runners and hangers-on. Our time was 6hrs 58mins (Thomas did indeed miss the cut-off by heaps and only just finished ahead of us in 6 hrs 44 mins). By now it was either raining or close to it. I remember devouring about half a dozen oranges (Man - did THAT feel good !) Sean was there also, telling everyone about his trip to the hospital in the drop-bag car, for stitches, and delayed the bulk of the field from getting their drop bags at halfway. We hung around chatting and waiting for the trailing runners to come home - Bill Thompson the walker next, then Ian Javes from the wrong direction - clearly having missed the turn off at pole 739 and finally John Lindsay, from Melbourne. He looked like he could have gone all the way. Ditto myself - I finished in great form "not fast enough to hurt myself". Probably the most pleasing sight of the day was AURA founder Geoff Hook, previous race director for many years, finally able to do the run himself. He said he was not fit enough to go the whole hog, but he certainly beat us ! Long time friend Peter Logan turned up

with cutoff shoes and Thomas took a photo of him standing next to Fimpyhead—what a pair ! We all laughed at that.

Back to Sydney

To finish the day we caught the bus back to the Mountain Creek campground and made it into town before we ran out of petrol, and all had showers in the Sean's motel room before Martin Fryer would finish. (Thanks Mart). We then headed back to the big smoke - stopping in Albury for feeding with Jonathan Worswick, local trail legend. He had finished the race in 3rd place (8 hrs 10 mins) and we caught up with some of the other finishing times that he passed onto us, given we never made it up to Hotham. He waxed lyrical over the incident of the missing drop bags and how he did the whole run on one muesli bar. This further marks Jonathan as not-of-this-world material. We then drove off back home, via everyone's houses. I finally staggered in the front door totally spent at 4am Monday morning.

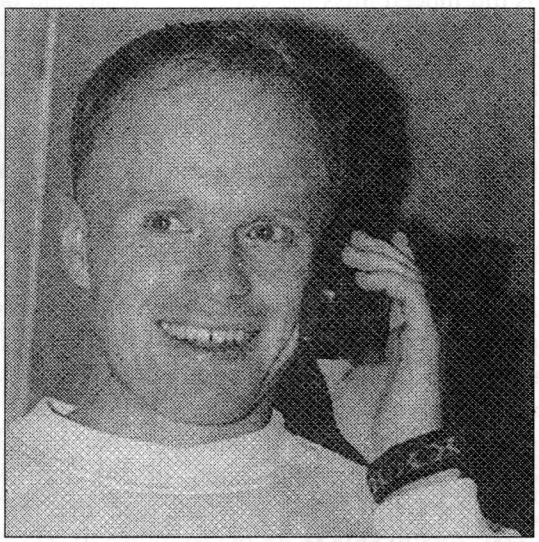
What did YOU do at the weekend ?

For the curious, or keen, a website for the run is here :

http://www.coolrunning.com.au/ultra/bogong including the photos that Thomas took on the day.

Kevin Tiller

Thanks for sharing this one with us Kev. I was keen enough to have a look at the website, where there really are some very good photos supporting the story. Please take a look. –Ed.



An archive shot of Kevin. He's not changed.

Editors Corner

Communication

It has been said before: "it's the most difficult thing on earth." It's one of those things in life you can never get completely right and seldom completely wrong either. It's one of those topics where the exact same statement is too much for some and to little for someone else. Some would rather be without it and others cannot get enough. What is good for some, might be wrong and in some instances directly harmful for others. Yes, I am talking communication.

On Club level we have the webpage, the LiSSt, the Blister, ordinary snail mail and various notice boards at our disposal for written communication. The verbal is far more complex, but at least 99% of all "important" information from the Club to members will also appear in writing at one or more of the above listed places. So why am I talking communication then?? Only because I believe we can improve. Not to perfection, but become a little bit better – and by a gradual improvement contribute to a better Club environment and ultimately serving the members better. How??

In my humble opinion by letting the members (primarily) and other interested parties know where they can find information, exactly what kind of information they can find and how often they can expect this information to be updated. Finally how it will be communicated (web, mail, magazine etc) is also important. Just by making these simple decisions and bring that information to the members will eliminate a lot of repetition, some frustration and also indirectly determine the format for the presentation of the information. Getting to this stage will improve the Club environment, and I believe this is a real and pertinent issue for the next Committee to work with.

-Ed.

Trailwalker

This years Sydney Trailwalker (100 km) will take place 25, 26 and 27 May on a course along the Great North walk. Information about the event can be found at www.caa.org.au/trailwalker/sydney/

Several Striders has participated in previous years and Kevin Tiller and Jaques Laurent are looking for team members (maybe they should talk to each other) for this years event. Go and support the Striders if you have the opportunity. *–Ed.*

How Will You Beat the Marathon Blues?

How are you feeling? The Ironman races and marathons of 2000 may be a distant memory. If you competed in one, and noticed a distinct difference in your spirits a week before and a week after your big race, and were surprised at the "downhill slope", you are not alone. The emotions have ranged from a mild case of "the blues", to "falling off a cliff", to suicidal feelings.

What's next?

For an explanation, think back to the height of the pre-event fever. Whatever the challenge: a big presentation, a marathon, a project, you were focused. So focused that other things that gave you joy in life were indefinitely sidelined or curtailed: other sports, reading, friends, family, your partner. More time was spent training and preparing for the event, and a very high proportion of your pleasure was derived from that preparation. Now the event is finished. Whether or not you met your goal, you probably experienced a week or so of relief, happy fatigue, sense of accomplishment, even a high. But what comes next?

For many overachievers who are good at prioritising their well-rounded lives off the map in favor of pursuing a goal, what comes next is a downer. A period of vague feelings of inadequacy, low energy, even despondency... A depression that is both chemical and environmental.

Neurotransmitters

On the chemical side, the nerve cells in the part of the brain responsible for human emotions are centered in the hypothalamus, a cherry-size structure that controls basic functions such as thirst, hunger, sleep, sexual desire, and body temperature. Each nerve cell is separated by tiny gaps; neurotransmitters communicate by messages across these gaps to a "receptor" on the other side. When the levels of these neurotransmitters are abnormally low, messages can't get across the gaps, and communication in the brain slows down.

Depression

It appears that depression occurs if you don't have enough of these neurotransmitters circulating in your brain or if your neurotransmitters can't fit into the receptors for some reason. Preparation, anticipation, and physical training release the chemicals such as endorphins that may help this communication. When the pre-event preparation stops, there is a direct impact to the chemical nourishment for the communication. This impact will theoretically be reversed when regular training resumes, or the anticipation of a new goal is assimilated.

How about the environmental part? Some people derive pleasure from hard efforts, projects, etc, and put nearly everything else on hold. What they are doing is presumably the only thing worth doing, the best thing. So why dwell on anything else until the current effort is finished?

The cure

Dr. Michelle Schuele, in addition to being an accomplished triathlete, is a doctor of sports psychology, offering mental coaching for athletes and business executives, and advising on issues such as addictions and eating disorders. She is very familiar with patients' feelings of being alone, lost, not quite sure what to do next (train or take some more time off), scared about losing one's fitness, not being able to maintain your motivation to continue to train as hard or as much before. A disappointing performance, natural hormonal fluctuations, or "trigger" events can make situation even worse.

How can we addicts get out of the trough if we're stuck there after the race? Dr. Schuele recommends the following:

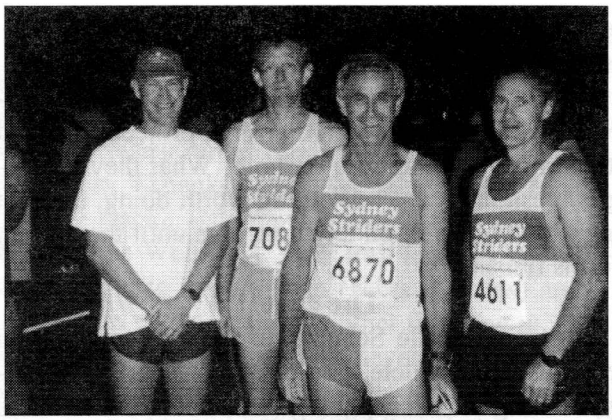
- Do something that you've been putting off
- Something that you've been afraid to do
- Cross-train
- Do something creative (take a foreign language)
- Immerse yourself in a good book
- Have a movie day and don't get off the couch
- Go out on that date with your spouse, girl/boyfriend, or that guy or girl you've been meaning to ask out
- Above all else, be gentle with yourself and know that this will pass.

There has been plenty of prose written about physical recovery from a major race. Presumably, there will be more written in the future on the mental recovery. Both of the authors have been through it last year: Laurie with the Ironman and Randy with the Six Foot Track Marathon. If you want to contact the latter two weeks after this year's ultra, he'll be at Club Med Bali.

Randy Brophy

If you run a spell check on Randy' s name - "Brophy" gives suggestion of "Trophy" - appropriate for the bloke who was 3rd overall and 1st Vet on Six Foot Track. However he would have looked better in Striders gear.
-Ed.

Personal Profile



I didn't have a good pic of Mike Ward on file,, but here he is in good company before the Host City Marathon. L to R: Malcolm Campkin-Smith, Mike Ward, Jonathan Trope and David King

When and how did you start running?

I started in the City-to-Surf in 1981. I was in a work team of three and was the only one who made the start line - running approx 65 minutes. At that time I found it difficult to get round Iron Cove Bay without walking. Running then gave me some exercise when doing nothing other than social squash.

I joined the Striders in 1984 after running the Half at Coff's Harbour and meeting several Striders there. My first marathon was at Campbelltown in 1984. This was run with Steve Cornelius and Dave Williams who both had previously run Sydney to Wollongong. They looked after me. We started conservatively and were next to last at halfway but I left them soon after and came home strongly in 3:29.

When was your first ultra?

The first Brindabella in 1987. I was talked into it by Brian Colwell and have run all 14 Brindabellas, Only one other runner ('Mountain Man') has done all. I've now done over forty ultras including 12 Six Foot Tracks. Other races have been Sydney–Wollongong, Canberra 50k, Royal National Park, Brisbane Water Bush Bash, Nowra King of the Mountain, Bogong–Hotham, Glasshouse and Trailwalker. I keep going back to the same ones. My favourites would be Bogong and Glasshouse because I enjoy getting off the road onto trail.

Do you find bush ultras relaxing?

Yes. Not having to go flat out the whole time and you can walk the hills. It's well away from traffic, just you and the big open plains or bush. I no longer have the speed to live on the edge, which is what a marathon is.

What is a good ultra to start on ?

Six Foot Track or Brindabella. Both are very well organized with frequent aid stations and well supported by Striders, which makes a difference. Six Foot Track is mostly uphill and Brindabella has a lot of downhill which can be crucifying on the quads. Or for a road ultra, Canberra 50k (the extension of the Marathon) is once again well organized with frequent aid stations and lots of Striders competing.

Is extra training required above that for a marathon?

Fairly much the same as marathon training – a minimum *of* 50 – 60km per week. You can get through on water, sports drinks and 'GUs' for races distances of up to 60km, but above that you need to take in food so need to alter training to practice this. I never used to run more than 60km pw for marathons and the pace in ultras is more relaxed than a marathon. I don't go for mega-mileage as I'm a lazy trainer – maybe that's why the body has lasted longer. A Star would usually be my longest run but I will also go out with a group to run 25 – 30km of bush (say the Great North Walk) taking 3 – 4 hours.

What food and drink do you carry and consume on an ultra?

Typically I wear a belt with a water bottle and a pouch for 'GUs' plus a hand-held bottle with an electrolyte drink. I top up the bottles with water at drink stations and carry a capsule of sports drink powder. I stay off Cokes until towards the end of the race – they are treats for a quick hit. The idea is to stay hydrated from the start and vary the drinks - a few hours of eating and drinking the same thing could get a bit boring. I just take a few sips of drink now and then on hills. On several occasions I have been caught dehydrated in training and it is something to be avoided. It does damage that you need to recover from and is a backward step in a training programme.

Sometimes I pick up a belt and hand-held bottle at an aid station for the second half of a race, particularly if we need to do some climbing requiring free hands in the first half. In addition the shoulder can get sore from carrying a bottle.

Do you practice eating on training runs?

I don't but should. I don't go out for more than four to five hours on a training run and this training sustains races of about the 50km mark. But at more distance than that, it gets hard having to eat when not having practiced in training.

What do you have before a race?

I don't normally eat a proper meal before a marathon or a Star – just water and Gatorade. Before an ultra I'll have coffee, toast and banana. After any of these runs I'll drink as much sports drink as possible.

How do you pace yourself over tough and unknown terrain?

Cautiously and try and find someone to run with. One of my worries is getting lost and I run better having company; it assists in reading signs and working out where to turn. I go out conservatively and aim to come home strongly in the last 10 – 15 km. On something like the Palm Beach–Manly, if you go out too fast, you can stagger through the second half. But on an ultra there's a bit further to go.

You do have 'downs' when you are running for many hours. I have run several races with Martin Fryer and we keep each other going through the low points. We are both intent on finishing, rather than beating each other, and work together to try to catch other runners.

I don't recommend running ultras until starting to get slower on shorter distances as you get used to a slower pace and it is difficult to recover the speed again for shorter races. I suggest that fast, young runners run short distances when they have the speed and move on to ultras when they become an old fart. An ultra is less a race than an endurance event, running with people rather than against them. The achievement is to finish. Runners are more apt to help each other and wait, rather than burn each other off (unless they're an elite runner).

Ultras are easier to recover from than a marathon because you have not pushed yourself so hard and are working more within your comfort zone. It can take six to eight weeks to recover from a marathon but about three or four from an ultra.

Do you run the hills or not?

I run the downhills and walk/run the uphills depending on the steepness. I see hills as an interesting part of the race. To be fit you have to be hill-fit and can make up time on other runners. I use the hill to recover so I can run at the top; by walk/running I don't get into a 'walk mode' whereby I can't get running again. It is illogical to end up exhausted at the top of a hill and unable to run and have the few minutes gained by running all of the hill lost on the flat.

However *on* Bogong–Hotham you have to make a tight cutoff and really have to move in the first half, which is extremely vertical – both upwards and downwards; so you have to run everything that isn't vertical to keep the legs moving for when you hit the top of the hills.

Each runner finds out what's best for them – what speed to go out at, when to walk, what to eat - by experimenting. Everyone handles these things in a different way.

Have you ever been lost or concerned about the weather on an ultra?

I've rarely been lost and have stayed on track most of the time. The first time I did Bogong–Hotham I was looking for signs on the trees for the Alpine Track and got nervous wondering if I was on the right track, which is not good for the breathing. I've never had really bad weather, like white-out. Kevin Tiller was caught in white-out 2km from the end of Bogong-Hotham and went the wrong way. With any race, you need to look at the number of entrants and how easy it is to get lost. If there are not many runners, the organisers may not have had the support to mark the trails properly; you then need to decide race strategy – run solo or team up with someone of similar pace / ability.

Have you always finished races?

I missed the cutoff in my first two Bogong-Hothams. I completed 106km of a 160km Glasshouse race before pulling out. It was very hot and I drank so much that I didn't feel like eating. My blood pressure was 40/30. And I pulled out of a marathon once when I ran with the 'flu. I enter a race to finish it and will do so regardless of time.

Who do you train with?

A whole pile of different Striders. I've run with the Saturday morning bush-running group for 10 years and with the Lane Cove Runners on Tuesday nights. A lot is dictated by work and family commitments. I don't have time to run 100km a week and need to maintain a balanced lifestyle. Running is for enjoyment and social interaction.

What is your immediate goal and what races do you still want to run?

Current goal is to get over injuries to be fit for Trailwalker again in May. I'd like to run Cradle Mountain.

The Runners Shop

What is your greatest running achievement?

Hard to say – probably winning the Glasshouse 50-miler with Martin Fryer in 1998; or possibly my one sub-3 hour marathon – the result of training every day for six months.

I'm an average runner who runs socially and my training is not for an elite runner. Running is part of a balanced lifestyle and must be looked at in that perspective. One of my best running memories is from the finish of the Royal National Park 50k – lying outside the Surf Club with a lot of Striders eating BBQ'd sausages and drinking beer.

Mike is an accountant, married to Margaret with children Nicholas aged 10 and Emily aged 4.

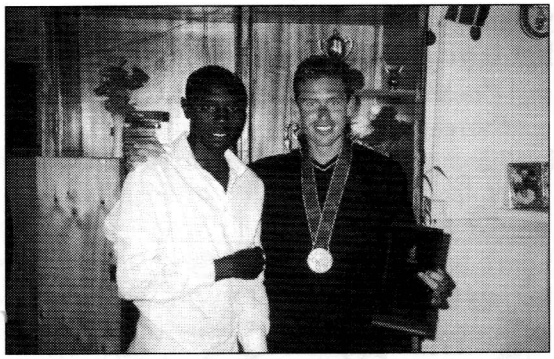
PBs

10k	37:88	1989 Sportscene
CitySurf	55:55	1985
Half	1:23:18	1987 City of Sydney
Marathon	2:57:41	1986 Australian Marathon
Six Foot Track	4:32:18	1995
Brindabella	4:39:13	1990

Andrew Smith

Dean Degan - Osaka triumph

Dean made the opening bid for fastest Strider marathon of the year with 2hrs 31m 00s in the Osaka Marathon. It also looks like a pretty good bet for Best sub-3 Improver since Dean's only previous marathon was only just under the 3 hours (I'm told he got lost on the course). Dean's run gave him 9th place in Osaka. Good to see all that hard work rewarded.



From Dean's visit to Kenya 18 months ago. (Only shot available) It's Dean to the right.

Another mail to the Editor

Another Central London Event

Dear Sir,

I enjoyed and found very informative your web site of the Sydney Striders road racing.And,especially in the summer in London the parks are full of Australian tourists, and diplomatic staff jogging and running,(not forgetting those who live in the city due to their work). And ,bearing this fact in mind I thought you and your colleagues may be interested in knowing of a new central London Road Race due to be announced in the next week or two. This is a race originally designed to commemorate the life of Diana, Princess of Wales (hence the course of the race it's self). Originally the name of the race was "The British Memorial 10K Road Race", but was later changed to "The British Open 10 k Road Race", as it was decided to make it "OPEN" to all charities to use for their fund raising, (more than 200 are entering teams), and also for fun and fitness. There are places for as many as 20,000 runners.

The event date is July 22 nd. 2001.

The event starts in Kensington Gardens,(in view of the Palace), on Serpentine Bridge and by road follows the following direction: Knightsbridge, Piccadily,St.James's Palace, The Mall, to the gates of Buckingham Palace, Westminster Abbey, Parliament Square, Whitehall, along the river Thames embankment to finish outside of St. Paul's Cathedral, (this was where the Princess married in 1981).

An actual map of the course can be found using the internet search engine "Yahoo UK", and typing the old race name "The British Memorial 10K Road Race". In the next 2-3 weeks the number of web sites from all the charities entering teams will mushroom in number, but if you might think the event of merit and interest to some of your Australian and Sydney runners-especially those visiting London-I could if you would like send you the race web address when created, and you would be "free" to mention the event in any newsletter or make any link to it for the benefit of Sydney's many runners.

Anyway, just a small piece of information which I thought may be of interest to the Sydney Striders, runners-who this event will always welcome.

Best wishes, DJR.....(Dennis O'Reilly, DJ)

So if you are in London in July, you might find this an opportunity to show the club colors.

Palm Beach to Manly

DEAN DEGAN FIRST OUTRIGHT PENNY SMITH FIRST IN AGE GROUP

30 of the toughest kilometers imaginable in a road race and Dean Degan covers them in only a little over 1 hr 45 mins - extraordinary! Congratulations Dean from all Striders!

Penny Smith's age group victory in the 2001 event was no fluke either and was her second victory in this race. In 1999 she also won her age group in the Gold Coast Marathon, a huge and prestigious event.

Many many congratulations to Dean and to Penny and to all other Striders runners who competed.

Good conditions

The conditions for this year's Palm Beach were probably better than many of us had feared during the week preceding this annual grueling race. The temperature at the 5.00 am start was a comparatively high 23 C with high humidity. There was an intermittent but generally favourable wind - running conditions seemed to improve somewhat as time went by.

I can only relate a limited number of runners' experiences here and I'm sure there were others worthy of note - perhaps in a future edition. Some interesting tales follow.

Too fast too early

James Brooks learned quite a big lesson in the race. Brooksie is new to Striders and to long distance events. This was his first run of any kind over 25 kms and let it be said that he did very well to finish in a time of 3.05. However, he's capable of at least half and hour better than that in my view and will prove me right in future runs. James has run fast City to Surfs etc but ran the first 10 kms of Palm Beach in not much over 40 mins! So have a guess what happened! Yes, he was totally stuffed at 15 kms when I passed him (to my great surprise) and he did it very tough before recovering somewhat at about 20 kms and came home OK.

James will learn a lot from this and I predict an excellent debut marathon for him on April 8 - better than it would have been had he not had this experience.

Blister and cramps

Richard Wassell on the other hand has plenty of marathon experience although this was his debut at Palm Beach - he got the biggest blister I've ever seen which spoiled his run completely. Frank Dearn got cramps and just missed a PB as a result.

Attention to details

Ted Brailey's story contains several lessons for anyone -Ted ran 27 minutes slower than his PB.

His training was such that something close to his PB was a real possibility but he openly acknowledges that his lack of attention to detail, planning and preparation for the race itself cost him dearly in terms of time and pride.

As I said, he'd trained more or less OK but he forgot to cut his toenails, in his haste he put one sock on inside out and got a blistered foot as a result, he forgot his Gu and to top it all he suffered the extreme discomfort of bleeding nipples having omitted to wear band-aids. For those who haven't made this mistake - don't! Lots of lessons there! I can feel a PB marathon from Ted in April!

Negative split

Kevin O'Kane ran a tactically very clever race. His experience and fitness really came through. He negative split, which he always says, is the way to go for all of us. I knew I was in trouble when I went passed him at 6 kms and he didn't seem to mind at all. He knew he'd get me before too long, and he did. KOK finished in 2.37, his best time for 10 years - that's how to run a race!

I've always known 'in theory' the importance of getting it right in the first 10 kms of endurance events, now I know 'in practice'.

"We teach best what we most need to learn"

Dean Degan, Barry Rutter, Charles King, Sharon Callister, Pat Morris, Ralph Melano and I all ran PBs. (if there are others, apologies for omitting them)

Michael Bailey

This report from PB to Manly is taken from the MTG newsletter, which MTG boss MB produce and distribute so well. Unfortunately I 'm not in possession of all the Striders results at time of printing. Keep an eye on the Striders webpage.
-Ed.

Thredbo Running Week

Jenny Truscott, George Herisson, Peter Truscott and Chris Dwyer seems to be enjoying the running week in Thredbo.

"Running is enjoyed by thousands of Australians, for some on a very casual level, Others, like members of the Sydney Striders, as a central element of our lives. The goal-oriented among us attempt to follow strict exercise regimens, that will create measurable results like lost weight, muscular development and success, in competition. So when the Truscotts (3 of the club's top runners) invited me to join them at Thredbo running week in January, I made the trek. Knowing Peter, Chris and Jenny would be monitoring my food, and training schedules, measuring my recoveries, etc...

I arrived at 12.30 pm on sat 13/1/01. I had just enough time to locate my lodge, unpack and run to the chairlift, for the 2 pm start of the famous Crackenback challenge. It's only 2 km, but uphill all the way, it's a 600 meters climb to the top of Crackenback. The Truscotts and Chris Dwyer decided, to sit this one out. I was leg weary after driving for 5 hours. I followed Michael O'Mara's tip, and ran the first 100 meters, and power walked the rest of the way (Ian Whitfield would be proud of my efforts). Followed on Sunday by a 6 kms fun run, where we all ran, Chris Truscott had an ankle injury and didn't push too hard, he hardly ran all week, no wonder Natalie had a big smile every morning .We all trained in the afternoon, and were joined by Robi and Paul Russell for a drink. They were at Jindabyne for a weeks training. (Cycling approx 100 kms daily). After sharing pizzas for dinner with the group, including Ian Whitfield, we had to attend the annual quiz night. Where we performed well .Then everyone came back to my lodge for a few drinks. In Bed at 1 am, up at 6, to run to Mt Kosciuszko with Jenny, Peter and Chris Dwyer. I wasn't feeling well, the moon wasn't in my planet that morning, so I decided to walk to the summit, while the others ran. I was fresh for the handicap 3 kms run in the afternoon. We all went out to dinner after the happy-hour.

Tuesday morning we all went for a run to Dead horse gap and back (11 kms), had a relay race at 11.30 am, (team of four), My team finished fourth. Played tennis in the afternoon, before heading home.

I am going back next year, the runs, and activities were well organised, I met a lot of interesting people, from all over the state. All Striders should make an effort to join us next year, there are so many activities for the whole family. Bobsledging, Mountain Biking, Golf, Tennis, etc...

Happy Running

George H.

Woodstock Fun Run

Dear Sir/Madam

It would be greatly appreciated if you are able to mention at your group meetings/Runs, that the Woodstock Runners Inc. 16th Annual Community Fun Run proudly sponsored by Metropolitan Credit Union, will be held on Sunday 10th June 2001 8.30am. I will arrange to post out some entry forms when they become available, Early April.

Regards, Joseph Ayoub
President/Race Director Woodstock Runners Inc.

Phone: (02) 97898804
Mobile: 0419 373 326
Email: jayoub@sunbeam.com.au
Email/Fax.: (02) 97849041

Caroline Yarnell - new member

From London

We (Tony, me and 2 little children) emigrated here from London 3 months ago now, but it seems MUCH longer. Tony and I were in the 'running scene' in London - we met at Battersea track - so we'd heard of the Sydney Striders. We were told you were pretty similar to the Serpentine club in Hyde Park London - all speeds, mostly long distance runners, but not all and very friendly. Tony hasn't been running so much since we got here, so I've been the one going to the running 'events'. The first time I went to the Observatory STAR run. I got a bus to Wynyard at 5:20am. for the 7:00am. run. Running 15K, eeven at a fairly slow pace, was quite hard for me, because my distance (if I have one) is 5K on the track, but the chatting, mapreading and new sights stopped me noticing the distance. On this run I met 'Booty' - Michelle Boot - another new member who lives in Fairlight - who gave me a lift home after the champagne breakfast - a pretty good first visit to the club.

After that I got down to busines and joined the club, ordered my kit, studied the web site and stuck all the 10K series races and the Palm Beach to Manly in my diary.

Two toe nails

I am not keen on getting up in the middle of the night, but had to for the PBM. I met other Striders at the Park Royal hotel and went up to Palm Beach in a taxi. It seemed really strange starting a race in the dark with a big hill. Inever even contemplated 'racing' for a minute - I just went at 9.5 minutes a mile the whole way, admiring the scenary and listening in on snippets of conversations. The best part was the sunrise over Whale Beach - beautiful. I was amused to hear someone say how the kukaburras (spelling?) were laughing at us. Finishing on Manly Beach was quite inspiring, with the family waiting. I' can see why this run is such a favourite, but I lost 2 toe nails for my pains.

First SS 10K

I've been getting about. I've also done some track races at Moore Park on a Saturday afternoon. This is where I met the awe-inspiring Jo Cowan, who offered me a lift to the first 10K in the Striders series. She, like me, tends to get to races with minutes to spare, so after 10 minutes warm-up we were off. I was off far too fast - slowing to a plod at the end. I thought the setting was great, but it was very humid. The support on the way round from the marshalls was great of course. I was quite surprised to come in at 3rd female Strider with 43:45.

The StaR

What next. Well, another thing I've been doing is training with Barry Golding, a very good coach, on a Manly oval on Tuesdays. There I met fellow-strider Matt, who ALSO offered me lifts, as he lives very near. So, I had a lift with Matt to the next STAR at Homebush. He cuts the timing even finer than Jo however, and we arrived at 6:20am. in time for him to leap out of the car and off for 30K. I couldn't go with them as they are just TOO fast, so waited for 7:00am. and had a very pleasant run around the Olympic complex with some amusing characters - I'm hopeless with names I'm afraid.

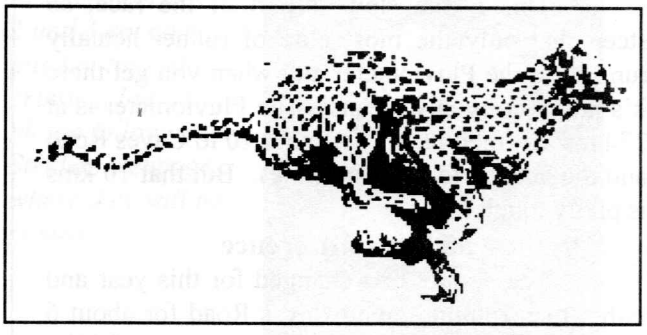
The latest event was the talks in St. Leonards which Booty and I went too. The first two talks were excellent, the 3rd - well - interesting..... I wonder what others thought?

A happy Strider

To sum up, I'm thoroughly enjoying being a Sydney Strider - Tony will join too eventually. We should both be at the 10K on 10th March (early am. babysitter). I've told anyone in my London clubs to come along if they're in Sydney. The only thing is, I'm not sure if my enthusiasm will be enough to get me up at 5:15am. or so on those cold winter's Sunday mornings - we'll see.

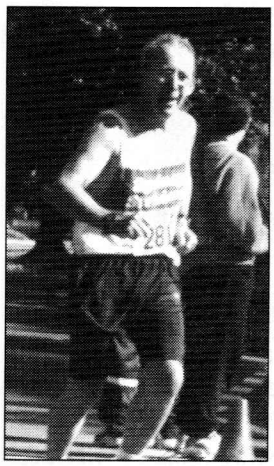
Caroline Yarnell. yarnellcjaus@aol.com

Thanks very much Caroline. You deserve a cheetah. We haven't got a real one, let alone a model, but I can print you one. –Ed.



Six Foot Track 2001

Striders and all got home inside the 7 hour time allowance – fantastic!



As a spectator I was inspired by just being in the Blue Mountains to watch an event like the six-foot track. Those who haven't experienced the various senses of endurance running can be excused for not really understanding the enormity of what we do.

I'm I awe of those athletes whose absolute performance is quite mind blowing to me i.e. those people who complete the 46km journey in little over 4 hours. In many ways I'm even more impressed by those who take far longer – take the famous Mountain Man for example with close to 300 marathons under his belt. He finished outside the seven hour time allowed but was still thrilled to bits with achievement – that's what running is all about!

The start

The weather was better than for the last couple of years, 1999 was especially hot and 2000 not much better. This year it was about 15 –17 C from start to finish and although very wet under foot, most runners reported being very happy with the conditions.

After watching the start I headed straight into the Megalong Valley and watched everyone at about the 10km mark – all looked well, smiling and happy, early days yet! On to the Cox's River crossing for a swim at 16 k and then a bit of a hill!

This is the slowest part of the race, so steep that only the most elite of runner actually runs up to the Pluviometer and when you get there it's not over by any means! The Pluviometer is at 27 kms and then its only another 10 to Caves Road and the last leg to Jenolan Caves. But that 10 kms is pretty tough too.

35 km's difference

The course was changed for this year and rather than running along Caves Road for about 6 kms, runners now endure a new rough and hilly section of bush which undoubtedly adds some extra difficulty – so be it!

I drove to Caves Road, loaded up with camera, spare film, Gu, band-aids, vaseline and water. I ran into the bush to meet and greet and photograph as many Striders as I saw. What amazed me was just how cheerful most runners were – attitude is everything.

Compared with the Megalong Road crossing several hours earlier, how different everybody looked – 35 down and yet still 12-15 kms to go of the toughest trail marathon in the world. Nobody looked wonderful but the mental attitude in just about everybody's case was outstanding.

Penny's push

My great running mate Penny Smith was who I was particularly looking for. My sense of her recent running had been that she was bit below par, I didn't know if she was under-trained or simply going through a poorer than usual spell but she didn't seem to me to be going quite as well as she can.
How wrong I was!

I 'picked her up' with about 10 kms still to run. She was far ahead of where I expected her to be relative to the time. I don't want to single her out too much but it's worth a mention that her finishing time of just over six hours was very close to the age group all time women's Striders record. Well done Penny!

Finish

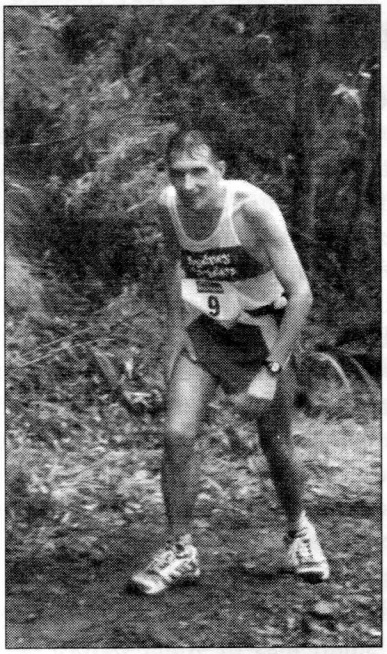
Back in the car and a quick dash down the road to Jenolan Caves for the finish. The quicker runners were home already but in all honesty I'm there for the slower runners. It's far harder after all to be out there for six hours plus than for four and a half.

The end of the 'Six Foot' is an amazing experience *(see front page photo)*. The runners travel down an almost vertical but smooth side of a mountain (the last 50 meters) to the cheering crowd sideways and below – these are truly magnificent moments for endurance athletes.

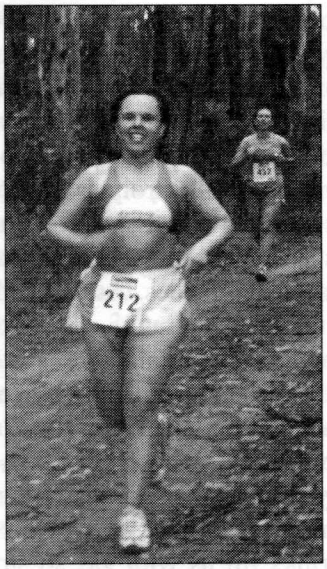
Michael Bailey.

Michael also took all the shots on the day. Thanks Mike. A five page Strider report from Sean Greenhill is available - with even more photos– at the Six Foot Track website. A really good read. Sean describes nearly every step in this years race. Pls have a look. Strider results unavailable at time of print. Follow our webpage. –Ed.

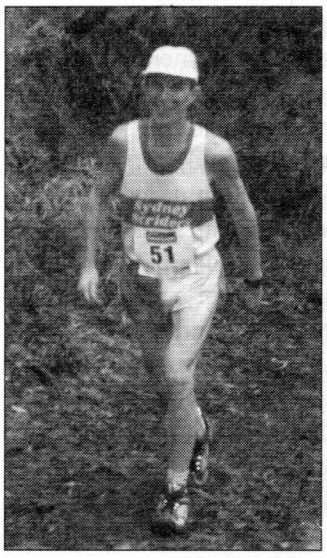
Photos from Six Foot



Phil Hugill battling the ascents. You can virtually feel the pain - and yet he's still smiling!!



Bronwyn Wassell coming down the track. I've got several other shots of Bronwyn and she's smiling on all of them. I don't think any course can make her stop.



Barry Rutter doing it tough on one of the climbs. But he's still smiling too.

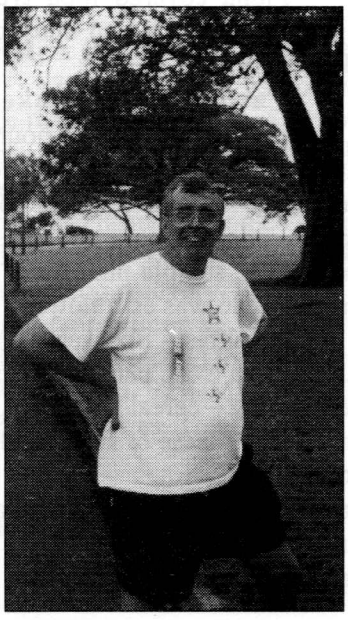
10 Km Series

Striders 10k series off to a flying start ,151 participants at domain ,consisting of 99striders and 52 visitors 1st outright male was Dean Degan in 33.10 with John Young 2nd and Stevem Mcguigan a vistor 3rd . 1st female was Jo Cowan in a time of 37.44 on a hot sticky humid day. .Minor placings filled by Cindy King 2nd and strider Marie O'connell 3rd. A credible 148 brave souls finished the race under trying condi t i o n s .

The North Head race was run on a day when it looked as if the heavens would open early on, however the man upstairs smiled and we were spared a downpour . This also was a cracking race with 2 visitors filling positions 1 and 2. Damian Tancred 1st in 33.01 with S. Williams 2nd and Chris Truscott 3rd . In the ladies placings Jenny Truscott came 1st in 37.16 with Jo Cowan 2nd and Cindy King 3rd. This race had 146 starters with 145 finishing on a day that certainly didn't look to good at 6.00 am . Certainly it look as if we are set for a very competitive series in both outright and handicap categories.

Many thanks to all the helpers, marshals, timekeepers recorders entries plus a big thank you to Mike Hansen for his efforts in the past as race director and for his assistance at the start of this series. We look forward to the rest of series with the next race at Lane Cove on sat march 31st Look forward to seeing you all there. On a final note; we still need hosts for Lane Cove and the Domain races plus also we need - if possible- a gear steward /s to transport the gear to each venue. Please let me know if you can assist

Ian Whitfield



Ian at this years first run in the Domain.
Results from Race 2 and 3 not compiled at time of printing, but please follow Striders webpage, where they will be posted.

Striders Nutrition, Training and Shoes Seminar

21. February 2001

On 21st February Nick Adams organized an excellent evening at Norths Rugby Club of three speakers talking on subjects close to our hearts - or feet. The attendance numbered at least 100, mostly Striders, although some Asics Easts Athletic Club folk were also invited. Everyone I spoke to learned a lot from the evening, were appreciative of Nick's initiative and organization, and keen for further seminars. Even for seasoned runners, already educated in these things, it's a bit like visiting the doctor/dentist/physio - a reminder of what you should be doing - but don't always remember.

The Speakers

The speakers were Fiona Pelly (Striders member) on nutrition, NSW Institute of Sport coach Yvonne Melene on training methods and Mark Doherty, a shoe designer with ASICS on a certain make of shoe. The first two speakers brought handouts, which we are hoping to have copied onto the Striders website so I'll try not to duplicate too much. Also there are a couple of excellent articles by Fiona on Nutrition in previous Blister issues which would be good additions to the website.

The following consists of the points I found of particular interest in the talks - which I thought worth sharing with those unable to attend - and I hope I fairly represent what the speakers were conveying.

NUTRITION - Fiona Pelly

Fiona covered food types, the causes of fatigue, fluid intake, and nutrition, before, during, and after the race.

Carbohydrate intake

If doing one to two hours of high intensity training per day, the carbohydrate requirement would be 6 – 8 gms per kilo body weight. Which means some Striders are possibly not eating enough! The sample plan for a 75kg runner to eat 7 gms per kilo was as follows:

Breakfast - Six (yes six) Weetbix, 1 cup milk, 2 slices toast, banana, 500mls fruit juice
Mid morning – cereal bar, apple, sports drink
Lunch – 2 x cheese & salad sandwiches, banana smoothie
Mid-arvo – Fruit yoghurt, dried apricots + almonds
Evening – E.g. Apricot chicken, 1.5 cups rice, 4 cups vegies + 2 scoops ice-cream and fruit salad.

The above totals 550 gms of carbohydrates. At this point I will mention that the evening raffle prize of a consultation with nutritionist Fiona Pelly was won by Mike Ward (some amusing remarks were heard wondering whether Mike was the runner most in need of this prize). Some Striders might be able to consume the above menu but I don't feel I can physically eat that much so I will be asking Mike for tips from his consultation on how 'under-eaters' can amend their diets to consume more carbs (apart from beer – which never seems to be a problem). If we don't consume enough carbs, the body breaks down muscle protein – and this needs replacing. And don't forget the protein – 10% of the energy used in exercise is protein.

Dehydration - and carbs

A lot of us is made up of water and it only requires a relatively small loss of water before performance starts to suffer. We can check dehydration by weighing ourselves before and after runs. We cannot adapt to dehydration by practicing running thirsty. Fiona told us about the superiority of the sports drink for rehydration compared to juice, Coke, tea/coffee, water. The electrolytes in sports drinks mean the fluid is retained and there is less need to pass water, which is a definite plus before and during a race - avoid those loo queues. Aside of alcohol, all drinks replace fluid loss, but in the case of tea or coffee only 50% of the intake is retained, this is higher for Cokes, higher still for fruit juice and best for sports drinks. This also means a big thanks for the Star hosts who provide Gatorade and juices after Stars. Thirst is a bad guide to hydration and water and carbonated drinks stop the thirst feeling before we've had enough. Carbonated drinks fill us with gas so stop us feeling we need to drink any more. Fiona said that the optimum concentration for absorption is that recommended by the manufacturer – that if watered down, or stronger than recommended, the body will not absorb the fluid so readily. I would have been interested in a question-time to see what other Striders thought, as I find the manufacturers recommended concentration gives me a drink much stronger than I think I need.

Fiona recommends that a sports drink should have 4 – 8 g of carbohydrate per 100ml. If carbohydrates are not replaced, the low blood sugar level can affect the brain and we feel we are working harder for the same effort. Which, as John Hamilton remarked, explains the inability of many of us Striders to read our map towards the end of a Star.

A question was asked about whether it was possible to consume too much fluid. The answer was possibly yes, if it was water as it can flush out too many electrolytes. The answer is no if sports drink.

Race preparation

Other than the usual pasta and fluid – add salt to food to aid fluid retention (not normally – just pre-race). Decrease fibre intake in the last 24 hrs. It has to go somewhere. Use white bread, peeled fruit, cornflakes, minimal salad/vegies. Drink sports drink relative to your size– up to 2 litres per day (650ml for 65-70kg runner).

Pre-race eating – one hour before

- which with marathon starts is about all we get:

300gm Sustagen in 300ml water
or 300ml fruit juice + banana + toast & jam
or 600ml Gatorade + 2 bananas

Immediately pre-race – any thrill-seekers to try this?? 10-15 mins before the start, 'load' the stomach with 250-400mls of fluid. The idea is that further fluid is better absorbed if there is already some in the stomach. Practice it in training first, folks.

Fluid and Carbs during the race

Start early – then often – Fluid should be at 150 – 250mls every 15 –20 mins, 0.5 – 1 litre per hour – (that's about 3 - 4 cups per hour minimum I calculate). Carbs should be replaced at 30 – 60 gms per hour, remembering it takes about 20 minutes for the fuel to be absorbed. A gel contains 25 gms, 500ml of sports drink - 30gms.

Recovery food

This included muffins and honey sandwiches - room for Star hosts to experiment?

Fiona will shortly have her own website www.FitFood4U.com. Another recommended site is www.ausport.gov.au/sda

TRAINING - Yvonne Melene

Yvonne covered **running posture** – of particular note to many of us distance runners with tight hamstrings who run as if in a sitting position. It would have been interesting to find what Yvonne recommended to counteract this. Which stretches? Yoga?

Yvonne then spoke about the **energy systems** – aerobic (long runs), and the ones we don't know about – anaerobic CTP and anaerobic lactic. We use all three energy systems – even in marathons – which was news to me, who has always been dubious of intervals of anything under 1km as marathon training. So the 200m interval is of relevance to your marathon.

Yvonne spoke of breaking up the preparation for a race into a program made up of a set of periods **(periodization)** – basic conditioning (24-30 weeks), specific conditioning for the goal race (10 weeks), competition and active recovery. The basic conditioning should include speed work such as fartlek , the specific conditioning should include anaerobic track work. The active recovery should be four weeks of non-running activity. (Running magazines, from time to time, print plans for marathoners based on periodization).

In the **taper** to a race you should feel fresh at the end of a run and want to do more. If you feel tired at the 8 km mark of a 10 km run – go home. (Didn't say what to do when you feel tired at the 2 km mark!)

Yvonne advocated the use of **heart rate measurement** in training, although there was some confusion over whether the % of heart rate we should use as target is % of maximum heart rate or of 'heart rate reserve' (maximum heart rate minus resting heart rate). The measurement of maximum heart rate can be taken by running a fast 800m (or more scientifically (?) anyone know of a laboratory that does this?).

Yvonne spoke of the need for **recovery runs** in a training schedule. Not every day should be hard, but not every day should be at a slow pace/low heart rate. If a day that is supposed to be hard training is done at a slow pace/heart rate (maybe from running with others), these are **'junk miles'**.

The notes contained training schedules used by Deek and Moneghetti, and also case studies of training schedules and marathon times achieved by ordinary mortals, but these were not related to potential achievement for these runners.

Sample runs – (more details in the handout – watch the website)

Recovery/Max Heart Rate 30 - 45 mins 50 – 60%
Aerobic/MHR 30m – 3 hrs 65 – 70%
Recovery and aerobic runs should be 65 – 80 % of total mileage. The long run of 3 hrs + should be about 20% of total mileage.

Lactate threshold (faster endurance running) 5 to 15 minute repetitions at 70 – 80% MHR for 45 – 60 minutes. 1 to 3 minute jog recovery.

Aerobic power (surge intervals at goal pace, e.g. target 10km race pace) 30 second to 4 minute surges (200m to 1200m) at 87 – 92% MHR with 30 second to 2 minute run recoveries. Total of 20 – 35mins.

VO2 max – 1500m to 10km pace.

3 km time trial or Hill repetitions – 13 x 400m at 10 km pace with jog back at 1.5 times the 'work' pace. or 5 to 10 x 600-800 metre repetitions with 300-800 metre jog/walk recovery

Anaerobic – 'training to race' - once a week for 8 minutes – repetitions at 800m–1500m pace for 400-800metres (95 – 100% MHR).

Thinking about Yvonne's remarks on posture perhaps a future speaker (Yvonne back again?) could talk to us on correct stretching (with practical?).

SHOES - Mark Doherty

Mark works with a head office Japanese team to design the ASICS shoes we see in the shops in Australia. The shoes are produced in China with quality inspectors from Head Office working on site. Mark not only develops running shoes, a current pet project is designing a boot specifically for Aussie Rules.

Mark showed us of photos of Head Office and the shoes being assembled at the factory in China and took us through the stages of developing a new shoe, which includes testing on 'guinea-pigs' in Australia.

Mark then showed the new features of the latest shoe to answer those who questioned whether anything ever changed but the colour. His display took us through the motion of the foot in the stride and showed how changes have been made to absorb impact better and to move with the natural motion of the foot. He also brought partially assembled shoes so we could see what is inside.

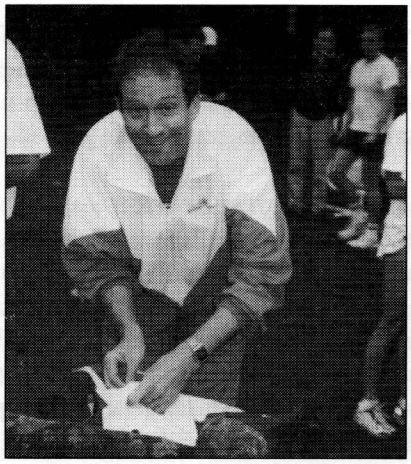
Questions were taken:

Many were interested in how often shoes should be replaced. Mark told us that a shoe is good for 800 to 1000 km, an extra 200 – 300 km for the latest shoe with a 'SpEVA' midsole. A shoe will not last indefinitely – after a few years it will start to deteriorate – so don't buy too many crates of last year's model. Particularly don't leave shoes in hot cars – this accelerates deterioration.
The support is in the shoe, not the insert, so the insert can be discarded if you wear orthotics.

Mark did not consider running flats as suitable for marathons/long triathlons as there is not enough support for the running style.

Thank you to the speakers for a very worthwhile evening. It was a tight timetable, and if repeated I would vote for two speakers and more time for questions. Thanks Nick, you did a great job.

Andrew Smith



The always helpful Andrew Smith.

Jindabyne Marathon

19 November 2000

The third running of this event occurred on 19 November 2000. A total of 70 starters took off from the Jindabyne Bowling Club to compete in the highest road marathon in Australia. A number of Striders contested the event and finishing results are listed below:

Open Place	Div Place	Name	Time
4	1	Barry Rutter	3.22.28
6	1	Xandra Dunn	3.34.55
44	8	Brad Renshaw	4.44.22
48	10	Richard Bartlett	4.53.03
49	11	Michael Wilson	4.53.04

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

The winner on the day was a New Zealand entrant who flew in on the day before the race and just failed to break the 3hr mark running 3.04.04. This time was 4 mins. better than 1999 winner Andrew Lloyd. Only 3 runners have broken 3hrs in this very tough event.

If any Striders would like the challenge of a "hilly and high altitude" road marathon then this is it. Derek Foley from The Right Track is the organiser of this event, with the help of the Sydney Marathon Clinic people. The marathon is very well run from start to finish, with presentations in the Club after the event. The marathon is increasing in numbers each year and is an event that some Striders might like to consider having a go at.

The race date for 2001 is the third weekend in November, i.e. 18 November.

Barry Rutter

Super Series 2001

SUPER SERIES RACES 2001

Palm Beach to Manly	completed
First 10k series	completed
Six foot track	completed
Canberra Marathon	8/4/2001
SMH half marathon	27/5/2001
Sydney Striders Handicap Half	17/6/2001
Woodford to Glenbrook	22/7/2001
City to Surf	12/8/2001
Mount Wilson to Bilpin	25/8/2001
Equaliser	21/10/2001
Last 10k series	3/11/2001

SUPER SERIES 2001 RULES UPDATE

5 points for STAR hosts
0 points for Blister contributions
All races equal, none count double

REMINDER

Club uniform is compulsory for all events in the series ,unless there are sponsorship clashes or some other acceptable reason< new members have some time to get a uniform. If there is a reason please let the series co-ordinator know. Currently there are no approved exemptions.
It will be TOO LATE to apply for an exemption on the day.
NO UNIFORM,NO POINTS

SUPER SERIES UPDATE

Only 2 races processed to date, meaning full update in the next blister.

Stephen Ball

Awards Dinner

The Outstanding Achievement Awards Dinner went ahead last Wednesday night and I am pleased to say that all things considered it was a most successful evening.

Grahame Murphy entertained and amazed us with stories and color slides of his exploits especially his trek to the South Pole.

The top three in the Maria Gemenis - Cruikshank Outstanding Achievement Award were Dean Degan, Jenny Truscott and Paula Whitehouse. Paula won the award for her outstanding achievements in the Foster and Hawaii Ironman events.

Mike Hansen was awarded the President's Award for Excellence for the way in which he conducted the 10K Series during 2000. Grahame Murphy was the popular winner of the Blister Editor's Award for Best of the Blister with his article on the World's Most Southerly STaR. The STaR Host of the Year was won by Kirsten & Nick Themsen for their great efforts with the Cherrybrook Circuit.

Many thanks to those who took the time and effort to attend the dinner and thanks to those who sent their apologies.
Jim Screen.

The Runners Shop

Striders in Training

What and When	*Who*	*Where*
Achilles Running Club: Rozanne Green 9365 3329. Assisting disabled walkers/runners. Sunday 8.15 AM	Rozanne Green, Chris Robb and others	The Art Gallery Steps, The Domain
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
2001 10Km Race Series

Sydney Striders Open 10k Race Series

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

Entry fees for 2001: 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

2001 Programme

31 March	**Lane Cove National Park, Delhi Rd Entrance**
05 May	**Mrs Macquaries Chair, The Domain**
02 June	**Lane Cove National Park, Delhi Rd Entrance**
07 July	**North Head Sydney Harbour National PArk**
04 August	**Mrs Macquaries Chair, The Domain**
01 September	**Lane Cove National Park, Delhi Rd Entrance**
06 October	**North Head, Sydney Harbour National Park**
04 November	**Lane Cove National Park, Delhi Rd Entrance**

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 2:00 Sunday, Monday and 1st Tuesday every month Closed
2001 Holidays: May 12 to June 12
They will however process mailorders at no additional charge to Striders and you can still maintain your 25% discount as a member. Email runnersshop@bigpond.com

Randwick Runners Shop
223 Clovelly Road, Clovelly, NSW 2031
Ph.: 02 9315 8711 Fax: 02 9315 7382
www.users.bigpond.com/runnersshop

Sydney Striders