

THEBLISTER

THE MAGAZINE FOR THE SYDNEY STRIDERS RUNNING CLUB ESTABLISHED 1980

JAN-APR 2017 | ISSUE 131

VIBRAM HK 100

KIM CHAI recounts his tale at the Vibram 100KM run in Hong Kong, filled with Cup Noodle goodness

OLDER RUNNERS: FRANK DEARN

Anne Boyd interviews Frank Dearn, who might be older than most of us but can run faster and further than many of us.

World Masters Athletics Indoor Championship

Gold and Bronze Medalist Ron Schwebel reports from Daegu, Korea

TUTU RUNNING? WHY NOT

Meet The Earlybird's AM radio host Jase aka the Tutu Runner.

Sydney Striders at the SYDNEY STRIDERS Lane Cove 10K RACE
COVER PHOTO COURTESY OF DARIAN OF SURF2SUMMIT MEDIA

BLISTER TEAM

BLISTER EDITORS -

Amy Cheung, David Criniti

CLUB PRESIDENT - Jo Cowan

VICE PRESIDENT - Terry McIver

SECRETARY - Kerry Ross

TREASURER - Lynn Herisson

MEMBERSHIP COORDINATOR - Gill Cavenagh

10KM SERIES RACE DIRECTOR - Paul Hannell
[+ RESULTS AND TIMING]

STaRS/CALENDAR COORDINATOR - Amy Cheung

UNIFORMS - Maria Yiasemides

JUNIORS COORDINATORS - Tony Wong and Caroline Yarnell

ANSW COORDINATOR - Jo Cowan

SUPER SERIES COORDINATOR - Chris Michael Jackson

SIX FOOT TRACK COORDINATOR - Darryl Crisp

SOCIAL FUNCTIONS - Manal Garcia, Shika Raju, Enrique Suana

SGT-AT-ARMS - David Bray

SPECIAL PROJECTS - Bruce Graham

SOCIAL MEDIA Gilbert Gaddi



President's Message

Hello Striders

Following the AGM, I am once again privileged to be the president of Sydney Striders. With a strong committee in place we are endeavouring to provide the best opportunities for all our club members.

Most recently you will have received some specially-branded Sydney Strider bib pins. Thanks go to Jackie Ramsay for giving us this great idea. We're always on the lookout for new initiatives, so if you have suggestions that would be advantageous to the club, we'd love to hear from you.

Our 10k series is going really well (thanks to Paul Hannell) but we need volunteers each month to ensure we're able to run these wonderful events. If you're in a position to help, let us know at 10Kseries@sydneystriders.org.au.

The new MTG group has started training and we have spread the load of running each Sunday with a number of quality MTG leaders. This is working out really well as it allows our new MTG runners to meet a variety of experienced marathoners. Thank you to all those involved!

Sunday STaR runs – we have many members hosting these now which is great, but Amy could always do with more. Just email Amy at calendar@sydneystriders.org.au for the dates available. If you haven't yet had the pleasure of attending a STaR, consider giving them a go! There are a variety of distances and paces. We always run together and then there is the awesome food at the end! Check out the calendar at <https://tinyurl.com/ssstarcalendar>.

If anyone is interested in becoming more involved in the club please contact me at president@sydneystriders.org.au

Good luck with your running this year and here's to the odd PB in 2017!

#GoStriders

Jo Cowan

CONTENTS



Striders Luigi Criniti, Fran Boorer, Gilbert Gaddi, Mel Zeppel, David Criniti, Greg Baxter and Strider President Jo Cowan at the 6 Foot track Marathon on 11 March 2017

02 PRESIDENT'S MESSAGE

Club president Jo Cowan comments on another very successful year in Sydney Striders.

04 VIBRAM 100KM RACE REPORT

Kim Chai's first 100km race at the grueling Vibram Hong Kong 100!

08 OLDER RUNNERS: FRANK DEARN

Anne Boyd interviews Frank Dearn, who might be older than most of us, but can run faster and further than many of us.

10 THE RUN BEYOND PROJECT UPDATE

David Criniti's boys from Chester Hill conquer the Cadbury Half Marathon!

11 EXPRESS YOURSELF

Amy Cheung interviews Jase Kerr about his overseas adventures and how he expresses himself through running.

13 VEGETARIANISM AND RUNNING

Dr Melanie Zeppel explores the link between meat consumption and running times.

15 INDIGENOUS MARATHON PROJECT

Lucy Campbell and Jesse Thompson look at Harold Matthew's journey to the London Marathon.

RUNNING + FITNESS + FOOD

16 THE SECRET SUB-3

Striders heartthrob Chris Michael Jackson gives us the low-down on his low-key approach to breaking 3 hours for the marathon.

18 POST-INJURY PREP FOR THE SUMMIT

David Criniti charts his journey back to.... well, not quite his best...after surgery.

20 BEETS BOOST PERFORMANCE

Nicole Dynan's advice on a few simple dietary alterations that can take your performances to the next level.

22 RECIPE CORNER

If you haven't tried Leigh MacRitchie's Chia Protein Balls, you haven't lived. Get a life and follow the recipe!

22 STEP UP WITH JAMES LIEW

James is stepping up for a great cause. Why not join him for the stair challenge and help raise funds for Giant Steps to help children with autism.

24 MASTERCLASS!

Striders legend Ron Schwebel's account of the World Masters Championships in South Korea.

26 JUNIORS CORNER

Tony Wong gives us the low-down on our youngest members' most recent amazing feats!



President Jo presents the Maria Gemenis Cruikshank Award to Nicola Hogg for her outstanding achievements

30 THE LAST WORD

Listen up everyone, Gilbert's got something to say!



PO BOX R1227,
ROYAL EXCHANGE,
SYDNEY NSW 1225, AUSTRALIA



WWW.SYDNEYSTRIDERS.ORG.AU

THE BLISTER IS PUBLISHED THREE TIMES PER YEAR
BY SYDNEY STRIDERS ROAD RUNNER'S CLUB, INC.
BLISTER@SYDNEYSTRIDERS.ORG.AU

VIBRAM 100

KIM CHAI



My first 100KM

Ultra runner and adventurer Kim Chai reflects on his first 100km race in Hong Kong. Soon after Kim also completed the Arctic circle marathon and lined up for UTA 100 in May

My race goal

I was very fortunate to receive an entry into The Vibram Hong Kong 100 - an endurance race that covers some of the most beautiful trails in Hong Kong. Being my first 100km trail race my goal was to finish in sub-20 hours. My coach Jacob Puzey assured me to trust the training - it had not been smooth sailing towards this race. My training was interrupted with my weekly interstate travel for work and managing an injury (right adductor) for the last six weeks prior to the race.

Start: Pak Tam Chung to East Dam Support Point, Ham Tin (CP#1), Wong Shek (CP#2) & Hoi Ha (CP#3)

At 8am sharp, Wave 1 (sub 16 hours) runners galloped off. Due to the massive number of runners wanting to start at wave 2, we were asked to start in Wave 3 (sub 24 hours) at 8:10am instead. I was disappointed, but it did not matter as long as I was able to finish my first 100km race on trail.

The first 11km from Pak Tam Chung to East Dam were mostly paved on narrow trail with the course route opening up to wider paved roads towards the East Dam support point. Here I could see HK National Geopark on my right & some fantastic ocean views of the South China Sea. A quick refuel at East Dam took us slowly ascending towards Sai Wan Hill (314m) passing Sai Wan & Ham Tin beach. The beach run felt like running the Coastal Classic. At Ham Tim (CP#1 at 21km) I was impressed with variety of food available. I had some sushi rice & oranges. The trail route from here onwards took in different vistas of HK, passing through fishing villages, including a mixture of coastal, dirt & technical trails with local & race supporters' cheering us on.



The race provided participants with a temporary tattoo showing the route elevation

Yung Shue O (CP#4) to Kei Leng Ha (CP#5)

Arriving at Yung Shue O (CP#4), I checked the description of the trail course that I'd prepared which read "The real climb will start from CP#4 ...", my first steep climb up Kai Kung Shan (known as Rooster Hill - 399m) was a wake-up call for me on how tough this race was going to be - very hard!

I followed the experienced front runners seeing how they climbed, and before I knew it, I was pretty much ahead of one or two runners going up this nasty hill before I saw the Rooster Hill sign at the top.

Some runners stopped for a photo break, but I just continued on. It was steep descending down on staircases & it wasn't my strong point here so I slowed down to prevent from falling. There was no handrail except for short sections on some of the very steep segments.



Kim ran through many of the rural part of Hong Kong,

SYDNEY STRIDERS BLISTER

I arrived Kei Leng Ha (CP#5 – 52km mid-point) at around 5pm with plenty of runners around. I was tired but also needed to hurry up in getting my drop bag to change into fresh socks, shirt, shoes & put on my headlamp. I ensured that I ate cup noodles, more sushi rice & fruits before heading off because from here the trail course would be very challenging with many hills to climb & it was dinner time anyway. After 800m, there was a surprise mandatory gears check by the race organiser before we were allowed to continue the race. I continued with run and power walk strategy although it is going uphill – I want to gain back some lost time from here encouraging myself to walk fast! From now onwards, I knew I had to toughen up & also make some bold moves by trying to pass as many runners as possible. I tried to stay focused on the climbs knowing that I'm strong at going uphill. Many runners were also using hiking poles but I did not bother. It was dark now but I took chances to run whenever I could because from CP#5 to Gilwell (CP#6) was the longest run of 13km & also climbed up Ma On Shan, known as Saddle Hill (580m). I remembered climbing higher & steeper hills with some slower runners giving hand gestures signalling me to pass them. Although it was very tough I just kept hiking up in the dark, foggy & windy conditions with temperatures dropping to 10 Degrees Celsius. I saw some amazing night views here towards Sai Kung & Thousand Island where I started this morning – couldn't believe that I'd been running that far!

Gilwell (CP#6) to Beacon Hill (CP#7)

I arrived CP#6, with the volunteers cheering us on & even giving each of us a Chinese Lunar New Year red small envelop enclosed with chocolate, wishing us good luck and congratulating us for making it this far – 65km around 8:30pm now. I quickly refilled my hydration pack with more tailwind nutrition & water, ate more noodles to change my taste buds from the sweetness of tailwind drink. I told myself that it was going to be harder from now onwards & I just had to keep going through the night time with my headlamp & not stay too long at the each check point. I checked that I was still on track for sub 20 hours. At Tarawera Ultra Trail it took me 9 hours to complete 62km trail compared with this race, but it was harder because of the hillier course. I was now wondering if I could push to finish the race in 18 hours or not at this point. Sometime you need to set higher expectations in order to push harder.

I also found that I was running well at night too – wow something that I've not experienced before & I was loving it. Perhaps it's a good thing that I can't see very far & don't really know when I should slow down & when I should go hard. I just went on with consistent pace now. The thought of this gave me an extra boost to go faster but it was too hard knowing that there were still two big hills coming up – Tate's Cairn (577m) & Beacon Hill (465m). Then unfortunately I rolled my right foot due to stepping on loose rocks (I don't remember where). Luckily it didn't stop my race, otherwise I would be devastated having come this far. The long descent during this section was harder mainly because I'm not a strong downhill runner but I still tried my best to tackle it. I reminded myself to stay focused & be extra careful when going downhill on the staircases. The sight of staircases made me a bit sick now. Seriously, I don't know how many staircases that I climbed up & down in just one day! Luckily some part of this section allowed me to enjoy the most spectacular panoramic night views of HK's sparkling skyscrapers & harbour that were just magical, running towards Lion Rock before climbing up Beacon Hill to the next check point.

The sight of staircases was making me a bit sick...seriously I don't know how many staircases that I climbed up and down in just one day! Luckily this section allowed me to enjoy the most spectacular panoramic night views of Hong Kong's sparkling skyscrapers and harbour that were just magical ...

SYDNEY STRIDERS BLISTER

Shing Mun (CP#8), Lead Mine Pass (CP#9) & Grand Finale on Tai Mo Shan to Finish Line (CP#10)

With 83km done, I looked at my watch, which read 10ish pm now. I was so happy! I knew that it was not far now & that I could definitely complete this race! Descending sharply towards monkey land, I saw a few Macaque monkeys on my run power-hike combo going up Golden Hills on sealed road. Here, I passed many runners moving at a comfortable pace. It felt so good to relax my tight quad muscles. I arrived at Shing Mun Dam (CP#8) next. I ate more noodles & ensured I had sufficient tailwind nutrition in my hydration pack, knowing that I definitely needed it for the next two (2) big climbs - Needles Hill (532m) & Grassy Hill (647m) & with sharp descending before arriving Lead Mine Pass (CP#9) at 1:44am on 15/Jan/2017.

Okay, it was now or never to conquer the last monster Tai Mo Shan Hill (957m). It also started raining here! How lucky! It was just going to make it harder for all of us. The weather conditions were freezing cold and super windy due to the exposed area & bad visibility. It was pretty much like hiking through clouds. I prayed hard that I didn't get lost here and was trying to follow other runners in front but it was really hard to see. I relied on the reflective trail markings. I'd read that the trail would eventually lead us to a sealed road when it got closer to the peak of Tai Mo Shan. I continued power hike uphill & at the peak, there was a volunteer giving instructions to turn left with four km more to go downhill before another trail uphill & then toward the finish line. I picked up my pace, running downhills because I didn't want to suffer anymore! It had been a very long day of running already. At the same time my headlamp was giving a blackout indicator that there was not sufficient battery so I turned it off and utilised the natural moonlight with the white line on the sealed road as an indicator. This bold move paid off & I crossed the finishing line at around 3ish am on 15/Jan/2017 - sub 20 hours with official time in 19h:43m:48s. The feeling at the finishing line was just amazing, although I was exhausted! Woo hoo! I got a silver award trophy plus the knowledge that I'd achieved a new level of fitness by conquering this tough race - it was all worth it even though it was the toughest event! It was my first ever 100km trail ultra! I felt the training had paid off & with this race under my belt, I'm feeling stronger & also ready to dare to do more difficult races & possibly try out longer distances.

The Stats:

Position overall = 707 of 1576

Gender (Male) rank = 613 of 1250

Gear:

Solomon S-Lab Hydration Vest with 1.5L bladder with 2 x 500mL soft flaks

Hoka ATR2 Challenger x 2 pairs

Injinji Toe Socks x 2 pairs

Petzl Nao Headlamp

Mandatory Gears: Emergency blanket, whistle, seam sealed waterproof running jacket, mobile phone & two (2) portion of food bar

Fuel:

Tailwind nutrition

Salt tablets

Water

Food at check points such as sushi rice, cup noodles, miso soup, coca cola, oranges, banana & potato chips.

Note: I ate only these but there are lots more choices.



Left: Kim on the podium receiving a sub-20 silver award and right: Kim racing to the finish line.

FRANK DEARN: ON THE COMEBACK TRAIL

Anne Boyd

Anyone would be happy with a 5 minute improvement on their 10K time - but at 84 years of age this has to be considered remarkable.

When I joined Striders as a 67 year old in 2013, I was quickly aware of the legendary runner Frank Dearn who, already in his 80's, seemed destined to continue to rewrite the record books for what was possible for older runners. His presence in any race was a source of pure inspiration. One of my proudest Strider moments was sharing an Annual Awards Evening in which Frank and I both took out the Marathon Trophy for our respective age groups: mine for F65-69 (Melbourne) and Frank M80-84 (Cities) which he completed in a time of 5:56:44.

The loudest and longest applause of the evening was reserved for Frank. He had just become the first 80yr old to be added to the Sydney Striders Marathon Honour Roll.

I had already become fascinated by what older runners could achieve and had conceived a plan to write a book, "Running Into Old Age", documenting their stories; hopefully inspiring other oldies to get out there and give running a go. Frank was an obvious contender for inclusion.

Frank has a long list of running achievements which include being a three-time divisional age winner (M70-79) at the Six Foot Track; completing 10 Canberra Marathons, earning him the coveted Griffin Award; and a Divisional winning time in 2003 of 4:54:55. He takes special pleasure in having been voted winner of the Sydney Striders' 2003 Maria Gemenis Cruikshank Award for his Outstanding Achievement in completing the Six Foot Track Marathon as a 70 year old (7:02:00). Frank has given so much to the running community and often is to be spotted volunteering at Club events. A keen Member of Lindfield Rotary, he and wife Judy marvel at the growth of the Lindfield Rotary Fun Run, which they helped found, this year celebrating its 22nd year on April 9 2017.

Frank started running only in his late 40's. A practicing solicitor he was starting to fall asleep during the day.

His doctor sent him off for tests, and said to him: "Frank you are in bad shape. You need to build up the oxygen levels in your blood."

Frank started to jog and noticed an immediate improvement.

When he spotted the various activities of a running club nearby, he joined. That was in the early days of the Sydney Striders. Running with others was much more enjoyable. He became a familiar figure at Dale's Demons. Dale emphasises that she treated Frank no differently to her other runners. He got his fair share of being yelled at.

And he got faster and stronger as a result. He ran his first marathon at 65, completing the 2001 Canberra Marathon in a very respectable 4:45:54. He has held Masters records and won his age Division in numerous events since.



Surf to Summit photo Sydney Striders 10K, North Head, March 4, 2017



Surf to Summit photo Sydney Striders 10K , North Head, March 4, 2017

Just over 18 months ago, during a Striders 10K race at Lane Cove, Frank suffered a nasty accident. He had paused briefly to undertake some exercises recommended to relieve chronic back pain. While straightening himself up he over-balanced and fell into the bush bordering the uphill slope at Scribbly Gum. He suffered a badly broken arm and skin abrasions requiring two bouts of plastic surgery. He thought his running days had come to an end. He could hardly walk around the block, let alone run.

Happily, a wonderful local physiotherapist with rare training in manipulative physio techniques, had other ideas. Firstly, she corrected Frank's posture. He needed to thrust his hips forward to lock his spine in place to prevent unnecessary and potentially damaging movement. She saw no reason why he shouldn't run again. Amazingly this year Frank has completed runs in our 10K series and is determined to continue. He attends a Fitness First gym in the city three times a week, taking part in their regular classes. He takes almost daily dips in his back yard pool and walks the uphill slope to nearby Lindfield Station, often twice a day.

Taking one day at a time, Frank admits that he would like to run another marathon as an 85 year old. Melbourne 2018 is a possibility. I've a feeling more than a few Striders will be putting their hands up for the honour of sharing the run with him; it's in my personal calendar already. Frank you are indeed a Living Legend. Like just about every runner I know, young and old, I want to be just like you one day.

He became a familiar figure at Dale's Demons. Dale emphasises that she treated Frank no differently to her other runners. He got his fair share of being yelled at. And he got faster and stronger as a result.



Surf to Summit photo Sydney Striders 10K , Homebush, February 4, 2017

THE RUN BEYOND PROJECT UPDATE

David Criniti

Thank you from Beyond

When I think of the progress of The Run Beyond Project over the past 12 months, I can't help but be reminded of the proverb "It takes a village to raise a child." It certainly has taken the help of a myriad of people from the Striders (and beyond) to keep this project afloat and enable it to expand to help more deserving students in more schools.

In 2015, we'd started with 5 young Afghani students from Chester Hill High School who participated in the program with outstanding success, culminating in the completion of the Cadbury Half Marathon in January 2016. Not long after, fellow Strider Amanda Shannon got our second cohort of students underway at Evans High School. It was fantastic to watch the progress of these girls as they worked towards completing their first ever 10km race at the Blacktown Running Festival in late July. Equally inspiring was the way in which Striders encouraged the girls, pacing and cheering at their warm up events at the Rhodes and The Ponds' parkrun events. Not content with that, the girls continued running throughout the year, and helped in a mentoring capacity as other girls at the school joined the running craze under Amanda's watchful eye!

Later on in the year, Chifley College Shalvey Campus and Katoomba High School also came on board, with students here enjoying great success at Running Wild and Sri Chinmoy events. One of the Shalvey girls, in particular, embodied one of the core skills taught within The Run Beyond Project - resilience - when she accepted her fate with nonchalance and good humour as she sprained her ankle in her goal event. Despite training diligently for months for the event, she was still smiling in the first aid tent, and congratulating her peers on their completion of the race, when many more seasoned runners would not have reacted nearly so positively. 2017 has also started on a similar positive note, with our second cohort of students from Chester Hill High School graduating after completing this year's Cadbury Half Marathon. As we look to take our program into more schools, more support is desperately needed. Help us to utilise this sport we all love to develop invaluable life skills in students who don't have the support networks that we take for granted, and make our running community more inclusive in the process.

Contact us at:

contact@therunbeyondproject.com to lend your support, or make a donation through the website at **www.therunbeyondproject.com/donate.php**

Until the next update!



The Run Beyond group at in March 2017

Sydney's tutu runner

Jase Kerr

If you are a fan of community radio station 2RDJ-FM 88.1's show, Stars of Tomorrow, the star behind the microphone, Jase Kerr, is a marathon runner, an ultrarunner to-be and also Sydney's tutu runner too. Amy from the Blister caught him at a recent parkrun at Rhodes for a quick interview.



Jase at the Blackmores Sydney Bridge Run

When and why did you start running?

I started running to fill in a morning when I was in Anaheim for the MLB All Star Game in July 2010 and entered the All Star 5k run just for something to do and a challenge. Now I participate in a number of running events around Sydney and am a regular at Rhodes parkrun.

What are some of your favourite running events?

Locally, my favourite runs are the Sun Run, City2Surf, Bridge Run and for a bit of fun, the Colour Run. In the USA my favourite would have to be the Peachtree Road Race in Atlanta which I ran in 2012 and 2016 and hope to run again. I also really enjoyed the Walt Disney World Dopey Challenge weekend earlier this year in Orlando.

Why did you decide to run Dopey Challenge at Walt Disney World?

In October 2015, my hobby as a volunteer radio host had a sudden but expected bad turn due to my deteriorating eye sight getting worse, which resulted in me no longer being able to present live anymore. Following a talk with a few friends who said something would come along I was looking to running for a challenge and found Dopey and decided that's what I wanted to do. The Dopey Challenge is over 4 days in early January at Walt Disney World and involves running all 4 events, 5k, 10k half and full marathon.

What were your highlights of Dopey Challenge?

Running the 5k in the 101 Dopey Dalmatians Group and making many new friends from that. Having to organise an impromptu, DIY, pop up half marathon with other guests in my resort after the WDW half was cancelled due severe weather forecast. Running down Main St USA and through Cinderella's Castle in the Magic Kingdom and that final part through Epcot and passed Spaceship Earth to the finish and getting that medal.

What were the most challenging moments at the Dopey Challenge?

The most challenging moments were not letting the disappointment of the cancelled half marathon get to me too much so I could stay focused on the marathon on the Sunday. The marathon had the extra challenge of being in extreme cold so I wasn't sure how my body would cope with the marathon and the cold.



Jase at the Bay to Bay run

Also was Dopey your first marathon? If not what are some other marathons have you done?

My first marathon was the Sydney Marathon in September 2016 and also ran Western Sydney Marathon 2 weeks later at Penrith.

What are your other running achievements?

Finishing Dopey would have to be my biggest one. My others would be doing a sub 24 minute 5k, sub 50 minute 10k and sub 2-hour half marathon. As I am regular pacer at Rhodes parkrun to pace a runner to a personal best to me is a goal I have helped that person reach.

What are your future running goals and plans?

In April, I ran my first ultra-marathon in Canberra and also completed the runDisney Coast To Coast challenge in September at Disneyland. I am looking forward to running the San Francisco Giants Half in August and finishing in AT&T Park. In 2018 I hope to run the Indy Mini Marathon in which part of the course is a lap of the Indianapolis Motor Speedway.



Jase poses with Dopey after he successfully completed the Dopey challenge

I also hope to run the NYC Marathon and I have been encouraged to give 6ft Track a go one year and maybe even pace an event such as SMH Half when I am ready to do that.

At most running events, you can be easily spotted wearing a tutu. Why do you run in a tutu?

Firstly, I identify as genderfluid and wearing a running tutu is how I like to express I am genderfluid, in a way that is unique and also seen as fun by others. I usually wear a tutu at most events that are a half marathon or less in distance. I will also wear one when pacing parkrun so I can be spotted easily.

What reaction do you get from other runners?

Most runners think it's great that I run in a tutu. During a run I will get comments saying nice tutu and other positive comments, and after a run other runners will come up to saying how they wanted to beat the tutu or keep up with me. I also get many people asking about them. Many people also want photos with me.

Vegetarianism and running

Dr Melanie Zeppel

Why I was interested?

This survey started after the fast, famous Chris Jackson mentioned that the kilos were 'dropping off him' after he became vegetarian. His father, also famous and also a very fast runner, Steve Jackson is also a vegetarian. Thus, the curiosity for further data collection. It should be noted that an online newspaper interview cites Steve Jackson as training for marathons on a diet of 'chips and chocolate' (www.find.it.yourself.com), which the author suspects may be just a clever method of distracting fellow age-gender competitors.

Fast times

It is well known that diet and nutrition influence running performance (Sydney Sports Book Club, 2015), given the research conducted by Tim Noakes, Matt Pfitzgerald, and the book by Scott Jurek. However, it is likely that the physiology of each runner differs, in addition to their training, age, injuries, and amount of child- or work-free hours to train and recover by resting on the sofa while the cleaning and dinner fairy takes care of things. Thus, a comprehensive data analysis seemed necessary.

Hypotheses

I hypothesized that vegetarian runners would have faster Personal Bests (PBs) than non-vegetarians.

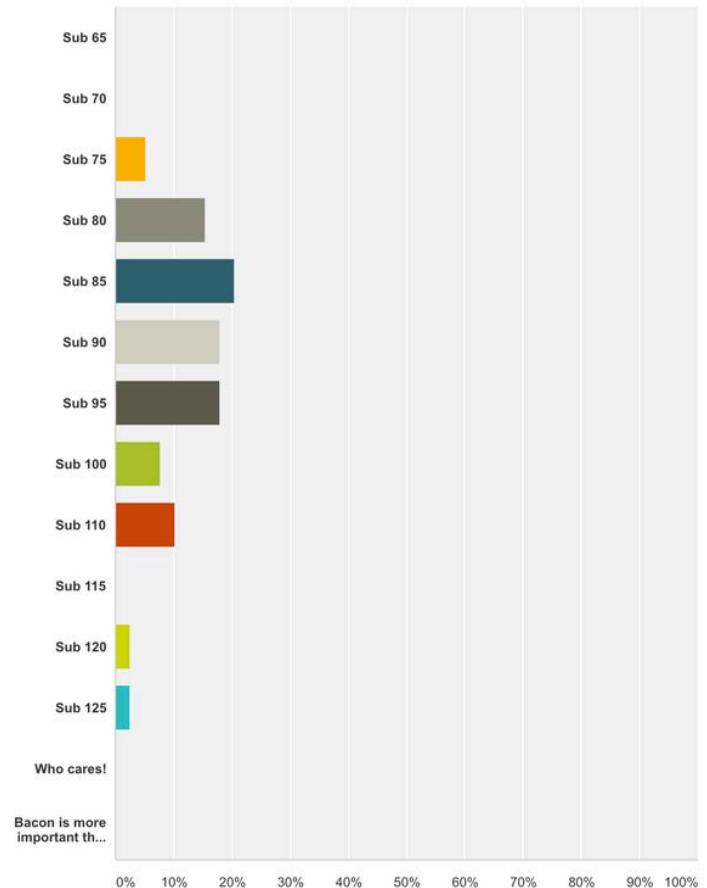
In order to do a robust analysis, I wanted to get opinions from enough runners and have a conclusion based on evidence, rather than just anecdotes (anti-vaxxers, are you listening?).

Methods

I posted the survey on both the Sydney Striders website and my personal Facebook website. The majority of my FB friends are runners. Presumably the majority of Sydney Striders are faster than members of the public, so the sample population is unlikely to be representative of the normal population. A Survey Monkey questionnaire asked for PBs for marathon, half marathon, and 10 km. Answers were binned into 30 min categories, i.e. 2:30 to 2:59:59, from sub 2:30 to more than 4:30. Surprisingly, 39 people were kind enough to respond.

What is your half marathon PB?

Answered: 39 Skipped: 0



Answers included 'who cares' and 'bacon is more important than a PB' to reflect that perhaps a fast running time is not the most important thing in the world (although this remains open to debate). The question of whether a fast PB is important, and worth changing one's diet for, is beyond the scope of this study (but see Jurek 2014). Respondents highlighted that the diet in the preceding three months is more likely than whether one was a 'vegetarian' on race day, and runners may be vegetarians and have obtained their PB before becoming a vegetarian. Questions were changed to reflect this. It should also be noted that respondents were free to answer as honestly or dishonestly as they chose, and answers may reflect this. E.g. my favorite respondent put their gender as 'male' and also stated 'I hate men'.

Results

Times

It is important to note, that the Sydney Striders contain many ridiculously fast runners (Figure 1). Six runners had half PBs of sub 80, out of 39 respondents. More than 60% of respondents had a sub 3 hr marathon PB.

One Strider commented 'have never completed a marathon'. Jo Cowan, can you please have a word with this Strider, about how awesome marathons are? One comment was 'who cares' for the half PB so it is good to see a balanced attitude reflected across respondents. Curiously, nobody answered 'Bacon is more important than a PB'. (Nigel, perhaps more marketing is needed?) More than 50% of respondents had a 10 km PB of sub 40, reflecting our excellent 10km series, and frequency of these races, combined with very fast athletes in the Sydney Striders. It is also possible that people say awesome things about themselves on pseudo-anonymous internet surveys. Zero respondents had 60 + minute PBs, reflecting that perhaps relatively slower runners didn't answer the survey.

Gender

The majority of respondents answered they associate more strongly with male (46%), followed by 36% of respondents associating more strongly with female. Remarkably, 12% of respondents answered they associate with 'a bit of both, non-binary' and 16% of respondents did not associate with male or female. This challenges the notion that race directors can just have a click button for 'male' and another for 'female'. Alternatively, it is highly likely that many of the authors friends were just taking the piss, given the author's reputation for trouble making. The best way forward for gender selection at races is highly fascinating, but beyond the scope of this report, so please come up and accost the author after a race. Not literally, just figuratively, unless I have been taking testosterone and am confident I can out-wrestle you.

Diet

29% of respondents were vegetarian, 3% were vegan, and 43% replied 'bacon and roast dinners'. 20% out-smarted the author and the hypothesis by stating that they rarely eat red meat, eat 'lots of vegetarian foods', 'balanced diet' or 'have an emphasis on variety and portion sizes'. This suggests that it is possible to eat a healthy non-vegetarian diet, which proves that life is rarely simple, and if you think it is, you should go have a lie down and a good look at yourself, after perhaps a bacon dinner.

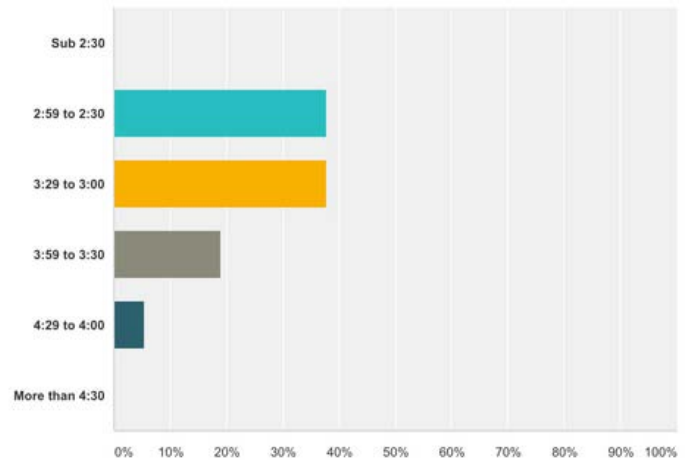
Discussion

Times

The PBs of respondents were remarkably fast. The author is considering putting the survey on the Northside Running Group or NSWIB to collect data on

What is your marathon PB?

Answered: 37 Skipped: 2



comparative PBs, although to be fair, one should also collect data on the volume of beer, beer miles, and social events at each club, to account for what each club excels at.

Conclusions

The author noticed that the 'diet' and 'PBs' were not linked in the Survey Monkey, realised that further work would be required to go back and associate each diet answer with each PB answer, and then went for a run. To conclude, Sydney Striders are fast runners, and the impact of vegetarianism on running speed requires further research. However, the author is not willing to conduct further research, having moved on from this topic and become interested on whether 'a healthy diet means we don't need to take supplements', which could be the topic of a future Blister article, if the author is hassled enough.

*I was not working in Health Economics at the time this analysis was conducted, but now is working in Health. Don't trust me, I'm not a doctor of nutrition!

THE INDIGENOUS MARATHON PROJECT

Lucy Campbell

Thursday Island runner heeds historic pull of London calling

They "ran like deer" and challenged the English gamely on their own turf. In 1868, the first Australian cricket team competed in England, a remarkable team composed entirely of Indigenous players.

Now, nearly 150 years later, for the first time in history, an Indigenous runner would take his place at the start line of the Virgin London Marathon on April 23, 2017.

Harold Matthew of Thursday Island was offered the running trip of a lifetime after a surprise call from Indigenous Marathon Foundation director Rob de Castella. Harold, a 2014 Graduate of the Indigenous Marathon Project, was chosen for his commitment towards developing running groups and encouraging local people to embrace a healthy lifestyle.

Harold said the phone call from Rob left him feeling "over the moon and a bit emotional". "I just need to focus on clocking the kilometres and preparing my body for the long runs," Harold said. "I am so proud to represent the whole of Australia, Indigenous people, and my Torres Strait and Thursday Island communities. It's something I will carry for the rest of my life."

"London is one of the great marathons of the world" said Rob, "and it's an amazing opportunity for us to send one of our IMP Graduates to do it."



INDIGENOUS
MARATHON
FOUNDATION
#RUNSWEATINSPIRE

IMP runners complete the New York City Marathon as part of their year with the program, and Graduates have gone on to run international marathons around the world, including Athens, Berlin, Boston, Tokyo, Paris, Maui, and Frankfurt, but a London marathon entry has proved elusive. All that changed on April 23, 2017, when, thanks to the generous support of an IMF contributor, Harold ran across the finish line and into the history books, just like Australia's first touring cricket side all those years ago.

The IMP is a program of the Indigenous Marathon Foundation, a not-for-profit foundation established in 2010 by world marathon champion Robert de Castella. The IMP relies on the generous support of the Australian Government Department of Health, Department of Regional Australia, local Government, Arts and Sport, Qantas, ASICS, Accor, Good Oil Films and the generosity of the Australian public.

For more information please contact Media Manager Lucy Campbell on (02) 6162 4750 or 0419 483 303.

More information can be found at www.imp.org.au or visit our Facebook page, **The Marathon Project**.

Editor's note: Harold completed the marathon in 4:47:10!



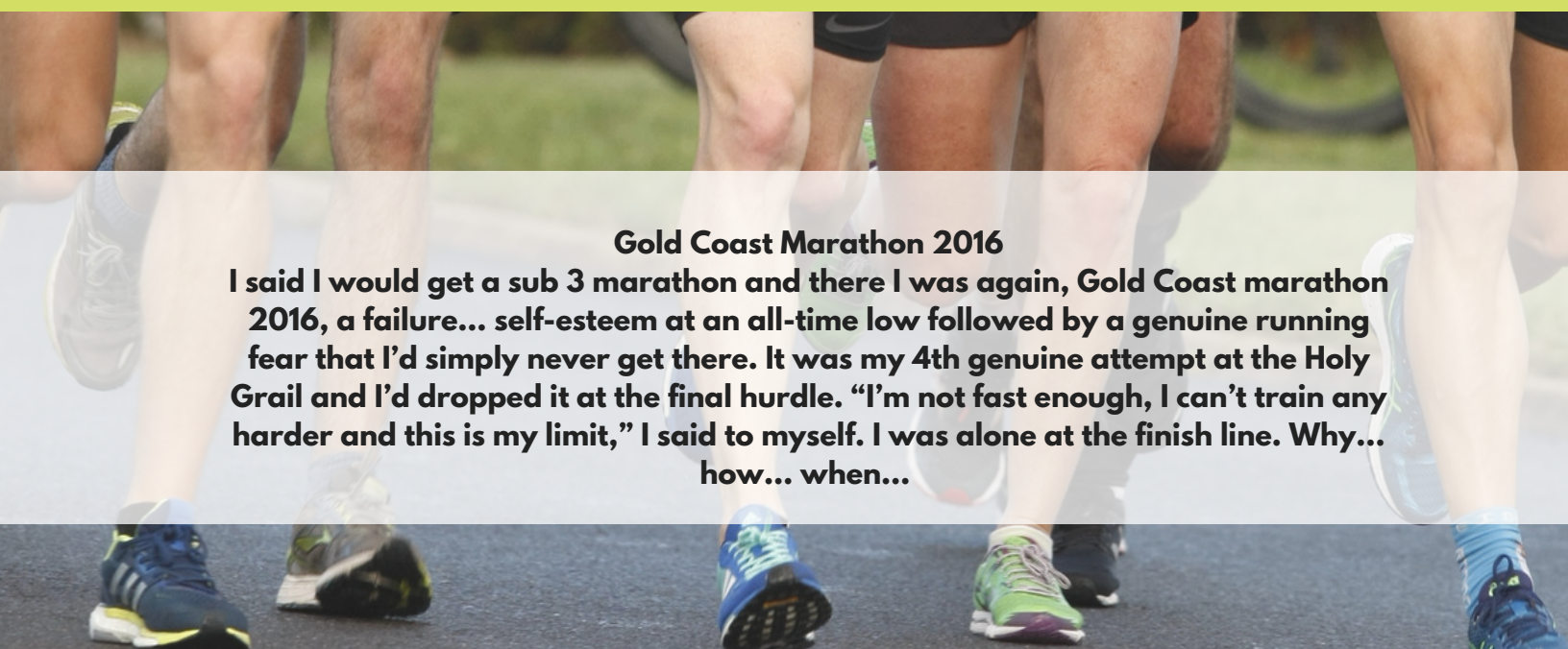
Harold with Deeks at the Melbourne Marathon 2016



SYDNEYSTRIDERS BLISTER

THE SECRET SUB 3

Chris Jackson



Gold Coast Marathon 2016

I said I would get a sub 3 marathon and there I was again, Gold Coast marathon 2016, a failure... self-esteem at an all-time low followed by a genuine running fear that I'd simply never get there. It was my 4th genuine attempt at the Holy Grail and I'd dropped it at the final hurdle. "I'm not fast enough, I can't train any harder and this is my limit," I said to myself. I was alone at the finish line. Why... how... when...

Once back on Sydney soil I regathered my composure and started doing the things that made me happy; pizza, beer and running. Once I found a good balance of this, I began exploring running with people again - parkruns, club events and doing it for the enjoyment and not the time. No pressure, no eyes watching, no expectations. Just running because it felt bloody good!

Something happened during this 'non training' period. I started getting faster, and progressing naturally. I felt healthier. I had a stronger mind rather than just brutal leg work. Then the voices came - not bad voices, but good ones. The famous pacer Simon Wolnizer got in my head: "Jacko you're looking alright at the moment... almost in sub 3 form again!" I laughed at the thought, and the terrors of Goldie came screaming back. "Don't be daft Simon! Me, sub 3... I don't think so. Just leave me to my bay laps!" Then came the plan...

Simon's plan for a secret sub 3: I was already booked in to be pacing the 3.15 bus at Sydney Marathon 2016.

Step 1 - Get a replacement for the Striders pacing duties.

Step 2 - Get the all clear from presidents, directors and pacing management to switch from pacing to racing.

Step 3 - DON'T TELL ANYONE! No FB posts, no Instagram, no friends waiting at the finish, not even your coach/dad, Stephen Jackson.

Simon's plan was clear - it would just be me vs the marathon. If I didn't make it, no big deal. If I did, then I'd know I did it for me. "It's all in your head Jacko, it's all in your head" Simon would say to me. The week before the race, I was struck with an inner ear infection. Forced taper? It didn't help the confidence.

Sydney Marathon 2016

With everything in place I snuck to the start line, undetected, under the radar. BANG! We were off. I didn't even want the 3 hour pacer to know I was attempting so I went out quick to bank a few minutes and get in front. The run was smooth, the temperature cool and the atmosphere was electric. Adopting a different plan from previous marathons I went out fast in the expectation I'd fade in the back end (just like I had at the Gold Coast marathon). We had a solid pack but I minimised my chatter to concentrate on how the legs were feeling, pushing up and gliding down the undulating hills. I didn't look at my watch and just went with the pace my legs were carrying me. I was fresh, I was positive. Could this be it? The middle of the race was a blur, and then I hit the 35k marker. This was, historically, my breaking point. My legs get heavy here. "Will it happen again?" I wondered. "Will I blow out? How much time do I have banked?" A wave of panic came over me but then I thought... "Relax, it's just you and the marathon, whatever happens, happens. Enjoy the run."

The pain never came, the cramps never kicked in, I was going well. But pure paranoia made me slow the pace down in the knowledge I was in front. "The target is sub 3 hours, don't blow it now!" I had just reached 40k when I turned back to see the 3 hour pacers rounding the corner. Crap! I'd slowed too much, I needed to lift, to push, to find something else. Never had I increased pace in the back-end of a marathon. Never had I found a last bit of strength. But this race was different. This race was just me and the road.

I started talking out loud and didn't dare look at my watch. I came under the Harbour Bridge heading towards Circular Quay with the pacers just steps behind. A friend, John Bowe, spotted me and suddenly realised what was occurring. He jumped up and down screaming "You're going to bloody make it!" This gave me a surge I didn't know I had. I dropped down to sub 4min pace and was heading to the Opera House. I held my breath, thinking the pacer would just skip by me. "I won't look back," I said. "I won't celebrate early!" I couldn't handle another close miss (Berlin 2015 PB 3.00.42). The crowd could see the pacer and the band of weary eyed runners struggling to stay in front. The noise increased and the finishing chute got closer and closer. I could see it! I was there! I was... on the ground...

I gave every last bit of my body to that race, as I took that final step over the line I just stopped, slid on the wet concrete and collapsed. A medic came over to check on me and asked if I needed a wheel chair. I replied "Has my Garmin stopped?" (Dad would be proud). Friends were screaming from the crowd that I'd made it. Only by 18 seconds, but I'd made it. I cried, I hugged strangers, I hung around the finish line to see some of my favourite running buddies including Simon who was just as excited as me with the result. Final time: 2.59.42.

I truly believe that your state of mind and self-belief can make or break any person's performance. Never forget why you got into running in the first place, remember where you've come from, what you've achieved and always keep imagining what you can achieve.

Special thanks to Simon Wolnizer, Jo Cowan and Greg Churchill. Thanks for reading my story. I wish you all the best with your running goals whatever they may be.

The pain never came, the cramps never kicked in, I was going well....but pure paranoia made me slow the pace down in the knowledge I was in front.

Post-Injury Prep for Summit Push

A bit more bruised and battered

David Criniti

Summitting is dependent on a myriad of intertwining factors over which the climber has varying degrees (though mostly limited) of control. Weather, gear, nutrition, illness, injury can all play a part, as well as the way these factors converge to impact on fellow climbers who, with the right circumstances, can greatly enhance the chances of success.

But let's not put the cart before the horse. In order to be in a position to launch a summit push, one first needs to take the necessary steps to safely ascend to within striking distance of the summit. And essentially that's where this tale begins; at a juncture somewhere south of Camp 4, with the distant summit coming in an out of view, disappearing and reappearing from behind clouds, mist, fog, and the jagged rocky outcrops of the mountain itself.

At the time of writing, I'm sitting here recovering from the recent Canberra Marathon, which yielded a satisfying 2:27:27. Being a not-insignificant 6 minutes and 32 seconds shy of my 2011 PB, this leaves me not quite ready for a crack at the summit, but at the same time, a considerable distance above base camp.

And it's considerably pleasing to be this far up the mountain, too. Just less than a year ago, on May 2, 2016, I underwent a posterior lateral impingement clearance at Sydney's Mater Hospital, necessary to allow any reasonable amount of running at all. The underlying impingement had taken hold in September 2015, and took a few months to diagnose definitively, with symptoms being similar to Achilles tendonitis. This led to a frustrating, though prudent, cycle of physio and orthopaedic appointments, MRIs, cortisone injections and false starts.

By May though, I was under the knife and back at sea level. The first week and a half went by with the foot ensconced in a surgical sock, preventing a look at the state of affairs. When that came off, I was astounded at the size of the ankle!

The thought of running again seemed incomprehensible at this point in time, when even bearing weight could only be endured for a few steps at a time, from the lounge room to the bedroom, using walls and furniture as essential aids.

Although progress was in some senses fast, the higher slopes of the mountain still remained obscured by cloud. I was walking, albeit unsteadily, a couple weeks post-surgery, which was a significant step forward. However, negotiating stairs was done in a fashion that would have been regarded as snail-paced by those with even the most severe case of DOMS!

The thought of running again seemed incomprehensible at this point in time, when even bearing weight could only be endured for a few steps at a time, from the lounge room to the bedroom, using walls and furniture as essential aids.

Of course, as is the way with runners, I wasn't content with walking, and was anxiously counting down the days until the doc gave me the go-ahead for my first tentative jog. And so it was that on 12 June, 2016, one day shy of 6-weeks post-surgery, I hobbled through a 2km, finishing with a mix of emotions; joy at the progress made; apprehension as to whether the pain would eventually dissipate and my gait would return to something resembling a normal stride.

And the mixed emotions continued as the weeks went by. There was relief and gratitude as the runs became longer, faster and more frequent. There was frustration as lactic acid burned at paces I, not-so-long-ago regarded as sedate.



Recovering...here are two stages of my stitches

There was fear and uncertainty as pain would shoot up by leg if I made an awkward footstrike - which was easily done with my stride so significantly impacted by the reduced range of ankle motion. There was the burden of expectation and awkward responses to well-intentioned friends proclaiming "You're back" at junctures I regarded as well shy of that mark. But gradually things did move closer to that mark. One milestone of significance was my first race back - the 10km event at the Blacktown Running Festival - a day shy of 13 weeks post-surgery, which doubled in significance as the graduating event for The Run Beyond Project's Evans High School girls. Despite my lungs and throat being seared with lactate as I ran a time which was minutes shy of what I would normally target as a 10k split in a marathon, I was again relieved and encouraged to be reminded of the progress made.

A few months later, The Melbourne Marathon suddenly appeared as another milestone. After another encouraging week, I threw in a last-minute entry on the Tuesday prior to race day, and scrambled to organise flights and accommodation in time. Not having much of an idea how the legs and cardiovascular system, let alone the ankle, would hold up for 42.195km, I found comfort in tacking on to the end of a large group that had formed around the lead female runner. After hitting halfway in 1:16, I didn't manage to stay with the group, but the ankle pain did not appear and the 2:36 I ended up with was a good sign that I was starting to move further up the mountain.

But was I moving too fast? No sooner had I finished Melbourne than I set my sights on significantly improving my time at Hobart. While things seem to go well for a week or so, they soon came unstuck. While the underlying issue with the ankle was fine, the scar tissue significantly impacted on the joint mobility, which caused a flow-on effect, resulting in a pain in my mid-foot which the physio said may soon lead to a stress fracture if not addressed. Although it meant 4 weeks off running from mid-November, it was a valuable lesson learnt in regards to taking a more holistic approach to my body-mechanics and recovery.

And the lesson learnt helped as I progressed over the coming months, towards Canberra. The mileage became more consistent, mobility improved, and times started coming down. While a few people mentioned the rain as a limiting factor in Canberra, I hit race day unconcerned. The work had been done and the conditions were probably going to be better than wind-ravaged Melbourne, so I got to the start line relaxed and ready to race.

...it was a valuable lesson learnt in regards to taking a more holistic approach to my body-mechanics and recovery...

...as I progressed over the coming months, towards Canberra...the mileage became more consistent, mobility improved, and times started coming down...

Having fallen off 2:30 pace at 30km in Hobart in January, did sit somewhere in the back of my mind, and probably prevented me from going out too fast again, and at 30k I was confident there would be no repeat as I ran solidly to again be under 2:30.

So, here I find myself now, with a satisfying post-surgery result under my belt; a result that leaves me grateful for my recovery and for the fact that I'm still able to look further up, in the direction of the peak.

Whether I'll summit, I'm unsure, and I'm not quite ready to make that push, but I'll keep climbing in preparation to get within striking distance, and I'll make the most of my time on the mountain all the same.

Eat your greens (and beets)! How to Boost your Performance with Beets

Nicole Dynan (APD/SD)

Nicole Dynan is the principal dietitian at The Good Nutrition Company and an Accredited Practising Dietitian & Accredited Sports Dietitian based in Leichhardt, Balmain and Neutral Bay in Sydney.
www.goodnutritionco.com



THE GOOD NUTRITION co.



Want to feel more energised? Want increased power and strength? Recover faster? Run harder and longer? Then eating more of the green (and purple) stuff might be just what the doctor ordered.

Leafy greens (and particularly beetroot) are high in nitrate which the body converts to nitric oxide (NO) which helps more blood and oxygen get delivered to the muscles. Studies looking at the effects of beetroot juice on athletic performance consistently reveal a reduced use of oxygen during exercise, so researchers are now focused on whether that translates to improved time to exhaustion and race times for athletes.

Most studies have used beetroot as the nitrate source and whilst there is consensus that nitrates reduce the amount of oxygen needed or used in exercise, some studies are also showing improved exercise tolerance. 1 In 2015, the European Journal of Applied Physiology published a double-blind, randomized crossover study involving 16 male team-sport players who received 140 mL of beetroot juice daily for seven days and were asked to perform intermittent cycling. The beetroot juice was found to significantly improve repeated sprint performance along with improving reaction time.2

Recommendations for athletes

Potential performance benefits are based on study doses of beetroot juice and vary between 140 mL and 500 mL per day for several days before the event. On event day, beetroot juice should be consumed 1½ to 3 hours ahead of the event to most closely match the dosing schedule used in studies. So far, research suggests events up to 30 minutes in duration may see the best gains from dietary nitrates, and recreational athletes may benefit more than highly trained endurance athletes.

Including beets in your diet

It's easy to include nutrient rich beets in the diet. Along with their high nitrate content, a single beet that has a diameter of approximately 5cm provides 2g fibre, 266mg potassium, 64mg sodium, 89mg folate, 27IU vitamin A, less than 6g sugar, and 35kcal. 3

Beets can be eaten raw, juiced, or cooked but roasting beets brings out their full flavour. After roasting, simply wrap the cooled beet in a paper towel and rub gently to peel off the skins. Keep roasted beets in an airtight container in the fridge for a quick addition to salads like this delicious capsicum, feta and walnut salad:

Roasted Baby Beetroot Salad with Capsicum and Feta

INGREDIENTS

SALAD

1 bunch baby beets (oven baked till tender in foil)*
2 cups mixed spinach and rocket leaves
1 Lebanese cucumber, cubed
1 red capsicum, thinly sliced
100g Greek Style Feta, crumbled
1 cup mint leaves

SALAD DRESSING

2 tablespoons fresh squeezed orange juice
1 tablespoon olive oil
½ teaspoon wholegrain mustard
Lightly roasted walnuts to serve

METHOD

1. Preheat oven to 160°C fan-forced
 2. Wash, dry and bake beetroot in foil until tender (approx. 1 hr)
 3. Allow to cool, peel and cube
 4. Prepare and combine salad vegetables and feta as instructed
 5. Mix salad dressing
 6. Add beetroot cubes to salad mix and serve with dressing & walnuts.
- *Beets can be pre-roasted and refrigerated to enable quick salad assembly on the day



References

1. Jones AM. Dietary nitrate supplementation and exercise performance. Sports Med. 2014;44(Suppl 1):S35-S45.
2. Thompson C, Wylie LJ, Fulford J, et al. Dietary nitrate improves sprint performance and cognitive function during prolonged intermittent exercise. Eur J Appl Physiol. 2015;115(9):1825-1834.
3. Basic report: 11080, beets, raw. USDA Agricultural Research Service website. <http://ndb.nal.usda.gov/ndb/foods/show/2863?fgcd=Vegetables+and+Vegetable+Products&manu=&facet=&format=&count=&max=35&offset=&sort=&qlookup=Beets>.



THE ATEC SHOW – 9-10 SEPTEMBER @ ROYAL HALLS OF INDUSTRIES, SYDNEY

ATEC, Australia's premier event celebrating the endurance lifestyle, is back this September to kick off the season!

To prepare you for the season, ATEC offers a range of educational seminars, practical workshops, live activations, cooking demonstrations and competitions to participate in.

Meet and learn from inspiring endurance athletes, like Pat Farmer, and other endurance runners, Ironman World Champions, cyclists, coaches and dietitians and take advantage of some great Show specials from leading endurance brands. We are very excited to announce that we've partnered with the ATEC Show and for all the Blister readers, there's a special **2 for 1 ticket offer!** Please use promo-code: 'ATEC17SS' at check-out - <http://bit.ly/2rdAoWf>



RECIPE CORNER

In this edition we feature Protein Chia Balls by Strider Leigh Mac Ritchie. Leigh first showcased them at The Equaliser in February. The Blister team absolutely loved it! Here's the recipe.

Prep time 15 minutes

Makes 16

Ingredients

- 1 cup or 20 dates, pitted
- ½ cup coconut oil, melted
- 1 cup of almonds chopped
- ½ cup chia seeds
- ½ cup protein powder
- 1 teaspoon salt flakes
- 1 tablespoon of honey
- 1 tablespoon of cacao powder
- 1 cup shredded coconut

Method

1. Place all ingredients except the coconut into the blender
2. Using the variable speed control, place on medium speed until the mixture is roughly chopped.
3. Using a spoon roll mixture into tablespoon sized balls.
4. Roll the balls into a bowl of the coconut to coat the outside.
5. Place the balls into a clean, sealed container in the refrigerator
6. Keep for up to 2 weeks. Don't eat them all at once.



STEPPING SOME STAIRS FOR GIANT STEPS

James Liew

If you feel a challenge outside of road and trail, then why don't you try straight out stairs! All 1504 of them up the Sydney Tower. Join me and see how high your heart rate can go as give the lift a miss, and help raise funds for Giant Steps Sydney, a school that supports children with autism. You'll be glad to know that the way down is via the lift, because going down stairs is way harder.

My son has been attending Giant Steps for 4 years now and my wife and I would not know what to do without the support of the dedicated staff and teachers at Giant Steps. If you would like the challenge then please sign up here:

<http://www.stairchallengeaustralia.com.au/sydney-challenge.html>

Entry cost is \$52, and you are expected to fundraise a minimum of \$35 above the registration fee. It is for a great cause, and if you want to know more about Giant Steps then please ask me!

Giant Steps is also raising funds via the Entertainment Book (Digital version), and if you would like to purchase one then please follow this link:

<https://www.entertainmentbook.com.au/ordersbooks/2002j07>

Thank you.

**Be a superhero and climb
1504 stairs for autism**



Sunday August 27



5 SUPPLEMENTS FOR FASTER RECOVERY

Belinda Reynolds, IsoWhey Dietitian and Nutritionist

1. BCAAs

Branched chain amino acids (BCAAs) can enhance muscle recovery and growth, whilst providing an energy source to the muscle cells. What does this mean? Taken after a work-out, BCAA's not only boost the repair process of your muscles to help you bounce back faster and reduce delayed onset muscle soreness, but they also contribute to the growth of more lean muscle.

The BCAAs are comprised of three essential amino acids; L-leucine, L-isoleucine and L-valine.

L-leucine in particular has been shown to stimulate muscle growth, improving strength and increasing strength exercise capacity. Taking high doses of L-leucine (together with other amino acids and carbohydrate) after a training session has been shown to improve performance at subsequent training sessions.

2. Tart Cherry

Tart cherry provides a range of benefits, including antioxidant and anti-inflammatory support due to its high concentration of anthocyanins and flavonoids (two potent antioxidants). These natural substances work to suppress inflammatory chemicals in the body, which in turn reduces muscle inflammation and pain post-exercise. Look for tart cherry in your post-workout formula to reap the benefits of this recovery ingredient.

3. Magnesium

Magnesium is an essential mineral known to be depleted as a result of exercise. Magnesium is involved in normal muscle relaxation, meaning it can reduce cramps and spasms, while it also plays a supporting role in muscle protein synthesis (aka promoting muscle recovery). Early research suggests that from these benefits, magnesium supplementation can assist athletes in achieving desired gains in strength.

Magnesium is also involved in the break-down of inflammatory chemicals associated with pain, meaning that it may assist in minimising post-exercise muscle pain and inflammation.

4. Glutamine

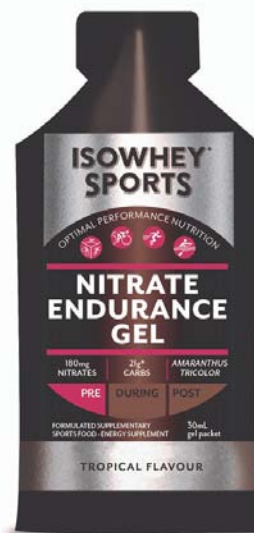
Glutamine is the most abundant amino acid in the body, and is actually vital to our overall health. Training at high intensities has been found to deplete available glutamine levels in the body, and low concentrations have been noted in athletes experiencing significant discomfort from over-training.

Glutamine, (along with the BCAAs) make up a large component of muscle protein mass, and exercising can create a glutamine deficiency in our muscles. Glutamine has also been shown to contribute to the production of human growth hormone, which helps us build our lean muscle mass- meaning that a deficiency due to exercise could be holding you back from achieving your goals.



Glutamine also plays a fundamental role in energy production, and supports our immune function. Many exercise enthusiasts and body builders often find themselves constantly run down with colds and flu for this exact reason.

5. Nitrate-rich ingredients including raw beetroot
Beetroot is known for its nitrate content which, when converted to nitric acid within the body, is involved in blood vessel dilation. What this means is that when the blood vessels are relaxed, blood supply and oxygen and energy flow throughout the body is increased. This enhanced circulation aids optimal heart and skeletal muscle function as well as supporting with recovery, as increased oxygen delivery to our muscles has been shown to improve recovery and reduce delayed onset muscle soreness.



WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS

DAEGU, SOUTH KOREA. MARCH 19 – 25 2017

Ron Schwebel

After my first World Championships, outdoor, at Perth in November 2016, I was keen to try similar competition on an indoor track. Korea presented that chance, and a little closer than the usual location on the other side of the World. I did not put a lot of effort into my preparation. Following the Perth World Championships, I relaxed my lifestyle for a few months, but I kept my training steady. After a diagnosis of osteoarthritis in one knee, I have reduced my running to 2 or 3 times a week over the last year. By reducing my workload, I hope to extend my running life. My form was not good, with several Parkruns close to 21 minutes and a Sydney Striders North head 10km Race in 43 minutes.

And then I arrived in Korea.

After a couple of days looking around Seoul, I took a short flight to Daegu.

I went to the track to collect my race kit. I was not excited until I entered the building and saw the track for the first time. I then fully felt the reality of competing in a World Championships.

Monday, March 20 was the first event, but not on the track. It was the 8km Cross Country. The course was flat and looked like a good running surface. It was four laps that snaked around a community park. My hopes of running my preferred barefoot were dashed when I saw there was 100m of blue metal on the course. With 4 laps to do, that would be extremely difficult barefoot.



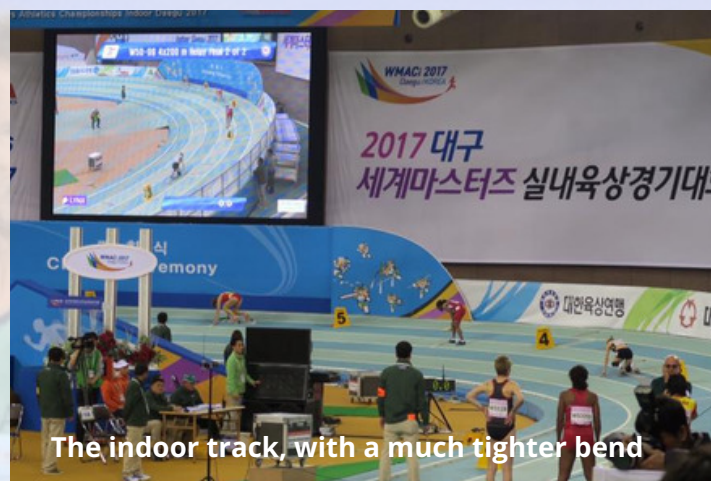
Ron (8) cruising in the World Masters Athletics Indoor Championships 2017



Ron with John Herridge and Yassine Belasbad



Ron with his medals and plush souvenir



The indoor track, with a much tighter bend

From the start I felt good and held a good pace. After a lap I realised I was in 2nd place in my age group. I held that until another Australian passed me with 500m to go. I was amazed to get a bronze medal, plus a bonus of a Gold for our team. I knew there must be a few good runners there, but they were saving themselves for other races. I was very happy with my 32:52 as it was 2 minutes faster than what I hoped for, based on my recent form.

My other two events were indoor - 3000m on Thursday 23 March and 1500m on Saturday 25 March. I enjoyed these races as I was in the lead pack for most of the race. I could not match the finishing speed of other runners and finished 7th in both. I felt good in both races and was happy to again go much faster than I thought I could. My times were 11:28 and 5:23 respectively. I did the 1500m barefoot. I felt faster running in barefoot than in shoes, even very light spikes. I will now do every indoor event barefoot.

Not many Australian runners have seen an indoor track. It's half the size of an outdoor track, so the bends are much tighter. The surface is Mondo, which is used in many outdoor tracks. The curves are sloped like a velodrome, but my races were all on the inside lane. For the longer events, I think times should be similar to outdoor, as the tighter curve is not difficult at 4min/km.

If you are interested in the event, please visit their site <https://www.facebook.com/wmaci2017daegu>

The next World Indoors are in Poland in 2018. I hope to be there.

Juniors Corner

Tony Wong with additional photos from Ewa Facioni, Janet Jagger, Emily Gocher, Athletics Australia and IAAF.

Membership Current membership is 82 compared to 108 same time last year.
Anyone interested in training with us please contact juniorinfo@sydneystriders.org.au.

Christmas Handicaps

We had 19 runners in the Xmas Mile Handicap and the race was won by 9 year old Rebecca Solomon, who improved by a blistering 34 seconds to run 6:22. Best dressed was Kieran Gorman in his Christmas tutu, top, socks, hat and sunglasses. His sister was second, and Nick Hyde third. In the 5k, we had 12 runners at the 5K Christmas handicap at Shelly Beach, 3 of whom were mums. Rebecca notched up her second win in a week, improving by 1 minute and 49 seconds to 23.11.

Records Galore

The 2016/17 season saw the record books being completely rewritten by Nicola Hogg, Josh Phillips and Kieren Tall.

- At the Australian All Schools, Nicola Hogg ran 2.11.07 for 800m and 4.28.34 for 1500m while at the Australian Championship she became the first female Junior Strider to go under 10 minutes with her 9.54.93 in the 3000m.
- Having run 8.17.96 for 3000m in November, Josh Phillips took the 800m record down to 1.55.11 in Blacktown in October and the 1500m record down to 3 minutes 47.59 seconds in the Men's 1500m Sydney Invitational at SOPAC in February.
- Finally, Kieren Tall ran 14 minutes 30.93 seconds on his way to the Under 23 Gold in the NSW 5000m Championship in February.



All Smiles at the Xmas Handicap mile



Nicola Hogg, 800m, 1500m & 3,000m club record holder



Josh Phillips 800m, 1500m & 3,000m club record holder



Kieren Tall, the 2017 under 23 NSW 5k Champion

SYDNEYSTRIDERS BLISTER

Here are the Junior Club Track Records as of 2 April 2017

Time	Athlete	Date	Event	Time	Athlete	Date
57.57	Edita Grinbergs	14/03/2014	400m	50.89	Gabe Corke	9/02/2012
2.11.07	Nicola Hogg	2/12/2016	800m	1.55.11	Josh Phillips	29/10/2016
4.28.34	Nicola Hogg	4/12/2016	1500m	3.47.59	Josh Phillips	4/02/2017
			Mile	4.22.94	Daniel Francken	16/01/2016
9.54.93	Nicola Hogg	28/03/2017	3000m	8.17.96	Josh Phillips	12/11/2016
17.59.56	Hannah Gibson	16/02/2013	5000m	14.30.93	Kieren Tall	18/02/2017
6.53.48	Hannah Gibson	11/04/2013	2000SC - 76.2 cm	6.02.56	Josh Phillips	15/12/2014
		9/02/2014	2000SC - 91.4cm	6.01.06	Josh Phillips	11/03/2015
12.45.19	Amelia Gorman		3000SC - 76.2 cm			
			3000SC - 91.4cm	9.50.81	Ben Jagger	28/03/2017
			3000m Walk	14.41.14	Hayden Blaskett	13/03/2015
			5000m Walk	26.19.91	Hayden Blaskett	25/02/2017

NSW Junior Championship

24 Juniors competed at the NSW Junior Championship at SOPAC in the first weekend of February. 21 of them qualified for the Australian Championships and the 6 medalists were:

- Kieran Gorman won gold in the under 16 men's 2k steeplechase
- Astrid Kingsmill won gold in the under 17 women's 2k steeplechase
- Haydon Hayden Blaskett took silver in the Under 16 Men's 3k walk
- Benjamin Jagger won silver in the under 20 men's 3k steeplechase,
- Bryn Lynch won silver in the under 18 men's 1500m
- Emma O'Reilly won bronze in the under 15 women's 400m

NSW 1 Mile Championship

It was a case of baptism of fire for Bryn Lynch and Harlan Mulherin when they lined up against Jordan Gusman, Jye Edwards and James Nipperess. The pair did well with Bryn finishing 3rd NSW overall and 2nd U20 while Harlan was 3rd U20.



Bryn Lynch & Harlan Mulherin in action in the NSW 1 Mile Championship.

Australian Championships

Out of the 22, which included Nicola Hogg who was competing for Victoria while on a one year sabbatical, 10 qualified for the first time. They were:

- Astrid Kingsmill – under 17 girls' 3k and 2k steeplechase
- Cameron Gorman – under 15 boys' 3k
- Ciara Sinclair – under 15 girls' 3k
- Daniel Rasmussen – under 17 boys' 400m
- Emily Gocher – under 15 girls' 3k
- Evita Dickson – under 15 girls' 400m
- Hannah Lovlin – under 15 girls' 3k and 2k steeplechase
- Luke Simosn – under 20 boys 5k
- Mia Hinchcliff – under 16 girls 3k
- Rafi Gordon – under 14 boys 800m



Ciara, Hannah & Emily not feeling nervous at all before their 3k.



The 10 Newbies who are going to Nationals for the first time.

The highlights of the weeks' competition were as follows:

- Nicola Hogg won silver in the under 15 girls 3000m and a silver in the 1500m
- Benjamin Jagger broke the 3000m Steeplechase club record with his 9.50.81 in the under 20 men's event.
- Jacob Norton took over 20 seconds off his 2000m steeplechase PB with his 6.33.61 in the under 17 men's race.
- Bryn Lynch lowered his 800m PB to 1.56.76 in the under 18 boy's event

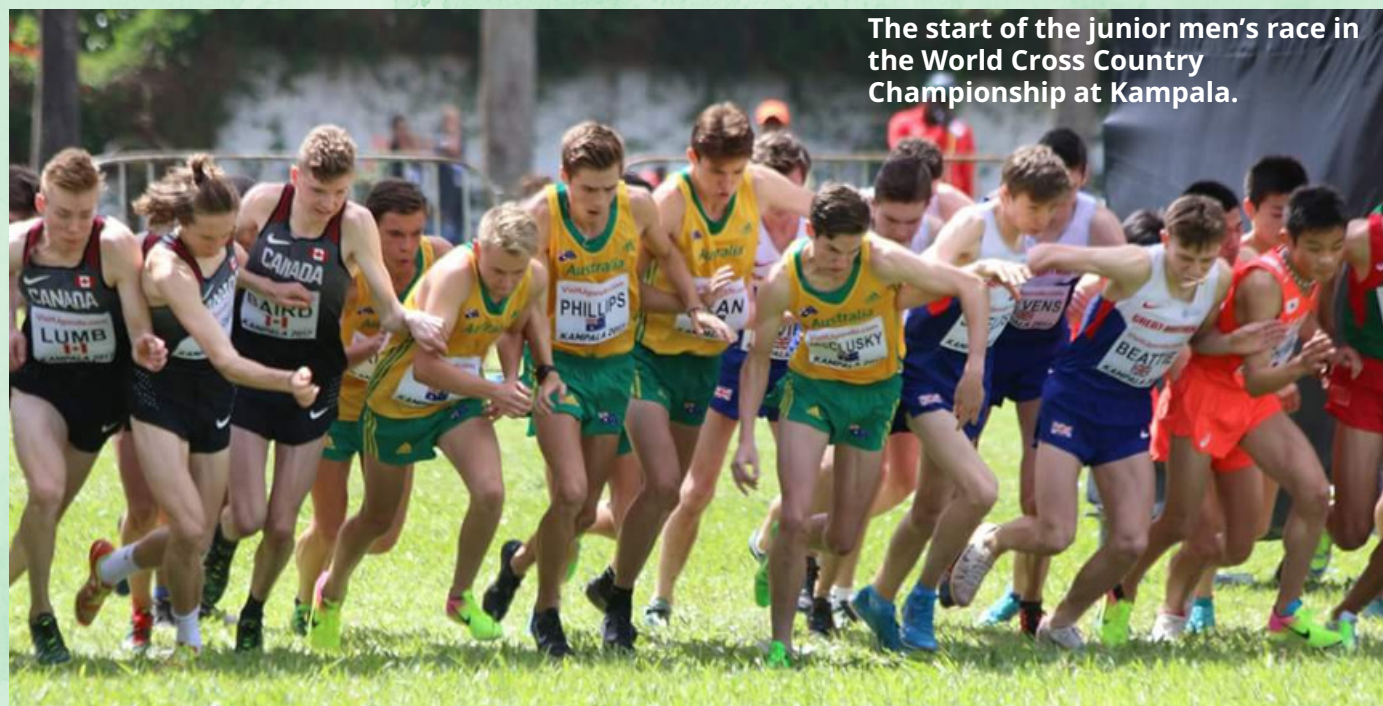
- Kieran Gorman improved to 9.21.67 in the under 16 boys 3k and 6.34.56 for the 2000m steeplechase.
- Astrid Kingsmill went under 8 minutes for the first time with her 7.52.24 in the Under 17 girls 2k steeplechase.
- Thomas Davies improved his 3000m time by over 15 seconds to 9.06.14 in the under 17 boys' race.
- Emma O'Reilly and Evita Dickson finished 4th & 6th in the under 15 girls' 400m final. Emma got within 2 hundredths of a second of Edita Grinbergs's club record with her 57.59.



Ben Jagger & Harlan Mulherin in action in the Australian Under 20 Boys 3k steeplechase.



Josh Phillips & Kieren tall in action in the World Cross Country Trials at Stomlo in January



The start of the junior men's race in the World Cross Country Championship at Kampala.

IAAF World Cross Country Championship

Josh Phillips and Kieren Tall were selected to compete for Australia in the junior men's race in the World Cross Country Championship in Uganda after finishing 2nd and 4th in the trial race in Canberra in January. They both had to overcome serious obstacles along the way.

Josh was coming back from injury mid last year while Keiren had a serious cycling accident just before his HSCs. Kieren went on to finish 48th overall and was the first Australian home while Josh was 68th.



Kieren Tall on his way to be the first Australian finisher



THE LAST WORD

By yer Social Media Admin
Gilbert D'Awesome (find me on Strava)

Running season is upon us so what are we now targeting? We've got the Sydney Harbour 10K, our own 10K series in full swing, the Gold Coast Marathon, City2Surf and then the Blackmores Sydney Running Festival through to the Melbourne Marathon Festival. If the road isn't your preference, there are also a whole heap of trail races everywhere too!!! Sydney is spoilt for choice when it comes to events and why not? The terrain may be challenging, but we live in such a beautiful part of the world that to be lost in the bush lands and even in the middle of the city - it is quite magical.

So what does that have to do with social media? Plenty! Tag us on instagram using the hashtag #SydneyStriders or #GoStriders! Feel free to post it on the facebook page too! Here's a list of our social media channels...

Our Facebook Page:

<https://www.facebook.com/SydneyStriders?fref=ts>

Join the Members only group:

<https://www.facebook.com/groups/SydneyStriders/?fref=ts>

Or the Marathon Training Group:

<https://www.facebook.com/groups/115776728632956/?fref=ts>

And the Race Pacers Group:

<https://www.facebook.com/groups/520230171443125/?fref=ts>

We are on Instagram: @sydney_striders, Twitter: @sydneystriders and you can browse our blog on Tumblr too: <http://sydney-striders.tumblr.com/>

Be seeing you on the road, on trail, and during the STaRs.
#GoStriders!