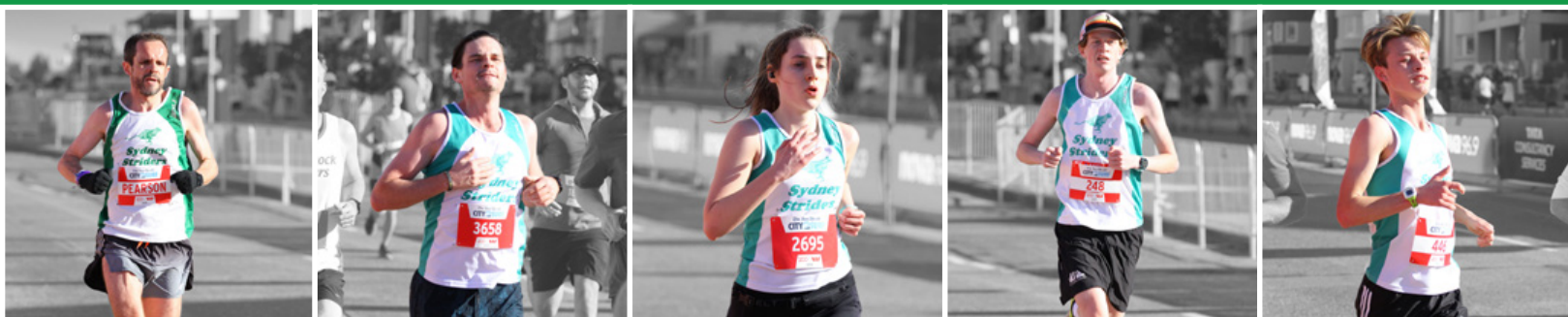


THE BLISTER

THE MAGAZINE FOR THE SYDNEY STRIDERS RUNNING CLUB ESTABLISHED 1980

MAY - OCT 2018 | ISSUE 134



Two years in green and white

Melbournian Alana Plymin's adventure with Sydney Striders

Be Frank

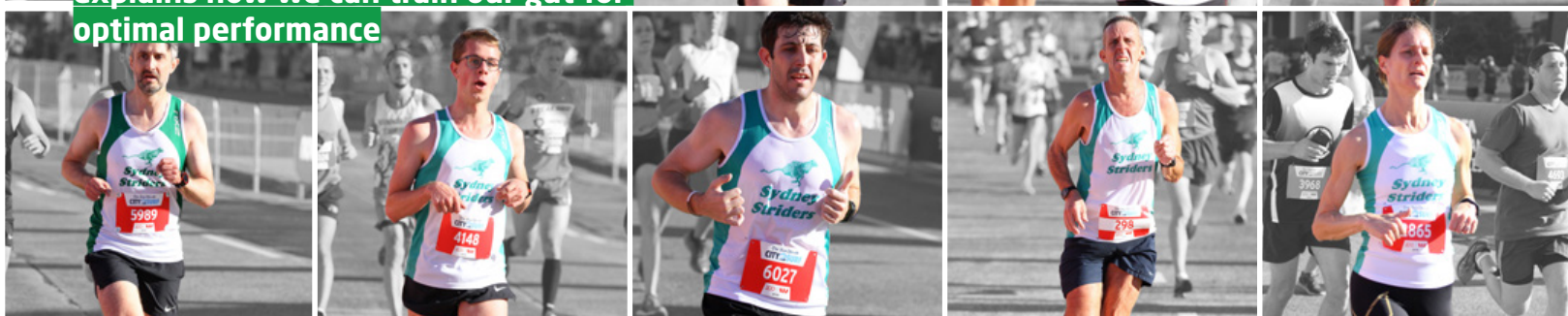
Frank Dearn is now the third oldest Australian Marathoner - here's how he got there

"I just don't want to come last"

Jacqueline Ramsey explains why we should not say it

Gutted?

Our in-house nutritionist Nicole Dynan explains how we can train our gut for optimal performance



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THE BLISTER IS PUBLISHED TWICE PER YEAR BY
SYDNEY STRIDERS ROAD RUNNING CLUB INC.

ABN 54 895 890 805



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APR - AUG 2018 | ISSUE 134

Contents

- 3 President's Message**
- 4 Two years in green and white**
- 6 How Frank Dearn became the 3rd oldest Australian to finish a marathon**
- 8 The Run Beyond Project Update**
- 10 "I just don't want to come last" should never be said**
- 11 Vice President's Corner**
- 13 My 11th Ironman Port Macquarie race report**
- 16 Sydney Striders STaR 2018**
- 17 Train your gut for optimal health and performance**
- 20 Super Series Update**
- 22 Speedwork - Will it actually make you faster?**
- 24 Bon voyage Josh**
- 27 From the Blue Mountains to North Carolina - my second year**
- 29 Juniors Corner**
- 34 Runner Reads**
- 35 Last Word**

Cover Images courtesy of Chris Truskett



President's Message

Having just attended the Invictus Games - Athletics, I was truly inspired by the sheer determination of these amazing people. It wasn't about winning, but getting involved, having a go, and achieving what may have been considered impossible.

I am constantly inspired by club members who have ambition to achieve (see the articles in this issue), and do so under all types of extraordinary circumstances. I would like to draw your attention to an article by Jackie Ramsay in this issue about coming last. It is an excellent piece and one I hope you will all read and enjoy. Someone has to come last in every race and at the Invictus Games coming last was a celebration. We need to celebrate our achievements more than the position we come. My coach, long-time coach John Atterton, who passed away with motor neurone disease 8 months ago, always said to me "Did you give it 110%? Because if you did then you gave it your all so be happy with your result."

Sydney Striders is a great club of people/runners/friends who all support each other in their endeavours. We have one 10k race left for 2018 and a couple of super series opportunities. Last points are on offer. See you at these races and/or the Christmas Brunch.

#GoStriders

Jo

Two years in green and white

by Alana Plymin

It was two short but very sweet years that I was with the Sydney Strider tribe. Originally from Melbourne, it's now time to head on back to my home. A few fellow Strider pals have tasked me to go back to Melbourne and initiate the sister Striders down south. It will be a great challenge, so let's see how I go!

No surprises really, but my time in Sydney, outside of working hours, has been largely shaped around the running community. I retraced my footsteps into my entry with the club two years ago. It appears to have all started with a



Image: Chris, Alana, and Megan hosting Tourist Trot Sunday Run in 2017

I remember having a billy tea and a banana muffin in the park after; that was cool and not something that I was accustomed to after a long run.

friendly STaR run - the Balmain Bungle, located just off the 'Bay Run' at Brett Park, Drummoyne. I was late and missed my designated starting group, so I latched onto President Jo's tribe, jogging along, listening to conversations, and managing to get a local geography lesson on the top places to run in the area as I was the new kid on the block...winning! Ironical really, as the 'Bay' that we were running on has ended up becoming my home away from home over the past two years. I remember having a billy tea and a banana muffin in the park after; that was cool and not something that I was accustomed to after a long run.

Image: Chris, Keith, and Alana at a Sydney Striders 10k



Not soon after I was introduced to Chris Jackson, who convinced me to come along and do the Olympic Park 10km the following weekend. Luck was on my side at this race as none of the fast girls showed up, so I walked away a very happy runner! Chris linked me in to training groups, told me about the 'must do' races in the NSW running calendar, introduced me to many great people, dragged me along to some social outings, and then, dare I say, that the rest is history. I think that I quickly climbed the ranks of the Sydney runner junkie. I have really enjoyed the racing scene with Striders, particularly the 10km series, as well as the club internal races. The Equaliser reminded me of my inner love for trails, and the handicap half marathon was a new concept that challenged my mental and physical strength and character. Outside of races the STaRs were a great social inroad into the community, and also an opportunity to see Sydney. This also gave me the chance to learn to build a greater love for hills as, let's face it, Victorians naturally have no concept of anything greater than a speed hump on a pancake flat road!

I have had a great time in Sydney and also run as a Strider in an incredible number of races (local, regional and interstate), with results that I have more often than not been happy with the outcome of. Not always PB's, but more importantly, the thrill has come from running unfamiliar terrain, holidays away, testing new races, learning from experiences, hitting training milestones (with training pals by my side pushing me that much harder) and, most importantly, having so much fun with friends at the same time. A side note is the pasta, brunch, coffee, gel exchange and catchups that quite often accompanying all this running! I have been lucky enough, on so many occasions, to be a pacer for internal races and also running festivals. I get the biggest thrill from doing this; it's so nice to be part of the



I have really enjoyed the racing scene with Striders



Top Left: Obligatory post race group photo
Top Right: Striders Mid-Year Awards Party in May 2018
Middle Left: Pre-race pacer photo
Bottom Left: Orange Running Festival Half Marathon
Bottom Right: Pacing the 90min bus at SMH Half Marathon



milestone journey for others in the community. My passion particularly becomes evident in the last couple of kms in the race (you may have witnessed it - I become very vocal!), when I become so excited knowing that my 'pace bus' are likely to hit their target goal - the best feeling!

As I head down south with my green and white Striders top, I want to thank the club, and particularly my close pals who have made my past two years nothing short of fabulous. I have been so impressed by the genuine passion for running that all members have shown and the commitment and support that everyone has for one another. It's these attributes that I personally think have shaped my great experience with the Striders.

Until next time (in Melbourne or Sydney), happy running.



How Frank Dearn became the 3rd oldest Australian to finish a marathon

by Glenn Lockwood

It started when Frank came to a lunch to celebrate running my 100th marathon in September in 2017. We spoke about the marathons he had run. Whilst chatting, Frank told me that his days of running marathons were over. I told him to 'never say never' as you never know what might happen in the future. This conversation lit the fuse in Frank's motivation. About six weeks later, Frank asked me if I thought it was possible for him to run a marathon, aged 85. He said that no Sydney Strider had run a marathon at that age. I told him that, as long as he had the desire to start on a marathon training program, anything was possible. He asked me if I could draw up a program for him to run a marathon. I told Frank that I would do whatever it took for him to achieve this goal. We later found out that Frank would become the third oldest Australian to finish a marathon. The oldest Australian finisher was 87 years old while an 86 year old has also finished a marathon.

After asking Frank what his current training regime looked like, I drew up a program that would involve running three days a week, and a day in the gym doing some cross training, as well as doing a long walk each week. Frank and I would touch base every couple of weeks. I told Frank that it was very important to set his training load that would build his endurance, but at a very gradual rate. It was very important that he did not overtrain so he would avoid injury. Frank kept to the program for a couple of months and this led to him improving his 10km race time.

However, just when things were going well, Frank had a health scare. This led to him taking a break from his training and start to have second thoughts about running the marathon. After getting the all clear from his doctor, Frank returned to training.



Image: Frank on the track

Top Left: Frank's support and fans on the day.

Bottom Right: Frank with the finisher medal with Belinda and Glenn

Bottom Left: Frank at the 25km mark...



I identified the marathon at the Sri Chinmoy 24 Hour event as it was very important for Frank not have any time cut-offs to worry about. It would also give his family and friends the opportunity to come out to watch and support him. His wife, Judy, was there the whole time, while his children and grandchildren came out to watch the closing stages. He also had a visit from Jess Baker, who is one of the world's best ultramarathon runners. Jess also helped Frank with his training program and gave him advice on weekly mileage and pace to run in some of his sessions, as well as a lot of encouragement along the way.

Frank had a few issues with balance during the run and with less than a kilometre to go, almost decided that he had had enough. But with a little rest and something to eat and drink was able to continue to finish the marathon with a rousing reception from everybody present in 8:43:42.

Frank would like to thank everyone in the Sydney Striders for their support over the years, but asked to give a special mention to Kevin O'Kane and Dale Thompson for their friendship and coaching throughout his running career.

Frank is starting to wonder if it is possible for him to run one more in three years' time. I would say, with Frank's determination and zest for life, anything is possible.



The Run Beyond Project Update

by David Criniti - Founder

2018 has seen Run Beyond students continuing to impress. We were pleased to welcome a new school to the fold this year, with students from Sydney Secondary College, Balmain Campus completing the program for the first time under the guidance of supercoach Jack Blaydon. The students completed a Bay Run, which they previously didn't consider possible, and learnt a lot of valuable skills in the process, which they'll utilise throughout their lives.

More recently, Chifley College, Shalvey Campus enjoyed a successful day in the wild - at the Running Wild Lawson event. This is a 9.5km event that challenges the toughest, and these young people were up to the task, proudly graduating as Run Beyond's third cohort from Chifley. More pleasing news from this school is that 2018 marked the first year that previous students had participated in the program in a mentoring capacity, helping their peers as they worked towards their goal event.

The same has been happening at Westfield Sports High, who used the July Striders 10k as their goal event, completing the course full of enthusiasm, and even edging ahead of their ultra-running coach and teacher, Ms Debrabander, in the home straight!

Image: Esmat is now a regular at Rhodes Parkrun



Also at that event was perhaps Run Beyond's most enthusiastic participant - Esmat. The Chester Hill High School student is only just embarking on the Run Beyond program, but he's been eagerly waiting in the wings for a year as he watched younger brother Hamid take his turn in 2017. Keen to hit the ground running, Esmat joined us on many of our parkrun adventures throughout that year, soon becoming a regular at Rhodes, and knocking on the door of the 20 minute mark.

This year he's joined at Chester Hill High School by a number of other excited students who are working diligently towards their goal race later in the year.

Image: The Cheso Squad is coming along in leaps and bounds!



With Airds High School joining the program in recent weeks, a new leadership program about to commence, and improved teacher-training systems in the pipeline, Run Beyond is continuing to grow.

We're focused on students in need in Australian high schools. If you know a teacher with a passion for running in a school that fits this bill, please put them in touch. We're keen to help more students in more schools, and to continue to contribute to the diversity of our wonderful running community.

Of course we can't do any of this without the ongoing support of our wonderful supporters, including the simply amazing Sydney Striders.

Thank you all.



Top Right: All smiles at Rooty Hill Parkrun

Middle Left: We love Parkrun!

Middle Right: Brothers doing it for themselves at Chester Hill High School Cross Country

Bottom Left: Striders 10k laid host to the Westfield Sports High goal race!

“I just don’t want to come last” should never be said

By Jacqueline Ramsay

“I just don’t want to come last” SHOULD NEVER BE SAID! AND ESPECIALLY AT THE START LINE OF A RACE

I heard today at the start of the Striders Homebush 10km those very words.

Words I have heard many times before and every time I hear them I get upset.

What’s wrong with coming last?

Someone has to - it’s a fact!

I have come last in a Striders 10km, not once, but twice in my 14 years as a Sydney Strider.

So should I be made to feel some shame for coming last?? No way!

There can only be one winner so should we all give up? No way!

I put in as much effort during my races as everyone else - I am just not as fast as others, and if I come last - well I come last.

So maybe next time when you are asked by a fellow runner in the toilet queue or at the start line “What time you are planning today?” and you don’t want to say a time, please don’t say those words because you might be standing within earshot of the runner who knows there is a big chance that they will come last. Trust me, for a back of the pack runner, those words are very hard to hear just before a race.



Image: Jackie at the SMH Half Marathon

Vice President's Corner

By Chris Jackson

Sydney Striders new Parramatta 10k course

This year saw the inaugural race at Parramatta Park. With three fast laps and a tight finish, it provides a great atmosphere and an opportunity for all our runners to have a go.

Due to unforeseen circumstances at our beloved Lane Cove track, and the ever-growing trend of parkrun and fun runs, it was time to go out and search for some fresh turf.

Paul Hannell and I came across the Parramatta circuit due to its great location (but different from the rest), parking availability, and lovely greenery.

As with all new things, there are a few teething issues that we need to investigate. The course itself may go through a few more changes before its Strider perfect. We plan to have more races there in 2019.

The inaugural race saw a great turn out of Striders from all over Sydney and a buzz and excitement was in the air. It shows that a club is not about a place, but about the people that make it special. Pretty sure Thor said that...

All in all, it was a great success. We look forward to more running and cheers inviting all runners to join us at club events.

Image: Sydney Striders at Rhodes parkrun



2018: the year of parkrun takeover

Do you love the sound of cow bells in the distance? High fives make you happy? Think green and white are a perfect combo for your running attire? Does your parkrun need a Strider takeover?

2018 was the year of the parkrun takeover where the green and white cheetahs flooded both Rhodes and Parramatta parkruns.

With a merry band of approximately 20 volunteers, including a full set of pacers, Striders put out the good feels and supported the local runners.

With such great success and response from the public, we are keen to lock in a new parkrun soon. Maybe Curl Curl? Kamay? Bathurst? St Peters? Do you have a suggestion?

Let us know any other ideas about how your Striders could come and support your local community.

Please contact me on vicepresident@sydneystriders.org.au

Go Strider!



Image: Sydney Striders inaugural 10K at Parramatta Park



**I left nothing out there,
I pushed every little
muscle over the last 8km**

Image: Steven at the finishing stretch at his 11th Port Macquarie Ironman

My 11th Ironman Port Macquarie race report

By Steven Newman

12 May 2018 10pm - Exactly one week ago to the hour I was turning off the lights in our Port Macquarie hotel attempting to get the last few hours rest before a 5am alarm would see me start my 24th Ironman and my 11th at Port Macquarie.

My 11th Ironman at Port Macquarie would be special as I had completed 10 Australian Ironman and I would be considered a 'legend'. As a legend you get treated a little differently. You go to a few extra functions (they have beer), obtain a special race number 10-374 (helps find us old fellas - 374th person to race 10 Ironman Australia), receive premium 1st row transition racking next to the pros (so we can find our bikes) and receive a gold swim cap (because if you sink, someone will get you as you are worth more than gold). I was mentally ready to race, and healthwise, only had a minor niggle in my right groin which I had been managing for about two months. Like all Ironman events, if you get to the start line in one piece, three quarters of the work is done. Sometimes you need to do less to achieve more.



Image: My Legend's Bib

One of the best things about wearing the legend race number is that I suddenly had an extra 500 friends all cheering for me

This year's build up was one of those years where absolutely everything is ON!!! There was nothing more that could have been on my plate. A quick review of my endeavours:

- Became a Director of Triathlon NSW
- Increased role at work, monitoring another area, including staff
- Commencing a Juris Doctor at Sydney University
- Training for an Ironman with the goal of qualifying for the World Championship

Most know I was born on 2 May, which makes me a Taurus. Hell stubborn, loyal and a goddamn determined bastard, thus I was not going to fail at any of the commitments I made to myself or others. But the readings and exam load of the JD and subsequent training load during March and April nearly killed me and actually mentally hurt me during that period. Four-plus weeks of 5am to midnight day in day out had everything just in balance until my Ironman taper kicked in on 22 April.

Training since early January saw 50km run and 250km ride weeks as standard. This was complemented by two ride focus long weekends of 681km over Australia Day and 604km over the Easter weekend. Thanks to John, Chris, Jacob, Carolyn and Will. But when it came to swim training, my 11 hours spent in the pool since January is a dismal effort.

After sitting my last mid-term 3 hour exam on the evening of Thursday 3 May, a drive to Port Macquarie on Friday 4 May, a wee sleep on Saturday 5 May, I found myself at the start line for a 7:15am kick off on Sunday 6 May 2018.

Boom - we were off!

I love my wetsuit (Blueseventy - I need a sponsor). It is that simple, without it I can't get away with minimal swim training. I also had my special Gold swim cap, so I knew I was safe. The swim went as well as expected with 11 hours of preparation; slightly long. I love my wetsuit (said it again) and thankfully can actually swim in a straight line. I once again did some backstroke whilst swimming under the road bridge and spotted Sue and Oliver spectating above, so gave them a wave. It was nice to know they were there. 3.8km passed in 1h03m48s. 45th M40-44, 264th O/A.

This year I went all out, sold my postie motorbike and my well-travelled Cervelo P3 added a further \$2,000 (thanks

Sue), and purchased a new Giant Trinity Advanced (Spearman Cycles - Giant Australia - still need a sponsor). It was the best decision ever! That machine is so fast and when I am on the gas, I know I am fast!

The first lap of two I did some solid work to get out of town early before it got too hot and windy, 223 watts average and 231 watts NP allowed a return to Port Macquarie just under 2h30min where I saw the family again. The second lap I backed off 10 percent and rode a much easier 2h40min, 190

Image: Cruising through the bike leg



Image: The running leg - before things start to get difficult



watts average 201 watts NP. The thing I noticed this year was that the ride felt very easy, no fatigue build up and I was still capable of pushing very solid numbers (if I wanted) deep into the bike leg. My final bike time was 5h10min43s 6th M40-44, 47th O/A.

Ride for show, run for doe! This is so true in Ironman racing when you have to run a 42.2km marathon to finish off the day. Spending all day in a race kit, you really need the very best quality and this year the Fusion SLi (Super Light) Speed Suit delivered. It was awesome and so comfortable; thanks to John for allowing me to be part of the Fusion Team. The kit is great and highly recommended.

Through transition as fast as possible and onto the run I immediately had some bad cramp in my quads for the first 2km. I was running well but they hurt; however my right groin, which I was really worried about, was fine, so I just needed to be confident the legs would come good, and they did. I started to settle into a sub 3h20min marathon pace. My plan was to take the 200m climb up to Lions Park lookout very easy, work the out lap to settlement point (which is slightly downhill) and take the return lap a tad easier, and then repeat four times. EASY.

My first 10km hit 4:39min/km average and the second 10km at 4:43min/km average. Things always start to get "difficult" around 28km when the mind demons rise. They are abnormally quiet at this stage, but you know it is only a matter of time until they appear again. The first goal was to make it back to town and get the third lap band. My third 10km was 4:56min/km average (including a toilet stop).

One of the best things about wearing the legend race number is that I suddenly had an extra 500 friends all cheering for me from the

**Ride for show, run for doe!!!
This is so true in Ironman racing
when you have to run a 42.2km
marathon to finish off the day.**



side of the course and I started to listen to and draw energy from their support. Coming up to 32km, all the mind demons have come out to play, and I was starting to doubt everything. I started telling myself that I did not do enough run training, I rode the first half of the bike too hard, I have not eaten enough, I did not drink enough electrolyte, I need sugar, my feet are sore...

Whatever negative thoughts you may have, be it personal, life, race, anything, come rushing into your head and can drown out any positivity you may have....8km to go, less than 40minutes. I pass my family with a determined look and try to process what is going on inside and I hear my wife yell that I am in 7th place M40-44 and 6th place is 2min ahead!

My goal was to qualify for the World Championship, 7th may do it, 6th may do it, 5th is a definite slot! GO SON GO! I left nothing out there, I pushed every little muscle over the last 8km. A mate ran beside me for a few hundred metres with 4km to go and he heard the internal struggle that I was undertaking; I think I scared him!!! I was shattered, my mind was cooked. I ran the 4th 10km 4:54min/km average and finished the marathon in 3:21:35 4th M40-44, 28th O/A.

My overall time was 9h41min57s, which bring me to the 7th M40-44 out of 171 and 38 out of 1069 finishers. With two people already qualified, and two others not taking their spots, I was safe in 7th and thankfully obtained one of the elusive qualification slots for Ironman World Championships to be held in Kona, Hawaii on 13 October 2018!

I am currently still studying, working, catching up on sleep and spending more time with family and friends who have sacrificed just as much simply to support me. The madness will descend again in October when I prepare to take on Hawaii who is ruled by, and currently feeling the full force of, Madame Pele "the goddess of fire, lightning, wind and volcanoes". I wish those Leilani Estate residents affected by Kilauea in the island's Puna district all the best as Madame Pele reclaims current yet creates new land. Until October.

Mahalo!!



Top: Training with my crew
Middle: Fellow Legends
Bottom: The finisher's chute with my son



Sydney Striders STaR 2018

by Amy Cheung

Sydney Striders Sunday Training Run (STaR) is how our club was formed in 1980. It is where we train for our fitness, our respective races, share race tips and experiences, and most importantly, socialise!

2018 marks a big change in our STaR - all STaRs are now included in your membership fee. This year we ran in 35 unique locations, with more than 90 hosts lending their helping hands to ensure STaRs are catered and running smoothly. We welcome new hosts, and welcome back our old favourites. Thank you to all our hosts this year.

It's near the end of the year, and a call-out for STaR hosts is due. If you would like to host, please drop me an email at calendar@sydneystriders.org.au



See you next to the watermelon slices on Sunday.



Train your gut for optimal health and performance

by Nicole Dynan

As runners we can be susceptible to gastrointestinal (GI) symptoms, such as diarrhoea (runners trots), bloating, nausea and vomiting, as it affects up to 60% of endurance athletes. It not only negatively impacts training, performance and recovery, but can be down-right uncomfortable and embarrassing.

It happens as exercise diverts blood flow away from our digestive system to the hard-working muscles. The type of food we eat around exercise can therefore play a significant role in how stable our gut is during training and events.

Here are my top tips to eat around training to reduce gut symptoms

- Start well hydrated and continue to drink small amounts of fluid throughout exercise
- Train as you intend to compete - i.e. don't have your very first gel on race day!
- Limit fat, fibre and protein in your pre-exercise meal e.g. swap eggs and avocado on grainy toast for Vegemite on white toast.
- Vary the type of carbs you consume before exercise based on how much time you have (note: an average meal takes 2-3 hours to digest). If you have 30 minutes, have some clear juice or sports drink as liquids are more rapidly digested than solid food.
- Consume 250ml (1 glass) water with every 25g carb gel to optimise absorption.
- Limit foods high in FODMAP sugars pre-exercise e.g. apples, pears, onions, garlic, cauliflower, mushrooms and legumes.

Just because your gut may be sensitive to some foods or fluids initially, it doesn't mean that it won't tolerate them forever. Starting with a 'low' amount and going 'slow' on the introduction of new foods and drinks can be a good strategy to build the resilience of your gut before, during and after training.

Once that is all under control, you may want to work on improving your general gut health further.

What's new in gut health?

By now, you have no doubt heard about the gut microbiome? It is the hottest thing to happen in science in the last 20 years (or more!). And, nutrition is at the forefront of therapies to improve the functioning of the gut, our health and possibly even our athletic performance.

What is the gut microbiome?

The gut microbiome refers to the different microorganisms (and their genes) living in our GI tract, including bacteria, viruses, yeasts, parasites and fungi. There are 38 trillion microbes in our microbiome, most of which live within our large intestine or colon.

Did you know? 25-54% of the weight of a stool is made up of gastrointestinal bacteria.

Are all microbiomes different?

Like fingerprints, we each have a unique 'gut microbiome', colonised by approximately 160 bacterial species - we only share a small number of these with one another.

Unlike our fingerprints, our microbiome is constantly changing in response to the environment we live in, everyday stress, the medications we take, the exercise we do and the food that we eat.

How important is my diet?

The gut microbiome changes quickly in response to what we eat - beginning just hours after a meal.

Lactobacilli and Bifidobacteria are two of the most common, well-researched, good species of bacteria. We can nourish them and other beneficial species in our gut by eating a diet rich in different kinds of fibre and fresh foods. This is important as they produce good compounds which keep our gut healthy and us healthy. Eating a diet low in these foods and high in processed foods, effectively starves our good bacteria.

What are probiotics?

Probiotics are live bacteria that are naturally found in our gut and in some foods. They improve our health by reducing the number of harmful bacteria that may survive in our gut. We can add good communities of microbes to our gut by eating fermented foods high in good bacteria or probiotics such as:

- Yoghurt with live cultures - look for 1 billion probiotics per serve 1 x 10⁹ CFU (Colony Forming Units - the number of viable bacteria in sample serve)
- Kefir (fermented milk or water-based drink) - usually has 30 beneficial strains of good bacteria
- Kombucha (fermented black or green tea drink)
- Fresh kimchi (Korean fermented vegetables)
- Fresh sauerkraut (fermented cabbage)

Eating a variety of these foods can help us cultivate a variety of good gut bugs. Look for words such as 'live', 'active', 'raw' or 'unpasteurised' on packaging to ensure that the manufacturing process hasn't killed the probiotic strains. Some manufacturers of pasteurised products will add back probiotic strains to the final product. You will find these listed in the ingredients.

Studies have shown that the benefits of these probiotic foods are only seen whilst they are being consumed so it's important to regularly enjoy these foods.

Aren't prebiotics the same thing?

No, prebiotics are very different to probiotics and there's a good reason prebiotics are the new buzz word. Prebiotics are mostly soluble fibres and resistant starches (more on resistant starch below) that act as fuel for our good bacteria in the large intestine or colon. They are fermented by gut bacteria and boost the balance of our microbiome to be healthier. Some foods that are naturally high in prebiotics, include:

Vegetables - Chicory (endive or witlof), Jerusalem artichoke, leek, asparagus, garlic, onion,

Fruit - Apples, pears, watermelon, nectarines, dried fruit (e.g. dates, figs)

Wholegrains - Barley, rye, wheat, oats, lupin

Legumes - Chickpeas, lentils, red kidney beans, baked beans, soybeans

Nuts - Cashews, pistachio nuts

One way of increasing the number of good bacteria (specifically Bifidobacteria and Lactobacilli) in the gut is by eating foods high in prebiotic fibres.

So why is Resistant Starch so good for us?

Foods high in resistant starch are particularly beneficial prebiotics. They selectively feed our good gut bacteria, producing good compounds called short chain fatty acids (e.g. butyrate), which not only encourage the growth of butyrate-producing bacteria, but give them energy, reduce inflammation and keep our colon healthy. Resistant starch foods 'resist' digestion in the stomach and small intestine and make it through to the large intestine intact. Foods high in

resistant starch include:

- Cooked and cooled and reheated potatoes, pasta and rice e.g. potato salad, sushi rice and cold pasta
- Green bananas
- Uncooked oats
- Legumes - lentils, beans, chickpeas
- Green banana flour, Hi-Maize flour, potato starch
- BarleyMax - a CSIRO developed non-GMO grain

Resistant starch is used by the good bacteria for energy or by our colon to keep it healthy.

Remember to go slow with any increase in fibre!

Australian guidelines recommend we aim for 25-30g of fibre each day, but most of us fall short - consuming an average of 15g per day.

On the other hand, African tribes reach a massive 50-100g fibre per day! We have a long way to go to meet those levels but increasing fibre too fast can lead to bloating, gas, discomfort, diarrhoea or constipation. Go slow with any increase in fibre in your diet to avoid problems.

A diet containing a mix of different types of fibre and a broad range of healthy foods appears important for good health and low fibre diets with limited variety or high in processed foods appear to impact the number and diversity of good gut bacteria.

How Healthy is your Gut?

Each of us has a life-long gut monitoring tool at our disposal daily. Regularly checking what is left behind in the toilet is good practice to monitor our own gut health.

Corn on the cob and sausage are healthy. If we are seeing rabbit droppings, grapes, porridge or gravy however, we may have a common functional gastrointestinal disorder such as Irritable Bowel Syndrome (IBS) and should consult our doctor.

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Bristol Stool Chart, Continence Foundation

A healthy lifestyle is the first step to looking after your gut!

We need:

- A healthy diet
- Adequate sleep
- Plenty of water
- And of course, regular exercise

So what does a healthy gut diet look like?

There is no one perfect diet to suit us all, but we do know some common beneficial foods to start with.

To achieve a good fibre balance and healthy microbiome, try to have these every day:

- 2-serves whole fruit, with skin
- 5 +serves vegetables
- 4-6 serves whole grain foods like bread, cereals, rice, pasta, oats, or quinoa
- 1 serve nuts or legumes like chickpeas, beans, or lentils

For more information on serve sizes, [click here](#)

Eat these foods together with a diet containing lean protein, some probiotics (dairy foods and fermented foods) and healthy fats. Don't forget to drink water too, which is important for gut health and hydration.

A final word...

Research into the gut microbiome is new and exciting but it is still in its infancy, so there's more to learn before we fully understand it. A healthy diet balanced with vegetables, fruit, whole grains, legumes, low fat dairy, good fats and lean meat, fish and chicken remains the recommendation to achieve and maintain good health.

For support with your gut health, contact your doctor or see an Accredited Practising Sports Dietitian.

Find out more by following Nicole on Instagram [@the.guthealthdietitian](#), on Facebook [@goodnutritionco](#) or Twitter [@nicoledynan](#)

Super Series Update

by Greg Bawden

The 2018 Super Series boasts two more events and two extra opportunities to gain valuable points.

By the numbers:

- 32 events in the 2018 Super Series, from 30 in 2017. We have added 7 new events and removed 5 for a net gain of 2 events.
- The Striders 10k at Olympic Park and Sutherland to Surf (27 Striders) from 2017 have been replaced with two 10k options: the local Lindfield Fun Run (21 Striders) and the Gold Coast 10k (12 Striders). The Gold Coast 10k provided an option for 'double points' as it was run one day earlier than both the Half and Full Marathon.
- The Dubbo Stampede Marathon (2 Striders), Running Wild Glenbrook Marathon (10 Striders) and 25Km (7 Striders), were replaced this year by the scenic Cadbury Marathon (4 Striders) and Half (7 Striders), and the Melbourne Marathon and Half, for which we anticipate a strong Striders turnout this year following a popular Wild Cheetah entry in 2017.
- For the more daring Striders, we included the Canberra Ultra Marathon (50K) (10 Striders) given the popularity of this event amongst those training for Ultra Marathon events (Comrades and UTA), and strong Strider presence in Canberra each year for the Australian Running Festival.

As it stands, Striders can earn points for the Full or Half Marathon in Canberra, Gold Coast, Sydney, Westlink M7 (Blacktown), Melbourne, Hobart as well as Wild Cheetah events.

At the time of publishing (31 October) the following 2018 events are still to be held over the next couple of months:

10	Internal 10k Points on race time	11/11/2018	10 km	0
31	Wild Cheetah Half Marathon	11/11/2018	21.1 km	2
32	Wild Cheetah Marathon	11/11/2018	42.2 km	5
30	Balmain Fun Run	18/11/2018	10 km	0

Events removed from 2018 Super Series

Striders - Sydney Olympic Park	04/02/2017	10 km	0
Sutherland to Surf	23/07/2017	11.2 km	0
Running Wild Glenbrook 25km	20/08/2017	25 km	3
Running Wild Glenbrook Marathon	20/08/2017	42.2 km	5
Dubbo Stampede Marathon	26/08/2017	42.2 km	5

New events for 2018 Super Series

Cadbury Half Marathon	14/01/2018	21.1 km	2
Cadbury Marathon	14/01/2018	42.2 km	5
Lindfield Fun Run	08/04/2018	10 km	0
Australian Running Festival (Canberra) Ultra Marathon	15/04/2018	50 km	6
Gold Coast 10k	30/07/2018	10 km	0
Melbourne Half Marathon	14/10/2018	21.1 km	2
Melbourne Marathon	14/10/2018	42.2 km	5

The highest point scores for Male and Female as at time of publishing are:

Eric Schmierer (M65-69) on 225

Belinda Lockwood (F50-54) on 220

Linda Hayes (F65-69) on 220

Inside Tips

- Always join the Sydney Striders team for the above events and score yourself 2 extra points.
- Always enter events using your name as it appears on the list of members to have your result easily located. E.g if you're Christopher on our list, enter as Christopher and not as Chris. The matching tool will not work otherwise!
- Always run your race in Sydney Striders Singlet or Shirt.
- Submit your Wild Cheetahs!
- Volunteer to be eligible for prizes. Help out the club by hosting a STaR, volunteering at a 10K, or pace an event!

What is the Wild Cheetah?

Had a Runcation recently? If you have run an official, standard distance Marathon or Half Marathon that's not on the list, make sure you submit your time and link to the result to superseries@sydneystriders.org.au by 11 November 2018 to score extra Super Series points.

Check out your results on the applicable age group link on http://www.sydneystriders.org.au/striders/#super_series



Image: Pacers and racers getting ready for the Blackmores Sydney Marathon

Speedwork - Will it actually make you faster?

by Mark Green

"Speedwork" is normally thought of as:

- Sprinting around a 400m track
- Sprinting between lampposts during a fartlek session
- Sprinting up a hill if it is a hill repeats session

For the purpose of this article, and hopefully your mindset going forwards, let us define speedwork as "running at a pace faster than race pace".

- If you are training for a 100km trail run, "speedwork" might mean running at a 6mins/km pace
- If you are trying to beat a Parkrun (5km) PB, "speedwork" might mean 4mins/km pace

Speedwork is included in almost every training plan, for every race, I have ever seen. All of the world's elite athletes do some sort of speed sessions in their training, therefore it has been adopted by coaches across the world and used to train athletes of all abilities.

The problem with this is that not many of us have bodies which function like elite athletes. I don't just mean raw talent or speed, I actually mean that we don't have the ankle flexibility, the hip mobility, or the power-to-weight ratio that elite athletes have. They spend their lives training, eating and sleeping. We spend our lives sitting at desks, sitting on sofas, looking after kids, stuck in traffic and squeezing in training where we can. Our modern lifestyles compromise our body's ability to tolerate speedwork, therefore it has to be integrated very carefully into a training programme.

When we run fast, there are a few things that happen to our body

- There is more ground reaction force exerted on our bodies i.e. more pressure on our muscles, tendons and joints.
- Our stride lengthens - this requires more flexibility through the hip joint, ankle joint, calf muscles, Achilles tendon, quadricep muscles and hip flexors.
- NB: If you run with good form, your stride length should increase behind your body, not in front of it.
- Potential to "overstride" - As we speed up, we risk overstriding, which further increases the ground reaction forces we subject our body to.

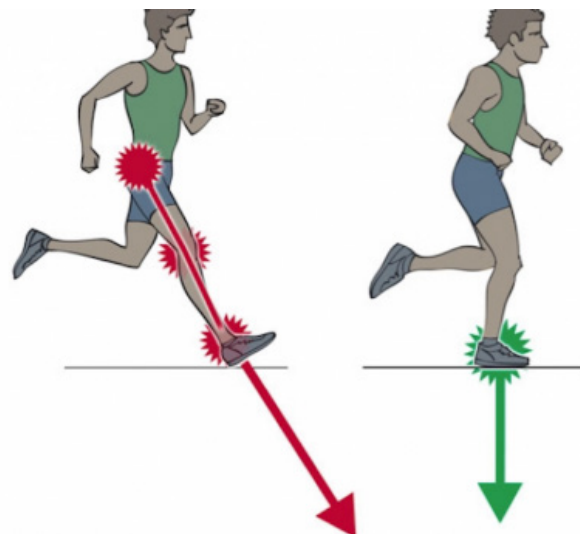


Image: Ground Reaction Force

- NB: "Overstride" refers to increasing your stride length in front of your body, which is poor technique.
- Our cadence often increases - which along with increased stride length and speed, puts more stress on our heart and lungs.
- Our running technique can suffer - due to a lack of strength, flexibility and stability. The faster the pace, the worse our technique usually becomes.
- We fatigue quickly during speed sessions which reduces our ability to absorb load and can lead to injury.

Because of these changes in stress and form which occur when we run fast, and because our modern day lifestyles inhibit the way our bodies function, inappropriate speedwork sessions cause more injuries than any other type of running training.

Inappropriate speedwork sessions cause more injuries than any other type of running training

But - that doesn't mean you shouldn't do any. It just means you need to be careful and introduce it gradually.

Let's use Steve as an example.

Steve is training for a half marathon and wants to break 90 minutes for the first time ever. To do this he needs to average 4:16/km.

If he was going out for a 1 hour training run he usually runs at 5mins/km. He can do a 10km time trial in 40mins - 4mins/km.

If Steve was to do a track training session (running around a 400m athletics track) doing 6 x 400m interval reps and pushing himself hard, he might run them at 3mins/km pace. If his body is used to running at 5mins/km, and occasionally pushing hard to run at 4mins/km, then he is unlikely to have the flexibility or power to safely run at 3mins/km - his running form would fail, putting excessive load on his calf muscles and hips, and he would pull up sore from the session. If he didn't allow enough time to completely recover from this speed session, his tight muscles and overloaded joints and tendons could soon develop into injuries.

If, however, his session was 3 x 1km intervals, it is unlikely that he would set off at 3mins/km because it wouldn't be sustainable. He would probably be running at something more like a 3:45/km pace - which is faster than his 4min/km normal limit, but not so fast that it will cause him to run with poor technique.

To safely incorporate speedwork into your training programme, you need to make the following considerations:

Specificity

The pace you train at needs to be specific to the event that you are targeting.

You don't need to be racing around the track at 3min/kms if you are training for a hard, hilly 100km race.

Progression

You need to gradually increase your speed/pace as your mobility, strength and fitness allow.

Choosing to do longer intervals and "tempo" runs will help with this, as you will need to run at a slower pace than you would for short, sharp intervals.

Overall Load

If you consider the 10% rule for increasing your training, you must apply it to both the volume and intensity.

i.e. If you introduce a speedwork session into your training for the first time, consider that session as your increase in overall load. Don't introduce speedwork AND increase your overall weekly mileage at the same time.

Recovery

In order to benefit from the increased load and stress you subject your body to during a speed session, you need to make sure you allow sufficient recovery time.

i.e. You might schedule a rest day, recovery run or yoga session the day after speedwork to help your body recover, adapt and get stronger.

Don't let this article put you off speedwork. Instead let it serve as a guideline you should follow to gradually increase your speed, but with the main priority of staying injury-free. After all, if you stay injury-free and train consistently month after month and year after year.

YOU WILL GET FASTER AND STRONGER.

Mark Green is a seasoned ultra runner, Ironman, and a practicing physiotherapist at The Body Mechanic Physiotherapy Clinic in Lavender Bay.

The team at The Body Mechanic specialise in the treatment and rehabilitation of running related injuries, so if you are suffering from any niggles or injuries, or if you would simply like to work on improving your running technique and reducing the risk of sustaining injuries, the team at The Body Mechanic would love to help.

www.thebodymechanic.com.au

Bon voyage Josh

Each year, we farewell juniors who are leaving us to go into the senior ranks. This year, we are going to start the rounds of graduation interviews with Josh Phillips who is flying off to the US to take up his track scholarship at Villanova University.



1. How old were you when you joined Sydney Striders?

I think I was about 10 years old!

2. What attracted you to the club?

Before joining Striders, I was training with my Little Athletics Centre coach at Ku-ring-gai once or twice a week, and when I didn't get selected for one of her training groups being created for the "more talented ones" to train privately from Little A's, I felt like it was no longer the right training environment for someone like me, who was not the fastest

in the bunch at the time, but still very eager to run! (No disrespect to this coach - just telling my story...). So it was time to search for a new group, this time in the ANSW community as I wanted to do more races there as well. Dad had heard of Striders due to their senior events and seeing their singlets everywhere, so we checked out the website and found the (at the time) small group coached by none other than Tony and Caroline and decided to give it a go. I was quiet at the start but continued to show up and quickly Monday nights at Narrabeen became my favourite part of the week. There was rarely a Monday I didn't attend!

3. Did you run much prior to joining Striders?

I did some running at school as well as Little Athletics and was sort of a middle of the pack kind of runner, just enjoying myself, slowly improving. I had not been running for very long at this point but I really enjoyed it and knew I wanted to do more of it and get to the front of some races.

4. What was your first event in Striders' colours?

Miranda 2010 was my first race! Our team was the Wheelan twins and a young Liam Gorman and myself.

5. Tell us your Top 3 achievements while being a member of Sydney Striders

In no particular order, my top 3 achievements would have to be:

- Making the ISF World Schools XC championships in Budapest, Hungary. That was the best two weeks of my life travelling around Prague, Budapest and Vienna and racing some of the best high schoolers from around the world, finishing 25th overall!
- Going to Fiji for the Oceania Championships in the 1500m was also pretty cool, though it was not the best race due to some pretty bad food poisoning. I still managed to get a bronze medal, and more importantly made some awesome friends, with one in particular, who is one of my best friends now, even though he lives in Queensland.
- Okay, maybe I lied, this could take no.1 for me... In the 2014/15 track season, everything seemed to go right. I never had a bad session or an off day and that led to me winning double gold at both the Australian All Schools Championships (2km Steeple + 3000m) in Adelaide, and the Australian Junior Championships in Sydney (2km Steeple +1500m). I've had some pretty good races since then but that was still the most amazing year in my running life I think.

6. What is your fondest memory of the club?

It would have to be this one Thursday night training many, many years ago where we trained down at Manly Beach despite the fact it had been some of the worst weather ever! (We always got things done no matter the weather!) There was a King Tide which covered the whole walkway from Manly to Shelley in sandy water, but we still ran through the ankle deep water and finished the session with some hard hills and core! Also the time I dressed up as a bunny for the Easter Mile was pretty fun as well!



7. What have you been doing since finishing high school?

Since finishing High School at Marist College North Shore I have been working at The Athletes Foot (TAF) in St Ives and have been doing a lot of running! After the HSC, I went to my home country of South Africa with my family to visit my Grandma in Pretoria. We went on a safari and saw Cape Town as well. Two days after arriving home, I flew to America with my Dad for an official visit to three Colleges I was interested in attending on a Scholarship: Out of Iona in New York, Ole Miss in Mississippi, and Villanova in Philadelphia. I decided Villanova was the best fit for me. I had quite a number of these scholarship offers, so I had spent a lot of time researching the schools, areas and coaches to ensure I picked the one best suited to my running and lifestyle!

8. Do you find it harder to fit training in since you left school?

(Tell us your training regime and how it fits in with your everyday life)

I think fitting in training has become much easier since finishing school for a number of reasons. In school I was out of the house at 7am and returning at 4:30pm, leaving me pretty tired and not always in the mood to run when I got home. At school you're either in class or racing around playing handball or talking during breaks, so there was never a quiet moment! Even if I was really keen to run when I got home, I would be pretty tired and feel like I wasn't completing quality training. I only missed one run in the whole of Year 12 but this was potentially the cause of picking up a pretty annoying

stress reaction in my fibula at the end of the HSC, due to squeezing in runs with no proper gym or stretching, plus a pretty average diet and sleep pattern did not do me any favours. Since finishing school, working four to five times a week has been much easier on my training regime because I can sleep in a little as work only starts at 9am. The day isn't as demanding as school due to being a smaller shop, and selling running shoes is a bit more interesting than Shakespeare or the area of triangles in my opinion! Not only this, but I can adjust which days I work to fit in training sessions. This translates to trying not work on days I have big training sessions, so my body is recovered enough to put all its focus into that workout).

This training program is what I have followed every week so far this winter until the start of July. A busy week for me could look something like this:

- Mon: 9-5 at TAF + 40min run and core in the arvo.
- Tue: 9-5 at TAF + Track session in the arvo at Rotary (eg 4km warm up, 8x1000m (60sec rest), 4km cool down)
- Wed: Maybe a 9-5 at TAF + 40min run and core in the arvo
- Thu: Session in the morning (4km warm up, 20min "threshold run" (pace for this could be anything from 3:00/km-3:20/km depending on fitness), 4km warm down) Then a night shift at TAF (5-9pm)
- Fri: Rest from running, 9-5 at TAF and maybe some gym if I am not too lazy!
- Sat: Session in the morning (4km warm up, 3km xc loop + 10x60sec hills + 3km xc loop, 4km cooldown) - these completed at North Ryde Common. Coffee after and then usually relax in the arvo or do the lawn/vacuum the house if it needs to be done!
- Sun: Long run always in the morning (70-90min/16-21km depending on time of season/fitness) + family lunch or church or a sleep on the couch in the arvo.

Running Week total = somewhere between 80-90km. I will also see friends during the week or on weekends which can sometimes lead to late nights but during the season I try my best to get to bed as close to 10pm as possible! I try not to work on weekends as there's enough time for that during the week when the family is at work as well!

9. What are your future running goals, short and long term?

Over the next 4 years at Villanova my goal is to make an impact there and be one of the strongest runners on the team, so if we're looking at times, hopefully 3:36-3:38 for 1500m, around 13:30 for 5000m and in XC I want to finish top 30 at the NCAA Nationals (Galen Rupp, Patrick Tiernan, Justyn Knight and Edward Chezerek have been some past winners to give you an idea of the level of competition there). Long term would be to make some senior teams such as the Commonwealth Games, Olympics and World Championships. With this would be an Australian senior national title. Not sure which event I am best suited to just yet so I will wait and see how things go over the next few years! To make a job out of my running would be pretty cool too.

10. What advice do you have for the younger members of the club?

My main points of advice would be to just keep rocking up to training, continue to try your best and eventually you will improve. Don't get sucked in to running further, harder or faster during the week just because you hear about what other kids are doing (even if they are better than you!). One of the most important things is consistency, so make sure you keep a little extra in the tank for the next run or session. In saying this, there's nothing wrong with pushing yourself hard from time to time, or taking a break or some time off if you feel it is needed. (Tony and Caroline can always help you with this if you ask them). And when things are not going as planned, don't get disheartened and try to blame something or someone! Yes, you can be upset, but cop it on the chin and make a plan to improve. These bumps in the road will only make you stronger later on! And most importantly, you gotta enjoy it! Make friends and get talking with everyone you train with, running is way more fun when you have a good group of friends to do it with! And the last thing I'll say is to the parents, don't push your children too much! Know when is the time to give them a kick up the backside, but

please also know when you may be overdoing it...!

Sydney Striders has been the best thing that has ever happened for my running. It has helped me to make friends, improve my running and pick up some medals along the way. The training is fun, interactive and not over the top or too serious, which I think is why it works so well. I want to also thank Tony and Caroline for all their efforts over the last 8 to 9 years. They have been a huge part of my running, as well as my life in general, which has been absolutely awesome. Good Luck to everyone going to Nationals XC and I hope everyone has an awesome track season this year!

From the Blue Mountains to North Carolina – my second year

Junior Strider Alumni, Daniel Francken, has just started his third year at University of Mount Olive in North Carolina in the US on a full running scholarship. Here he is telling us how his second year went.



How did you find starting your second year?

Starting my second year I was very excited and confident, I knew what to expect and I was intent on correcting some of the mistakes I had made in my freshman year. I was looking forward to seeing my college friends and getting stuck into the cross country season after having such a great period of training whilst I was back home over the three-month holiday.

Was it easier because you knew what to expect?

Yes, without a doubt. The first year as a freshman was such a rollercoaster. You definitely experience lots of ups and downs. There's so much to get used to, not only regarding the training and racing, but the general routine, living conditions, food, climate and a handful of other things. Heading into my second year I felt much more equipped to manage any challenges I would face.

Did you feel lessons learnt in your first year helped you settle into your second year?

Definitely. I don't think I made a whole lot of mistakes though, I think it was more that I knew what it took to better manage my schedule, which would in turn benefit both my running and academics.

What were your targets for winter and summer?

For the first semester, which was cross country season, I set the goal of being at least top 7 on my team, something which I missed out on during my first year. Getting in this top

7 would mean that I could travel to the regional and national championships and enjoy more fun times and memorable experiences.

I was very confident heading into the track season and aimed to get PBs in all track events. I specifically wanted to run a sub 30:30 10k and around 14:30 for 5k.

Did you achieve them and what were the highlights of the year?

I achieved some but didn't achieve others. I managed to be part of our team's top 7 and had a really good cross country season. I ran some really good races and ran some fast times, including a sub 24:56 minute 8km. For nationals we travelled to Indiana, which was a really great experience. I didn't have my best race but I still ran decently. My team finished 11th which was a slight disappointment considering our capabilities and the fact we were ranked as high as fifth in the Division II nationals rankings. I never considered myself to be great at cross country so following this season I was extremely pleased and confident heading into track season.

I can say I never really found great form during track season, which is split up into indoor and outdoor. Heading into indoor I really didn't feel prepared to run fast as I really wanted to peak for the outdoor races. I still ran some small PBs, but overall it was a bit underwhelming. Outdoor wasn't a whole lot better; I felt like I didn't make the most of the few opportunities to race well and to race fast. Although I don't like attesting bad results to external factors, just after indoor I caught my first flu ever and I felt dead for a good two weeks. On reflection, I really think I wore myself out during this period, both mentally and physically. I was probably too keen and tried to get back into hard training too quickly after the sickness, which I'm sure did more harm than good. I honestly just felt flat during outdoor, and only managed to run 31:07 for 10k and 15:05 for 5k - both PBs, but much slower than I believe I was capable of.

Highlights would have to be racing at the Paul Short Run - a huge cross country race in Pennsylvania where some of the best teams of all divisions race, and the National Championships, where some awesome times were had with the team and there was the added feeling of relief after finishing the season and such a tough race! Being in a team environment is also a highlight in itself; both the good and bad times are made better.

Tell us about what college life is like outside running. Did you travel much?



For me the college life is very busy. There are plenty of opportunities to have fun times and socialise but there is very little down time, and often during that time off we choose to just lounge about and sleep. As a student athlete there is of course the added pressure of training and racing to a high standard, so it's important to try and get that balance between work and play right. There are, of course, also the studies that can't be neglected. In my experience it hasn't been the cliché party life you see on TV, but instead the life where you stay-in and try and get things done on time! At the end of the day though it's a great environment to be in and the hard work is made fun by the setup and the people who you're surrounded by. As a team we travel to meets usually in North Carolina and Virginia, but we have also been to Pennsylvania and Indiana for meets. The better you are as an individual, the more opportunities the coach gives you to travel to big meets. A few of our top guys went to Michigan and California chasing qualifying times during track season. There isn't enough time to travel just casually apart from Thanksgiving week and Spring Break, when I went to Maryland and Wilmington (NC) respectively with teammates.

What do you look forward to when you come home?

Writing this now I have just finished my time at home from May to August, and I am now back on campus for my Junior (third) year of college. Being home was really great. It's always the best to spend some quality time with my family and to catch up with my mates. I really get spoilt when I'm home so I definitely try to savour it! Living in the Blue Mountains is something I miss a lot when I'm in the US, especially the quality training I can get done on the nice trails in cool weather. The three months I spent home definitely went by quickly, but as with the previous year, I was excited to head back to college and try to get the best out of myself and have some more memorable moments. In terms of running I just had another great base period whilst at home where I had some quality weeks over 160km, with quite a few of the runs with good mate Luke Simson. They say it takes two years to adapt to a college program so hopefully this third year I can get some good results!

Have you started thinking what you want to do after College?

I have, but I can't say I'm completely certain about what I want to do yet. I'm getting my degree in Biology with a minor in Exercise Science so I'm pretty sure I'd like to go into the medical field, but where in that field will really be determined by what I do my postgraduate work on. I have a lot of interest in marine biology and research so that's always in the back of my mind giving me some second thoughts! We'll see, hopefully by this time next year I'll have a much better idea on what I'd like to do. I really hope running will continue to be in my future post-college too, but for now I just have to keep grafting away and playing with the cards I'm dealt.

Juniors Corner

By Tony Wong

Quick Stats

83

Members

49

Number of athletes who competed in NSW competition at least once

32

Number of athletes who competed in 3 or more NSW competition

8

Number of athletes who qualified to run for NSW in the Australian Cross Country Championships

Luke Simson (Under 20M), Olivia Hogg (Under 18F), Charlie Arnott, Holly Wickham, Ingrid Kingsmill, Jessica Gocher and Mercy Nathanael (Under 14F), Sarah Baker (Under 12F - Schools)

Top 3 finishers in NSW Winter Premiership

1st = under 14 girls and under 18 girls

2nd = under 12 girls, under 12 boys and under 18 boys

3rd = under 14 boys



Above: Under 14s and 16s at Scarborough
Below: Under 12s at Scarborough





Right: Mercy Nathanel, silver medallist in the 2.5k in the Sydney 10

Bottom: Nerves on the startline at the Sydney 10 2.5k





Left: Under 12 girls at the Miranda Cross Country Relays

Right: Under 14 girls at the Miranda Cross Country Relays

Bottom: Start of the 4x2k at the Cross Country Relays at Miranda





Top Left: Under 14 girls swapped their green and white for the NSW blue at the Australian Cross Country Championships in Queensland

Top Right: Under 12 boys at the Road Relays at Ourimbah



Bottom Left: Charlie Arnott and Ingrid Kingsmill battling up the hill at the NSW Cross Country Championships at Nowra

Bottom Right: Sarah Baker who is still an under 12, on her way to a podium finish in the Under 14 event at the NSW Cross Country Championship at Nowra





Top: Changeover at the Road Relays at Ourimbah

Bottom: Under 18 boys at the Road Relays at Ourimbah



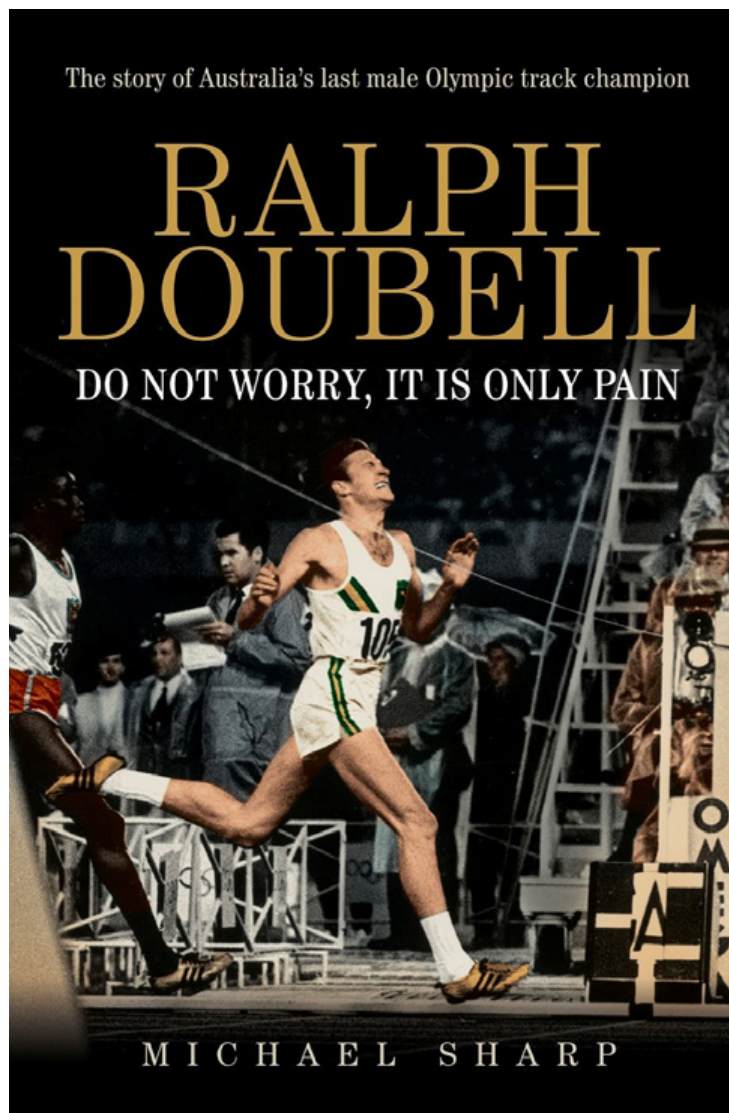
Runner Reads

Fellow Strider Michael Sharp has written his first book! A biography of Ralph Doubell, the last Australian to win gold on the track.

Available in bookstores or online at Stoke Hill Press.

RALPH DOUBELL is one of just three Australian men – after Edwin Flack (1896) and Herb Elliott (1960) – to have won Olympic Gold on the athletics track.

Doubell's victory in the 800 metres at Mexico City on October 15, 1968 – 50 years ago – remains one of the most stunning wins in Australian sporting history. Those two stats – 'just three men' and '50 years ago' – are quite remarkable. Sir



Roger Bannister, the first man to break the four-minute mile, called Doubell's performance 'the finest tactical run I have ever seen'. Doubell's world record time would have won five of the next ten Olympic 800s, including the Sydney 2000, Athens 2004 and Beijing 2008 Games.

How did Doubell do it? Why isn't he a household name? And what became of him?

In this new biography, released on the 50th anniversary of Doubell's epic achievement, author Michael Sharp, discovers that Doubell was not an accomplished schoolboy runner, but going to the Melbourne Olympics was an inspiration and while studying at the University of Melbourne Doubell joined Franz Stampfl's athletics squad.

Stampfl was a world-renowned athletics coach who had mentored Bannister before emigrating to Australia. 'Do not worry, it is only pain,' he told his athletes on the toughest of training days. Sharp identifies Doubell's key asset, a powerful inner drive, and relates how Stampfl helped strengthen his new protégé's mind and body so that on the biggest day of his sporting life he was invincible. The film of Doubell's triumph, which is available on YouTube, is wonderfully impressive. The book is essential reading for aspiring track athletes, for anyone seeking the elusive 'winning edge' that set Doubell apart, and for all with fond memories of a golden era of Australian sport.

The world was in turmoil at the time of the 1968 Mexico City Olympics, with issues such as apartheid in South Africa, race relations in America, student protests in Mexico and the Soviet Union's invasion of Czechoslovakia all impacting on the Games. Furthermore, the infrastructure in the host city was not all state of the art. Doubell remembers cleaning his teeth with Coke or beer, because of fears the tap water was contaminated. He won gold 24 hours before his teammate, silver medallist Peter Norman, was involved in the 'Black Power' protest by American sprinters Tommie Smith and John Carlos during the 200-metres medal presentation.

Afterwards, Doubell became a more celebrated track star in America than at home, graduated from Harvard Business School and worked as an investment banker in New York and London. His winning time from Mexico City remained the Australian record until July 20, 2018, when it was finally beaten by Joseph Deng.

Deng, a 20-year-old refugee from South Sudan who came to Australia with his family when he was six, has had an amazing life – it's extraordinary how his story and Ralph Doubell's are now connected.

Last Word

By Gilbert Gaddi

Weather's heating up so time to get summer ready! What training have you been up to? We've just introduced our #ToughThursday interval sessions at Rotary Athletics Field - FREE to all Strider members.

Sessions are an hour in length and will be composed of dynamic stretches/ warm-up, main speed session and cool down. Always fun, hard and guaranteed to make you run stronger and faster. Get on it!

I would also like to take this opportunity to give thanks to all our volunteers - from our 10k Series, the hosts for the Sydney, Canberra and Gold Coast Marathons, and all our STaR hosts! You guys are great and it's always what we look forward to during any event. I always tell people that I joined the Striders because of the food and it's the #Truth.

Speaking of food, have you registered for our annual Christmas Brunch yet? The Striders social crew are hard at work making sure that everyone has a good time catching up and celebrating your end of year achievements. Go and book as places are limited.

As usual for social media stuff, tag us on twitter, instagram or facebook using the hashtag #SydneyStriders or #GoStriders!



Feel free to post pics on the facebook page too! Here's a list of our social media channels...

Our [Facebook Page](#)

Join the [Members only group](#)

Or the [Marathon Training Group](#)

And the [Race Pacers Group](#)

We are on Instagram: [@sydney_striders](#)

Twitter: [@sydneystriders](#)

And you can [browse our blog on Tumblr](#)

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

#GoStriders!

