

THE BLISTER

THE MAGAZINE FOR THE SYDNEY STRIDERS | ESTABLISHED 1980

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Talking to Myself

Getting over the line in your mind - Jamie Hildage talks mental strength

Juniors leading the pack

Nicola Hogg talks about her Australian track and field championship wins

Marabana Cuba Debrief

Kim Chai recounts his race experience, and running alongside locals...and Will Smith.

Marathon Training Group

Evnike and Penny prove training for a marathon isn't just about running

Refuelling is easy

Tamar gives tips on refuelling post run with simple tweaks to your weekly grocery shop



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Cover Image of Nicola Hogg, courtesy of Duncan Hogg



President's Message

Striders are always achieving. It may not always be running a PB, but it's getting out and having a go in whatever you do. Striders encourage Striders and that is so evident in all aspects of the club. Our most recent Marathon Training Group (MTG) is a primary example. Please read their story in this Blister. The next MTG for Sydney Marathon has already commenced. Interested, please contact Tam [via email](#).

To keep updated on all of this, make sure you are a member of our Striders Facebook page - all our upcoming events and members-only race discount codes are included there.

What's coming up?

Our annual Awards Dinner is coming up on Friday 14 June. Doltone House is the venue, where you will be entertained and inspired, and of course, the food will be wonderful. This event is subsidised by the club and it's not to be missed! Over the dinner, we will recognise our club's top achievers amongst many other awards. There will also be loads of time to chat, socialise, dance and have fun. [Booking Link](#)

What's new in the club?

Striders are going greener! Please read the Sunday Training Run (STaR) update from Amy, our run calendar manager. This is a great initiative by Amy as we need to reduce our waste at all events we run. Every little thing helps. For example, recycle your plastic bottles and cans post-STaR, and return your plastic sleeve to the STaR host, or keep it for the next STaR. We are also phasing out plastic cutlery and balloons as part of this initiative.

If you haven't been to one of our STaR yet, please come and have fun. 6.00am group runs up to 30ks and the 7am group up to 15ks. The pace varies and each group splits into sub-groups as the run progresses. No-one should get left behind. As always we are constantly looking for STaR hosts, so please let Amy know if you can assist. Dates in June and beyond need to be filled.

If you have questions or suggestions for the club, please get in contact.

#GoStriders

Jo Cowan, President

Q&A Nicola Hogg

By Tony Wong

Our cover feature Nicola Hogg, a former winner of Sydney Striders's Maria Geminis Cruickshank Outstanding Achievement Award and double under 14 Australian All Schools Track Champion from 2016, won the under 17 female 800m and 1500m titles in the 2019 Australian Track and Field Championships in April. Here are a few questions I had for Nicola.

Which year are you in now at school?

Year 10

Do you train at school or go to a squad outside?

Train with the squad (Central Performance squad) coached by Ben Liddy. We mostly train at the Rotary track in North Ryde.

What training do you do over the course of a normal week?

I train with my squad on Tuesdays, Thursdays and Saturdays and go for a long run with my sister on Sundays. I also try to do some strength and conditioning at the school gym when I can.

What injuries did you have in the past 2 years and how did they impact your training? Did you have to stop completely?

I have only had the one injury. At the end of April last year, I noticed I was getting some foot pain whilst running and after a couple of weeks, was diagnosed with a stress reaction in my second metatarsal. As it wasn't a stress fracture, I could have fast-tracked my recovery time, but I decided to take the time. I took the whole cross-country season off, kept it in a boot for four weeks, and then did a very gradual rehabilitation involving stationary bike sessions with Tony and swimming. I slowly started to add some very light runs in but didn't start properly running and training again until July last year. I think taking this slower approach has made me stronger in the long run. At no time did I ever consider giving up running. If anything, it just made me realise how much I missed it and loved it.

Approaching the Australian Championships, did you expect to win both the 1500m and 800m? How did you rate your chances beforehand?

(Tell us how you approached each event mentally and physically).

The Australian Championships is a pretty competitive event and I would never expect to win anything! I did secretly think I had a chance in the 1500m though, but I wasn't sure about the 800m. I tried to stay as relaxed as possible before a race and not build it up too much. I just followed my coach's race plan really.

Image: Nicola leading at the Australian Track and Field Championships Under 17 Female 1500m final.





What's next? Any long term goals?

I was excited to be selected to run at this year's Oceania Games in the under-18 800m and 1500m in June. I will be trying to balance training for that with the cross-country season which has just kicked off. In the long term, it would just be wonderful to make it back in the Australian team once more.

Image: On the podium with gold at the NSW Junior Championship under 17 female 1500m.

Race Report: Marabana Cuba 2018

by Kim Chai

After completing the New York City Marathon (NYCM) two weeks prior on a high note in terms of the overall amazing experience, I really didn't know what to expect when I ran the Cuba Marathon. Obviously I was disappointed that I did not run a personal best time in New York, and definitely no Boston Qualifier, but I was aiming to give Cuba my best shot, even though I was expecting a dire battle with hot summer weather conditions in Cuba compared to New York, where I had a perfect day!

I've always wanted to travel to Cuba for a holiday, but to be able to run a marathon there as well was an added bonus. I've always reminded myself that I shouldn't plan to run two marathons too close together, especially after last year when I ran Berlin and then two weeks later I also ran Chicago, but as Australia is so far from everywhere, it is hard not to cover multiple countries or continents whenever I get a chance to travel. Also, my work does not usually permit me to have regular short breaks, therefore I always plan a longer holiday for at least 3-4 weeks, which normally covers two races in different countries or continents.

Running Marabana Cuba was definitely for fun only, but I also wanted to learn as much as I could from this marathon, especially how I was going to deal with the hot and humid conditions (31°C during the race). I had an amazing holiday in Cuba prior to the marathon and visited various provinces - Santiago de Cuba, Bayamo and hiked the wild of Sierra Maestra (Cuba's highest mountain range and birthplace of the Cuban Revolution), travelled to Camaguey, Trinidad, Topes de Collantes National Park, cruised over the Caribbean sea to Cayo Blanco, visited Che Guevara Memorial site in Santa Clara and finally arrived in Havana city. Cuba is a country where it feels like it was trapped in the 1950s and hasn't developed since. It definitely felt like that to me. The Habaneros/locals are friendly people and the country has a rich cultural life with beautiful old Spanish architecture, colourful towns, museums and memorial sites. I certainly learned a lot about Cuba during and after this trip - the revolution, Fidel Castro and his leadership, Che Guevara, salsa dancing, afro-Cuban songs and music, pre-embargo 1950s American vintage cars, Cuban cigars (note: I did not smoke any), and various cocktails such as mojito, piña colada and daiquiri. I'm anticipating that this country will change rapidly with more cafes, bars, privately-owned restaurants, discos and also many shiny tourist buses in the near future.



Image: Enjoying the atmosphere of running in Cuba

The start of the Cuba marathon was a short walk from the hotel where I stayed (about 5 - 6 mins walk) to the heart of Havana downtown, with the newly restored Capitol Building (looked like a US Capitol Building in Washington) as its backdrop. All runners, regardless of which race they were participating in, i.e. 5K, 10K, half or full marathon, all started at the same time. This was madness! You decide where you want to be, front or back, as long as you are standing in the start zone.

The race started at 7am when the temperature was still cool. As I ran through Havana the colonial history of the island's capital came alive, with grandiose edifices such as

I passed other slower runners... runners with dogs, walkers, and even Will Smith, yes it was him, the American actor

the historical Museo Nacional de Bellas Artes de la Habana (Museum of Fine Arts), Museo de la Revolución, José Martí Memorial and Plaza de la Revolución (Revolution Square). All these historical sites were interesting but to me the most scenic part of the marathon course was definitely El Malecón! It was such an iconic Havana landmark with big waves crashing onto the Malecón seawall, a fisherman's paradise, a couple's rendezvous spot and also a popular place for runners. On the other side of the highway abutting the path were beautiful pastel buildings in various stages of decay and, at the far end was the Havana skyline. Obviously this was not as grand and gigantic as in New York, but it was very uniquely Havana.

By about 5km I was starting to feel the summer heat; my

Sydney Striders singlet was soaked with my sweat but I could not care less and I just focussed on my running form, enjoying the race and the freedom of being able to run. I was told that running in heat conditions is also another form of altitude training so I wanted to experience how I would cope with the Cuban heat. I passed other slower runners in front of me, runners with dogs, walkers, and even Will Smith, yes it was him, the American actor, who was running in the half marathon event.

As I approached the end section of El Malecon, the course then took me to the hilly streets of Havana. This was definitely hillier than NYCM course but in a different way. Unlike NYCM, which had a long gradual hill that started from 25km, in Cuba, the undulating section started at around 9km till roughly the 19km mark, as the course took us back to the start line. This is where the half marathon finished while the marathon course continued for another loop.

The second loop of the marathon course felt a lot quieter, with only about 200 runners participating in the marathon event. To keep me going, my focus now changed to catching whoever I could in front of me and using them as my pacer. At the water stops along the way I took every opportunity to pour water onto my head, back of my neck and shoulders to keep my body temperature down.

This was a completely different marathon experience compared to NYCM, with less crowd support. Some sections were completely quiet and it almost felt like I was doing my own Sunday training long run. Only bottled waters was provided, no gels, but they provided flavoured drink in a plastic bag (for marathon runners only on the second loop) which I dare not try just in case it caused me stomach ache issues. The locals shouted "Konnichiwa" at me! Do I look Japanese I wonder... Maybe because I was so tanned after a beach day out in Cayo Blanco.

Although it was a marathon event in Havana, the roads were not closed; cars, public transports and even trains were still operating. I remembered running in front of a public bus, and past commuters waiting at bus stops. The cars stopped at traffic lights allowing runners to pass and volunteers directed us to the correct route. It all seemed like business as usual to them with no worries at all. They managed it so well. Thanks to the Cuban community for making this event safe throughout the marathon race. Amazing!

At the 35km mark, fatigue kicked in, knowing that I would not be able to run a good time, but I still kept running and hanging onto my adrenaline. At this stage, I visualised the finish line;

I visualised the finish line; how good it would be to get there

how good it would be to get there soon I told myself. I could also feel the tightness in my calves and inner groin towards the last 2km or so when I tried to speed up. Thank god it all ended well - I crossed the finish line! Woohoo! What a surprise, I was also the first Australian crossing the finish line for the marathon event. "That'll do pig, that'll do" I told myself. To be honest, my face, arms, shoulders, back of neck and legs

truly resembled roasted pork after the event because I was so sunburnt (I couldn't find any sunscreen for purchase in Havana).

At the end of the race, most local runners will approach other runners and ask for their shoes. I was told by many international runners that this is not uncommon as their shoes are mostly worn out and threadbare with frayed seams. I highly recommend if you are planning to visit Cuba to bring some of your old runners with you to give away and they will cheerfully accept them.



Image: Still going strong and loving every bit of the course!

The Run Beyond Project Update

by David Criniti - Founder

Into its fifth year in 2019, The Run Beyond project is continuing to gradually achieve milestones. Just as with many running-related milestones, they sometimes seem to be surpassed with a glacial tempo, but patience and persistence is nonetheless paying dividends.

The first milestone to be achieved for the year was the completion of our inaugural teacher training day, which saw seven teachers converge on Chester Hill High School for a day of professional development, designed to better equip them to implement the project within their school settings.

The group included a mix of new and experienced Run Beyond teachers, and the fruitful and enthusiastic discussions left everyone with a sense of eager anticipation for the project's implementation this year!

Included in the day was a presentation to the Chester Hill High Graduates from last year's program. The students were presented with their Graduate Certificates, which they received with a sense of pride as the special guests looked on.

The first school to embark on the project this year was a new school, St Marks Catholic College, with a cohort of six students training for the 10km event at the Australian Running Festival, under the guidance of Teacher Mentors Samantha Berridge and Damien Fenech. Meeting the students at Running Science on their return to Sydney, post-race, was an uplifting experience, seeing their satisfaction, and listening to the tales of their journey. One student recalled with pride the transition from the beginning of the term, when she found running one kilometre a challenge, to the point where she confidently knew she could complete her goal as she toed the start line that morning. Another student reported "I was able to achieve the impossible to me."

Another milestone for the Run Beyond Project will be ticked off just after writing, as our first interstate school commences its program. Bundaberg State High School's cohort of five students will be training for August's Cane 2 Coral event, with all students and Teacher Mentor, David Wallace, eager to commence!

A little further south, Nambucca Heads High School will also be commencing their inaugural program shortly, with these students aiming for September's Coffs Harbour Running Festival.

While we're still small, we're proud to be growing. Of course, to continue to grow, we need support. \$50 a month will help put a student through the program, which uses running to develop life skills, which our students use beyond their goal event and beyond the context of running, in all areas of their lives.

Visit www.therunbeyondproject.com/donate to help these students in need to take on the world!

Top: The Cheso Squad, now graduates
Bottom: Smiles all round at Running Science following the Australian Running Festival





Right: Run Beyond Teachers
with the 2018 graduates
Bottom: Toeing the start line in
Canberra



Talking To Myself

by Jamie Hildage

Jamie is a Mindset and Performance Coach and an Inov-8 sponsored Ultra Runner. He is our guest speaker at the Sydney Striders Annual Awards dinner on 14 June 2019.

It was day seven and 30km into the stage. We'd covered 275km of demanding soft sand and rocky terrain over the last six days. My right foot hit the ground again, adding to the 275,000 steps I'd taken over the last week, and I felt a sharp pain shoot through the front of my leg just above the knee. I winced and hobbled to a stop. Claire, my awesome Canadian running buddy, stopped and asked what was wrong...I had no idea but it felt bad. As soon as I got over the initial shock of the pain, panic set in. I still had 34km to run today and 186km to the end of the race over the next two stages. Never mind the places I was going to lose as people passed me, how was I even going to finish? I put the race out of my mind. I could hardly put my foot on the ground. I gingerly stepped forward, and with Claire's encouragement and support, I managed to get into a walking rhythm that moved me forward and that was all I could maintain.

I was disappointed and emotional when I finally made it to the end of that stage. All the hard work and effort I'd put in and the sacrifices of time with family and friends I'd made to be there, were to come down to this. I'd been here before though...a lot over the last few years had not gone to plan, in life as well as in other races. I thought back to those times, the lessons I'd learnt and to all of the mindset preparation I'd put in to defend against the dark periods that nearly always come in these long races. I'd got through the other setbacks and I'd made it to the start of this race. Everyone out there, a bunch of competitors, but also a supportive group of runners, were all facing their own struggles, dealing with their own demons. I started to feel comfortable that whilst I was going

whilst I was going to struggle physically from here on in, I had the mental resource to finish the event.

Image: jamie xxdasfasdfasdf



to struggle physically from here on in, I had the mental resource to finish the event.

I dug deep in the last two stages and again, with the tremendous support and encouragement of Claire, I managed to secure the place of 3rd male and 4th overall...more than I'd thought possible at the start of the race, even before injury.

How do I prepare for when things don't go to plan in a race?

In running of any distance, as with many sports, it's as important to train your mind as it is your body.

In mindset and high-performance coaching, there's this idea of your inner voice. This is the almost constant dialogue going on inside your head. It takes the form of an inner critic and an inner champion. The inner critic is that voice that tells you you're not strong enough, not fast enough, not capable or experienced enough. It is the advocate of self-doubt and the supporter of the kind of inner fear that stops us from trying new things and following our dreams. The inner champion is often less vocal and is the inner dialogue that supports your ability, fights against the naysayers, and gives the confidence to experiment and unleash, live life fully and follow your dreams.

Before I started coaching, I would try to completely ignore my inner critic when it would tell me to stop or throw a thousand reasons at me for why I shouldn't be there. This worked sometimes but I found that eventually I couldn't ignore it... the more tired I became, the more stressed I was, or the more important the event was to me, the stronger my inner critic would be. For example, for a long time I wanted to share my story and experiences with people by doing motivational speeches. My inner critic would say, "your story's not interesting", "people don't want to hear what you have to say". It took me two years to build up the courage and finally stand up and talk, and once I'd stepped out of that comfort zone, I learnt that people were interested and supportive.

This same dialogue has always going on in my head while I was running. It wasn't until I started learning to coach that I understood it was normal and I wasn't a crazy person...well no more crazy than any one of my running buddies at least! Instead of ignoring it, I started to accept that it would always be there and I talked back to it. When it would say, "It's too hot today. You should stop." I would respond in my mind, "Yes it's very hot but I'm going to drink more water and finish my run". Or "you've injured you knee, you should stop running today" I responded, "I have but I'm not doing any permanent damage so I'm going to continue and finish my training today". Initially I didn't think much of this but when it came to racing, I felt like I had developed a good level of resilience or mental grit through rationalising or putting into perspective the issues my inner critic was raising. It was still there but I had routines or safety mechanisms to stop it from taking me down in a race. I practiced this with every training session...while I was out getting fitter and stronger, I was also building a mindset that could keep me going after I'd depleted everything my body told me I had.

In summary, I didn't want my first argument with myself to be during an important event. I practice in training, putting into perspective what my inner critic is saying. We now share a comfortable headspace where obstacles can be rationalised, and reasons to stop, quashed without incident.

Don't be afraid to talk to yourself...all us crazy runners do it!

Image: Jamie enjoying some trails in New Zealand

Don't be afraid to talk to yourself...all us crazy runners do it!



The Mental Aspect of Race Preparation

by Baskaran Balasingam

Learning from past mistakes

I ran my first marathon in April 2016 - a literal painful experience. The lack of preparation became obvious shortly after half way. I somehow managed to finish the race in 4:15. In hindsight, mistakes were made in preparing for the race, not just physically, but also mentally.

In May 2018, shortly after moving to Sydney, I signed up for the Blackmores Sydney Marathon and this time I was determined to be much better prepared. My goal was to finish in under 3:15 - a 60 minute marathon PB. I followed a 16-week training plan as closely as possible and paid more attention to my nutrition. This was already a big improvement compared to last year's marathon preparation. However, a completely new aspect of my preparation this time was to get mentally ready for race day.

What is race visualisation?

I first heard about the concept of 'visualisation' in my advanced scuba diving course earlier in 2018. Later I learned that this concept is also used in running, mostly by pro-athletes. Visualisation means picturing oneself running through the race in good athletic pose (i.e. running tall and relaxed), either from one's own perspective (internal visualisation) or as an outside observer (external visualisation). Kinesthetic visualisation goes even further and integrates bodily movements and muscle sensations with the mental images. Visualisation helps runners to run more relaxed, with more core stability, allowing them to run more efficiently, which is particularly important for long distance running.

How I used race visualisation?

Four weeks before the race I studied the course map and elevation profile. The most useful element of my mental race preparation was to do my final long run on a major portion of the actual marathon course three weeks before race day. In running the 36 km Sneak Preview Sunday Run (STaR) with the Sydney Striders, I gathered a much better feel for the elevation, more so than a Strava elevation graph. On that training day I also tried to simulate everything as closely as possible to race day: I ate the same breakfast, wore the same running gear, and consumed the same type of energy gel. Even the pace on that training run was faster than on my other long runs, but just a bit below my marathon pace. The Sneak Preview of the race day course went quite well and afterwards I was very confident that I could step up the pace to achieve my goal time.



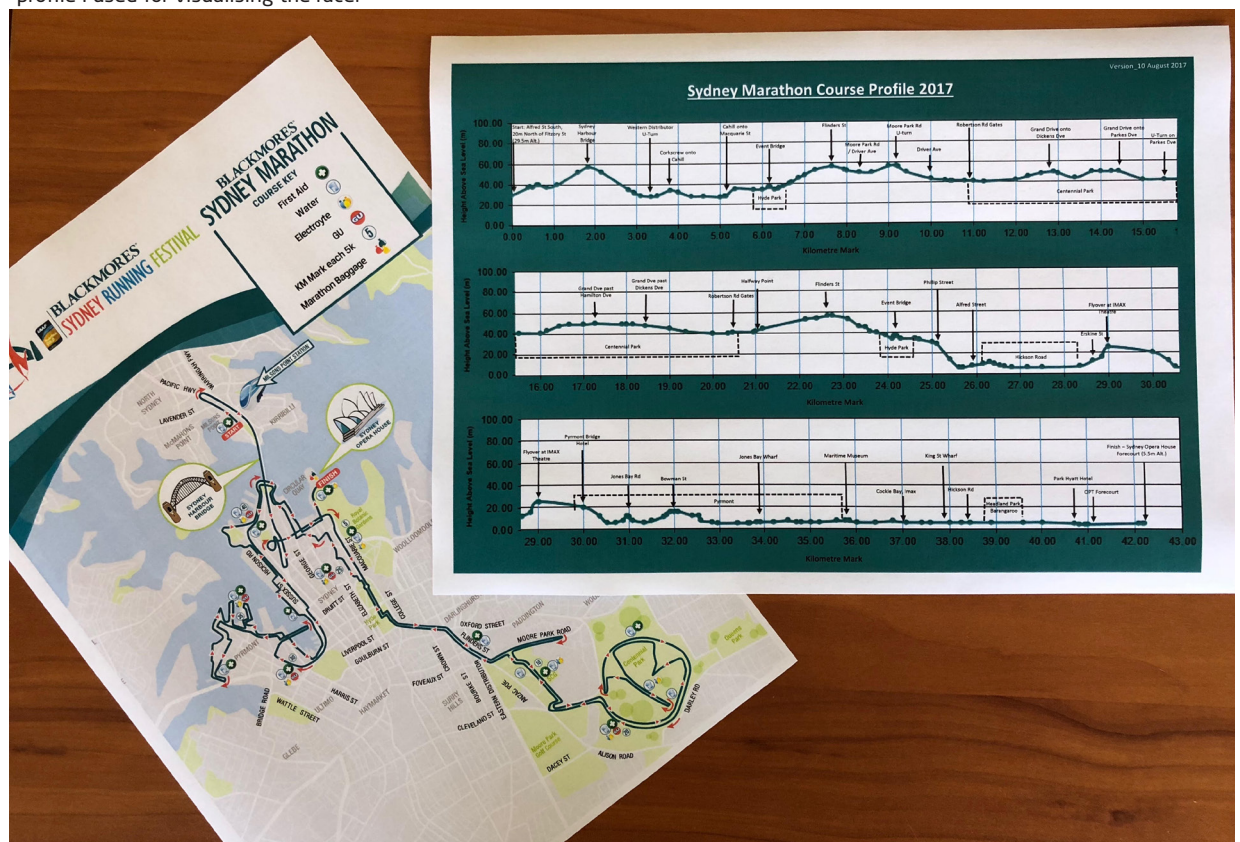
Image: The final stretch of the Blackmore Running Festival Marathon

Image: The course map and elevation profile I used for visualising the race.

I carried that confidence into race day and was looking forward to the run. An hour before the start I went through the race in my head for a few minutes. I pictured myself running through street after street, remembering which ones were uphill, downhill, or flat. I broke down the race into smaller sections and imagined where on the course I would cruise and where I'd pick up the pace. During the race I didn't get distracted by the surroundings, but was focused and relaxed since I was already familiar with the course. At no point of the race was I worried - not even when I lost sight of the 3:15 pacers during the first 13km.

In the end it was a near perfect race for me, finishing in just under 3:05, which was a 10 minutes faster than anticipated, a 70 minute marathon PB, and a Boston Marathon qualifying time.

Mental preparation is an important part of long distance running. My advice for runners would be to run or walk at least part of the actual course before the race (it doesn't have to be anywhere close to 36 km!) and have those mental images of yourself running the course in your head when you toe the start line.



Volunteering

Win-win for the Striders and for you!

by Richard Newell

I find myself in a curious position. My Striders life and my work life have synced up.

As a Strider, I'm the *Volunteers Coordinator*, and (for a short time) I'm working on a project for *The Centre For Volunteering* here in Sydney. When I've been able to tear myself away from my work commitments, it has been inspirational to see the scale and scope of volunteering that takes place on a day-to-day basis across NSW. There are reportedly over 2 million volunteers registered in NSW carrying out roles that range from fun to courageous to inspiring.

Did you know that the benefits of volunteering are enormous – not just to the community, but to you and your family? It's been proven that volunteering and helping others can reduce stress, combat depression and will help keep you mentally stimulated. What's more, the more you volunteer, the more benefits you'll experience! Just like running with the Striders!

The successful operation of the Sydney Striders club relies on the volunteering efforts of our members and in 2018 our members enthusiastically met the volunteering challenge. 2019 will require the same level of volunteering activity from our members so we can:

- Hold our ten 10K races between February and November.
- Host around 50 STaR runs on Sunday mornings.
- Hold our internal Super Series competition.
- Participate in some of the premier running events in Australia, including the City 2 Surf, Blackmores Sydney Running Festival, the Gold Coast and Canberra marathons, the Six Foot Track Marathon and several other important races.
- Have good people acting as committee representatives, database administrators, course markers, timing managers, running and training group coordinators, media managers, and in many other important roles.

We've recently calculated that we need at least 1000 volunteers every year to ensure club activities run smoothly. With our current club membership numbers, this means we should each volunteer at one or two Striders events every year. Once every 6 months – not a huge burden!

Thank you for your volunteering efforts in 2018. We could not have got through the year without your help! Throughout 2019 we'll give you notice by email and social media as each volunteering opportunity approaches. If you have any volunteering preferences, please let me know and we'll book

you in. I know that the club can rely on the volunteering efforts of the members in 2019 and we'll have another great year.

Editor's Note:

Richard is now living in Brisbane and still involved in the club. He manages Sydney Strider Communications and Anna White is the new volunteer manager.

Get involved! Volunteer today!

Contact Richard
Sydney Striders Volunteers Coordinator
volunteers@sydneystriders.org.au

Image: Richard volunteering at the Striders tent
Blackmores running festival 2018



Why Should You Wear Your Shades When You Run?

by Allan Wareham

I was recently diagnosed with a condition called pinguecula, and it was related to my love of the outdoors and my indifference to eye care. I would like to let Striders know about this condition, and encourage all of us to take better sun care of your eyes.

What is a "Pinguecula" and why is it important to runners?

A pinguecula (pronounced pin-GWEK-yoo-lah) is a yellowish, slightly raised thickening of the conjunctiva on the white part of the eye, close to the edge of the cornea.

As a runner (or any human for that matter), if you develop an "inflamed pinguecula" or "pingueculitis", each time you blink it will feel like someone is poking your eye with a blunt stick. This condition can develop at any age, although it is most common in middle-aged or older persons who spend a lot of time in the sun.

Each time you blink it will feel like someone is poking your eye with a blunt stick

Symptoms

Include dry eyes, red eyes, a burning sensation, stinging, itching, blurred vision or a foreign body sensation. It can be exacerbated by excessive exposure to sunlight, wind, dust or extremely dry conditions.

Treatment

If the condition is mild, is with the use of lubricating eye drops and, if necessary, with pharmacological steroid eye drops or non-steroidal anti-inflammatory drugs. Surgical removal may be considered. It is non-cancerous but you should report any changes in size, shape or colour of any bump on your eyeball to your eye doctor.

Prevention

It is important to wear sunglasses outdoors even on cloudy or overcast days, because the sun's UV rays can penetrate cloud cover. The sunglasses should be a wraparound design to block sunlight from the sides. Photochromic lenses are best.

Image: Allan sporting some shades



Marathon Training Group

Crossing the line to Canberra

by Evnike Yardley and Penny Christie

An eclectic group came together through one goal: crossing a marathon line. We had to link arms to survive a few river crossings in torrential rain before getting there, but this made it all the more fun. For most of us, the prize was Canberra. For a couple of others, it's an extra 4 weeks of training to complete 44 kilometres on the Great Ocean Road.

After 20 weeks of running together in all types of conditions - 35 degree heat through the streets of Sydney, bucketing rain in Roseville, and those never-ending Killara Killer hills - our Marathon Training Group (MTG) became friends and each other's biggest fans.

When asked to share key highlights, it was clearly evident the best part was the support we provided one another. Working together to make sure we were all on track, while learning about the tips and tricks to get us across the line.

It was clearly evident the best part was the support we provided one another.

So, we'll hand the baton to the next round of marathon wannabees with these insights:

1. Have fun!

Tanya - our dedicated selfie-taker - documented how far we'd come. In all photos we're having a blast, with amazing scenery around us. It was great discovering so many new parts of Sydney.

2. Embrace the team's diversity.

Like any group, there was a range of capabilities and personalities. One of the best things was learning to work within the boundaries of others to make sure we all completed our run...and had a good chat along the way.

3. Part of the journey is learning what works for you.

While on our feet we shared thoughts on the best gels and food to energise us during the run and support recovery, how to carry water, or the best way to stop chafe (Band Aids on your nipples, Sean!). We also realised we needed a good torch - this would have reduced our stacks by 80%! Penny's speed hump, Evnike's bush trip... that incident with the pole.



Image: MTG in Bicentennial Park, Hustling it through Homebush

4. Be flexible.

The training schedule is a guide. Dave said he could have reconsidered his Christmas morning run just because it was 'on the spreadsheet'! Jeremy was out at sea a couple of times so had to do what he could on the treadmill - tough!

5. Balance your life outside of running.

You're going to be spending a lot of time talking, thinking and dreaming about running - let alone the time you're out clocking up the kilometres. Clayton reflected on the need to maintain a good balance with other parts of your life, like work and relationships. Breck also noted that Sunday afternoons were tricky with young kids when you've spent three hours running that morning!

The best thing?

We all crossed the line on the day and got together afterwards to talk through each person's marathon experience - and all of these were as eclectic as the team!

Image: Obligatory post-run group shot at Lindfield station

...our Marathon Training Group became friends and each other's biggest fan



Sunday Training Run (STaRs) Update

Striders Are Going Greener

by Amy Cheung

As a club, we would like to work towards reducing our waste at Sunday Runs.

Less materials, less cost, less waste going to landfill.

From 1 May we would like to commence the following initiatives at STaRs:

- Limit our use of bin liners: please place your rubbish in park waste bins and recycling bins where possible.
- If there are no nearby bins, we will provide bins to recycle cans and bottles and a separate bag for general rubbish.
- We will start using biodegradable rubbish bags.
- We are phasing out plastic cups and cutlery. Hosts will be asked to provide food that does not require cutlery.
- Bring your own water - we will gradually phase out bottled water in our ice bucket. Runners are welcome to place their own water in our ice bucket. Please do label your own bottle!
- Hosts will be asked to purchase food with minimal packaging where possible. For example, select bulk pack products rather than individually-wrapped products.
- Re-use your plastic sleeve for maps: where possible, please reuse your plastic sleeves for the next STaR. Over time we will reduce map printouts and have .gpx available for your watches to aid navigation.

It's just the small things we do that have an impact, so please join us in getting greener.

As always, STaRs are run by volunteers.

If you would like to host a STaR, please contact Amy at calendar@sydneystriders.org.au



Image: A spread made for Stars



Left: Allan C and Bruce G hosting the Harbour Views STaR
Bottom: Nanda and Stephen hosting the Airport Adventure STaR



Simple Strength

No Equipment work-outs

by Patrick McNamara

My top 3 easy exercises to be done without any equipment

Strength training for running is the single most important thing a runner can do to improve performance and reduce risk of injury. A large body of evidence has emerged over the last 5-10 years which has increased our understanding of the role strength training has in distance running.

Strength training is best done twice weekly. Ideally, this involves heavy double-leg strength training in the gym, and single leg strength work involving stability and balance.

These are 3 easy exercises that can be performed anywhere with no equipment, and are ideal to be included in a strength program for a runner of any ability.

iMOVE
PHYSIOTHERAPY

For any further questions or enquiries, contact Patty at patrick.mcnamara@imovephysio.com.au

1

Single leg calf raises

Perform a calf raise slow and controlled, with a 2-3 second up motion, and a 2-3 second down motion. Perform 3 sets of 10-15 on each leg. For a bit more juice, hold some heavy weight in your hand.



2

Rearfoot elevated split squat

Lean forwards from the hips with your entire bodyweight on your front leg, with your torso over your front knee. The toes of your back foot will lightly touch a bench or chair, just for a bit of balance. Sink your bottom down to your heel slowly, and back up. You can add a running arm swing in for a runner's bonus. You should feel this one in your glutes! Perform 3 sets of 10 on each leg.



3

Single leg deadlift

With a slight bend in the knee, and with a strong core to prevent any movement in the low back, perform a simple hinge around your hip joint. Don't let your upper back/shoulders collapse forwards. You'll feel a stretch in your hamstring, and your balance will certainly be challenged with this one. Again, 3 sets of 10 will be the best starting point.



Recover better using everyday supermarket ingredients

by Tamar Goldbery

B.H.Sc. (Complementary Medicine) N.D. B.A.
(Psych) Cert III, IV Fitness

After epic long training sessions, hard long runs, fun long runs, races, or killer hill sessions, you will find that your body will be craving the right nutritional support to recover.

In this article I am going to discuss the importance of muscle glycogen after long runs and how to refuel using food items that you can easily purchase from your local supermarket.

Glycogen replenishment

When you go for a run, you deplete your muscle glycogen, otherwise known as the storage form of carbohydrates in your body. Glycogen is the major fuel your muscles will use for energy and its production. Consequently, after a run, your muscles become giant sponges, ready to take in and absorb anything that you serve them. This is why it is so vital to focus on the quality of this post workout feast that you are about to have as well as the timing of it.



Image: Running food - Rice, Quinoa, Tuna, and Salad

Protein

It is not only essential to feed your hungry muscles post run with the carbohydrates that they need to encourage the glycogen to synthesis again, but it's also essential to feed some protein to your muscles to encourage protein synthesis and hinder protein breakdown.

Research has shown that consuming protein along with carbohydrates will increase the insulin response in the body, and thus result in increasing the amount of glycogen stored compared to just eating the carbohydrates on their own. So how much protein? Researchers have found that consuming one gram of protein for every four grams of carbohydrates causes the greatest inducement of both insulin and glycogen. This ratio does not impact the digestion of it in the body.

Now....whilst you are all thinking: "...ohh lots of bread and bananas and pasta, this should only really apply to post LONG runs or heavy exertion!".

If you are wanting to lose a few kilograms, then be careful with how much carbohydrates you are ingesting. Excess carbohydrates can turn into body fat so cut the recommended carbohydrates by half. To ensure all of this happens, make sure you eat within the first 30 minutes after your long run.

Even if you don't have an appetite post run, just eat! Your muscles will thank you for it.

Some easy recovery food ideas you can make from supermarket items:

Poached eggs on toast

Acai bowl (acai paste are usually located where frozen berries are)

Smoothie with a banana and milk (dairy or non-dairy such as soy or almond milk)

Chicken, Tuna or Tofu with pasta or rice

Oat porridge with nuts and seeds or Bircher muesli with nuts

Fuel well. Recover well. Run well!

Happy eating Striders!

Daily Feed

by David Criniti

Our resident elite marathoner and Blister editor shares what he eats on a typical training day.

Food fuels your training - what is your food philosophy?

At the time of writing it's day 108 of 2019. With 3,294km logged for the year, according to my trusty friend, Strava, this equates to 30.5km a day. Despite having this many kilometres in the bank, I don't exactly have a "See Food Diet", though having said that, I definitely indulge more than I should.

Chocolate milks were a notorious weak-spot of mine, so I commenced the year with a resolution to avoid them, and their sinister cousin, the milkshake. Despite being successful, I've acquired another vice in their stead - coffee - which I am consuming semi-regularly for the first time in my life, probably averaging about 4 cups a week for the year.

I weigh myself more-than-daily and try to stay under 60kg. Low to mid 58 is preferable. Running this many kilometres leaves the energy-levels low sometimes, so I try to find a balance between replenishing and refuelling and keeping the kilograms off.



Recipe:

Salmon Pasta

I like my salmon pasta. I'm not one for being anal over quantities. I just play it by ear. Try this!

Onion and garlic go into a saucepan first, with a dollop of olive oil. Bring water to the boil in a large pot around the same time. Fettucine is my pasta of choice.

Just after the pasta goes in, throw in a packet of smoked salmon in the saucepan with the garlic and onion, and turn down the heat.

Add some semi-dried tomatoes with the juice, capers with the juice, and squeeze a bit of lemon over it all. Maybe also add some cherry tomatoes.

When the pasta is just about ready, add some dill to the sauce as well as salt and pepper. Add a smidge of flour and some pure cream and stir until thickens.

Mix the sauce and the pasta and voila!

Average Weekday:

5:23am

Wake and bowl of muesli with regular milk, Greek yoghurt, and either grapes, blueberries or strawberries.

8:30am

Post-run. Subway 6 inch chicken strips breakfast at school. Was getting lulled into the cookie-trap, but have kicked that with London around the corner.

11:00am

Recess. Tends to be a bit snacky, with whatever is lying around the staffroom at school. Often not the healthiest choice. Goal - to be more nut and fruit oriented.

1:00pm

Lunch. Salmon sandwich with avocado.

4:00pm-ish

Sometimes a snack. Might grab a pork dim sim

Dinner

Can be anything. Try to get a mix of meat and veg. Eat meat almost every night.

Drinks

Probably have a drink with dinner on a typical night.

Dessert

Lindt Dark chocolate is a bit of a weakness!

Sidenote

Also becoming quite partial to coconut water.

Race-related Diet:

One Day Pre-race:

Pasta the day before.

Race morning:

Toast with butter.

Clif bar.

Orange juice.

During race:

Clif Shot Bloks. I carry one pack of 6 and have another in my back pocket....though my marathon PB was run on 5 or 6 barley sugars and water.

Post-race:

Meat. Hamburger / steak etc.

Juniors Corner

By Tony Wong and Caroline Yarnell
RUN C&T

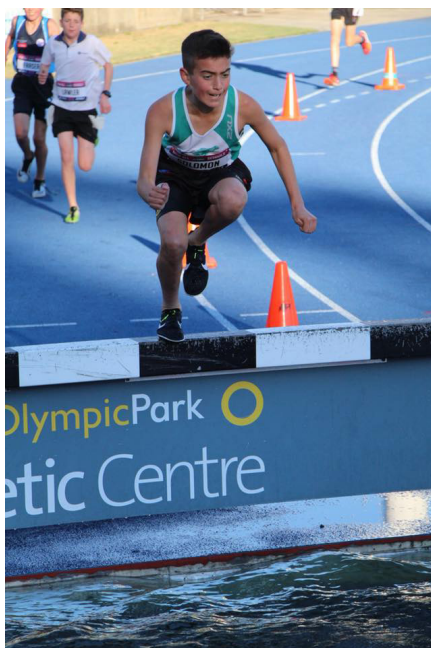
Quick Stats

50 Members

8 Represented NSW in the
2018 Australian Cross-
Country Championships

14 Represented NSW in the
2018 Australian Track &
Field Championships

1 Australian Champion



Above: Party time with special guests, Australian International Triathlete, Emma Jeffcoat, and Super Strider Mum, Jenny Wickham



Above: The under 14 girls in NSW colours at the Australian XC championship

Around the track at the NSW All Schools

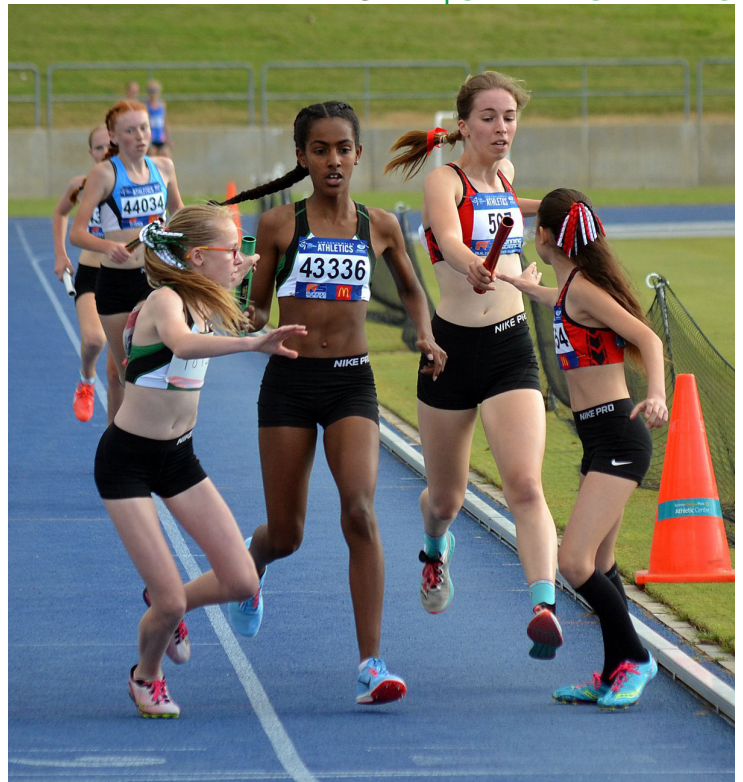
Top Left: Mercy Nathanael and Charlie Arnott in the 1500

Middle Left: Joshua Gordon

Bottom Left: Jemma Brandon-Cooper

Top Middle: Joel Solomon in the 2000m Steeplechase

Bottom Middle: Hannah Lovlin in the 2000m Steeplechase



State Relays

Left: Our under 14 and under 18 girls who won 1 gold, 2 silver and 1 bronze between them.

Above: The under 14 girls relay team in action.

The Bunny Mile

Bottom: Lots of chocolate and 4 laps of the track plus 9 metres of running



Luke Simson

Each year, we farewell juniors who are leaving us to go into the senior ranks. Luke stepped up to the senior ranks back in January. Here he is, telling us about his experience in the club and his future plans.

How old were you when you joined Sydney Striders?

I was 15 years old when I joined Sydney Striders; a little later than most, but that wasn't a problem.

What attracted you to the club?

I had been training for a few years earlier with guys like Daniel Franken and Ben Jagger at one of the grass tracks in the Blue Mountains. Hearing about all the races they were able to compete in as part of a club got me interested and the relationships I had with those guys made Striders an easy choice. Plus, I'd be lying if I didn't say that Janet Jagger did a bit of recruiting too.

Did you run much prior to joining Striders?

I was running for maybe 2-3 years beforehand. It wasn't anything too special, I lived near a lot of bush trails, so I always enjoyed running along those with my Dad. I used to race him around the trails and eventually things changed, and I started to pull away from him instead of him from me, which made me feel pretty good. I thought that I might be able to do something with the sport, so I started to go to a running group and do sessions with them which is where I met Daniel and Ben.

What was your first event in Striders' colours?

I think it was state cross country which was held in Dapto. I remember it because that day the course was really muddy due to lots of rain the day before. It was my first time running cross country in spikes and I remember just getting covered in mud, I loved it!

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

In no particular order, I would say that running 33:30 at the Sydney10 in 2015 when I was in year 10 would be up there, as well as running 15:20 for 5000m back in 2017, as both PB's came as a bit of a shock at the time. Lastly, I would put my 16th place finish at national cross country in the U20's when I was 18 in there too. I'd come off the back of a knee problem and so that result was very encouraging after not expecting too much. I'd also add that running in Sydney Olympic Park was one of the coolest things I've done. The first time I ran on that athletics track I was just so pumped and I think that feeling is always still there; we're just so lucky to have these facilities around us and I try not to take them for granted.



What is your fondest memory of the club?

I found it pretty funny at first when I first started noticing people at races with the same singlet. I had no idea the club was so large. It was always nice though when I'd be running a race and another Strider would spot me and just say something like "keep going" or "go Striders". That little bit of encouragement was always welcome. Following that example I will usually try to do the same depending on how gassed I'm feeling.

What have you been doing since finishing high school?

I finished High School in 2017 and decided to take a year to look at options for the future. I spent most of last year rebuilding my fitness after suffering a stress fracture during my HSC period, working at a local grocery store, and helping out at my local church with a youth group. It took me six months before I was able to start running again, even though it was only for 30 seconds, and then I'd have to take a break. Another two months steady build up and then I was able to start somewhat normal training. I ran through the winter season with not really any spectacular results, but I was just happy to be able to run again. I decided after then that I'd go to university and change things up so that is where I am now. I live in Canberra and study physiotherapy at the University of Canberra. I am also part of the Elite Athlete program here too, which is a blessing. I train with a running squad at the Australian Institute of Sport (AIS) which I think is great, and has lifted my training to a new level as well, which I'm really excited about.

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)?

Currently I don't find it too difficult. If you take running out of my week, I have Uni from about 8:30-4:30 on Tuesday, Wednesday and Thursday which I think is very lucky and I'm fortunate to have a longer weekend to study. Apart from Uni I am also part of a Bible study group that meets on Thursday nights and I go to church on Sunday night too. I train 7 days a week and some days more than once. I'll have two runs on Monday and I'll also go to the gym for an hour just to do some strength work. Tuesday I meet up with the squad at the AIS track at 4:30pm to do some interval work usually finishing at around 6:30pm. Wednesday I'll have a mid-week-long run for about 80mins and then I'll also go to the gym for an hour or so. Thursday I'm back at the track with the squad at 4:30pm and Friday I'll go for a gentle run for a bit

under an hour and again finish up at the gym for another hour. Saturday I'll head out in the morning and do a session with the squad usually at around 8 or 8:30am and spend the rest of the day passed out on my bed or studying. Sunday is long run day. This is a must-have in any middle distance training, usually meeting up with the squad at 8am, and depending on people's running level and target race, we each run together and turn around when we get to a certain point. I run for over 90mins usually as I think if I run any longer at the moment it might do more harm than good. All up I run between 110-120km a week and am in the gym for 3-4hrs a week, but it doesn't feel like work as I enjoy it, and getting outside is something I love to do and this is one of the ways I can do it.

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

Short term I'd like to get my PB's down to a more competitive open level. When I was a junior they were good, but now that I'm put in the same races as some of the best runners in the country, I'd like to know I can be competitive.

Long term goals I like to keep simple, just continue to put in effort and enjoy doing it. If you really like doing something, then you'll want to put effort into it, so you can keep getting better. I love to run, and I want to be able to run for as long as I'd like. Sure results are nice, and standing on a podium is cool, but those things may not always be there and when they aren't, what's going to be your reaction? I've already had plenty of ups and downs through running but the thing that makes me always come back is simply the fact that I enjoy doing it, so I'd love for that to continue.

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

The best piece of advice I've been given was to keep things in perspective. Running isn't everything. I often see people after a race crying and getting angry and I understand because I've had some shocker races too. It doesn't feel too great when you work hard for something, but it just wasn't your day. You have to accept it and move on, use it as encouragement to work harder for your next race.

And keep enjoying it. Be aware of the people around you who share the same interest, support each other, and don't forget to thank your parents and/or those who support you and come to your races. There is always a whole support team behind one athlete and they do a lot to make things easier for you. A little thank you can go a long way.



Lindfield Fun Run
Top: Leading the pack
Bottom: Juniors toeing the startline



Last Word

By Gilbert Gaddi

We are now deep in training for the race season so let's all get tuned up! We have plenty of options during the week, from Sean's Centennial Park Group to the St. Ive's "Equaliser" Group on Wednesdays and also #ToughThursdays at Rotary Athletics Track, Lane Cove. As usual, these are run by volunteers and are FREE for each and every member, so if you can't make it on the Sunday Training Runs (STaRs) - these are all pretty good options.

We have so many discount codes this year that I've actually lost count! Please be mindful though, that these are members-only discount codes and are NOT FOR SHARING. They do get checked by the race organisers so please be mindful as we risk breaking trust with these good folks.

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, trail, and during the STaRs.

#GoStriders!

