

THEBLISTER

THE MAGAZINE FOR THE SYDNEY STRIDERS RUNNING CLUB ESTABLISHED 1980

2020 | ISSUE 137

The Road to 29:42

Josh Phillips on his club-breaking record



Strider Abroad

Andre Arndt on quarantine life in Taiwan

All in the HRT

Pacing with heart by Ercan Boduk

Running A to Z

Alan Wareham on parkrunning tips and tales

30+ Years on the Road

Nutrition on Track

Tips to fuel you to the next level

It's never about us

Keith Hong finds lightness in the dark days of lockdown

SYDNEY STRIDERS COMMITTEE AND BLISTER TEAM

BLISTER EDITORS

Andrew Chau, Belinda Louey

CLUB PRESIDENT

Jo Cowan

VICE PRESIDENT

Chris Jackson

SECRETARY

Kerry Ross

TREASURER

Lynn Herisson

MEMBERSHIP COORDINATOR

Gill Cavenagh

10K RACE ADMINISTRATOR

Paul Hannell

10K RACE DIRECTOR

Bruce Inglis

10K TIMING

Paul Hannell

STaRS/CALENDAR COORDINATOR

Amy Cheung

UNIFORMS

Linda Hayes

JUNIORS COORDINATORS

Tony Wong and Caroline Yarnell

ANSW COORDINATOR

Tony Wong

SUPER SERIES COORDINATOR

Rado Stojanovik

SIX FOOT TRACK COORDINATOR

Darryl Chrisp

SOCIAL FUNCTIONS

Shika Raju

SGT-AT-ARMS

David Bray

SPECIAL PROJECTS

Bruce Graham

SOCIAL MEDIA

Gilbert Gaddi

VOLUNTEER MANAGER

Anna White

DATABASE MANAGER

Marcel Van Noort

DO YOU HAVE AN INTERESTING STORY OR TIP TO SHARE?

Please provide us your feedback and comments:

blister@sydneystriders.org.au

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

ABN 54 895 890 805



PO BOX R1227
ROYAL EXCHANGE,
SYDNEY NSW 1225
AUSTRALIA



WWW.SYDNEYSTRIDERS.ORG.AU

HAVE AN ARTICLE FOR NEXT ISSUE?



BLISTER@SYDNEYSTRIDERS.ORG.AU

GET INVOLVED! VOLUNTEERS ARE WHAT KEEPS
THE CLUB RUNNING:

DID YOU ENJOY THIS ISSUE OF THE BLISTER?

PLEASE COMPLETE OUR
READERSHIP SURVEY [here](#)

Cover Image of Josh Phillips
competing in NSW 10,000mtrs. Photo
courtesy of Wally Phillips

THEBLISTER

JUN - DEC 2020 | ISSUE 137

Contents

- 3 President's Message**
- 4 The Road to 29:42**
- 6 30+ years of camaraderie, competition and fun**
- 9 A Strider stranded in Taiwan**
- 11 Secretary Report | Clothing Update**
- 12 Beyond the Shifting Goalposts of 2020**
- 14 Bye Bye Bas!**
- 16 All in the Heart (rate)**
- 17 It's never about us and it's all about us**
- 19 Volunteers Report**
- 20 10K Series 2020**
- 22 Training around the Tracks**
- 24 Running from A to Z**
- 27 Sunday Training Run (STaR)**
- 28 3 reasons why now is the perfect time to get your nutrition right!**
- 30 Marathon Training Group**
- 32 Juniors Corner**
- 34 Vale Steve Garamy**
Vale Billy McLean
- 35 Last Word**



President's Message

Hi Everyone,

If anyone said 2020 was going to be the year it was, we would not have believed them. It has been a year of change for so many aspects that are integral to our club.

I want to acknowledge the work that has been done in the background by your committee. We have met more during this year, than we have at any other year. Kerry our secretary did the stats.

I have not been visible in the club this year due to heart surgery in February. Our Vice President, Chris Jackson, stepped into my role from February until July, when I returned to our Zoom meetings. I am now back running, doing what I love, and enjoy good health. This is a timely reminder to you all about heart health.

This issue of The Blister has been created by a new team of people. So, a big thank you to them for their hard work and to those of you who have contributed. You will be inspired by all the stories in this issue.

Lastly, we cannot hold our Christmas Brunch in December due to COVID-19 restrictions on numbers. However, we have our 40th anniversary celebrations coming up on Saturday March 27, from 5.00pm at the Hunters Hill Sailing Club. But before that, we will have our Annual General Meeting (AGM) and The Equaliser Run in Belrose on Sunday February 14. Yes, it is Valentine's Day. Our AGM is quick, so you will still have time to get your special Valentine a rose.

Merry Christmas and here's to a sensational 2021.

#GoStriders

Jo Cowan, President

The Road to 29:42

by **Tony Wong**

Josh Phillips set a new club record for 10,000m of 29 minutes and 42.50 seconds at the NSW Championship on the 24 October 2020. The previous record of 29 minutes and 44 seconds was set by Glenn Guzzo in 2007.

Josh joined Sydney Striders when he was 10 years old. Now aged 21, he has made a successful transition into the senior ranks via the Sydney Track Club and now under the watchful eye of former Irish International Miler, Marcus O'Sullivan at Villanova University in the U.S.

Here he is having discussing training during CoVid-19 and looking ahead to the future.

Congratulations on your club record Josh. Did the race go the way you planned?

Thanks! The race went pretty much perfectly for me that night. I had a plan to go through 5km in 15 minutes (went through in 15:06) and start working between 9 and 7 laps to go to finish in the 29:30 to 29:45 range. It was quite an improvement from my blow up at North Head two weeks ago (15:09 first 5k and 16:40 second 5km). The weather on the night was not great but the rain and wind stopped and all we had to deal with was a wet track, which really is not so bad, especially when everyone has to run in the same conditions.

Tell us about the training build up to the 10k.

Basically, in the last few months I was coming back from an achilles injury back that I picked up in May. I built up from zero to 130km a week over a couple months. Apart from a few hiccups, I had really done nothing but aerobic/jogging running until about 3 weeks out from the 10,000m Championships. Before my injury, I saw myself as one of the top NSW Open Athletes and around 29min for 10km was achievable. As I was mostly base building during the lead up to the race due to the injury, 29:40 was a more realistic goal.

In the week between the Striders 10km at North Head (Sep 28 - Oct 4) and the 10,000m Championships, these were the main workouts, plus a 24km long run on Sunday. My total distance was 130km:

Sep 29: 8x1km @threshold HR (splits were 3:08 down to 3:05min)

Oct 3: Striders North Head 10km - as mentioned a big blow up run but really got the body prepared and used to hurting and

being uncomfortable (31:48min)

Oct 6: Continuous progression run: 10min @3:42's, 10min @3:26's, 10min @3:19's, 5min easy @4:20-4:30 pace, 10min @3:37's, 10min @3:21's, 10min @3:15's - (18.3km @3:33/km total avg)

Oct 9: 19.3km with first half steady (3:57's) then 30min progressing from 3:36's down to sub 3:20's (19.3km @ 3:46 total avg)

Oct 13: Same as Oct 6th

Oct 16: 10x300m in 51-52sec with steady 2min jog (at about 4:00/km pace)

Oct 20: Progression: 10 min@ 3:39 pace, 20min @3:21 pace (8.7km @3:28 avg) + 5x300m @52>49 with about 500m jog rest.

Oct 24: State 10000m - 6th place in 29:42.5

Also, 200m strides in 35-33 seconds were performed once a week before either the Tuesday or the Friday workout, and in race weeks they were done the day before the race.

Full details of Josh's training are on Strava.

What is the next target?

The next target is going to be the State 3000m championships on Nov 21. I am in the middle of a big mileage phase so I will not be fast, but I will be fit. Hoping for a PB and maybe sub 8:00min!

Then I am planning to race a 5000m in Adelaide on Dec 2 where hopefully I can have a good race and break 14min.

You could not go back to the US since January because of COVID-19 and with the lack of competition, how did you stay motivated?

I stayed motivated by deciding to use the down time in lockdown to increase my mileage from 70miles/112km a week to 80miles/130km a week in preparation for a 10km time trial at the Nepean Regatta centre where I ran 29:44. I am not one to struggle with motivation. Simply put, I love running and I understand that you have to be consistent and push through bad days because I know I will line up on that start line one day and regret any missed days in training or "soft" days that I took. I know my competitors were all training and staying serious so that is enough motivation for me to get out the door each day. Setting mini goals with mileage, long runs and double run days as well as running in different locations kept things interesting as well.

What is the plan for 2021? Will you remain in Australia or head back to the US as soon as it is safe?

As of now, my plan for 2021 is to go back to Villanova University in Philadelphia in mid Jan. I stayed home this semester because the NCAA season was cancelled, despite having the option to fly back. But next semester there will be cross country, indoor and outdoor track seasons, so I do not want to miss that. There are obviously risks with COVID-19, however it is a risk I am happy to take. I have been monitoring

the universities cases and their handling of the virus. I feel it is safe enough for me to go back.

Can you give us some insights into how you and Marcus O'Sullivan (Coach) work together?

Marcus and I have a great relationship. He is an extremely experienced coach and was one of the best Irish middle distance runners in history (Fun fact, he has run over 100 sub 4-minute miles in his career!) - main reason for choosing to attend Villanova University.

Marcus has taught me a lot about patience and philosophies of training that create a well-rounded athlete. He has a very scientific approach to training, with majority of the program being set up using heart rate as a guide, aerobic, tempo, threshold, Vo2 etc. In practice, if I have not done enough aerobic running or tempo/threshold in preparation for a race, and he would suggest specific approaches to prepare for the next one. This may come across as a negative thing to some people, but to me it is not! It is all about understanding when is the right time to race and perform which is a valuable lesson. I always look to prove him wrong and run faster than what he thinks I can do as I love a healthy challenge. He predicted that I could run 8:08 for an indoor 3000m and I ran 8:07.98! Another time he said I could run 30:00min for a 10km Cross country race and I ran 30:02!).

We have a very professional relationship and usually catch up every 3 or so weeks over Zoom while I am home. At College, we have a face to face meeting every 2 weeks where we chat about training and life. Even though we see each other every day at practice, most of the 1 on 1 chat happens in the office. It is very easy to listen to him and commit 100% to his coaching style as he has used the same philosophy en route to becoming a world indoor champion and multiple time Olympian in his career. He has also helped me through some tough times outside of running throughout my time living overseas, and rather than simply telling you what you want to hear, he tells you the right things to help you grow and handle situations in a way that is level headed and mature, this is something I definitely appreciate as it goes towards fixing issues properly rather than covering them up only to have to deal with them again at a later date!

STOP PRESS

At the NSW 300m Championship on 21 November, Josh ran a personal best and just missed going under 8 minutes with a time of 8:00.10.



30+ years of camaraderie, competition and fun

by Geoff Taylor

Back to 1988

My competitive running began in earnest back in 1988 when my boss at Ernst & Whinney, John Snelson, suggested I should join the Sydney Striders. I hadn't heard of the club but I was keen to run longer distances, so it seemed to be a good idea.

I managed to get my hands on a green piece of paper that contained the 'STaRs' (Striders Training Runs) and also had the phone numbers of a few committee members.

Why didn't I simply go to the Striders web site? A: NO web sites on those days!! In fact, there were no mobile phones back then ... at all.

I tried unsuccessfully to call Harvey Blue and then managed to get through to Jon Marsden. Jon didn't know me from Adam but was delighted to chat to me about my running plans, how the club worked and why I should join the club.

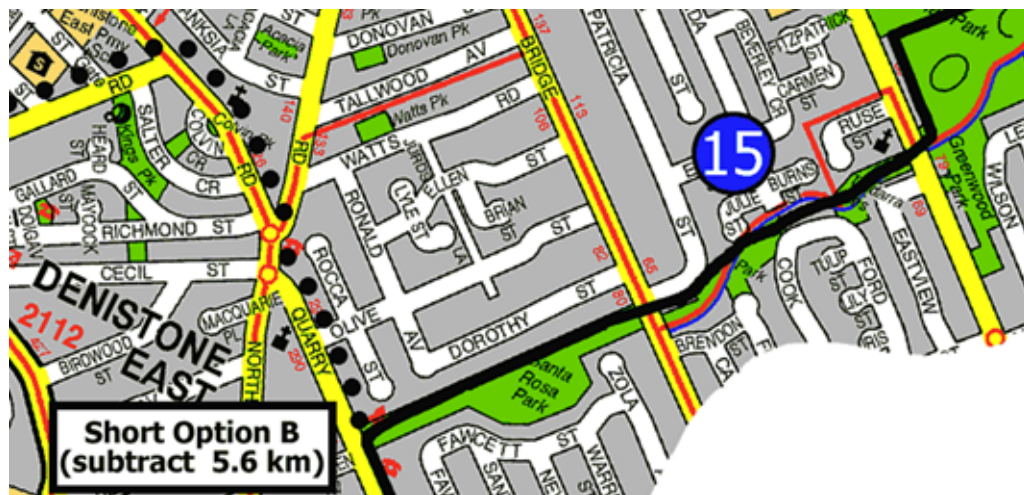
He really made me feel like the Striders would be a great club to join, so I did.

First 30 km STaR - North Ryde Ramble

After completing a few shorter STaRs I decided it was time to have a crack at a 30 km run. I had NEVER run 30 km before and was a bit daunted by the prospect, but I was only 26 years of age and reasonably fit, so I thought I would be Ok.

I started off with the 6:10 group and kept up with the pace. All was going well until about the 15 km mark. I don't know why I still remember this, but I can distinctly remember getting on the wrong side of a creek ... I think it was at about the 15 km mark:

I don't know why I still remember this, but I can distinctly remember getting on the wrong side of a creek ...



I probably got a bit off the pace and then when I had to double back to cross the creek, the group was gone and I was on my own. But I had a map!!

I soldiered on and things didn't feel that great running on my own. I wanted to be in a group.

Finally, around 24 km into the run with my legs feeling very tired, two runners came up behind me. They were from the 6:00 group and they soon introduced themselves as Margaret Robinson and Kevin O'Kane.

For some unknown reason they said they would run with me and immediately adjusted their pace to mine. This seemed quite odd to me ... why would they care about me? But they did and I was delighted to keep running.

After 4 km of chatting my legs were well and truly shot and I had to suggest that they go ahead to the finish, which they did. However, the important point is that they had LOOKED AFTER me and that was a great experience. I was hooked on being a Strider and have been ever since!

First City to Surf in 1988

Having moved to Sydney in 1985, I was aware of the City to Surf fun run but hadn't quite gotten up the courage to run the event. Soon after joining the Sydney Striders and having completed a few runs, I thought I might be Ok to run the City to Surf for the first time.

Back in those days, there was no electronic timing where your starting time was recorded - everyone's time was based on when the gun was fired. It took me about 5 minutes to cross the start line and I was happy with my time of 76 minutes.

I continued to improve my times over the next 6 years and ended up running a time of 57:20 in 1994. That year, I decided to run in racing flats, which was completely stupid. It took me three months to get over the damage to my Achilles tendons due to not having a proper base in my shoes.

Years later, I ran the race pushing my first son Peter ... then two sons, Ben and Tim a year later, in a double stroller. I don't do the double stroller thing once because Ben and Tim both went to sleep as I crossed the starting line and didn't wake up until we arrived at Bondi! It was nice to have done a 'team event' but years later they were too big to push in a stroller, so I went back to running on my own.

My memories of the City to Surf over the years are (a) the bands and general carnival atmosphere (b) the huge crowds ... even back in 1988 it was a big event and (c) the challenge of a relatively hilly course.

I completed my 30th trip to Bondi in 2018 and ran a time of 1:31:11.

I'm not all that bothered about the

time these days - getting to the end and enjoying the day out is the main thing.

First internal half marathon

My running hasn't just been confined to the City to Surf. I have run a lot of longer distance runs and that really started with the internal half marathon in 1990.

I ran against Ron Daly, who was then 64 years of age and was in fine form. I was 28 and he was 64 and I on beat him by a minute or so. It was a great credit to Ron who continued to train and race well into his 80s.

I ran a time of 99:40, which was an achievement in itself because I had 'broken 100 minutes'. I knew I could go faster ...

First marathon

My first marathon was also in 1990 at the Canberra Marathon. I started the race aiming to run 5-minute pace and soon struck up a conversation with Graham Butler and Brian Tailford. I must say that they helped me a LOT during that race because we were able to have a nice chat and the kilometres just seemed to roll by. They also kept me on a STEADY PACE which was very important.

At the 25 km mark Brian decided to go ahead and Graham wanted to slow down a bit. I was suddenly on my own and I didn't like that very much.

I continued at 5-minute pace and eventually came to Brian at about the 37 km mark. He was leaning against a light pole stretching his legs and I thought to myself that I was glad that I had not gone with him when he ran ahead. I slowed down in the last few kilometres and ended up running a time of 3:39:39.

I was thrilled to have finished my first marathon and delighted to have had the 'Striders Support' along the way.

First Six Foot Track Marathon

I had never really thought of myself as an ultra-marathon runner, but I liked the idea of a longish bush run. It was suggested to me by a Strider that I should give the Six Foot Track Marathon a go, so I signed up for the race on 6 March 1993.

The plan was that I would get a lift to the start with friends and that my parents would meet me at the end. I calculated that if the race started at 10:00 AM, I could not possibly expect to finish before 3:00 PM - i.e. 5 hours.

Back in those days there were only about 300 starters, so it was pretty easy to get a good start. I took the stairs to the bottom of Nellie's Glen very carefully and then proceeded to the cemetery with the feeling of 'jelly legs' after the stint on the stairs.

I was feeling Ok at Coxes River and walked the 3 km or so to the top of the hill and then continued to Little River. I walked out from Little River about another 3 km and can remember feeling Ok at the Pluvi.

I continued to the end of the race and completed the distance in a time of 4:34:56. I was stunned.

I can remember veteran strider and absolutely superb runner, Warwick Selby saying to me 'what are you doing here?'. He was dead right ... I was not the sort of runner who would run sub 4:35 for his first Six Foot Track for 21st in the race.

That year, Striders dominated the top 20 with Malcolm Satchell 1st, Bruce Inglis 4th, Kevin Tiller 8th, Steve Urwin 12th, John Worswick 14th, Gary Leahey 18th and Dawn Tiller 19th. Wow, what a result!

I continued to run the Six Foot Track Marathon for another 5 years and picked up my 'belt'. My best time was when I was racing Strider, Murray Town, in 1994 and managed to clock 4:28:18 and take 19th place. Murray and I went at it hammer and tong from the Pluvio onwards and it was the head to head competition that gave me my PB.

Best marathon

A month after the Six Foot Track Marathon March, I was in fine form and ready to run another Canberra Marathon.

I always like cold days to run marathons and Canberra in April is certainly cold. On that day I was feeling great and ran just over 43 minutes for the first 10 km and just over 93 minutes to half way. Wow! I was flying!

I managed to maintain a steady pace and was slowing a little with about 5 km to go. I could see fellow Strider, Dawn Tiller in the distance so I decided to see if I could catch her. As it turned out, I didn't catch her but it didn't matter as the result of chasing her was that I ran a better time than would otherwise have been the case. I clocked 3:09:26 for my best every marathon.

Comrades 1995

By 1995 I was totally addicted to running and was looking for more challenges. I knew that the longer the run, the better I ran, so I thought that perhaps I should push the boat out a bit.

Given that I was still single and able to afford to travel, I decided that I should join the contingent of Striders who were running the 1995 Comrades Marathon in South Africa.

The STaRs were obviously part of our training but we also did



Right: Geoff running strong 3:54:48 into the Comrades Marathon

some 'extended STaRs' in order to get fit enough to run this huge race.

I flew to South Africa a week early to get over the jet lag and hired a car and drove to Kruger National Park to spend three days relaxing. I was literally 'jumping out of my skin' by the time I lined up for that race.

I was billeted by friends of my parents in Durban and spent the night before the race with a family in Pietermaritzburg. I didn't sleep much and could not wait to get to the start.

It might be hard to believe, but Striders had 10 entries in the 1995 Comrades race, including Alf Field, Wayne McCarthy, David Sill, Chris McLean, Jonathan Trope and Murray Town.

I ran enthusiastically during the early stages of the race and looked Ok 3 hours 54 minutes into the race.

I tried to hold myself back in the race but ended up running too fast through to half way. I paid the price on the huge downhill sections from Botha's Hill.

Back in those days there was an 11-hour cut off and you DID NOT get a medal if your time was even one second more than 11 hours. The security guards would link arms and prevent anyone from crossing the line beyond 11 hours. That was a huge incentive to keep going!

I can remember calculating how slow I could run from 70 km and still finish the 90 km race.

I had South Africans calling me 'Bruce' which I'm sure was meant affectionately but it didn't sound great when in as 7 hours into the race and feeling terrible.

I finally made a pact with myself to run 800 metres of every kilometre and then walk 200 metres. That seemed to work as the 200-metre walk gave me recovery time. Eventually I could SEE Durban 15 km off in the distance and started to feel better.

I ended running the last 3 km of the race at 6 minute per km pace and recorded a time of 9:18:19.

They call the Comrades 'the ultimate human race' - it was certainly the toughest and most rewarding marathon I had ever run. Of course, the only reason I ever got fit enough to run the race was because I had been a Strider!!

My future wife was a Strider

I can remember meeting Amanda Dawson at the Brindabella Class in 1994. She was a keen runner but wasn't running that event - she was there to watch.

I completed the race and found it to be so difficult that I said I would never run it again. Well, I did run ½ the race again in 1997 when we completed the event as a relay.

Amanda had been a very enthusiastic runner and won the 1995 10 km series. Her prize was a return air fare to South

Africa, and she used that fare to run the 56 km Two Oceans Marathon near Cape Town.

Amanda gave up running in late 1997 to look after our three sons who were born in 1998, 2000 and 2001. I kept running until about 2000 but knew that my best racing days were behind me. I didn't mind because I knew I had had many

I'm forever grateful to the founder, Charles Coville, and the people who had made the club the success it has been over the last 30+ years.

enjoyable events and made many, many friends over the years.

On reflection

It seems very clear to me that I could not have possibly gone from being a fun runner in 1988 to standing on the start line of a 90 km ultra-marathon race in South Africa without having some help along the way. Yes, I was dedicated with my training, but the main external force was the Sydney Striders Running Club.

I'm forever grateful to the founder, Charles Coville, and the people who had made the club the success it has been over the last 30+ years.

32nd City to Surf was a 'virtual' event

It has been a strange year and there was no way I was going to miss running my 32nd City to Surf just because it was a virtual event. If anything, it made it easier for me as I could run 1¾ laps of Narrabeen Lagoon which is a very flat course compared to running from the City to Bondi.

I ran slower than ever and was 'docked' 4 minutes when somehow my phone lost its connection to the satellite. I ended up running 1:51:49 which was Ok under the circumstances.

What next?

Over the years I have gradually gained what I describe as 'training ballast' which has greatly limited my ability to run quickly. I can still run, but not nearly as fast as I could when I weighed 71 kilos and was running 60 km per week.

However, nowadays it is all about longevity for me. My aim is to keep showing up for the City to Surf until I have completed 50 runs - even if I have to walk the full distance as I get older.

I find these days that because running a good time is no longer on the agenda, I pay more attention to the surroundings and the activities along the way and end up enjoying the event more than ever.

I'm forever grateful for having had the opportunity to run with the Striders. The camaraderie, the competition and the fun. Long may the club endure!

A Strider stranded in Taiwan

by Andre Arndt

So that was it. We got the last plane out on March 18th - with face mask and disposable medical gloves on a 10 hours flight - and arrived in Taiwan to be the first arriving passengers going into 14 days mandatory quarantine. Luckily, we could do the quarantine at home, but with strict control by the local health authorities and police tracking on the phone app. So every morning I got a WhatsApp message from the police with daily feedback and temperature checks too. Our Taiwan family and friends delivered food and supplies to us throughout the two weeks because we couldn't step out of the unit! Taiwanese people indeed are very kind and helpful - Covid times have proven this again.

I thought, wow locked up for two weeks! How to exercise? How to survive this? I don't have home training equipment so I thought the only way is to run inside the unit. The next morning, after moving some furniture out of the runway, the track was clear and I started running 20 meter laps in the unit. 2 hours later, endless 180 degree turns and approximately 20km according to my running

2 hours later, endless 180 degree turns and approximately 20km according to my running app (no guarantee) Midori said "enough".

Image: 150kms and 14 days of quarantine completed.



app (no guarantee) Midori said "enough". After friendly negotiations we agreed that I can run daily for 1 hour and so I did. Every day a different outfit to run and different music or podcast kept me going until day 14 when we finished quarantine and finally got out. After all it was an interesting time together, reading, watching movies, dancing, cooking, baking, online-shopping, uber-eats and running 150km.

Now as I write this, it is day 226 since departing Sydney - I keep writing my diary...in the meantime I had my 60th - all original celebration arrangements had to be cancelled but we had a lovely luncheon with mates here.

To clarify, Taiwan is very safe and has an outstanding record 'til today with very little COVID-19 cases. All arrivals have to quarantine 14 days and any case is reported on TV and has a number. Apart from that there are no restrictions - only in March and April some clubs and bars had been closed.

However we always wear a facemask when going out shopping or using public transport as all people do it.

As Taiwan's summer is very hot and humid, running is not as much fun as home in Sydney, even early mornings at 4am temperatures are close to 30 and often 80+% RH - so I always run early between 4 and 5am but because of the high temperatures I have opted to increase my swimming for fitness. This worked out well and with daily 2 swims and 120-160km per month in the pool my fitness level is great. I still run 3-4 times a week but not as much distance compared to Sydney.

However as Taiwan is a country with very high mountains - over 100 peaks above 3000 meter - I did run with my mate to the top of the Island. "Jade Mountain" is just short of 4000 meter and the highest peak in Taiwan and we had a great run returning within 8 hours. Having enjoyed the cool temperatures in the mountains we decided to run another 2 peaks in August and September enjoying camaraderie and beautiful nature. Amazing trees - 1500 years old survived logging by Japanese and Taiwanese...but too many didn't. You can find much Taiwan origin timber in Japanese Shrines where they use them for the great gates and more.

Keeping us busy we have started in April a home baking service for friends and neighbors - Midori is getting the orders and I bake the goods. A variety of Sourdough Loaf, Seed-grain Loaf, Croissants, Bretzel, Banana Bread and Energy Bars are

on the menu Monday and Friday; everything handmade in our kitchen at home.

I need to come back home again to not only return to the swimming but also because I need to send hugs, love and best wishes to Jackie (Ramsay) for a quick and full recovery. "I always think of you and the English channel crossing" in the pool!

As the year ends and we wish to be home soonest with our daughters and see you friends soon for a run and a swim.

Wishing you all Merry Christmas and Happy New Year with very best health.



Image: Finding ways to celebrate - my 60th Birthday party



Secretary Report

by **Kerry Ross**

A lot has happened this year. Before covid struck it was looking like another good year of training and racing was ahead. Then... BAM! All the races dried up, leaving us all with an opportunity to build a training base most of us would only dream of.

In a normal year the committee meets 8 times to discuss Finances, 10k, Clothing, Juniors, ANSW, calendar/STaRS, IT, new members, volunteers, super series, communications, social, six foot update plus additional general business such as; the MTG, club's 40th anniversary, AGM, mental health, sponsorship plus all sorts of correspondence that needs to be addressed.

This year it is looking like it will be closer to 14

(> 40% increase). We have all had to deal with issues and circumstances none of us have ever experienced before.

The increase in frequency is due to covid and the club's need to provide an informed and timely response to the latest NSW Health orders. As a committee we were very mindful of providing a safe and covid friendly environment for our members to function and thrive. A lot of work has gone into this behind the scenes.

It has been a big year. Thanks everyone for your support!

Striders Merch

Run proud in the green and white

by **Linda Hayes,**
clothing coordinator

2020 Clothing sales got off to a brisk start with orders for singlets, caps and visors pouring in over the hot summer months. Our women's crop top was also very popular, as well as our versatile all-seasons long sleeve top in both men's and women's sizes.

In May we were excited to receive stock of our much-awaited hoodie to complement our clothing range. As with all our clothing items, the quality is excellent and due to high demand a second bulk order was placed with stock arriving in October.

Our full clothing range is available to purchase online on the club website. Simply scroll down to the clothing section then click on 'order here' to place your order. Orders can either be picked up at one of our club events, or delivered to your nominated address on payment of the standard \$10 delivery fee. (Hoodies are not listed on the order form as this is a pre-order item with a possibility of another bulk order to be placed in 2021.)

For any enquiries on clothing, please email:

clothes@sydneystriders.org.au



Beyond The Shifting Goalposts of 2020

by David Criniti - Founder

Unsurprisingly, The Run Beyond story of 2020 is much like many other stories of 2020. It's one characterised by adaptations to an ever-changing set of circumstances. However, with the already vulnerable, marginalised students who make up our cohorts, shunted further into the periphery by the year's compounding uncertainties, the support our program offers has been more crucial than ever.

The year began on a high, with a record 17 schools signed up to deliver the project across Sydney and beyond, with new regional schools at Vincentia, Gulgong, Bathurst and Lightning Ridge all having a presence at our second annual teacher training day in late February.

At this stage, our Riverstone High School cohort was already underway, their first cohort thriving under the guidance of teacher Rhys Dane, who built a strong support network amongst the school, with numerous teachers joining the students at their preparatory event at parkrun.

The Riverstone cohort was training hard and were extremely excited for their Goal Race at The Australian Running Festival in Canberra when everything changed.

We considered numerous options as permitted gathering sizes continued to dwindle, but eventually, after completing the program, the boys were left without a Goal Race. Despite the disappointment, they impressed everyone with the maturity with which they accepted this inevitable outcome.

Meanwhile, at Run Beyond Headquarters, we had no option but to accept the fact that the cohorts slated to begin in Term 2 would be put on hold...

By Term 3, however, there seemed to be some hope. Initially it was proposed that our schools all target one event which had a Covid-19 plan in place and strong council support - Bathurst's Panorama Punish.

While many schools had new restrictions on excursions in place for the year, precluding their participation, cohorts began at Airds High School, Chester Hill High School, Engadine High School, Gulgong High School, Lightning Ridge Central School, Nambucca Heads High School, Plumpton High School, Westfield Sports High School and Vincentia High School.

It would be the first time that we would have so many schools at the same Goal Race. The year was heading for an amazing conclusion.

...and then came the 'second wave'.



Westfield Sports High school instituted a 'no excursion policy' in place for the remainder of the year. Overnight excursions were deemed inappropriate across the board, and the Panorama Punish limited its entrants to locals only.

The goalposts had shifted again. But through this disappointment, community spirit rallied.



The year was heading for an amazing conclusion...and then came the 'second wave'



Photos courtesy of Paul McMillan Photography

The regional schools at Lightning Ridge, Nambucca Heads and Gulgong looked to organising an internal event for their students. Police and ambulance escorts, SES volunteers, teachers and Rotary pitched in along with local running clubs, press and mayors turning up. Everyone was willing to do their bit to build an atmosphere suitable to acknowledge the achievements of these young people.

Closer to Sydney, we were fortunate to have the support of the Bare Creek Trail Run and the Sydney Marathon Clinic who hosted various schools over two weekends. Engadine, Chester Hill, Plumpton, Vincentia and St Ives, (who were a recent addition to run under the guidance of their new teacher, and long-time Sydney Strider, Amanda Shannon) were thrilled at the opportunity to tackle the hills that many of us know from The Equaliser, at Bare Creek. And they did so admirably, finishing exhausted but satisfied and suitably proud once they crossed the finish line.

Chester Hill High were in action again the following weekend at the Sydney Marathon Clinic with students having the opportunity to choose from numerous distances from the 5km to the half-marathon. In challenging hot conditions, the students ran well. Participation was high but impressive was their positive attitudes and generous encouragement they offered to each other alongside other runners.

Attending this event was only possible thanks to the support of CDC NSW who provided buses for which we are eternally grateful.

Heading into 2021, we are grateful and looking for continuing support from the Sydney Striders Club. And right now, this is something we desperately need. We kicked off Our Beyond 2020 Virtual Run kicked off on 10th December for 10 days. We are pleased to report at the time of print that we had many running groups participate and donate toward this cause, raising over \$17,000 to help our program.

We have empowered 167 graduates from 19 schools so far - students from indigenous backgrounds, refugees, students in out-of-home care; students without the support structures in place that many of us take for granted. The continued funding we rely on goes toward a number of things - printing, apparel, race entries, transport and accommodation costs. Whilst we may think the wolf is forever at the door, we hope we can help our graduates reach their goals beyond 2020.

Of course, you can also contribute outside of the virtual challenge we hosted. Please go to [The Run Beyond Project](#) to help in any way you can.



Above: Starting groups at Lightning Ridge



Bare Creek Trail Race captured the fun spirit of the day



Bye Bye Bas!

by **Baskaran Balasingham**

The day is April 30, 2017. I was still running my maiden marathon in Düsseldorf, Germany, and after experiencing heavy cramping in both legs after 27 km, I said to myself repeatedly that this would be my first and last marathon. Back then I wasn't a member of any running club and I had done all of my training runs on my own. I didn't know much about running, let alone racing, and in hindsight my training and preparation had been abysmal.

Fast forward to May 2018. I had just moved to Sydney. I was keen on joining a local running club - not necessarily to improve my running but rather as a way to make new friends. Before coming to Sydney I was told the Sydney Striders are the largest running club in the city and a friendly bunch at that. To increase my chances of making new friends I joined the club just a week after I had arrived in Sydney. My first Striders' session was the very first Tough Thursday session. I felt immediately welcomed by Jacko, Gilbert, Brenda, Amy and others. My second Striders session was the following STaR. I enjoyed the comradie throughout the entire long run and was even more positively surprised when I saw that food and beverages were waiting at the finish. It was after those two sessions in my first week as a Strider that I decided to give marathon running another chance. Four months later I ran Sydney Marathon. I ran a 70 minute PB and a BQ. I couldn't have done it without the Striders sessions, nor without all the useful tips about marathon racing from fellow Striders.

Image: Crisp morning STaRs Tourist Trot



I kept improving as a long distance runner. Six Foot Marathon 2019 was my first ultra marathon and first trail race ever. And soon I would have enough confidence to even pace a marathon. Canberra Marathon 2019 was my first pacing gig.



Image: Driving the 90min bus in the half marathon at the Blackmores Running Festival



Pacing was so much fun that I decided to pace on five other occasions that year. For most of those pacing gigs my “partner in crime” was Andrew Chau. At least in terms of road running (he’s a far better trail runner) we were on a similar level and we developed a healthy competition. More importantly though, we developed a friendship. On his “runnymoon” in Europe we ran Edinburgh Marathon together (photo). In fact, my fondest memories of 2019, apart from the pacing gigs, were the international races with fellow Striders. At Chicago Marathon I was joined by Stu Donaldson and Mike Turner (photo). And at Osaka Marathon I spent the week leading up to the race with Belinda, Amy, and Kim (photo). Those memories are even more precious this year in light of the lack of races and international traveling due to the corona pandemic.

As mentioned above, the motivation to join the Striders was first and foremost about making new friends. Although I enjoy the continued improvement in my running, it was simply a by-product. It is the friendship with so many fellow Striders that I cherished the most during my two years in Sydney. When I joined I wouldn’t have imagined that over a dozen of club members would accompany me on my last STaR and send me off with a cake and gifts (photos).

To say it in the words of Green Day “it’s something unpredictable, but in the end it’s right”, and I did have the time of my life. So thanks to all the Striders I was fortunate to meet and run with. I hope to see as many of you as possible at international races in the not-too-distant future. Go Striders!



Above: Driving the 3:30 pace bus at Canberra Marathon 2019.

Top: Edinburgh Marathon with Andrew.

Middle: Osaka Marathon with Amy, Bel, and Kim.

Bottom: Chicago Marathon with Stu and Mike.

All in the Heart (rate)

by Ercan Boduk

We love running. We run to race. We run to take in different scenery. We run for its mental health benefits, physical health benefits. We run to eat. We run with friends. We run to get quicker. Yes, we love running. Quicker.... How do we run quicker? Strength work; Kilometres under the belt; Intervals; Stretching; Get better (expensive?) shoes; Running Efficiency; Breathing techniques; Cadence; Level of fitness; Diet. All of the above play a role in running quicker. This article will focus on my experience with low heart rate running.

Initially, I took up low heart rate training to lose some weight and to help me improve my times (I picked 5kms as my main training distance as a start). Like all runners, I had looked at other ways to help me improve my goals - running technique, cadence, intervals, and long runs. But after a while, I wasn't really getting much faster, and was pulling up sore, as most of my runs were at close to maximum exertion. Then I started looking at my heart rate. I did often wonder how accurate my TomTom (back then), and now Garmin were.

When you look at heart rate monitoring and running - beats per minute (BPM) is everything. Looking at this, my average heart rate seemed a bit high, even for tempo runs, in the 160-170 range. I even went to a cardiologist and compared their readings with my sports watch, and they were very consistent. I also manually measured my heart rate, and again,



the watch was giving accurate results. I then started focusing specifically on my heart rate during training runs. My aim was to pick a specific 'beats per minute' (BPM) number and see if I could gradually run faster whilst sticking to the same heart rate (I went with 145 bpm).

Over the next 3 or 4 months, I saw a gradual and consistent improvement in my speed, I felt quite fresh physically, and best of all, the sense of feeling fitter. Previously I felt the need to push harder and harder to improve my fitness, but it was quite taxing physically. Now I felt my fitness increase, whilst taking it easy on my body. "You need to run slower to run faster".

There are various schools of thought when it comes to running faster. One of these is low heart rate running. The pioneer of this was the running coach Phil Maffetone. The good coach found from his experience that many athletes, who whilst very fit, were overtraining and more likely to injure themselves. He conducted studies and concluded that you could actually train at a lower heart rate, but still improve your

aerobic fitness, and therefore your speed.

Maffetone's base starting point was '180 minus your age'. I now pay close attention to heart rates - be it my own or anyone I follow on Strava, and whilst I see the odd anomaly or inaccurate reading, most people seem to have reliable data filtering through. I know some people use chest straps, but I've seen as much, if not more, unreliable data from these. Nothing obviously beats a manual reading, whether it's the finger on the wrist or neck - 15 seconds is all you need (plus knowing your 4 'x' tables). From a personal perspective, an injury in mid-2019 slowed me down a fair bit, but a big part of my recovery has been incorporating low heart rate running, and I have found that it has helped me regain speed, whilst staying relatively injury-free.

There's no easy (or single) solution here - there are many elements and variables that will influence whether you can get quicker, but if you want to do it without taxing your body too much, you should definitely give 'low heart rate' training a crack. Some of us may have abnormally low (or high) heart rates, so the 'target bpm' may vary from person to person, and always remember to consult a medical professional before starting or changing a training plan. There's plenty of information out there, perhaps start with the man himself.

www.philmaffetone.com



It's never about us and it's all about us

by Keith Hong

A winter reflection

I turned my wrist and felt my way to the top left button of my wristwatch. At a twitch of my right thumb, the Garmin illuminated into life. 1:33 am it says. June 10. "Is it a Thursday?" I asked myself? "Or is it Wednesday?" I don't remember. It has been such a blur.

Did the winter chill wake me up? Rightfully so, as I fell asleep in my cosy two-seater IKEA lounge with no blanket over me.

While the CoVID lockdown in Sydney has eased, there is still an eeriness in the air. The BLM protest was officially declared illegal by the Sydney Court. There are still daily deaths recorded. Just before I fell asleep, I read singers Jessica Mauboy, Jimmy Barnes and Tina Arena, among many artists, signed an open letter, calling for an immediate federal government rescue package for the struggling music and events sector.

As I sat up in the darkness, drowsy, I moved to hug my legs to keep warm. For the fourth time in the past six hours, I am balling my eyes out again.

Yesterday afternoon I was given four weeks' notice. I would no longer have my job as Senior Events Producer. They couldn't keep me, as realistically, there will not be any events in the foreseeable future. In an instant, my mind jumped to the ongoing lawsuit. Seven months, \$11,000 spend later, the other party is still being an %#\$\$\$. Can't he sign the deed?

Why

I felt weak. From not being able to run, for losing almost four kilograms in my already-small Asian frame. Not quite sure if 57.5 kg is a healthy weight, but I sure look scrawny. Plantar Fasciitis has deprived me of the simplest joy of feeling free. I miss the pounding of the pavement, matching pace to a fastening heartbeat. Being out with gloves and my Smartwool beanie over my head. Running in this cold winter air would have shocked my thorax like a defibrillator - The kind of good hurting, you know?! The running mates, long-run buddies, all whom I have deliberately ignored for the past many months; I actually miss them all.

My mind wandered back to the darkness. It's 2:15 am.

Then I thought of Steve Garamy. The man who is part of the fabric of recreational running in Sydney. Known to all of us as Mr 'Selfie', Steve presents himself as the happiest man around. His eyes would light up the darkest room. His sincere curiosity when he asks 'How are you doin' followed by a selfie (always!) We weren't close friends, but Steve has supported me in every

Research has shown nearly half (45%) of Australians will experience a mental illness at some stage of their life

event I have hosted, race directed, assisted. Canberra, Blue Mountains, and all of Sydney. Steve is there.

I was saddened not just by his passing. But the loneliness he felt in his darkest moments.

According to Beyond Blue, it is perfectly normal that we feel sad, moody or low from time to time. Things some people experience these feelings intensely, for extended periods (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood - it's a severe condition that affects our physical and mental health.

Unlike a running injury or the seasonal flu, there is a stigma towards people with mental illness. Partly it is the lack of understanding. For others, it is the fear of 'saying the wrong things and tipping the boat.'

This stigma prevents the person from reaching out and to feeling even more isolated, which can lead to loss of hope and relapse, or worsening, of their condition. It is a vicious cycle, and when other life events happen, sometimes the smallest matters can really rock the boat.

Research has shown nearly half (45%) of Australians will experience a mental illness at some stage of their life. However, the running community has somewhat set us up with a higher chance of battling that.

At the heart of the community, we strive to support fellow Striders (runners) in their quest to achieve that elusive sub-50 minutes. We cheer on as our friends stride past us with only ten kilometres to go in the marathon. Ringing the



cowbells joyously with the Jenolan Caves as our background. The stadium crowd celebrates the top runners as well as the illustrious many who sneak just in-front of the Jane Trumper/ Steve Jackson sweeping duties.



Running community - let's extend that. Increase our vocabulary and knowledge, be open and dare to be there to listen, and be non-judgemental. If you aren't sure what to say, do a Ronan Keating "You said it best when you say nothing at all". If you do speak, rely on open communication.

Remember it's important to:

- be compassionate
- use body language that shows you are there for them
- be relaxed and open

Listen and make them feel they are not alone and that their issue is important. Encourage them to seek help, such as:

- a professional (e.g. psychologist, counsellor, psychiatrist)
- family, friends, be their running buddy
- self-help strategies. (think meditation, calm app)

I was woken up not by the morning sun or the morning chill: Helen had put the wool blanket over me sometime between 3am and 6am.

What woke me up was a text from Simon Wolnizer via Facebook messenger "Hey mate. You ok? Let's go for a run at LCNP. Even if it's just a shuffle. The sunshine will do you lotsa good."

There were 37 other messages from friends checking in on me: Gilbert, Jane T, Jacko, Amy L, Jo N, Luca T.....

I looked out of the window refreshed and renewed, despite not getting a solid night's sleep. The sunshine has just kicked-started my serotonin production, boosting my mood and helping me feel calm and focused. There is a lot of love and support all around me.

"Sometimes, we need darkness to remind us of the beauty of the Sunshine."
- Keith "Buzz" Hong



Above: Getting by with a little help from my friend, Simon

Resources:

Beyond Blue -

<https://www.beyondblue.org.au/>

The Banksia Project -

<https://thebanksiaproject.org.au/>

Volunteers Report

by Anna White

The 2020 racing year got off to a successful start with the sun run, the first two events of our 10km series and the Brett Nichols Equaliser in Belrose.

For the Sun Run, Striders provided pacers coordinated by Simon Wolnizer for the 7km and 10km events assisting runners from Dee Why to Manly on a hot and humid morning. The club successfully held two of our usual 10km races directed by Bruce Inglis on the Lane Cove and Homebush courses open to both members and non-members. A team of twenty six volunteers assisted at each.

Peter Woods organised the first internal event of the series, the Brett Nichols Equaliser. The event was a success and Peter's well positioned volunteers meant, to the best of my knowledge, there were no runners lost and no skin lost out on course.

From here CoVid sadly got in the way of Striders training and social plans and the racing calendar. After a short but necessary break Striders managed to recommence training, StaRs and our 10km events. This took much care and consideration to ensure NSW Health standards were met whilst ensuring the wellbeing of our members remained a priority.

It should be appreciated that extra time and effort from the club committee, sub-committees and coaches, who are themselves all volunteers, had to juggle career, family and training commitments during a difficult time.

The club tent, banner and pacing equipment are being well looked after in our Artarmon storage unit with Bruce Inglis and Chris Jackson putting in a day's work sorting through the storage unit, installing shelving and stumbling across a few items of Striders memorabilia in the process. Hopefully we can blow the dust and cobwebs off the club tent in 2021 and get back to racing.

As in previous years, Striders will be acknowledging the contribution of volunteers in 2020 by providing a discount on 2021 club membership. Noting the unusual circumstances of 2020, the club committee has allowed volunteer contributions from 2019 to carry over to 2021.

I hope all members have a Merry Christmas and an enjoyable New Year. Surely, we have all earned a healthier and happier year in 2021. See you on the start line!



10K Series 2020

by Bruce Inglis, Race Director

The 2020 10K series started well. After the the oppressive heat, the fires and constant smoke haze of last summer, 187 Striders and visitors relished the clean air and cool morning of the first race at Lane Cove.

David Criniti continued to clock up wins, continuing on from his North Head win at the end of 2019, he picked up line honours at the first two races at Lane Cove and Homebush.

Homebush continues to be the most popular course in the 10K series with 218 starters in March.

Then COVID-19 hit and all racing was suspended for four months. The team went to work on a modified racing protocol to allow racing to resume in August.

With the COVID safety plan in place, the 10k series returned to North Head for club members only. A seeded rolling start was adopted to avoid crowding at the start line.

Members very quickly adapted to the new rules and all starters crossed the starting line in two minutes while maintaining social distancing.

There was a new start to the course, further into North Head National Park ,which meant for a spectacular early morning view of Sydney Harbour.

Josh Phillips and Rebecca Brown were the winners of the first post COVID race and both went on to win a 10K race again and join David Criniti as the three members who scored duel wins this year.

The fastest times for the year were recorded by Josh Phillips and Lauren Reid at North Head in October. Josh recorded 31.48 and Lauren 34.07. In total there were 972 starters for the six races of the year.

The 2021 season will begin on February 6th at Lane Cove and hopefully we will be able relax the COVID safety requirements and bring back refreshments, water stations and open the race to visitors again.

2021 Series

Proposed Venues

- Feb 06 Lane Cove
- Mar 06 Homebush
- Apr 03 North Head
- May 01 Homebush
- Jun 05 Lane Cove
- Jul 03 Parramatta
- Aug 07 North Head
- Sep 04 Homebush
- Oct 02 Lane Cove
- Nov 06 North Head



The 2020 age group winners for our 10K series results below are based on the six races conducted. Well done to the age group winners for the 2020 10K Series. Thanks to Paul Hannell for compiling all the race data for the year and calculating the results.

F18-34

1. Caitlin Fowlds 296 Pts
2. Amanda Shannon 282
3. Anna White 200

F35-39

1. Leigh Mac Ritchie 578
2. Rebecca Brown 296
3. Lisa Wynan 196

F40-44

1. Catherine Oldenburg 478
2. Elizabeth Huband 370
3. Michelle Duguid 356

F45-49

1. Belinda Louey 563
2. Katherine McSweeney 363
3. Lisa Ivers 362

F50-54

1. Linda Molloy 487
2. Linda Bushell 474
3. Ruth Dentice 444



F55-59

1. Lynn Herisson 549
2. Sue O'Donnell 485
3. Sharon Callister 385

F60-64

1. Caroline Yarnell 489
2. Ingrid Grace 488
3. Ginta Viliunas 462

F70-74

1. Linda Hayes 600
2. Anne Boyd 477
3. Tina Campbell 96

M18-34

1. Andrew Chau 477
2. Michael Turner 453
3. Henry Graham 435

M35-39

1. Joshua Lear 559
2. CJ van Rensburg 400
3. Jonathon Little 376

M40-44

1. John Tucker 559
2. Chris Wong 533
3. Stuart Donaldson 483

M45-49

1. Ben Streckeisen 588
2. Mathew Nicol 449
3. Derek Wang 428

M50-54

1. Shaun Atkinson 577
2. Eddie Guo 547
3. Tim Austin 544

M55-59

1. Nanda Kumar 539
2. Carl Jefferys 488
3. Anthony Wong 381

M60-64

1. David McEwan 500
2. Mike Hansen 468
3. Bruce Horsburgh 448



M65-69

1. Rod Lovel 552
2. Eric Schmierer 534
3. Ron Schwebel 492

M70-74

1. Luigi Criniti 569
2. Ben Dall'Amico 400
3. Brian O'Dea 196

M75-79

1. Ted Brailey 596
2. John Simmonds 100
3. Terry McIver 96

M80-84

1. Heiko Schaefer 500
2. Allan Wareham 292
3. Paul Munro 186

M85-89

1. Frank Dearn 500



Training around the Tracks

Fun, camaraderie and a hard workout

by **Gilbert Gaddi and Belinda Louey**

Aside from the usual Junior group, Sunday long runs (StaRs), Marathon Training Group (MTG) and the 6-Foot Training Group, the club is fortunate enough to have a diverse and experienced group of trainers and runners on hand to impart their knowledge and put us through our paces each week to improve our running - otherwise known as interval training.

If you have not had a chance to see what we get up to at these sessions then, hopefully, the images below will inspire you to come along and experience the work (and fun!) that members get up to.

Tough Thursday - every Thursday 7pm

Dale's Demons - every Saturday morning 6am (Summer)

Centennial Park Runners - every Wednesday and Friday morning 6am

Updates and details on the Striders Members [website](#)



Coach Shaun loses a bet



David Criniti going beyond the rules



Keith preaching to the converted





The formidable Dale



Eloise Wellings - a recent guest trainer at Tough Thursday



Running from A to Z (Virtually and otherwise)

by Alan Wareham

At the beginning of 2020, my running goals were focused on the Sydney Striders 10K Series, regular attendance at Parkrun, plus my 45th City to Surf and an occasional "Fun Run" thrown in for good measure. My subsidiary running goals included: (1) completion of the Parkrun Alphabet series and (2) the so-called "Raefarer Club" (to run every Parkrun location in and around Sydney). Plus, I was looking forward to some interstate travel to visit friends and family in South Australia, Queensland, the ACT and Victoria.

The running calendar kicked off as planned with the Strider 10K in February and March. I had also completed 22 different Parkrun locations in Sydney with only 8 to go, earning the title of "Parkrun Tourist". Attending five different Parkrun locations (Greenway, Panania, Rouse Hill, Werrington Lakes and Lawson) my last official parkrun in March was the Anniversary event at the Parramatta Parkrun, my home location, with a plan to run Nepean River, Picton and Cronulla to complete the Raefarer Series. On March 18, COVID19 intervened. Parkrun was suspended from Saturday March 21 and running in large groups generally was banned.

With strict lockdown regulations in place, I started experimenting with different locations for my weekly Saturday "park-run". I also kept my running calendar crowded with various "virtual" events up to the end of May, clocking up eleven different "new park-run" locations combined with Striders and Run NSW activities. This was supplemented with so-called "training sessions" with my running buddies, Peter and John, each Monday, Wednesday and Friday. (Note: when referring to my personal park-runs I am using lower case "p" to differentiate them from official Parkruns.)

Once lockdown rules were relaxed, I decided to modify my goal of completing the Parkrun Alphabet Series and came up with the idea of doing my private park-run alphabet series using the name of respective Sydney suburbs in lieu of the Parkrun names. My rules would be simple: (1) Start and finish at a Park each Saturday morning, and, (2) Run 5K over an 'out and back' course in each nominated suburb in strict alphabetic order from "A" to "Z".

A friend suggested that I rank each course to give others the benefit of my experience. Accordingly, I have rated each course on a scale of 1 to 5 based around four characteristics (where 1 is unfavourable and 5 favourable). The ratings are for Surface, Gradient, Obstacles (or lack of) and Ambience.



Allan's support team: Peter Quinn and John Wakeling. These photos taken at our usual training venue: Normanhurst Oval. On rainy days we went to Rofe Park, Hornsby Heights.



Following, is a summary of my private park-run alphabet series and other running highlights:

Date Location

Jun-06	Storey Park	Asquith
Jun-13	Berowra Park	Berowra
Jun-20	Greenway Park	Cherrybrook
Jun-27	Brett Park	Drummoyne
Jul-04	Kendall Park	Ermington
Jul-11	Melwood Memorial Park	Forestville
Jul-18	Les Shore Reserve	Glenorie
Jul-25	Rofe Park	Hornsby Heights
Aug-01	Garigal National Park	Ingleside
Aug-08	Tench Reserve	Jamisontown
Aug-15	Killara Park	Killara
Aug-22	Lindfield Soldiers Park	Lindfield
Aug-29	Foxglove Park	Mount Colah
Sep-05	Normanhurst Park	Normanhurst
Sep-12	P.H. Jeffery Reserve	Oatlands
Sep-19	Parramatta Park	Parramatta
Sep-26	Lagoon Park	Queenscliff
Oct-03	Rydalmere Park	Rydalmere
Oct-10	Wilson Park	Silverwater
Oct-17	Headen Park	Thornleigh
Oct-24	Wentworth Park	Ultimo
Oct-31	Christison Park	Vaucluse
Nov-07	Wahroonga Park	Wahroonga

City to Surf: 9 August 2020

In accordance with tradition and with my good friend, Peter Quinn, I ran the City to Surf. We started at the corner of College and William Streets at the appointed hour. Usually drawing 65,000+ runners, we only saw a few early risers this year. The traffic prevented use of the Kings Cross Tunnel, so we ran over the top. More stops than usual at intersections: the drivers were not in the least impressed as we continued on our merry way while maintaining the obligatory social distance.

Heartbreak Hill took a bit longer this year. There was no thought of cutting corners and we stayed on the sidewalk. Nevertheless, the weather was remarkably in our favour and by the time we reached Dover Heights we were looking forward to the relaxed downhill stretch to the beach front.

As we often say: we only have two objectives. The first objective: get to the start line. The second objective: get to the finish line. We accomplished both, moreover, I completed my 45th City to Surf.

Virtual City to Surf: 17 October 2020

On Sunday, August 9, 2020, I ran the official City to Surf course unofficially with my good friend, Peter Quinn. So as to claim an official finish I entered the Virtual City to Surf and ran again on Saturday, October 17.

In accordance with the rules, we chose a course not far from home with a few hills to mirror the official course. It was an out-an-back course around the streets of Thornleigh and Westleigh. Very few other runners, though we did encounter a group of young lady runners mid-course who cheered us on when they saw my City to Surf bib which proclaimed "My 45th C2S!".

Fortunately, the weather was favourable and finished the 14K distance in almost exactly the same time as our effort back in August. Rating: S=3;G=1;O=3;A=2.5. Total: 9.5/20. Elevation Gain: 164m.

The home stretch (October/ November) At about this time the number of "community acquired" COVID cases in NSW had dropped to a trickle. When I received an email proclaiming the final Strider 10K for 2020, I decided to run this event followed immediately afterwards by my planned "W" park-run near home.

Striders 10K at Lane Cove is a familiar course under near ideal conditions. Pleasantly surprised to find that the competition from other Striders pushed me to a 2020 5K PB on the return journey. The last 5K time was 32:04.

Note. There is no Sydney suburb beginning with the letter "X"

Image: The Virtual City to Surf was run around the backblocks of Thornleigh and Westleigh.



nor is there a Parkrun "X". I did consider doing a park-run at Exeter in the Southern Highlands; however, this was ruled out because Exeter is in the Wingecarribee Shire and they have been declared COVID19 'hotspot'.

November 14: Kalang Lane Reserve, Yowie Bay. This run evoked poignant memories coming as it did so close to Remembrance Day. I dedicated this run to my father who served on the Kalang, better known as the "Sydney Queen", which was converted into a floating workshop and sailed to New Guinea and Bougainville during World War II. Thanks Dad. Hilly course. Lacks footpaths but roads were smooth. A few walkers and a quiet setting.

And then the Letter "Z"

At this point there was only one more letter to complete the "park-run alphabet". As fate would have it, this was not to be. I had planned another run from Joynton Park, Zetland. All was set and I completed a solid mid-week workout on Wednesday, November 18. That afternoon, without warning, my knee gave way when I stood up. By Thursday the knee had ballooned to twice its normal size. A visit to the osteopath gave some relief but the bad news was no running for at least three weeks. Rest, ice, compression and elevation (R.I.C.E.) was recommended. By Monday, with no improvement, I went to see my sports physio and he confirmed a strained MCL (medial collateral ligament) and told me it would be best not to run for six weeks.

Many have called 2020 unprecedented. Now, I'm looking forward to my recovery and a new and improved 2021.

My advice to my fellow runners: keep your feet on the ground and stay humble!

My Typical Training Week during COVID19 Pandemic

Monday, Wednesday, Friday: Training sessions at Normanhurst Oval with John and/or Peter.

Tuesday and Thursday: Cross training (mostly gardening or a bushwalk).

Saturday: "Effort run" unless planned event on the following day.

Sunday: Relaxing bushwalk at one of the nearby National Parks (Ku-ring-gai Chase, Garigal, Lane Cove River or the Benowie Trail).

**My mantra: Every day is:
"another beautiful day!"**

Takeaway Tips for Running Longevity

1. Team support. My running career has been totally dependent on the support of friends and family.
2. Stay positive. It would be easy to backslide particularly when you have those inevitable setbacks. Having a goal and staying mentally focused on its achievement kept me going. Telling others in advance about what you are

attempting keeps you honest.

3. All-weather training program. Consistency is the key even if it is cold and raining. You don't need to stick to a rigid program so long as you keep going. Team support is the best motivator.
4. Listen to your body. Knowing when to back off is all important. Treat all your injuries and niggles. Manage your injuries and seek professional help when necessary. Remember: you don't need to set a new PB every week.
5. Regenerate. Simply involves a sound sleep and making time to meditate. My preferred meditation is an early morning bushwalk. I call it "exercise for the hippocampus".
6. Celebrate. Running should not be a chore. Give yourself a pat on the back occasionally and reward yourself whenever you feel you have accomplished an intermediate goal.

Updated:

December 12: 6:55am - Joynton Park, Zetland (43:13).

After a 23 day hiatus, this run was approached with some trepidation. Having surveyed the venue I took the easy option and ran 9.5 laps of the Park. Weather was kind, the surface flat, only a few dog walkers and one other runner. Started slow and proceeded progressively slower.



Above: Go Strider! The last Strider 10K for 2020 at Lane Cove National Park on November 7.

Sunday Training Run (STaR) Update

By Amy Cheung

Hello Striders!

The declaration of COVID-19 as a pandemic on 11 March 2020, has changed the way we run our Sunday Training Run (STaR). We have moved from a fully-hosted run, down to no-run, and now a self-catered DIY-run.

And it looks like it will stay as DIY for a while.

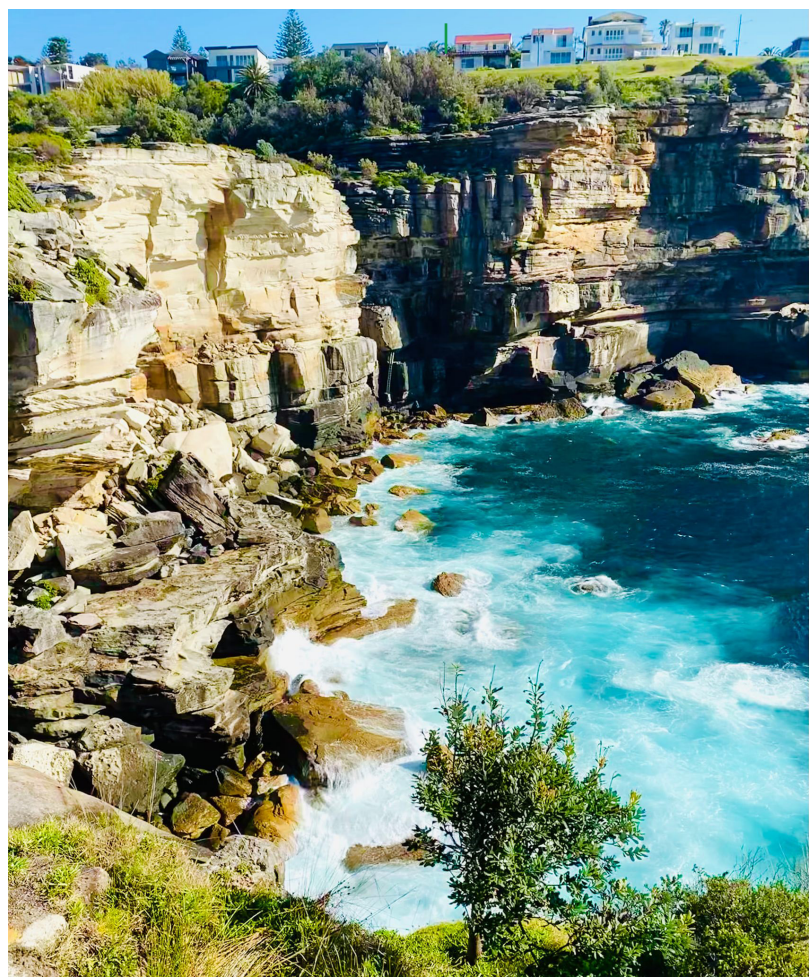
But Striders, please don't despair. Remember what brought us together in the first place? It is our love of running, our love of the outdoors, and our love for each other.

Yes, we can live without watermelons...(just!).

And think positive - by not hosting STaRs, we are also working towards our Striders Are Going Greener initiative. (c.f [Blister No. 135](#) - page 18)

Check [Facebook](#) and the [website calendar](#) for upcoming training venues.

So see you next Sunday 6am?! #gostriders



3 reasons why now is the perfect time to get your nutrition right!

By Chloe Mcleod

Advanced Sports Dietician

The running calendar has taken a big hit this year, with most races postponed or cancelled. No doubt you're all still out there hitting the pavement and gearing up for a big comeback the minute races are rescheduled! While you're out hitting your PB's and clocking kilometres, have you hit any nutrition PB's yet? Not sure what we're talking about? Here we weigh in and let you know why nutrition should be a priority right now!

It is estimated that 30-90% of endurance athletes may experience digestive issues during endurance activity

Gut training

Upper and lower gastrointestinal (GI) complaints are common in endurance sports, particularly running. It is estimated that 30-90% of endurance athletes may experience digestive issues during endurance activity. This experience is more commonly known as runners gut, and luckily it is something that can be prevented with the right nutrition plan in place!

Some possible explanations for why runners gut occurs in the first place include the decrease of blood flow to the gut during running which then reduces its capacity to function (or in other words, to digest the food you've eaten), causing stomach upset. Anxiety or nerves on race day impact your hormones which then affects movement in the gut, resulting in looser stools. Running in the heat increases core body temperature which may also increase the risk of GI issues during or after your run. Other causes might be mechanical (due to impact or posture), or nutritional causes such as dehydration, high fibre, fat or protein meals before a run, or highly concentrated carbohydrate solutions during a run. As you can see, there's multiple reasons why runners gut may occur. We like to focus on what you can control, and that's nutrition! Now is the perfect time to practice what we call 'gut training'.

Training the gut is a strategy which works to adapt your gut to the foods and amounts of those foods that you consume during a race, so that you are less likely to experience GI issues on race day. This means practicing your race day nutrition plan in training first! Practicing just once isn't enough, you will likely need to practice your nutrition plan multiple times first so that you can find what works for

you, ensuring that you are comfortable with the taste and digestion of your foods or supplements of choice. Once you have a plan, try to stick to it! Research has shown that athletes who consume fluid and food that they are not familiar with during exercise had a greater risk of developing GI symptoms when compared to those who consumed foods and fluids they were already familiar with.

Race day routine

Similar to training your gut, finding your race day routine and nutrition plan is essential, whether it's your first race day or you're a seasoned runner! After months of training for your race day, the last thing you would want is for poorly planned nutrition to throw you off your performance. If you are used to running in the evenings, and your next race is in the morning, you might not be familiar with running at that time of day, your food plan might be impacted and your energy levels might not be adequate for the race. It's important to practice your race day plan in training leading up to a race, so you can find what works for you and take the uncertainty out of race day.

This could mean scheduling a few weekend training sessions early in the morning, practicing your carb load the day before and your pre-race breakfast on the day, then refining this plan based on your performance in training. When race day does eventually come around, you'll be ready to go and can leave little room for error. The earlier you start to practice this before your race day, the better!

Nutrition is an often underestimated tool in your tool kit when it comes to recovery

Assist recovery and injury prevention

Nutrition is an often under-estimated tool in your tool kit when it comes to recovery. We see runners adhering to stretching, cooling down or other recovery strategies, but have you thought about how nutrition can help you out in this area too? It's particularly important right now if you're clocking a lot of miles in your running program with no races coming up, as nutrition for recovery can also help to manage and prevent injuries.

The key when it comes to recovery nutrition is focusing on plenty of wholefoods in the diet. This means plenty of fruit, vegetables, legumes, wholegrains, nuts and seeds to boost

your micronutrient intake, as well as ensuring you're eating quality protein at each of your meals and snacks to help the body to repair and recover after running.

How can I stay motivated and keep my nutrition on track?

Focus on small steps at a time. We might not have events scheduled yet, so every little bit counts when we're thinking about nutrition improvements over the coming months. We recommend writing down one habit or focus area you would like to focus on each week, and write down the strategies you'll need to implement to help achieve your goal. Once you've nailed that, pick a new goal or focus area for the next week, and continue to build on your habits in this way. When races are back again, you'll have mastered your nutrition plan with these small actions you've focused on week to week.

Chloe McLeod is an Advanced Sports Dietitian, and Co-Founder of Health & Performance Collective, a nutrition consultancy that helps people live and perform at their best.

Find out more about Chloe and her team at

www.healthandperformancecollective.com

Instagram, @health_performance_collective



H&P
COLLECTIVE

Marathon Training Group (MTG)

By Lesley Mason, MTG Coordinator

Why run a marathon?

This is a very personal question for marathoners. Everyone's reasons are different. However running a marathon is an epic milestone that many runners seek to step out of their comfort zone. Most years this can be enough of an incentive to get through the challenge of training, however 2020 asked a little more of us than usual. It asked us to embrace the training without the usual rewards of running our marathon surrounded by others in an event.

For the Marathon Training Group this year, it started off as a tough lesson. Mainly because the Canberra 2020 group, (mostly first time marathoners), trained through the intense smoke and heat of last summer, getting to 35km in training and then BAM! We were locked down.



The disappointment of our goal event being taken away was one part - and after the year that's been almost forgotten - but losing the ability to see out our training cycle as a group due to restrictions on gatherings was a devastating blow. For many of us training felt like it halted abruptly. Whilst some took the opportunity to attend to any niggles, most were all still running regularly on their own. But something felt like it was missing.

Fortunately we were able to resume group training in enough time the Sydney Marathon and we had a wonderful group of first time and lapsed marathoners join this self-confessed marathon addict for the

training block. Boy did it feel good! This time round we had almost no expectation of the event going ahead despite all the hope in our hearts. In some ways it relieved some of the pressure I.E "I'm not sure if it's going ahead but I may as well give the training a crack". In retrospect, it's a pretty good approach because our minds can sometimes talk us out of trying big things like the marathon, so tricking it in return is always a win.

When the Sydney Marathon was postponed, we stayed on course. The group used our comradery to refocus on our marathon "why" some listened to the whispers (or screams) of their bodies and focused on recovery and rebuild, others decided to run the distance on their own terms, and others used virtual events. It brought many of the other reasons why we run marathons to the front of the queue.

Step out of your comfort zone - the distance forces you to test your limits

Make new friends - friendships build during marathon training are one of a kind.

Raise money and awareness for a charity - having a purpose greater than you makes it easier to get out and train even when you don't feel like it.

Exploring new places - longer training runs often mean discovering places you've never visited on your feet.

Congratulations to the 2020 MTG "graduates"!

Michelle Duguid, Susan MacCallum, Lisa Studencki who ran their marathon distance run on the 20th of September along with Cathy Rowney who ran her



fourth marathon that day.

Glenn Moore who ran his first marathon distance on the 3rd of October.

Warren Hillier was part of the Canberra 2020 crew, backed up with Sydney Marathon training and ran his first marathon distance on the 7th of November.

To those who listened to their bodies and chose other paths this year, kudos to you! It's often the more difficult choice to make albeit the smarter one.

A special shout out to Cathy Rowney who went on to run 80km in October and raise over \$4000 for Ovarian Cancer research AND also to Ben Feld who supported the group on so many long training runs and running a marathon himself in total supporting other runners to complete their marathons.

If 2020 taught us anything as runners, it's to enjoy the process of training and to have a clear purpose behind chasing those marathon goals. With opportunities to race and our goals disrupted, we looked to new measuring sticks by which to measure our running. I know for me as a run leader, these will continue to play a huge role in both my running and coaching.

As a final note... all of the running mantras invented came to good use during the uncertainty of the "will it go ahead or won't it" period. After all, even though we had our doubts we still had our hopes!

My personal favourite is "the training is never a waste".

And it wasn't!!



Juniors Corner

By Tony Wong and Caroline Yarnell RUN C&T

Members - 48

Roundup

Covid-19 cut short the Athletics and Cross-Country Season but most of our juniors managed to stay fit and healthy throughout. A few used the Club 10ks as a means to test their fitness.

Results:

At the NSW Short Course Cross Country Championship at Dapto, Ingrid Kingsmill took bronze in the under 15 girls' event.

Nicola Hogg and Mercy Nathanael were accepted into the 2020 NSW Target Talent Program. Nicola Hogg at the NSW 2020 300m Championship, broke her own junior club record with a time of 9:44.04.

12-year-old Adelaide Williams was a proud winner of the delayed Easter Bunny Mile.



Ewan Shingler on his way to winning the 2020 Equaliser



Squad training

selection this year but unfortunately it was cancelled. Also just trying to beat my friends and improve my personal bests is usually in the back of my mind when the pain starts during tough sessions.

While I was studying, just getting outside and going for a run allowed me to reset and relax.

Who is your role model/running hero and why?

I would be lying if I didn't say my mum. She reached the World Cross Country Champs three times and the World mountain running champs once. Other than that, from the orienteering perspective I would say Tove Alexanderson who is a 10 times world orienteering champion and 2018 Sky Running world champion. From the running side Eliud Kipchoge and Joshua Cheptegei would be the main two with how dominant they have been recently.

Tell me about the role your family plays in your running.

My family is a keen running family, we all are keen orienteers competing around NSW, Australia and occasionally the World. With my mum as my coach, I am often running sessions with her giving encouragement to me and my sister. Dad is usually the driver and occasionally joins in on sessions.

What is your standard training week?

A normal training week would consist of 5 or 6 days of running. On a Monday I usually have an easy run which is usually on trails. A Tuesday consists of either a speed session, tempo session, or a hills session. Wednesday is a rest day or, if I can get to it, the Sydney Summer Series (orienteering event.) Thursday is my least favourite day because it's interval day. Friday is an easy run day or recently a riding day. The weekend I usually orienteer on both days depending on the competition schedule. Otherwise, A Saturday can be a session or an easy day depending on what I feel like and Sunday will be a long run.

Profile: Ewan Singler - the first Junior Winner of the Equaliser Cross Country

How old are you and which school do you go to?

I am 18 years old and I attended Knox Grammar School where I graduated in the class of 2019.

How long have you been running?

I have been running for as long as I can remember. My earliest memories are running around orienteering courses with my dad following behind, so I didn't get lost. I really only started properly training in the past few years.

What motivates you? What gets you out of the door to go for a run every day?

My main motivation would be to get to the Junior World Orienteering Championships (JWOC) next year. I was up for

What are your aspirations/goals in the next few years?

In the next few years, I want to further my orienteering career, going to some JWOCs and WOCs (World Orienteering Championships). I would also like to do some more trails runs and maybe delve into some trail running. I would just like to keep up my steady progress, continue to work on my personal bests and have fun.



Above: Ingrid Kingsmill #432 on her way to a bronze medal in the NSW Short Course Cross Country Championship

Below: Nicola Hogg (left) and Mercy Nathanael



Sadie Charles - North Head 10K

Amy Thake - North Head 10k



Jaime White - Lane Cove 10K



William Collinson - Lane Cove 10K



Below: Adelaide Williams, winner of the 2020 Easter Bunny Mile Handicap



Sydney Striders 10k photos
courtesy of Surf to Summit Media

Vale Steve Garamy

Vale Billy McLean

By Belinda Louey

In the year that we have faced - we have been shaken into new ways of finding connection. For whilst some have adapted and got on with the new norm, there are those who thrived on their community and all too delicately felt adrift and yet, unwanting to expose the fragility of their lives.

Steve and Billy were amongst these kind and generous people who were more than just runners. Looking beyond what we saw we know they had heart and passion and gave back in more ways - through environmental efforts, volunteering and charitable efforts. Not to mention the kind banter, "runfies" and enthusiastic way they would form connections - holding pace with you if you were struggling in a race, taking pictures of club members during races, willing to join in and include newcomers to STaRs or social gatherings. All this often came naturally with big smiles and openness.

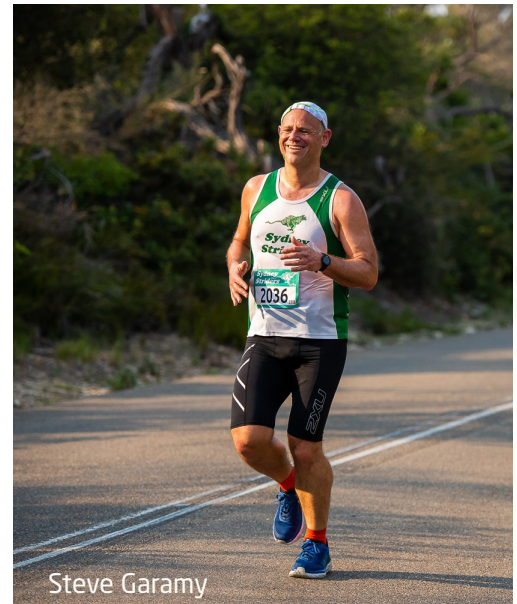
Many of us would know of Steve and Billy - we can honour them by keeping account of our openness and community. Find a runbuddy to connect with, smile during a Striders "runfie" and volunteer in your area and for good causes.

We can never fully know or understand the depths of what has happened but if we can take anything from this - we hope that we encourage anyone for whom this message resonates to know there is help out there.

Other resources:

Banksia Project - info@thebanksiaproject.org.au

Beyond Blue is open 24/7 at 1300 22 4636



Steve Garamy



Billy McLean



Billy McLean - 3rd from the left at Parkrun



Steve Garamy - 2nd from the left at The Equaliser

Last Word

By Gilbert Gaddi



WOAH! In contrast to a super busy social media for me from 2019 (I know because I just had a look at my article from last year) - 2020 seems to be mostly meh with the cancellation of the Six Foot Track Marathon and then COVID-19 struck and let's just cancel out the rest of the year shall we?

But training is life and with everything going online, we had virtual races instead. which kept yours truly sane (contrary to popular opinion!).

We did manage to get a whole heap of training in with a lot more social distancing and constant COVID-19 contact tracing procedures. All to keep us all safe and sane and healthy. Hey, we even had 10k races and DIY STaRs (although I personally miss all the watermelons.).

Anyway, here's to going back to a post COVID-19 world. Hopefully we can get back to all the races sooner than later in 2021.

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...

Website [Sydney Striders](https://www.sydneystriders.com.au)

Our [Facebook Page](https://www.facebook.com/sydneystriders)

Join the [Members only group](#)

Or the [Marathon Training Group](#)

And the [Race Pacers Group](#)

We are on Instagram: [@sydney_striders](https://www.instagram.com/sydney_striders)

Twitter: [@sydneystriders](https://twitter.com/sydneystriders)

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

UPCOMING DATES

6 February - 10KM Race - Lane Cove

14 February - The Equaliser - Belrose and Annual General Meeting

6 March - 10KM Race - Homebush

27 March - 40th Anniversary Dinner

3 April - 10KM Race - North Head

1 May - 10KM Race - Homebush

TRAINING

Wednesdays 6am - Centennial Park Runners (CPR)

Tough Thursdays 7pm - Rotary Park Athletics Field

Fridays 6am - Centennial Park Runners (CPR)

Saturdays 6am - Dale's Demons - Lane Cove National Park

Sunday STaRs

Please check the Sydney Striders website for details

