

The Blister

The Magazine for the Sydney Striders Running Club | Established 1980
August 2022 | Issue 139

Races are back!



Great North Walk
Canberra Times Marathon Festival
Keeping up with Shane
My Running Journey
...and more!

You're Invited

42.2

Not your usual Party – 2 years in the planning

Saturday, October 29th October
Time 6.00pm - 10.30pm

Hunters Hill Sailing Club
Merrington Place via Clarkes Road Woolwich 2110

Cost \$45 includes all food drinks and entertainment

RSVP: 16th September via our website

This is a heavily subsidised event by Sydney Striders. Capped numbers, early booking appreciated.

SYDNEY STRIDERS
MEMBERS EVENT



SYDNEY STRIDERS COMMITTEE AND BLISTER TEAM

President Lynn Herisson

Vice President Gilbert Gaddi

Treasurer Graham McLean

Secretary Kerry Tozer

Membership Coordinator Gill Cavenagh

10k Race Director Bruce Inglis

STaR/Calendar Coordinator Amy Cheung

Clothing Glenn Lockwood

Athletics NSW Coordinator Tony Wong

Super Series Coordinator Sameer Parker

Social Events Pooja Anantha

Blister Editors Belinda Louey & Jessica Luquin

Communications/Social Media Gilbert Gaddi

Did you enjoy this issue of the Blister?

Please let us know by filling in our
readership survey.

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

ABN 54 895 890 805



PO BOX 21161, WORLD SQUARE,
SYDNEY, NSW, 2002, AUSTRALIA



WWW.SYDNEYSTRIDERS.ORG.AU



Have an idea for the next issue?
BLISTER@SYDNEYSTRIDERS.ORG.AU



GET INVOLVED!
VOLUNTEERS ARE WHAT KEEPS THE
CLUB RUNNING!

CONTENTS

Page 5	President's Message
Page 6	ANSW Sydney 10
Page 9	My Running Journey, so far...
Page 11	Canberra Times Marathon Running Festival
Page 13	Music in the Marathon
Page 15	Dealing the Distance
Page 18	From Lockdown Life to Melbourne Mania
Page 20	Keeping up with Shane
Page 24	Still Striding 20 years on
Page 26	Solitude along the Great North Walk
Page 30	Juniors Corner
Page 31	Tues- Bay Speed Sessions
Page 32	Volunteer Report
Page 33	Pacer Report
Page 34	Beyond Lockdown

Striding

PRESIDENT'S MESSAGE

Hi all and a warm welcome to edition 139 of The Blister.

I would like to thank all contributors for bringing us a high quality edition.

As I read through the stories the thing that struck me is the diversity of our members. We have articles from veteran striders and runners to our new members.

We have some amazing stories of success from first marathons, age group winners and Oxfam Trailwalker and The Great North walk achievements.

I am really proud to see the encouragement and friendships at all levels of our membership.

We have so much to celebrate in our 40-plus years as a running club and may we continue the long run! We look forward to seeing many smiling faces in the upcoming Strider celebration in October.

Happy running!

Lynn Herisson
President

ders

ANSW Sydney 10



A key feature on the Athletics NSW calendar, the Sydney 10 draws a crowd from novice, elite and runclubs all around Sydney and NSW.

Sydney Striders played an active role in the event - with members rallying around course set up, volunteering on bib distribution, marshalling, pacing and finish line duties.

Famous athletes and families were out in force with 10km, 5km & 2km events at the home of the Sydney Olympics - making this a very community event for all.

A great day that truly embodied a wonderful way to mark the return of racing events.

For running clubs, like Sydney Striders, the Athletics NSW provides further excellent competition and running opportunities with a calendar of planned events for the summer and winter seasons.

To participate, Sydney Striders subsidises the ANSW membership fee provided you are enter at least three ANSW events during the season. Please speak to Tony Wong at juniors@sydneystriders.org.au to find out more.





Enthusiasm on high at the starting line - pacers and racers alike!
And the finish line feels were pretty cool too!





Photos courtesy of NSW photographers: Natalie Wong (@beyond_theroad), David Tarbotton, Ryan T. Jones, Fred Etter, Louise Cranston



My Running Journey, so far

By Ron Schwebel

At School I was the slowest sprinter in Primary, but in High School I found I could get endurance with a little training.

As a young adult I had short periods in inspiration to run, but then went back to slothful living. I did do the second City to Surf in about 64 mins, for 15km then, with a few longish training runs.

By the way I'm all about the stats. I can't run for the fun of it, I need goals and targets. What I needed at that time was some structure, training groups and races, but I had no connections. I could have been a contender.

In 1991, I was inspired by a friend to get back to running, then another friend in 1992 introduced me to GojoG- (and later Striders) - a local Nth Beaches run group. One of the usuals casually mentioned her training group at Narrabeen track. My ears pricked up. This brought back memories of School track races, and a win in the Mile in year 10 and Cross Country victories. The coach was Mike Lawson and I still train under him.

In early 1993 I joined Striders. I was so inspired to race, searching regularly for races far and wide. Striders 10k's were a go to, as were fun runs, track, the SMH Half and C2S. All my PB's were set that year. Little did I know that at 69kg I could run so much faster at my current weight of 56.

PB's, in order of race. 1500 3:34, Half 80:06, C2S 50:03, 10000 35:28, 3000 9:52, 5000 17:10. Age 41/42

I was so inspired to race, searching regularly for races far and wide.. All my PB's were set that year.

Unfortunately, the night before C2S. I felt a slight twinge in my groin. After the race it gradually became worse over 6 months to the point that I had to stop running. I did 3 PB'S injured. I tried various Physios but no relief. If I stubbed my toe it would feel like a knife in my groin. Somehow I got back to running in 1999 and rejoined Striders and my Training group. I soon got back to reasonable running.

A big turning point happened one night after training late 2004. Strider Pete Truscott told me of possible improvements with weight loss. One sec a 400m lap per kg faster!. I did a few calcs that night. What about 3kg?, 6kg?. 5km?, 10km? It was obvious that any gain would be much more than realised by increased training, as I was training hard then. 3 months later I was 6kg lighter, 63kg. Over some months I took 2 mins off my 10k time. It became harder to lose more weight, but eventually and slowly got to 56kg now.

In between a few ops for meniscus, 2008, and a completely torn quad, 2010 I managed to get my age grading up to almost 90% in 2014. Sydney 10, 37:29, aged 62. Then 6 years ago I developed Osteo Arthritis. I thought my running days would be short, but I pushed through painful warmups for a few years and I now run mostly pain free. I think that keeping up running and low weight helps to keep the knee joint in place.

Donovan, to raise funds and awareness of Juvenile Diabetes. We were a team of 5 Striders and competed in Racing the Planet 4 Deserts series in 2012. Atacama, Gobi, Sahara and Antarctica. Each event is 250km over 6 days. An amazing experience.

For now, I'm mostly happy to be just able to run well enough to race competitively.

The secret to ultras is not really a requirement to be super fit for them (although, it helps), but to be committed at the start line to finish, no matter what, and keep moving- no rests.

From 2005, Sixfoot Track, I progressed to Ultra's. 6 Hours, 12 hours, 100 Mile Trail, 24 hours and 48 hours. I had some success setting Aust Records in various distances and times. The secret to ultras is not be super fit for them (it helps), but to be committed at the start line to finish, no matter what, and keep moving- no rests. My training was not ultra specific, but just typical 10k/Half training. 70km/week. This was boosted by doing regular ultras. Racing an ultra does interrupt one's training as there's a short taper and a long recovery. I felt after doing the Coast to Cosci 240km, I did 4, that I needed 5 weeks break from hard training. All of my 16 Aust Ultra records have now been beaten.

PB's are 50k 3:44, 6 Hrs 67.1k, 50 Miles 7:16, 100km 10:31, 12 Hours 116.9k, 100Miles 18:40, 24 Hrs 203.6k, C2K 240k 35:20 hrs, 48 Hrs 310k. All done at 56 Years plus.

Probably my best was in 2014 at 62yrs, Canberra 50k 3:52 which broke the Aust Record held by Cliff Young. Done with no specific marathon training. I had a strange feeling after. For a few hours my leg muscles felt like they were on fire.

One ultra highlight was being involved in the "Born to Run Team". This was organised by long time Strider Greg

So I go in as many races as I can as I know it won't last forever. I'm heading to Finland at the end of June to compete in the World Masters Athletics Championships. Having just turned 70, I'll be one of the youngest in my 5-year age group. I'll be happy to get in the top 10 of any of the 5 events I've entered.

Amongst Ron's many achievements so far - he kicked off 2022 in spectacular style, winning the NSW Masters record holder for the Marathon in the mens 70yr age group

Canberra Times Marathon Running Festival

Images on page 10 and 11 supplied by Joe Degabriel





Music in the Marathon

By Ann Boyd

The Australian Running Festival (as it was once called) held in Canberra in April has always held a special personal significance. It usually coincides with my Birthday (b.10th April 1946).

As a late-starting runner, at the young age of 67, my first competitive race was the humble 5k in Canberra. In 2013, for me, as an academic musician and composer, for more than half a century, sedentary desk-work took up most of my life. Gradual weight gain, for me, had become a normal part of the ageing process. Running a 5K was a hugely unexpected development, the outcome of exercise physiology in a weight management programme.

In that event was the discovery that I'd scored a podium in my age group. Wow!!

My athletic daughter Helen-Louise paced me in my first race, earning more abuse than gratitude (she wouldn't let me WALK!) until the finish. In that event was the discovery that I'd scored a podium in my age group. Wow!! The running bug kicked in immediately and the following year saw me attempting my first half marathon, also in Canberra, especially significant for spotting green and white singlets out on the course and at one stage drawing abreast of our Sydney Striders' then recruitment secretary, who had me signed up by the end of the race. The excitement of completing that first half was unforgettable encouraging an ambitious entry in the 2014 Melbourne Marathon that year. Even more unforgettable as a Sydney Strider!

I soon learned that it was not only acceptable, but wise, as an older runner to incorporate walk breaks into Marathons. I've now completed eleven (Melbourne x 4/Gold Coast x 3/Sydney x 1) including three World Majors (New York, Boston, London) with the aim of securing all six before I turn 80. This aspiration has been made the more challenging by the loss of the CoVid years.

This year's Canberra HM was made more significant in that I was running to raise money for research into Parkinson's, inspired by the courage of fellow 76-year-old Strider David Vaughan whose response to this debilitating illness has been to run, often clocking up weekly totals of close to 100K. Not long before Canberra, he had his legs knocked out from under him by an over friendly off the leash border collie, running the Glebe foreshore. In the heavy fall he suffered fractures to his left knee patella.

Despite this set back, just six weeks prior, David and partner Antoinette were out running the Canberra HM with me. What champions! The happy coincidence with my Birthday helped me raise a significant \$2K in donations to Parkinson's research. The generosity of family, friends and fellow runners was overwhelming, truly heart-warming.





And what a very special Birthday Gift to be able to run in support such an important cause.

Ageing, of course, brings its challenges. Running injuries are almost inevitable as arthritis takes up residence in various parts of one's anatomy, bones thin and become brittle, muscles gradually weaken. The ageing process can't be stopped but it can be slowed – significantly, with appropriate exercise. Running gives the best bang for one's buck. But one's approach needs to be wise and guided by those more expert than oneself.

Over-use is the most common cause of running injury and when one loves running as much as we all do, it's hard to keep our enthusiasm in check. I've learned the hard way, in races especially, to try to run within myself. Finishing and enjoying the outing are more important than the podium. There will always be better runners out there. My stiffest, and only significant competitor is myself. My goal is to keep running and run-walking as long as possible with the dream, God willing, of running a marathon at 100. Hmm ...

I've also learned the importance of regular strength training, cross training (for me that's swimming), interval sessions twice weekly, massage (every three weeks), nutrition (one of my biggest challenges is weight management), rest and recovery.

The joy of running is three-fold: FUN, FITNESS, FRIENDSHIP. The sense of community one derives as a runner is unequalled. For me this is derived from my membership of Sydney's best and most fun running club, the Sydney Striders; my training group, Run Crew under coach Gary Howard; from Parkrun, where I'm trying to give back to the community as a founding member of the Centennial Parkrun Directorate team; and from membership of an unorthodox little group of runners of

all ages and abilities, the Jack Gillooly Harriers, who have run a handicapped race on a challenging 5K cross country course in Centennial Park every Sunday for the past 50 years! Now too slow for STARs, I often manage to incorporate the latter into my Sunday Long Run.

The bonds of friendship through running are inestimable, I'm enjoying a much enriched social and personal life in retirement, thanks largely to running.

Go Striders!



Dealing the Distance

By Archana Rao

My journey to a half marathon as a 2 month old Strider

In my running journey (so far!), I have always been a 4 – 5km casual runner and long-admired all the serious and fit runners out there in the neighborhood. My fitness routine was a 5km walk around the block and I slowly started running the distance around 3 years ago but could never run continuously. Even now, I walk uphill, and I know I must work on building that endurance to run continuously on my distance runs.

My First Running Event

I didn't think I could ever try to do distance running until I saw the ads for the RunWest in early 2021. I knew 12km wasn't unachievable so got 3 other friends to register along with me to form a team. All we did for training was a 4km practice run the first day, 7km on the second and 5km again on the 3rd day leading up to the event.

It was so good to even be in that high energy environment running amongst serious runners and there were thousands of them! We were a team of four newbies feeling super excited for the run, and the bonus of running through the new Western Sydney Zoo! we even managed to take some supercool pics with lions, giraffes, and apes. Since then, I've done the virtual City2Surf and virtual Blackmores Run.

My Striders Story

Early March 2022 when I was browsing Facebook, I stumbled upon the 10k Lane Cove race by the Striders. Being close to the national park and having walked in LCNP park before, I thought I'd try it out and signed up for the 10k race to see how I would go. Gilbert responded to my questions on Facebook and was very kind and welcoming on all the race details.

My first 10k race with Striders - the 10k run

It was a sight to see so many age groups represented in my first 10km race. My run started well but it was a struggle uphill. I could barely run. Encouraged by the volunteer at the water station I was motivated to keep going - it was all downhill and easy. I finished the race in 63 mins! Taking stock, I met with George and Michelle who encouraged me to come for the next day's STaR run at 6.30am.

I didn't think I could even walk the next day with the exhaustion I had, but I really wanted to see what I could do (plus I had promised Michelle!) The STaR was at Drummoyne and the 10k went to 12k and eventually 14k as we missed a turn! To my surprise, I was completely alright the whole day even after that long run! Sydney Striders were just amazing and so welcoming. We ran through some amazing views of the Harbour Bridge and the city! My first ever weekend run with a total of 24 kms!

How did I decide on my new running goal - the Canberra half marathon?

I had attended two long runs prior – Turramurra and Wahroonga and thoroughly enjoyed them. Pooja, who I met at one of the STaRs really encouraged me to try the Canberra half, and I did not take it seriously until around three weeks prior to the run. Additional training came in the form of supporting Oxfam, completing a 3km run every day for a month at that time. Running every day in all weather conditions including the heavy rains mid-March gave me the training and confidence that I could do the half.

Canberra Half lead-up

It was the start of school holidays and my family accompanied me to Canberra. I had a deal in place that in return for their support, I would take them to the Museum and Questacon. The drive was quite enjoyable with beautiful weather welcoming us, and straight after the bib collection, I got to meet many Striders near the assembled team tent. We did a quick photo shoot, and some family clicks. On the night before the race I was reluctant to go out to the restaurants and try anything new. I loaded myself with homemade spinach dhal, rice and peanut butter.



Race day

Super excited, I assembled near the start line filled with an ocean of runners! My son, daughter and husband cheered for me there and off we ran. I settled into the run, noticing around 3 kms when we passed the Parliament House that we got some wider space and the pace changed. I was close to Amy who was pacing 120 mins. This was at 6 kms and I started slowing down a bit. The run between 10-14km was quite slow. The water breaks really helped me maintain that running / fast walking pace until about 17 kms. After 17 kms, I could barely run and was exhausted. The sight of some runners fainting and ambulance trying to help some runners with oxygen made me even tired and anxious, and that's when I saw Pooja pacing at 130mins. Pooja really pushed me to keep pace with her, even offered some gummies. I was able to see 18km, 19km..... I knew I was close, and I could see so many kind people cheering us all. I absolutely loved those cheers and claps and loved the last 500 meters with more crowd, more bells and music welcoming us to the finish line! I finally completed my first Half Marathon in 2:13:31 hours. Time for selfies with the medal at the finish line with a super broad smile – where was all the exhaustion and tiredness?

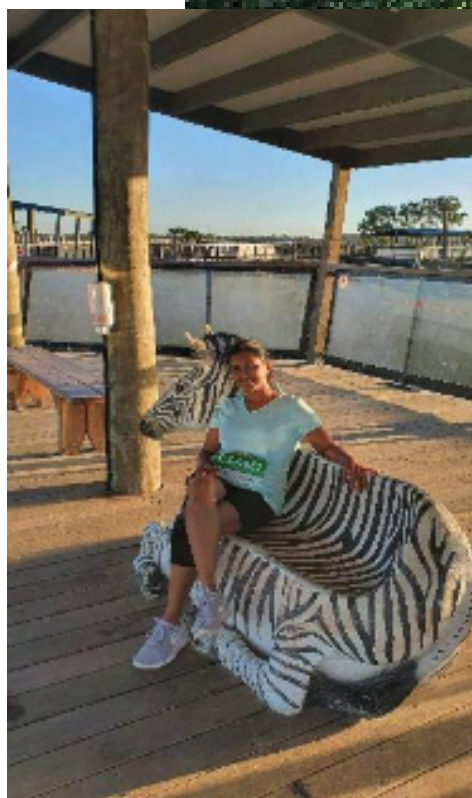
I spent the next 30 – 40 mins closer to the finish line cheering all the finishers and was amazed by the marathoners still managing a smile and an acknowledgement when we cheered for them.

Learnings from the event

As much as nutrition and warmups are important for a run, I realized the tough way that a good stretch and cool down is equally important. After the race, I tried to lift my 8-yr old daughter and twisted my left knee. Bad timing and a bad way to hurt myself especially when I had promised my kids two days of fun in Canberra! We did manage to go around all the places we planned with a limpy leg and pain killers. Surprisingly the more I walked the better I felt but just could not bend my left knee.

Other running events

- Park Runs – local being Willoughby Parkrun;
- Lindfield Fun Run- 10k run and my family joined the fun too doing 5k;
- SMH Half



From Lockdown Life to Melbourne Mania

By Emma Duncan

For the first half of 2021, life was good. The kids started school, with my youngest starting Kindergarten. Park Runs and community sport were all back on. I was back in the office, even managing business travel to New Zealand on a few occasions. Our Pacific bubble, although isolated from everyone else, was the envy of the World.

I was training to run the Gold Coast half marathon scheduled for July. We'd planned for the whole family to go up there, aligning with the school holidays and my son and daughter were set to run the 2km dash too.

Then COVID returned to our shores, the Coolangatta wall was resurrected and the Gold Coast Marathon Running Festival went virtual. Not to be defeated, some of us took to Sydney Olympic Park, but it wasn't quite the same atmosphere.

Then the 2021 lockdown really took form. Parkruns, STaRs and training sessions were all cancelled. I no longer had my regular running buddies to run with. My favourite routes such as the Meadowbank loop and Narrabeen Lake loop were off limits, as I was limited to Kur-ring-gai LGA (somewhat hilly).

I was back to working at home and the kids were being home-schooled (courtesy of the hubby). I threw myself into solo running; but struggled without the distractions of buddies to chat to and without an early motivational meet time. I loathed the hills on my road. But I got it done.

Then I woke up to one morning and struggled to walk to the bathroom. To cut a long story short I now had tendonitis in my right foot. I went to a foot injury specialist and got the hand weights out of the attic. If I couldn't run or even walk, I thought at least I could try and develop my biceps.

I did regular Zoom exercise classes with my work mates and continued the weights. My orthotics were on order and I was doing foot/leg strengthening.



After about 2 – 3 months I was ready to run again. But I took it slowly, lockdown was about to be lifted. I didn't want to go back to square one. I also hit the pool, which I hadn't done for years. To my surprise, I really enjoyed it. I returned to the gym, which worked well with the working from home, and not having the daily commute. I started running just twice a week. I found the long runs hard but I progressed quickly, finding each week easier than the previous.

I knew I was over 2 hours, but relieved and thrilled to have smashed my expectation.

Shortly, I received an email, reminding me that I had a deferred place in the Chicago Marathon 2022, from 2020, if I wanted to take it up. I was in two minds until I met with some Striders for a long run, the first in a while, it was the motivation I needed. That week, not only did I decide to enter, but I signed up for the Melbourne half also – I had six weeks to train. This was the kick needed.

I thought this would trigger a switch from the pool and the gym to running. But it didn't. I kept running two days each week, and continued with the cross training.

So I flew to Melbourne somewhat apprehensive that this could be a disaster. I thought if I could keep to a 6 min/km I'd be very happy. The weather was perfect, a cool 12 degrees and still at the start. I started strong and running 5:30min/km consistently; energised. Approaching Albert Park it felt hot with and with no shade, I felt dehydrated. After stopping for water and electrolytes, I struggled to get going again.

I willed myself not to stop again. I was on for a sub 2 hrs. Whilst my Garmin registered I completed a half-marathon,

and it was sub 2hrs, I knew that the finish was in the MCG.

Around 300m later I entered the MCG, realising I had to do a lap on honour. I knew I was over 2 hours, but relieved and thrilled to have smashed my expectation.

I returned home to Sydney with my medal, optimistic and looking forward to Parkruns returning. Then the night before, I got contacted by Health Victoria for being a casual contact. So instead of volunteering at Rhodes Parkrun, I spent the morning queuing at the COVID testing centre - and the entire weekend and following Monday waiting for the result. Thankfully negative.

I am optimistic with my booked Chicago spot now in my sights. Back to running with friends, my health restored and lockdown days behind us. Back to smiling and running!



Keeping up with Shane

Melbourne Oxfam Trailwalker 2022

By Shane Wood

In 2019 a work colleague asked if I would be interested in joining their Oxfam team (Keeping up with Phil). They were one runner down with only ten weeks to go. I was hesitant, particularly as the furthest I had ever run at the time was 21km, but I do love a challenge. It was suggested that I try a 30km run on the weekend, then decide. The 30km run went well so I joined the team and put in some solid training. A few weeks later the training plan had us doing our longest run. I managed to do a 50km run in about 4 hours. To my surprise the team's name was changed to 'Keeping up with Shane', how embarrassing! The 2019 event went well, but we all felt there was room for improvement. 2020 event was cancelled, 2 weeks out which was very disappointing as I was well prepared, and the 2021 event was postponed to 2022.

Our team for this year consisted of three of the 2019 team, myself included, as well as two new support crew. We really struggled to find a fourth runner. I couldn't find any Sydney -based runners because the event was too close to Six Foot Ultra, and Melbourne runners were impacted by CoVid lockdowns, many weren't feeling fit enough. We eventually managed to find someone to help us out. Technically, we only needed three runners to officially finish but the requirement is you must have four members to start with. Our fourth runner was prepared to give it a crack but happy to withdraw after the start if necessary. The goal was to finish with at least 3 runners in under 14 hours.

Below is our team's calculator ('wish list' estimate) -

Team Time Calculator			Edit the Yellow Squares					Friday 25 March, 2022 First Light 7:05 am Sunrise 7:30 am Sunset 7:20 pm Last Light 7:45 pm								
Official Start Time: 7:00 AM		En														
SEC	DEPART FROM:	Grade	Distance to next CP	Speed km/h	PACE (Min/Km)	Walking time	ARRIVE AT:	Time	Distance Completed	Distance Remaining	Rest time	Departure time	Meal / Snack / Support notes	Accumulated Time (Hours)		
1	START Endeavour Hills	2	11.4	8.5	07:04	01:20	CP1 Lysterfield	8:20 AM	11.4	88.6	0:03	8:23 AM		1:23		
2	CP1 Lysterfield	2	12.6	9.0	06:40	01:24	CP2 Ferntree Gully	9:47 AM	24.0	76.0	0:03	9:50 AM	No Support	2:50		
3	CP2 Ferntree Gully	5	10.9	5.0	12:00	02:10	CP3 Olinda	12:01 PM	34.9	65.1	0:10	12:11 PM		5:11		
4	CP3 Olinda	3	13.1	9.0	06:40	01:27	CP4 Mt Evelyn	1:38 PM	48.0	52.0	0:03	1:41 PM	No Support	6:41		
5	CP4 Mt Evelyn	2	9.8	9.0	06:40	01:05	CP5 Lilydale	2:46 PM	57.8	42.2	0:10	2:56 PM		7:56		
6	CP5 Lilydale	2	12.1	8.0	07:30	01:30	CP6 Croydon	4:27 PM	69.9	30.1	0:10	4:37 PM		9:37		
7	CP6 Croydon	2	7.3	7.5	08:00	00:58	RS Schwerkolt Cottage	5:36 PM	77.2	22.8	0:04	5:40 PM	No Support	10:40		
8	RS Schwerkolt Cottage	2	6.9	7.5	08:00	00:55	CP7 Donvale	6:35 PM	84.1	15.9	0:10	6:45 PM		11:45		
9	CP7 Donvale	3	8.1	7.5	08:00	01:04	RS Templestowe	7:50 PM	92.2	7.8	0:03	7:53 PM	No Support	12:53		
10	RS Templestowe	3	7.8	7.0	08:34	01:06	FINISH Heidelberg	8:59 PM	100.0	0.0				13:59		
Total Walking Time						13:03	Total Rest Time						0:56	Total Time		13:59

I didn't feel any special training was required. I relied on my regular marathon training.

Striders STaR, Tough Thursday, Dale's Demons and local 10km runs provided enough variety and I felt well prepared. I tested the hydration pack on a few training runs to make sure there was no rubbing (you would be surprised how the smallest irritation can cause grief over a distance of 100km). Preparation for me including setting the Garmin up for an ultra-run to conserve battery life and changing the data screen to show lap time and distance for each section as well as overall time and distance. On the nutrition side - in the week of the event I kept hydration levels up and had a high carb diet.

The event started at Endeavour Hills, 35km South East of Melbourne. There were four waves, first starting at 6am, then every hour. Teams were randomly placed into waves. We started 7am (Wave 2). It was just light enough for us to run without a headlight and the weather was perfect, 12-22 degrees, partly cloudy. Most of the trails provide excellent running conditions, good gradient and surface. Section 3 was the only difficult section, with huge elevation up and down. There were also some sections with nice, fast and flat cycleways, my favourite.

We got a good start, it took us about 35 minutes to catch Wave 1 walkers. By Section 5, we had overtaken all but one of the Wave 1 teams. We spent the rest of the day chasing them. To finish in first place, we had to keep the time between us under one hour, which we did. It would have been nice to cross the line first, but unfortunately we were in the wave behind them and they crossed 20 minutes ahead of us.

Our plan was to walk up hills, run the rest and kept our rest stops to an absolute minimum. I felt sorry for our support crew. At each checkpoint they would spend a lot of time setting up chairs, tables, food and drinks. We would race in, restock and leave. My nutrition consisted of one stick of Tailwind with 600ml of water per section, 3 Maurten Gels and 5 Revvies strips. I was very happy with the nutrition. The only thing I craved was ice cold water.

Due to Covid, course marshal numbers were down significantly, so navigating some of the sections was quite challenging at times. We were unlucky enough to arrive at a bridge that had just closed for painting, we wasted at least 20 minutes navigating around it. We also arrived at an intersection that was not signposted. We spotted a sign that had been thrown 20m down the track, so we went that way. We continued for a few hundred meters but didn't come across any trail markers, so we checked the map. We were heading in the wrong direction! We turned around and fixed the sign for the next team. Having the course loaded in Garmin Explore would have been a better way to navigate the course. One of the marshals later told us that some of the flags were stolen by locals for souvenirs or sold for a profit.

It's a very challenging event. Different parts of the body hurt at different times. Knees were sore coming down the huge descents, quads were sore from the elevation, and at 50km the hip flexors were complaining. My way of dealing with the challenges of soreness, distance and time on legs was to only focus on the current section. I thought of each section as an easy 10km run. At the 70km mark, I do remember thinking only a STaR to go,

(30km), which felt oddly reassuring. I think it's also important to run at a pace you're comfortable with. It's a team event but it's only necessary to check-in and check-out of each checkpoint as a team, on the trail you can do your own thing.

We ran the last section together as a team, encouraging each other to push hard to the finish. It was a great feeling to see the '1km to go' sign, we continued on and crossed the line together in 13 hours 47 minutes, this put us in first place (not bad given the average age of the team was 55yo!). We had a nervous wait to see if there were any faster teams in Waves 3 and 4. Lucky for us, there were not!

Finishing the event was a huge relief, there are so many variables and possibilities for things to go wrong and you don't know if your preparation is adequate until the end. You also rely heavily on your team being fit to cross the line with you.

I was surprised that only a few minutes after finishing, we spoke about how we could improve for next year. I'm keen to do it again, it's such a great course for runners. It would be great to see a few Striders teams give it a crack.

One thing that really stayed with me from the 2019 run, if you sit down after crossing the line there is no getting up, so this year I walked around, stretched out the quads, hammies and calves. I think this really helped with recovery. I was back doing STaR's the following week, and the week after that helped out with pacing the half marathon at Canberra.



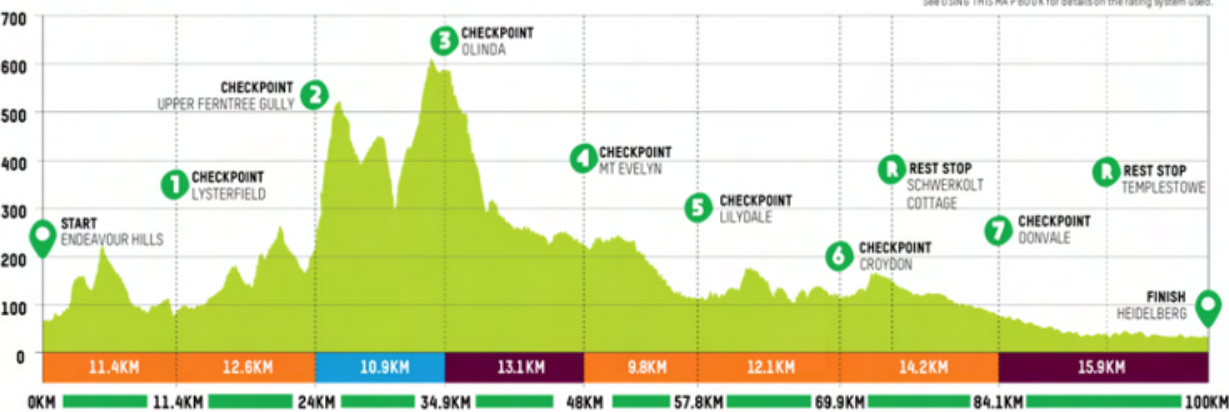
Category	Pos	Team Name	Team Result
Open	1	Keeping up with Shane	13:47:40
Open	2	GEM	14:24:15
Open	3	Tmax Fitness	15:56:01
Open	4	Did they say 100?	17:12:44
Open	5	Running in the Burbs	17:13:28

If any Striders are keen to explore this further, I would be happy to talk about my experience, pass on any tips and tricks; and support any preparation and training. I would love nothing more than to see a whole bunch of Striders green and white out there on the track next year and enjoy the camaraderie that is Sydney Striders!

Oxfam Trailwalker is a fund-raising event to tackle poverty. Our team raised \$3282. Donations can still be made at <https://trailwalker.oxfam.org.au/t/keeping-up-with-shane>



TRAIL PROFILE



Still striding 20 years on

By Leigh MacRitchie

Strider since 2001

December 2011, a beautiful summer's day at the Striders' breakfast awards and I was celebrating my 10th year as a club member. The highlights of this year included being awarded runner-up in the 10km series 18-34 age group, completing my tenth marathon in Sydney on an extremely hot September day and preparing for my eleventh marathon - Paris 2012.

Fast forward years 10 years on and so much has happened. The good, the bad and the challenges. In 2014, I was diagnosed with bowel cancer and was successfully treated. In the post cancer period I enjoyed strong running performances and was achieving PBs in all distances 10kms, 21km, 42km and parkruns between 2015-2019 and I learnt to love trails and entered 6 Foot marathons and I am now a happy finisher of two.

In January 2020 - a new year and we were all coming to terms with the recent devastation of the black summer bush fires, George Lisson and I hosted the Pymble Pushover Star Run which was a Striders' fundraiser for Fire Relief as well.

Although we were all conscious of the impending dark clouds of Coronavirus we were not yet aware of the deep impact it was going to have. We had started the new running year with all our anticipated running events and plans for the year.

In March, 2020 just prior to the first shutdown I achieved a season's best in the Striders 10km finishing in 45 mins - a week later a PB in Park Run sub 22 mins at North Sydney and was the first lady to finish. The following week on 16th March suddenly everything started shutting down. First all scheduled races were cancelled, we were then not allowed to meet in big groups for any exercise and finally my local gym shutdown. Sydney entered its first lockdown. The first lockdown was manageable the weather was a still warm autumn and there were no restrictions as to where we could run. There were regular meet ups with running friends and discovering other parts of Sydney. At the time it was thought this was only going to be a short-term situation until the Covid numbers were under control, I kept on training so when the races returned I would be racing fit. Having the support of my wonderful running friends I achieved this goal. The second lockdown was much harder being long and in Winter with a restricted exercise radius.

The use of modern apps such as Garmin Connect and STRAVA has been a fantastic way of staying connected too. I have participated in and will continue to do virtual challenges in the absence of live races, plus zoom catch ups as well.

Being an older and wiser Strider 10 years on, I realise it does not matter how fast or slow you run - you "Just do it". Your good health is your greatest asset and belonging to a supportive network of friends is what is so important for both our physical and mental health.

In this post lockdown period I believe If CoVid has taught us anything empathy, compassion and connection is so important. Striders has done an amazing job adjusting to these uncertain times. Go Striders!

Photos supplied by Leigh MacRitchie with familiar Strider faces!



Solitude along the Great North Walk

By Pierre Souesme

A solo journey along the Great North Walk

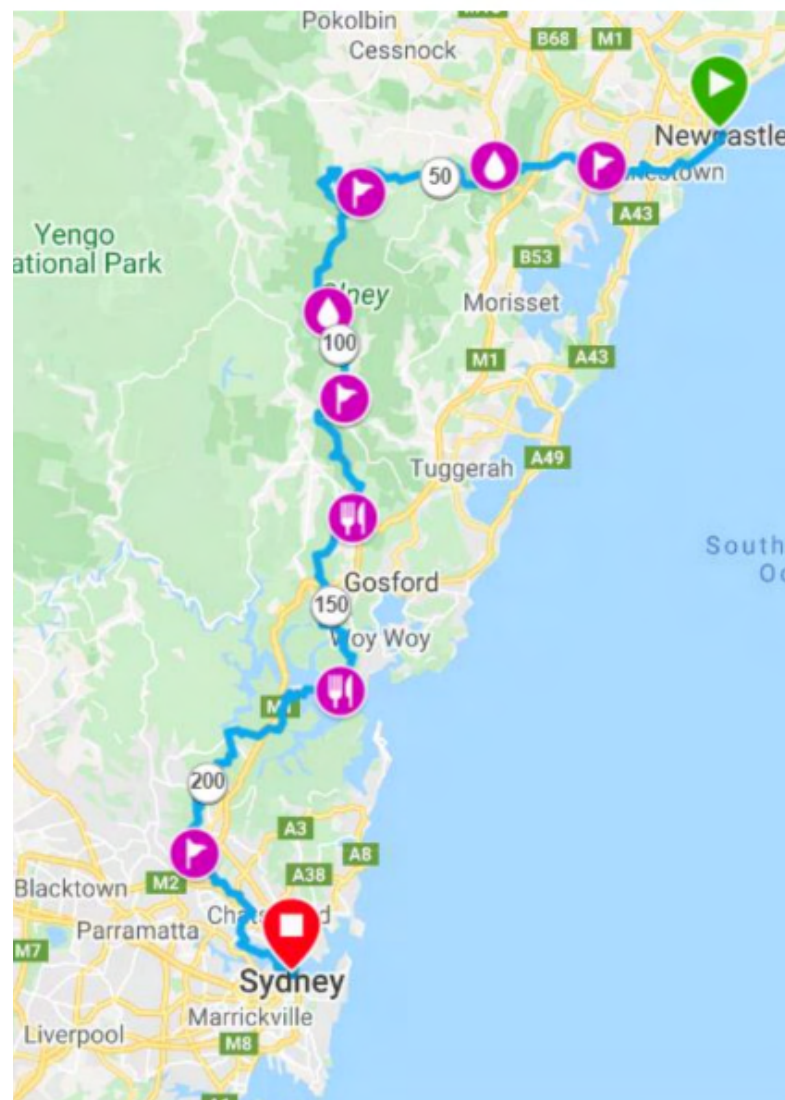
2021 was a great year of running for me with my first marathon in April (Canberra, 2h 54) and first Ultra Trail in May (UTA50, 5h48). With great confidence, in June, I joined a Sydney Striders team for Oxfam (with Nicholas Hodges, Shaun Atchison and Manish Sarfare) it was an exciting time to prepare for this event and meet the team every Sunday on the best trails around Sydney. Unfortunately, the lockdown, cancellation of the event, work and house moving pushed me away from running for several months.

When I started to run more consistently again, I discovered my new suburb of Hunters Hill and started to commute to Macquarie park via the Great North walk trail. The project of running the Great North Walk solo and unsupported started when my company asked me to take a mandatory 6 days leave that my partner couldn't take, the perfect duration for this adventure!

Preparation

I had only 3 weeks to prepare for this adventure, I initially considered packing camping gear but realised this would be too heavy if I wanted to run part of the trail, so I decided I would stay in Airbnb and motels, tailoring my trip accordingly. This also meant doing slight detours to reach hotels, which brought about some challenges.

Other logistics I factored were to send food and fuel packages ahead but I discovered I did need to increase my water needs to enable me to carry 4.5 ltrs after day 2.



Packing list and item weight (grams)

Pill for water purification - 10gr
 Insect repellent - 50gr
 PLB (emergency GPS) - 150gr
 Salt - 20gr
 Sunscreen - 50gr
 Toothbrush+ paste - 60gr
 Toilet paper - 50gr
 Basic first aid - 50gr
 Compressive bandage - 50gr
 Sockx2 - 80gr
 Compressive socks - 50gr
 Cable for iPhone - 20gr
 Cable for watch - 20gr
 Battery for iPhone - 130gr
 Electric plug - 50gr
 Headlamp+ spare battery - 150gr
 Knife - 50gr
 Running short x2 - 200gr
 Running top - 128gr
 Long sleeve top - 200gr
 Long leg pant - 200gr
 Waterproof jacket - 210gr
 Underwear x2 - 100gr
 iPhone - 133gr
 Credit card - 50gr
 Compass - 16gr
 Bladder 2L - 50gr
 2x 500ml flask - 50gr
 Trail running bag ultra 15L - 360gr
 Pen - 20gr
 Firelighter - 20gr
 Puff - 30gr
 Bodyglide - 60gr
 Soap - 30gr
 Cliff bars x 10 - 680gr
 Tail wind fuel x 4 - 216gr
 Tail wind rebuild x 4 - 236gr
 Nuts trail mix - 150gr
 Gummy candy - 150gr

Total weight without water (grams) 4329

Watch

I love my Garmin forerunner 945 for all the gimmick it offers including VO2max and other metrics, however for this trip the GPS and map function had been more than a gimmick, but a life saver. I have planned my route on Garmin connect app and the GPS does the rest like google map. I highly recommend for this type of adventure.

*Shoes*

My shoe choice was difficult. I bought the Salomon Ultra Glide specifically for this journey 2 weeks before the start date. The Salomon are designed for stability and high cushioning, so I thought they were perfect for this trip. Unfortunately, I developed blisters during my practice runs and was afraid to do a 250km running trip with shoes that give me blisters....

So I decided I will use my beloved shoes, the Nike Terra Kiger 7 that I used for my UTA50. I love these shoes because they fit my foot perfectly and are super light and reactive, however they are slightly narrow, unstable and designed for shorter distance. I think it was the right decision since I didn't get any blisters on the all journey.

Running Schedule

Day 1 - Newcastle to Speers Point (26km)
Day 2 - Speers Point to Congewai Valley 48km)
Day 3 - Congewai Valley to Yarramalong (46km)
Day 4 - Yarramalong to Woy Woy (62km)
Day 5 - Brooklyn to Thornleigh (48km)
Day 6 - Thornleigh to Sydney (27km)

Total 257 km



Left - I didn't miss the turn Keith Hong alerted me about!

Flat road under the sun between Cedar Brush creek to Yarramalong looks perfect but at 12pm under 35 degrees with no shade, it was one of the most challenging parts of the trip



With 25km until the end, I started to feel some pain in my ankle and tibia that I tried to manage with a strap. I did make it from WoyWoy to Newcastle which was 180km, and although I didn't get to the 250km that I planned, I'm super proud and happy to have done this little adventure. I have learnt a lot on how to manage food, water and navigate my way and I would definitely be more prepared if I had to do it again. I also had a great experience with lovely landscapes, view and lookout points, sunsets and sunshine. I'll come back to do the last section when my ankle has recovered.

Thank you

Thank you to my partner Xenia who wondered why I wanted to do this. She was always supportive. Special thanks to Keith Hong who spent time explaining the course to me and all the advice along the way. In the future, I hope I can support someone who also wants to do the Great North Walk!

A beautiful creek crossing and some lizards I saw along the way



Juniors Corner

By Amy Thake

My running journey with Caroline and Tony

I began running with Run C&T (Caroline and Tony) in January of 2019. I had previously been training alone and was seeing a plateau in my performance. I decided to join a local group with hopes to both improve my running and make some new friends. I was shy at first, just focusing on running and trying to beat Caroline! At this time, I was running 24 minutes for 5km and not doing much else in the way of racing, as I was too scared.

After training twice, a week, with long runs with the group on Sundays and easy runs during the week, my times started to decrease, and I began to overtake Caroline in the sessions. Then lockdown happened, but since we got the sessions sent out via email, we were able to meet up in tiny groups and train. During this time, most people were at their peak performance as we ran most days for mental health purposes!

Now, more than 3 years later, and after moving from high school to university, I try to run as much as I can with Run C&T. This year I have made the effort to complete in as many Striders 10k races as possible (the ones I can make with time to get to work!), and it has been amazing seeing my times getting better, now at 42:02. I recently completed my third half marathon with a time of 1:45:07, and the park runs are at 20:12.

I am so glad I joined Run C&T, not only for the amazingly motivating coaches who have so much faith in runners of all abilities, but also for the lifelong friendships I have made, which make for the best long run conversations!



Volunteer report

Enjoyment over the feeling of making a contribution to not only competitions but the connections and community that take place. That is the only essential requirement that any athletic event relies upon - volunteers are what makes that happen.

Turning up to a STaR, there's a friendly member dedicating a long run to wait 3-4 hours on a frosty, dark Sunday morning - that's a volunteer.

Those wonderful crew of 10K setup crew - coordinating everything from race day registrations (x 8 per year!) - also at the crack of dawn to lug the heavy finish line equipment, the laptop and electronic timing gear, video equipment, marshalling, drinks and refreshments, packup and even bib clean - again the best volunteers who run like timing clockwork.

Some of our volunteers don't even run! They could spend time sorting equipment, carrying supplies to far away venues, taking photos, cheering at the sidelines and even coaching with gusto and the same level of motivation each week.

So if you haven't volunteered - please do. The Striders club and Committee functions on those who are of good heart and spirit. So when the next call-up comes along - jump in and collaborate with your community!

Tues-Bay Speed Sessions

By Evnike Yardley & Monica Kiraly

You can't mention the Inner West without thinking of the Bay Run. Are you really a runner if you haven't done a lap or two?!

Realising a gap in our Striders' training offerings, Monika and I got together to talk about opportunities for some speed sessions in the Inner West, which is, if you ask us, where the heart of the Sydney running community resides. We'd both recently completed our Athletics NSW Coaching Certifications and were keen to put them to use.

We wanted somewhere local for us to meet with our Striders team, do speed workouts that include all paces and get together for a social coffee after.

After pitching our idea to the Sydney Striders' Committee in May, we soft-launched on Tuesday 14 June with a great turn out! (It was probably because we didn't tell them we were doing laps of Lilyfield Road ie hills... they may not come back).

So if you're around the Bay on a Tuesday morning and looking for some running pals – we'd love you to join us.

Date: Every Tuesday morning

Time: 5.45am for the warm up (1 hour session) then coffee if you like!

Location: Out the front of Le Montage on the Bay Run



Pacer Report

2022 has seen the keen revival to the races of pre-lockdown days. Runners keen to push their limits, step into new goals and find new routes to pursue.

With that in mind, the Sydney Striders pacer group are invigorated with pacemaster, Simon Wolnizer, at the helm to coordinate pacing groups. Club pacers have had opportunities to support runners in the Canberra Times Running Festival, Sun Run, SMH Half, Harbour 10km and 5km, ANSW May 10km, as well as the upcoming races for the Blackmores Running Festival and the ANSW Sydney Half.

At the heart of pacing is enthusiasm.

The selection process is often based on form and a random draw where necessary. This is to provide a new and broad base to anyone in the club interested in being a pacer. If you volunteer to pace, note that you will not necessarily be allocated your preferred spot but will, where at all possible, be offered a suitable alternative.

Interested? Stay alert to notifications of events coming up via our Facebook group.

Further information and inquiries can be directed to to
pacers@sydneystriders.org.au

Beyond Lockdown

By Dave Criniti

2022 began with an air of uncertainty, but with high hopes, having navigated our way through various restrictions last year with great success.

That success included three schools completing their Goal Race as self-organised events; with Lightning Ridge's cohort conducting theirs in oppressive conditions, which warranted a well-earned dip in the dam at the run's completion.



Nambucca Heads and Orara joined forces on the Coffs Coast in an event that saw a great deal of local and school support which made for an amazing atmosphere for the participating students to complete the project. It's this sort of support that breed a sense of belonging in students who sometimes struggle to find this, with one student thanking us, stating "I now know what it feels like to be part of a team."



Gulgong High School were not able to complete their Goal Race in 2021, but the girls impressed us by maintaining their motivation to continue the project as restrictions eased this year. They hit the year running (of course the pun is intended) and prepared thoroughly for their Goal Race at the Newcastle Running Festival's 10k event – all of them finishing with smiles gleaming more than their finishers' medals.



Killarney Heights High School have been our second school to commence and complete in 2022, and they're a little different to the rest of the Run Beyond Schools. These students, who don't meet our regular selection criteria for involvement, being in a more affluent catchment area, complete the curriculum, but are not funded by the charity. In fact, while completing the project, they simultaneously raise funds so that more beneficiary schools may be funded in future. The girls raised a massive total of over \$7,500 in their second year, under the guidance of inspirational teacher Heather Hozack, and were all thrilled with their performances at the recent Bay to Bay Running Festival on the Central Coast.



KTwo days before this was our fourth annual Teacher Training Day, at the salubrious Maximus International Sydney headquarters in Pyrmont. Teachers developed the knowledge and skills necessary to implement Run Beyond in their own schools, and left the day enthusiastic to get going with their cohorts. It was wonderful to have Gill Cavenagh attend part of the day, representing the Striders, and getting to know a bit more about the program and our teachers.



There'll be a few schools commencing shortly, so keen your eye on our socials for more inspiring stories from our amazing young participants.

Thank you, Striders, as always, for your support. Run Beyond does not run without it!

Sydney ***Striders***

The Magazine for the Sydney Striders Running Club | Established 1980
August 2022 | Issue 139