

The Blister

The Magazine for the Sydney Striders Running Club | Established 1980
2024 | Issue 141



Special Edition! Get to know some of the Sydney Striders coaches, and learn more about the different training sessions throughout the week.



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GET INVOLVED!
VOLUNTEERS ARE WHAT KEEPS THE
CLUB RUNNING!

*Images in this edition are supplied by
each coach. Training session images
taken from Sydney Striders Members
Facebook page.*

Meet the Sydney Striders Coaches

Ever thought about joining a Sydney Striders training session, but are unsure what to expect? Get to know some of the Sydney Striders coaches and what motivates them to help others become better runners.



Monika Kiraly

What Sydney Striders sessions do you coach?

Inner West Run Squad 'Tuesbay' & 'Thursbay' at 5:45am and occasionally Tough Thursday at 7:30pm.

How long have you been a coach for?

10 years plus on and off.

What can members expect at your training sessions?

Fun, smiles, awesome workout and variety. If consistent you'll probably get a running PB!

What is your favourite running distance and why?

5km or below. I love the feeling of running fast. I'm an 800m and 1500m track runner at heart.

What is your favourite running shoe?

ASICS all the way! My favourite is the Meta Speed Edge.

What is your most memorable running experience?

Coming 3rd running up the Center point Tower stairs in the city. It's well over 1,000 stairs!

What is your favourite after run snack?

Watermelon yum yum!

Charissa Patacsil

What Sydney Striders sessions do you coach?

Tough Thursday at 7:30pm.

How long have you been a coach for?

13 years.

What can members expect at your training sessions?

Interval and strength with some agility.

What is your favourite running distance and why?

Road, Half-Marathon. It's a long enough distance and a good steady pace vs. 5/10km. With trail, any distance. Just being around nature makes you forget how long you're running for.

What is your favourite running shoe?

Brooks Adrenaline GTS as prescribed by the podiatrist and barefoot on a grass track.

What is your most memorable running experience?

There's too many of them! From getting chased by a dog, to great trail races. Races back in the Philippines back before technology (for example) you needed to grab a ribbon making sure you passed a distance marker making sure you have all the right ribbons when you finish.

What is your favourite after run snack?

Meal after a long run would be beer and steak.





Shane Wood

What Sydney Striders sessions do you coach?

Tough Thursday at 7:30pm.

How long have you been a coach for?

I have been coaching for about 1 year. I'm a certified level 2 running coach and I'm happy to offer advice to anyone for distances up to marathon.

What can members expect at your training sessions?

When I coach you can expect a very honest solid session with plenty of guidance and support. It will be tough but you will feel good afterwards.

What is your favourite running distance and why?

My favourite running distance is the full marathon. It's mentally and physically challenging which makes it very rewarding. It's also a set distance so you can track your performance from year to year.

What is your favourite running shoe?

I love the Saucony Endorphin series. I use Speed for everyday training, Pro for speed work and Elite for racing.

What is your most memorable running experience?

My most memorable running experience was running my first sub 3 marathon. It was a long term goal that took a lot of effort. My marathon PR's since then don't compare. There's something about the 3hour milestone that means so much.

What is your favourite after run snack?

If you feel like a snack after a run, you're not going hard enough.

Gilbert Gaddi

What Sydney Striders sessions do you coach?

Tough Thursday at 7:30pm.

How long have you been a coach for?

Approximately, 8 years.

What can members expect at your training sessions?

Always hard but always fun.

What is your favourite running distance and why?

The marathon, because it just teaches you something new every time.

What is your favourite running shoe?

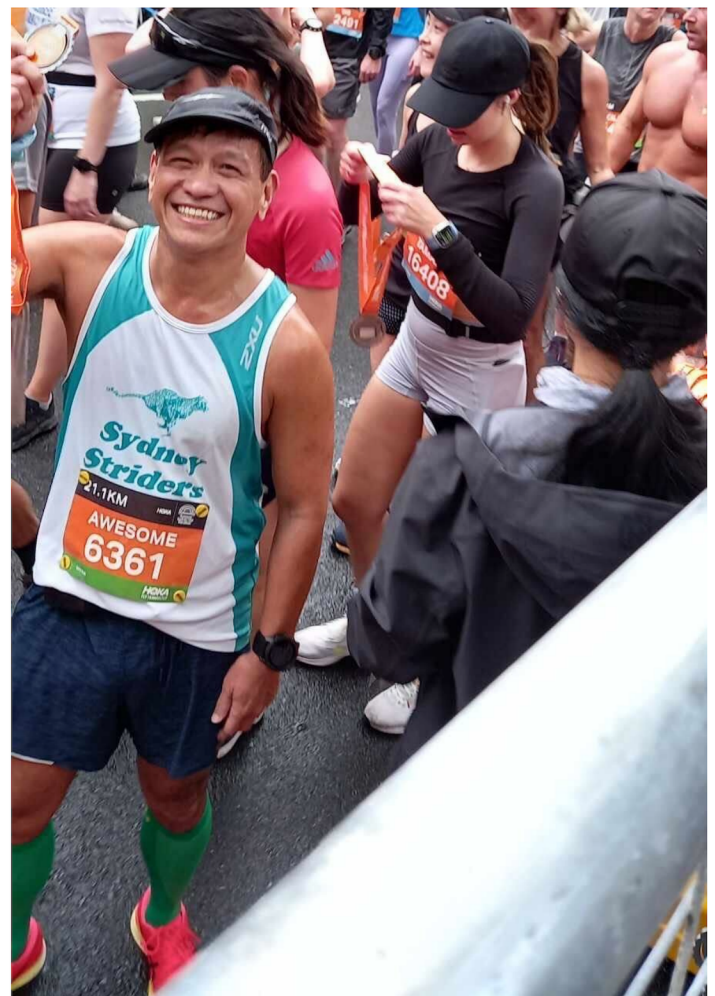
I've been converted to Saucony Speed.

What is your most memorable running experience?

Helping out a fellow runner in the last 10kms of the Gold Coast marathon in 2018.

What is your favourite after run snack?

Watermelon! Also cake! :D





Michael Zorz

What Sydney Striders sessions do you coach?
Tough Thursday at 7:30pm.

How long have you been a coach for?
2 weeks.

What can members expect at your training sessions?
Straight forward instruction.

What is your favourite running distance and why?
14k, it feels like I've hit the flow state.

What is your favourite running shoe?
Solomon Super Cross 4.

What is your most memorable running experience?
Oscars Hut 2 Hut in Victoria.

What is your favourite after run snack?
Hot Chocolate.

Evniike Yardley

What Sydney Striders sessions do you coach?
Inner West Run Squad 'Tuesday' & 'Thursday' at 5:45am.

How long have you been a coach for?
5 years.

What can members expect at your training sessions?
We do a range of hills, intervals and fartleks, quarterly time trials and an 'easy bay' every now and then. Above this we have an awesome team of people covering all paces, abilities and levels of funniness. You'll always find someone to keep you accountable, keen to join your next race or crazy adventure, or to have a coffee with after the session!

What is your favourite running distance and why?
The marathon! I love the training and mental strength. I love getting to know other people during long runs and then being there to see them smash their goals in the race.

What is your favourite running shoe?
ASICS Nova Blast.

What is your most memorable running experience?
I have so many amazing memories, but I really love being at a finish line waiting to hear other people's amazing running stories.

What is your favourite after run snack?
Burger and fries!





Ercan Boduk

What Sydney Striders sessions do you coach?

Tough Thursday at 7:30pm (currently on a break but returning soon).

How long have you been a coach for?

3 years.

What can members expect at your training sessions?

A few jokes, some unique drills, and lots of photos and videos of peoples running form.

What is your favourite running distance and why?

5km. Pin the ears back for the first km and hang on for dear life, just because you can.

What is your favourite running shoe?

Brooks Ghost.

What is your most memorable running experience?

SMH HM relay 2019 with my superstar mate Linda Hayes. Let's just say I was really pumped and didn't want to let my teammate down. I ran my quickest ever mile, 3km, 5km and 10km that day, all within an 11.5km run.

What is your favourite after run snack?

Chocolate milk!

Caitlin Graham

What Sydney Striders sessions do you coach?

Inner West Run Squad 'Tuesbay' & 'Thursbay' at 5:45am.

How long have you been a coach for?

A couple of months.

What can members expect at your training sessions?

Intervals, hills, fartleks, good conversation, lots of encouragement.

What is your favourite running distance and why?

I did a half marathon over the weekend and loved it.

What is your favourite running shoe?

Whatever is comfortable, I'm not loyal to a particular brand.

What is your most memorable running experience?

Last year's City to Surf was pretty great. Being handed a stein of alcohol-free beer at the finish line of the Berlin Marathon...

What is your favourite after run snack?

Coffee, watermelon & red frogs!





Sameer Parker

What Sydney Striders sessions do you coach?

Tough Thursday at 7:30pm.

How long have you been a coach for?

1 year.

What can members expect at your training sessions?

A tough workout! But loads of encouragement to help you to push your limits.

What is your favourite running distance and why?

Marathon for sure. It's a challenge beyond just the physical.

What is your favourite running shoe?

Hoka

What is your most memorable running experience?

Finishing my first world major in Chicago last year.

What is your favourite after run snack?

Snickers and watermelon (not at the same time though)!

Dustyn Butler

What Sydney Striders sessions do you coach?

Tough Thursday at 7:30pm and I am currently one of the Marathon Training Group (MTG) run leaders.

How long have you been a coach for?

I have been a rowing coach for over 20-years but have started dipping my toes into running coaching over the last 6-months.

What can members expect at your training sessions?

Challenging training which hopefully pushes them towards their goals.

What is your favourite running distance and why?

Probably the half marathon as it seems to be a happy medium between the intense pain of 5km and 10km and the drawn out agony of the marathon.

What is your favourite running shoe?

The Asics Superblast! (AKA the Swiss Army Knife of running shoes).

What is your most memorable running experience?

Being on the start line of the Comrades Marathon, a 90km road Ultra in South Africa.

What is your favourite after run snack?

My one-a-week full sugar coke at the end of a STaR.





Shaun Atchison

What Sydney Striders sessions do you coach?

Centennial Park Training Group, Wednesday & Friday 6:00am.

How long have you been a coach for?

Over 10 years!

What is your favourite running distance and why?

Either the marathon as a personal physical challenge, or 100km for the camaraderie and mental challenge. Definitely not 10km!

What is your favourite running shoe?

I don't really have a favourite shoe. I tend to wear Hoka's.

What is your most memorable running experience?

Running with the Centennial Park crew every week is more a continuum than a moment! As an individual I would say running the Polar Circle Marathon in Greenland. As a team, the Oxfam Trailwalker in 2023 ... an amazing group of people to run with and a stellar support crew.

What is your favourite after run snack?

Coffee and any baked treat of offer.

Amy Cheung

What Sydney Striders sessions do you coach?

Tough Thursday at 7:30pm.

How long have you been a coach for?

4 years.

What can members expect at your training sessions?

Members can expect my training sessions to focus on improving running form through drills and enhancing their pacing by running by feel. These elements help runners of all levels improve their performance and enjoy their training.

What is your favourite running distance and why?

My favorite running distance is the marathon because it tests my endurance and determination. I also enjoy 5km Parkrun because I can take it as easy or as hard as I like, making it a versatile and enjoyable distance.

What is your favourite running shoe?

Saucony Kinvara (forever!)

What is your most memorable running experience?

My most memorable running experience was at the Berlin Marathon, where I ran with the world's worst stomach ache. Despite wanting to give up, I pushed through because I told myself I didn't fly 27 hours into Berlin to DNF. It was a tough but unforgettable experience.

What is your favourite after run snack?

Red Rock Deli Honey Soy Chicken Chips...





Dale Thompson

After moving to Sydney (previously from Traralgon Victoria) I joined the club in April 1986. Among the many Striders team events, I ran with Linda Thompson, Tina Campbell and we won the NSW 10k relay championships for the club in about 1988. I ran all but one of my marathons in Strider's uniform with a PB of 3.11 in Canberra.

Other notable achievements include Age Group wins:

- 2008 1st City to Surf Women,
- 2016 1st Gold Coast Half Marathon Women over 60,
- 2016 1st Woodford to Glenbrook over 60,
- 2019 1st Les Passerelles 25km, Women over 60.

Since joining Sydney Striders I have been involved continually in numerous ways and for over 30 years. My contributions include:

- Long-time STaR host for the Berowra Bush Bash and then the Hornsby Hurricane and stepped in to host many other STaRs.
- Committee member as the NSW AA rep for 2-3 years, encouraging people to run the NSW Cross Country race. During this time the club had a strong representation and won numerous medals.
- Volunteered for many Sydney Striders events as general helper. These include the 10km series, the Equaliser, the internal half marathon, the Sydney Running Festival, and Gold Coast Running Festival, and the Six Foot Track Marathon and assisted in organising social functions,
- Pioneered the club's first formal interval training group – Dale's Demons.
- Distance training coach of "Dales Demons" the club's Saturday Lane Cove training session (for over 5 years), as well as Thursday morning sessions. This has assisted in the improvement of other strider's which I get great enjoyment and satisfaction. This is provided for free and am always available to help others despite having faced personal heat issues and most recently a hip replacement.
- I have encouraged a number of runners to join the club and I have supported them throughout multiple events.

I look forward to continuing to give something back to running and the club which has been such a formidable part of my life.



Training sessions

For more information and details of all training sessions listed below,
visit - sydney.striders.org.au

Tuesday	5:45am 5:00pm	Inner West Run Squad ‘TuesBay’ Dales Demons (Daylight saving only TBA resume 2025)
Wednesday	5:30am 6:00am	The Equaliser AM Group Centennial Park Training Group
Thursday	5:45am 7:30pm	Inner West Run Squad ‘ThursBay’ Tough Thursday
Friday	6:00am	Centennial Park Training Group
Saturday	6:30am	Dales Demons (TBA resume 2025)
Sunday	6:00 - 7:00am	Sunday Training Run (STaR)



Marathoners - Practice your fuelling!

by Lesley Mason BExSSc(Hons)

Proper fuelling during a marathon is crucial for peak performance and avoiding gastrointestinal issues. Training your gut to handle fuel efficiently can make a significant difference in your race.

Why practice your fuelling?

Training your gut to absorb and process carbohydrates while running can help you avoid gastrointestinal (GI) distress, commonly known as “runner’s trots”. It’s essential to practice fuelling during your training runs (i.e. now) to understand what works best for your body.

The science of fuelling

Research suggests that consuming 45g of carbohydrates per hour is optimal ^{1,2}. It’s best to take these carbs in small, evenly distributed amounts rather than all at once. Consuming a large amount at once can lead to your body not using all the carbohydrates and increasing the risk of GI distress.

One gel packet typically contains 30g of carbohydrates, so consider your fuelling mechanism carefully. Personally, I recommend glucose jellybeans from the chemist as each jellybean has 3.5g of glucose, which facilitates drip feeding and they are quickly absorbed and used by the body. P.S. don’t get caught up in the social media posts around 90g of carbs or more. The evidence around this is based on cyclists and treadmill running, not road marathons ³.

Hydration tips

Remember to drink to thirst ¹. Simply put, listen to your body’s signals. Also, include electrolytes in your hydration plan, not just water, to maintain electrolyte balance. Drinking too much can be just as bad as drinking not enough ².

Heat stress and performance

Last year’s Sydney Marathon was a hot one. It may or may not be as hot this year, but even so, the weather gets warmer as we enter spring, so the principles are important. Running in the heat can progressively impair your performance and make maintaining your speed more challenging as hyperthermia develops ¹. Heat can also exacerbate any exercise-related GI issues ¹.

Preparing for a hot marathon

Running a marathon in hot conditions requires additional preparation and strategies to ensure safety and performance 1:

1. Acclimatise to the heat: we know that the marathon day is likely going to be warmer than any of our training day. You can increase exposure to heat by wearing layers (that you can take off) and doing some midweek runs in the middle of the day where possible.
2. To stay cool during the race: wear light coloured clothing as well as a hat or visor. Wear these clothes now for some long runs to make sure they work for you. You can also pour water over your head or use ice to stay cool.
3. Hydration: The hotter it is, the more hydration is needed. However, drink to thirst as maintaining balance is important. Using electrolytes helps avoid low sodium levels.
4. Monitor your body: Pay attention to signs around heat (if you can), fuelling and hydration. Ask questions and make your own observations so you can pick up the warning signs quickly on race day – dizziness, nausea, headache, etc are all signs of heat exhaustion.
5. Plan your fuelling. In hot conditions, your body may tolerate different types of fuel better. Test various options during your training to find what works best for you in the heat.

In conclusion - plan for flexibility

Be prepared to adjust your fuelling strategies as needed. Don't link your fuel intake to your fluid intake. If you drink less than expected, you might not get in enough carbohydrates, so have a plan that allows flexibility in how you consume your fuel.

By practicing and planning your fuelling strategies and preparing for hot conditions, you'll be better equipped to face the challenges of race day and perform at your best.

Happy Running!

References

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