

The

WOODSTOCK RUNDOWN

April 2011

Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

Facebook Group: <http://www.facebook.com/group.php?gid=30549208990>

Email Results and Contributions to: rundown@woodstockrunners.org.au

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

Postal Address: PO Box 672, BURWOOD NSW 1805



The Rundown On Members

What a weekend! More than 30 of us travelled to Canberra on Saturday for the inaugural Australian Running Festival, competing in events from 5k to 50k over the two days. 20 members were expertly driven down on the Woodlands Bus by Joe. Martin added to the entertainment, of course. While dinner Saturday night left a little to be desired, we overcame that and a good time was had.

There were many fabulous performances and a number of PBs. Support by members for those on the course was brilliant and no doubt added to the good times. Thanks to everyone for their contribution and congratulations to all on their efforts in the various events. A visit to Lerida Estate Winery at Lake George on the way home was enjoyed by everyone.

Cronulla turned on a magnificent day for the Woodstock Breakfast Run and was well attended by 30 of us. Apologies from your truly, as I obviously checked the tides for the wrong month or wrong year, meaning I had chosen spot-on high tide. Nevertheless it added a kilometre to our training run, so wasn't all bad. Thanks to everyone for visiting The Shire.

We farewell Chaia and Terry as they embark on a cruise to New Caledonia next week. Maree, Kevin, John O and wife are currently travelling in China, changing their 4 week trip from Japan at the last minute following the quake and tsunami. Teresa will be leaving in a couple of weeks for Everest Base Camp. Having run the 50k Ultra in Canberra, she should have no problems. Hope all of you have a terrific time.

I wish everyone lots of good training runs with events on the increase as we approach the Fun Run season in earnest.

Though the Easter Bunny was very evident in Canberra and most of us had more than our fair share, I hope sincerely he/she has eggs left for Easter time and visits you all.

Happy Easter and happy running.

Kerry

Membership renewals

This is just a reminder about the membership fees for 2011/2012 - renewals are due by 31/3/2011.

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniforms: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

For any new members who have joined since December 2010, your 2010/11 membership carries through to 31/3/2012, so you do not need to renew.

April Birthday Celebrants

***Fiona McIntyre 3rd, Paul Nash 3rd, Max McGown 6th, De-Anne Attard 11th,
ick Spasevski 13th, Jeff Morunga 18th, Rebecca Bangura 26th, Helena Amaro 28th,
Graeme Tutt 30th***

Letter from the editor

Hello Woodies!

*Congratulations to all those who have been doing well in their training and their races!!
Hope to see you back soon running to all that are currently running.*

*Its been few Sunday races that Mr. Rain has dampened the roads but not our spirits,
including the recent Canberra Marathon!*

*I am sure most of us already have noticed that the Bay run is undergoing construction and
the dirt path bit is already paved. Would that mean Pbs for the next Handicap?*

Bring out your winter running gear soon and still run during the winter!!

- Editor

UNIFORMS, UNIFORMS, UNIFORMS!!!

Here is the latest on what is available:

- Singlets (M or F): \$45
- Short sleeve runshirts: (Unisex): \$50
- Long sleeve runshirts (Unisex): \$60
- Bra tops (8 & 10) but others can be ordered: \$66
- Cotton T-shirts (Unisex): \$10
- Caps: \$20
- Old style T-shirts (1 lge & 5 X/L only left): \$5

Since shorts are a pretty individual thing, feel free to choose something in royal (Woodstock) blue or as near to that as possible.

Our Hot Designs (Drifit) items are all in stock now. However, our last order of cotton T-shirts unfortunately was lost by the supplier so I have placed a new order the week of Feb. 24. Please feel free to order them with your membership or individually and I will put you on my waiting list. I will let you all know when these arrive.

For those newly joining, the membership fee of \$40 entitles you to a basic club cotton T-shirt or you can choose to pay \$60 and that entitles you to your preference of our Hot Designs (Drifit) singlet or short sleeve runshirt.

Any queries, feel free to contact me:

Dot Siepmann

Club Uniforms Officer

Email: dottiedisco@y7mail.com

Phone: 02 9637-9536

Payment can be made by cash, cheque or online via RegisterNow:

<https://www.registernow.com.au/secure/register.aspx?ID=503>

ANNUAL GENERAL MEETING

Who: All members are encouraged to attend

When: 10/5/2011 after the Tuesday Run

What: Committee Member election, Committee Nomination Form on next page, 3.
- Annual Club Meeting

Where: TBA, Somewhere in Burwood

Reminder on the SMH Half marathon!!!

Members who are not registered and about to register, please do not forget to enter Woodstock Team. 4 different teams. Please choose the appropriate team (do a search for 'Woodstock' first)

Woodstock Runners – Males - Any male members under the age of 40

Woodstock Runners – Females - Any female members under the age of 40

Woodstock Mixed - This category is for our winning team from last year only

Woodstock Veterans - Any member, male or female, aged over 40 years

Woodstock Runners Executive Committee
Nomination Form for 2011 (nominations close 10/5/2011)
Please place in box on Tuesdays or to hand to a Committee Member.

For the position of **President**, I,nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **President**.

Signed: (Nominee)

For the position of **Vice President**, I, nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **Vice President**.

Signed: (Nominee)

For the position of **Secretary**, I, nominate

Signed: (Nominator)

I,, accept nomination for the position of **Secretary**.

Signed: (Nominee)

For the position of **Treasurer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Treasurer**.

Signed: (Nominee)

For the position of **Team's Co-ordinator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Team's Co-ordinator**.

Signed: (Nominee)

For the position of **Walker's Representative**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Walker's Representative**.

Signed: (Nominee)

For the position of **Social Secretary**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Social Secretary**.

Signed: (Nominee)

For the position of **Uniforms Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Uniforms Officer**.

Signed: (Nominee)

For the position of **Publicity Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Publicity Officer**.

Signed: (Nominee)

For the position of **Welfare Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Welfare Officer**.

Signed: (Nominee)

For the position of **Website Administrator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Website Administrator**.

Signed: (Nominee)

For the position of **Rundown Editor**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Rundown Editor**.

Signed: (Nominee)

For the position of **General Committee Member**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **General Committee Member**.

Signed: (Nominee)



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 Shop 4 /21 Putland Close, Kirrawee
 (next to Kirrawee High School) Ph: 02 95217011

REVOLUTION IMAGING

Hot Designs 10% discount offer

Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month - 8am. To 1pm.

Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.

OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.

It doesn't matter if you are re-financing, purchasing a new home or investment property, renovating, or consolidating your debts, at The Mortgage Professionals we offer over 450 value packed products so we're sure to have a financing solution that suits your individual needs.

To find out how surprisingly simple financing can be, call Hector Garcia on 0411 065 993 or 9572 9593 for an appointment today.

For every loan application that successfully settles, Hector Garcia will donate a percentage to Woodstock Runners.



Woodstock Winter Calendar April - September 2011

Tuesday Runs 6pm @Woodstock, Burwood		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
12/04/2011	Canada Bay 11km	14/04/2011	3mins x 6	16/04/2011	Balmain 9km
19/04/2011	Homebush Run 10km	21/04/2011	"Mile Down" Pyramid	23/04/2011	Timbrell Park 8km
26/04/2011	Campsie 9km	28/04/2011	5km Time Trial *	30/04/2011	Hunters Hill 14km
3/05/2011	Burwood Park 10km	5/05/2011	Long Hill / Shorth Hill Repeats *	7/05/2011	Drummoyne 9km
10/05/2011	Woodstock Fun Run 8km (AGM Night)	12/05/2011	5 mins x 4	14/05/2011	Handicap Run #2, Brett Park
17/05/2011	Concord 9km	19/05/2011	"Mona" Fartlek	21/05/2011	Five Dock 7km
24/05/2011	Canada Bay 11km	26/05/2011	Beep Test & 400m Reps for remainder*	28/05/2011	Balmain Shores 7.5km
31/05/2011	Homebush Run 10km	2/06/2011	"Parlov" 300m x 14	4/06/2011	Woolwich 9km
7/06/2011	Campsie 9km	9/06/2011	Standard Pyramid	11/06/2011	Hell Hill 8km
14/06/2011	Jak's Strathfield Run 8km	16/06/2011	3mins x 6	18/06/2011	Balmain 9km
21/06/2011	Burwood Park 10km	23/06/2011	"Mile Down" Pyramid	25/06/2011	Timbrell Park 8km
28/06/2011	Concord 9km	30/06/2011	5km Time Trial *	2/07/2011	Hunters Hill 14km
5/07/2011	Canada Bay 11km	7/07/2011	Long Hill / Shorth Hill Repeats *	9/07/2011	Bay Run 7km
12/07/2011	Homebush Run 10km	14/07/2011	"Mona" Fartlek	16/07/2011	Drummoyne 9km
19/07/2011	Campsie 9km	21/07/2011	5 mins x 4 /5	23/07/2011	Five Dock 7km
26/07/2011	Burwood Park 10km	28/07/2011	Beep Test & 400m Reps for remainder*	30/07/2011	Balmain Shores 7.5km
2/08/2011	Concord 9km	4/08/2011	"Parlov" 300m x 14	6/08/2011	Woolwich 9km
9/08/2011	Canada Bay 11km	11/08/2011	Standard Pyramid	13/08/2011	Hell Hill 8km
16/08/2011	Appian Way/ Woodstock Fun Run 9.6km	18/08/2011	3 minutes x 6	20/08/2011	Balmain 9km
23/08/2011	Homebush Run 10km	25/08/2011	5km Time Trial*	27/08/2011	Handicap Run #3, Brett Park
30/08/2011	Campsie 9km	1/09/2011	"Mile Down" Inverse Pyramid	3/09/2011	Timbrell Park 8km
6/09/2011	Jak's Strathfield Run 8km	8/09/2011	Long Hill/Short Hill Repeats	10/09/2011	Hunters Hill 14km
13/09/2011	Burwood Park 10km	15/09/2011	5 minutes x 4/5	17/09/2011	Drummoyne 9km
20/09/2011	Concord 9km	22/09/2011	"Mona" Fartlek	24/09/2011	Five Dock 7km
27/09/2011	Canada Bay 11km	29/09/2011	Beep Test & 400m Reps for remainder* Repeats	1/10/2011	Balmain Shores 7.5km

Running joke

Last year I entered the New York City Marathon. The race started and immediately I was the last of the runners. It was embarrassing. The guy who was in front of me, second to last, was making fun of me. He said, "Hey buddy, how does it feel to be last?" I replied: "Do you want to know?" and I dropped out.-
adopted

Yearbook announcement:

* For those who missed out on the yearbook last August, we have a new batch at \$20 each. If interested email rundown@woodstockrunners.org.au



THURSDAY NIGHT TRACK (TNT)

Training by Level 2 Athletics Coaches - Brendan Davies and Martin Amy is looking forward to seeing you all down at Campbell Athletic Field, **on Thursday's Interval trainings.**

The venue is part of Canterbury Park, Princess St Ashbury. Car park access is of Andrews Ave. Session starts at 6:30pm and are finished by 7:30pm. Why not come down and check us out! You won't be disappointed. For more information, contact **Brendan on 0422 233463** or email at bjdavies2000@yahoo.com.. * last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session

No charge for Woodstock members. All visitors most welcome. Cold drinks provided. Toilets available.

5KM TIME TRIAL



When: Thursday 28th April 2011

- 14th April email/SMS/Call Martin for nominated time and entry

Injured?Lazy?Resting?

If you're not able to race for whatever reason and/or just want to come and help, we offer TT points to VOLLIES and also Logbook KM's, so you don't go away empty handed, and can still be in the mix for line honours, when you are racing!



Interval Training Benefits?

Just as the following TNT goer Woodies who got Pbs recently

Phil Lobsey: 3.16.40 - 42.125 KM;; 3.58.25 - 50Km

Anthony Robinson: 3.08.56 - 42.125 KM

Teresa Wood: 4.26.55 - 42.125 KM

Bridget Akers: 1.59.46 - Half-marathon

Sandra Bogun: 2.12.05 - Half-marathon

Angela Haynes: 2.13.32 - Half-marathon

Emma Pryor: 1.56.41 - Half-marathon

Joe Ayoub: 25.08 - 5Km

Man-athlete

by: chainthenet



Upcoming events

All events courtesy of: www.coolrunning.com.au/calendar

Sat 16 Apr ADVENTURE RACING TRAINING DAY

Adventure racing is a 'thinking sport' where strategy is key and age is no barrier. If you feel apprehensive about entering a race or want to learn more about racing, why not experience the ideal way to learn about adventure racing by completing an introductory AR course. This course will give you all the necessary skills to complete an adventure race. You will learn the technical skills of each discipline with our experienced instructors. Areas of focus include navigation, preparation, kit, nutrition, strategy, paddling techniques, and mountain biking skills. contact: Gary Farebrother. email: info@maxadventure.com.au. Visit <http://www.kathmanduadventure.com.au/> for more details.

Sat 16 Apr SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - COMO

We meet in the grassed picnic area at the end of Cremona Road, Como, and races start on the railway bridge and proceed into Oatley. Undulating course - mostly road. Senior Scratch Championship race, and Junior Club Championship race. REGISTRATIONS ACCEPTED ON THE DAY AT VENUE. Race distances over 1km, 2km, 3km, 5km & 10km. All ages and fitness levels welcome. Start training now for Sutherland Half Marathon - 20th August. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 17 Apr SMC ROAD RACE SERIES RACE 7

5km, 10km, 21.1km 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneyathletic.org.au. Visit <http://www.sydneyathletic.org.au/tikiwiki/tiki-index.php> for more details.

Sun 17 Apr THE WANDA X-TREME 6

Jock Athletic and Skins bring you a unique event stemming from the ever-growing soft sand racing fraternity. A 6km endurance race on grass, unsealed service trail, sand trails and through the famous Wanda Sand hills @ Cronulla. Hills aplenty! This race has 12 categorized hills, both sand and unsealed road. But wait there's more, you also get a bonus km for no extra charge, total 7km. Inaugural winner Jeremy Horne rated this race the toughest race he's been in. This race is for everyman and his dog, yes a dog and owner category will set off 60mins before the main race. There's something for everyone as once again this year is the Family & Kids 2km fun run or walk. And don't forget your FREE performance singlet for all entrants of the Wanda X-Treme. contact: Jock 02 9544 3628. email: info@jockathletic.com. Visit <http://www.jockathletic.com/> for more details.

Sun 17 Apr THORNTON RUN WALK GROUP

17km, 10km, 5km run or walk. Starting at Tarro pub, Anderson Drive Tarro. This is a social get together once a month. STARTS AT 8AM. (17KM WALKERS) STARTS AT 8.30AM (17KMRUNNERS)(10KM WALKERS) STARTS AT 9.00(10KM RUNNERS)(5KM WALKERS-RUNNERS) contact: 415843622. email: admin@rentalreturns.com.au. Visit <http://www.coolrunning.com.au/calendar/meetup.com/thorntonrunwalkgroup> for more details. Click <http://www.coolrunning.com.au/calendar/on%20the%20day%2020mins%20prior%20to%20start%20time> for an entryform.

Sat 23 Apr SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - ULOOLA FALLS

Drive to Waterfall, taking the Railway station exit then left along McKell Avenue. Just past the Fire Station and Primary School take a small road left down to Waterfall oval. The course is undulating along a fire trail. Senior scratch championship race. REGISTRATIONS ACCEPTED ON THE DAY AT VENUE. Race distances over 1km, 2km, 3km, 5km & 10km. All ages and fitness levels welcome. Start training now for Sutherland Half Marathon - 20th August. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Sun 24 Apr RUNNING WILD LONG COURSE TRAIL SERIES RACE 3: MT SOLITARY MARATHON

Start 7.30am Distances: 22km, 44km Venue: A map from the M4 crossing the Nepean River to the start venue is available on the website. email: runningwildnsw@gmail.com. Visit <http://www.runningwildnsw.com/longcoursetrailseries.htm> for more details.

Sat-Sun 30 Apr-1 May WILDENDURANCE

A spectacular and challenging 100km teams-only trail trek in the heart of the World Heritage listed Blue

Upcoming events
Continuation ...

Mountains National Park. Raising funds and awareness for The Wilderness Society, this event is open to teams of 4-6 completing the full route or relaying the distance half-way through. With a cut-off time of 48hrs and around 3,800m elevation, this course will require both commitment and passion for teams to complete. contact: The Wilderness Society. email: wildendurance@wilderness.org.au. Visit the <http://www.wildendurance.org.au/> for more details.

May 2011

Sun 1 May CHARLES STURT UNIVERSITY BATHURST HALF MARATHON & 10K

Great compact, flat, fast course. Entry includes the famous free sausage sizzle at presentation. Excellent random draw prizes on offer. A great country atmosphere. email: email@bathurstrunning.com.au. Visit <http://www.bathurstrunning.com.au/> for more details.

Sun 1 May BEROWRA 10KM ROAD RUN

This handicap race is held on the first Sunday of every month. Start racing at 7:15am. Join us for the race and breakfast included in the entry fee. We also have social 1/2 road, 1/2 bush runs every Sunday. Check out our website for the calendar and race rules. \$7. Warrina Street Oval, Berowra. contact: Graham Leslie. email: gles@inet.net.au. Visit <http://www.berowrabushrunners.com/> for more details.

Sun 1 May NAIL CAN HILL RUN

Albury 11.3 km starts 10am Mostly undulating run on fire trails through the Nail Can Hill Reserve with great views. All proceeds to local charity. Visit the <http://www.nailcanhillrun.com/> for more details.

Sun 1 May KARUAH RSL RIVER FUN RUN contact: Tony King 02 49975272 or 02 49975620.

Sat 7 May SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - HELENSBURGH

Meet in the car park at Helensburgh Railway Station, near the steps to the Wilsons Creek Rd overpass. Runs commence on Wilsons Creek Rd, adjacent to the Station, and extend out to Cawley Rd (closed off to traffic), within the Garrawarra State Recreation Area. A tough hilly course on mainly sealed road. Senior Scratch Championship race. REGISTRATIONS ACCEPTED ON THE DAY AT VENUE. Race distances over 1km, 2km, 3km, 5km & 7.6km. All ages and fitness levels welcome. Start training now for Sutherland Half Marathon - 20th August. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 8 May MOTHER'S DAY CLASSIC PARRAMATTA

For more than a decade, the Mother's Day Classic fun run and walk has provided communities with a great way to celebrate Mother's Day and raise funds for breast cancer research. See you on May 8th 2011! contact: Lauren. email: info@ausrun.com.au. Visit <http://www.mothersdayclassic.com.au/> for more details.

Sun 8 May MOTHER'S DAY CLASSIC DOMAIN

For more than a decade, the Mother's Day Classic fun run and walk has provided communities with a great way to celebrate Mother's Day and raise funds for breast cancer research. See you on May 8th 2011! contact: Lauren. email: info@ausrun.com.au. Visit <http://www.mothersdayclassic.com.au/> for more details.

Sat-Sun 14-15 May THE NORTH FACE 100

A 100km competitive ultra-trail running event in the Blue Mountains open to individuals. Rated by Dean Karnazes, the Ultra-Marathon Man, as the toughest 100km he's ever done, this is the pinnacle of trail running events in Australia including a spectacular course, over 4,200m elevation and a cut-off time of only 28 hrs to complete the course. Belt buckles for those finishing in less than 14 hours and 20 hours! Test yourself, push your own limits and achieve something to be proud of! For those not quite ready for the total experience, the Marathon Pairs option offers teams of 2 the possibility to relay the distance at mid-course. contact: AROC Sport. email: info@arocsport.com.au. Visit <http://www.thenorthface.com.au/100/> for more details.

Sat 14 May SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - JACANA GROVE

Jacana Grove, East Heathcote. Drive to the end of The Avenue where it meets Jacana Grove, East Heathcote. This is a tough course along a rocky trail in the National Park. Interval Start and Senior Scratch Championship race. REGISTRATIONS ACCEPTED ON THE DAY AT VENUE. Race distances over 1km, 2km, 3km, 5.3km & 10.5km. All ages and fitness levels welcome. Start training now for Sutherland Half Marathon - 20th August. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Fun Run Review: Warrior Dash

By: Angela Haynes



A MUD-CRAWLING, FIRE LEAPING, EXTREME RUN FROM HELL. THIS FIERCE RUNNING SERIES IS HELD ON THE MOST CHALLENGING AND RUGGED TERRAIN ACROSS THE GLOBE, WARRIORS CONQUER EXTREME OBSTACLES, PUSH THEIR LIMITS AND CELEBRATE WITH KICK-ASS MUSIC, BEER AND WARRIOR HELMETS.

Perhaps 'extreme run from hell' is a little 'spin' ish although fuzzy warrior helmets in race packs set the scene for definitely something different and fun in a get down and dirty kinda way!

After freshening up from Woodstock Runners Sat am Bay Run time trial, Chaia Patacsil, El-Marie O'Reagan and I set off for Glenworth Valley, about 1.5 hrs from Sydney, for our 2:30pm start wave. A local farmer is hopefully making good \$\$\$'s renting his property to this new breed of entertainment/adventure racing as the venue was same as for MaxAdventure's Mud Run Nov 11 - less muddy (just) but a larger scale event perhaps due to its US roots. A value for money entry fee for the scale that the obstacles had to be constructed and manned, \$40 (early bird) to \$60 and included a t-shirt, fuzzy helmet, finish medal & beer token.

Despite an overcast and rainy day, the hive of activity and cheerfulness was evident from the gate. A stream of cars was coming in and out of a more than ample parking paddock, alongside a camping area for the uber-enthusiasts. The race advertised start waves of 500 people every 30mins from 11am to 3:30pm. Earlier we joked that surely not circa 5,000 people would take part and expected our late start to be with only a handful...

Even women can be wrong and there were loads of people. At the well organised bib collection & bag drop point we giggled at the crazy participants and happened to line up (and behave like teenagers) behind 'Mr Muscle on Muscle' decked out in only the tightest of pink, lycra hotpants leaving very little to the imagination - there is some partially incriminating photo evidence which may or may not see the light of day. Here is a snapshot of the caliber of some other athletes.



With smiles and a distinct lack of pre-race tension we went through the usual motions...there were plenty of porta loos! Timing chips were on and rock anthems such as 'Living on a Prayer' and 'The Final Countdown' and the like were blasting from a live band on stage. The mud wrestling ladies in the pics gave us the idea that we weren't going to be clean for long as we rocked on over to the start line.



The gun, cheers and a burst of flames signalled the start to this 5km trail run dotted with 10 obstacles. Funnily I ended up running behind 'Mr Muscle on Muscle' for a km or so until he tired on the first hill due to his obvious preference to weights over cardio work.

The obstacles were as fun as they were challenging although, realistically there was no real danger as such because despite advertising to the contrary, you could bypass any obstacles that you were concerned about.



One of the crossings (all of 5m wide) even had a man in an aluminium boat to take you to the other side if you were concerned about having to swim across.

Now about the obstacles, there was 'walk the plank', 'knee high hell' through tyres and 'cargo rope climb' (about 20 feet high). 'Junkyard jump' required a cool bum-slide over a car bonnet - or a less cool climb over or through the car for the less nimble and 'warrior wall' which was straight out of a Police Academy movie. 'arachnophobia', 'black forest' and 'dead-weight drifter' - trudging through waist deep water and climbing over floating logs rounded out the body of the run. The final two obstacles took the cake including 'warrior roast' jumping a fire pit and a 'muddy mayhem' a crawl under barbed wire towards the finish line. Race times were published but not so relevant as the day was more about fun than a competitive run.

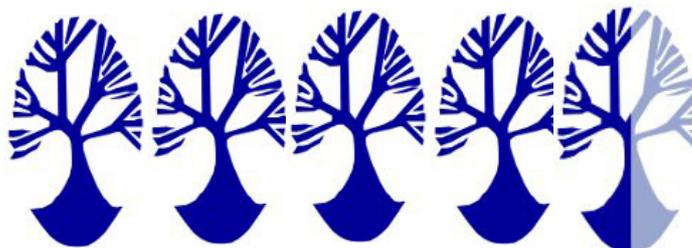
Due to other commitments back home we refrained from the pints and the warrior style, hand-held lamb shanks.

(Continuation on next page)



at the post-race entertainment quarter. We did make the baggage lad's day when we donated him our 3 beer tokens. Thanks to muddy mayhem we had to do a little strip, swim and wash in the Hawkesbury River before heading home. On the way out, it was good to see the growing pile of shoes ready for donation to the Australian charity 'Shoes for Planet Earth' <http://www.shoesforplanetearth.com/> and the parking team who gingerly guided us on our way.

Rating: 4.5/5



Take a look at <http://www.warriordash.com/> as the short opening clip sums it up nicely. Hope to see more Woodstock Warriors next year!!!

Woodstock in Press: RUNNER'S WORLD

Marathon Debutant

A first-timer discovers the allure of the marathon
BY REBECCA BANGURA

TWO YEARS AGO, if someone had suggested I run a marathon, I would have rolled across the floor and laughed. But then again, as I would discover, all things are possible! My marathon journey started with a series of baby steps. A sprinter at school, running took a back set to uni, work, and a busy social life. It stayed in the back seat for more than 10 years until I decided the time was right to open the door, get fit and run a half marathon.

Starting was tough. I struggled to run 500 metres, "How would I ever run 21.1?" But I persevered, built my mileage gradually and ran my first half marathon, the 2009 Sydney Morning Herald Half Marathon (2:07). I was so excited that I ran another, and then another. It occurred to me that if I could go from zero to 21.1, then why not go for the double?

I set my sights on the 2010 M7 Cities Marathon in Sydney, a route that would

take me along the M7 shared pathway adjacent to the motorway. I knew my decision was spot on when I started to crave my three-hour long runs.

Accompanied by teammates, Marty, Bronwyn and Brendan from my local running club ([woodstockrunners.org.au](http://www.woodstockrunners.org.au)), I started race-day feeling optimistic. Experienced marathoners, they helped to keep my pre-race nerves at bay as we took the bus together to the starting line.

It was a cool Sunday morning in Sydney's western suburbs when 260 marathoners and I gathered for the 7am start. As the sun rose, the timing couldn't have been better. It was picture perfect.

My race plan was to stick with the four-hour pacer for as long as I could.

They say that the marathon is 20 per cent physical, 80 per cent mental. While I'm certain that, physically, much more than 20 per cent came out of this body that day, my first mental hurdle came at kilometre 28, an undulating part of the course through the suburb of Glendenning. I started to tire and slow. With my head down I focused on a slower but steady pace, trying not to think about the pacer who was now out of sight.

Early on I had been grateful for the support from runners as they passed me along the course but when I hit the 34-kilometre mark, at Deans Park, the field had thinned and it was a tough time on the road, alone. Just when I thought my body wasn't going to see this through I turned into Eastern Road in Rooty Hill and ahead of me, for the first time, I spotted the Blackfown Olympic Park stadium. I was so excited, not knowing whether to laugh or cry. Instead, I took a deep breath as I remembered I still had a couple of kilometres to go.

One of the greatest things about any achievement is being able to share it with good friends and family and as I crossed the finish line (4:11) I raised my fists and smiled. My casual jogs had led me to achieving what I never thought was possible. - [wm7citiesmarathon.com.au](http://www.m7citiesmarathon.com.au)



ASK THE EXPERTS: THE SPECIALISTS

This months entry will focus on the importance of maintaining consistent training to enhance the mechanisms that contribute to becoming a better runner.

And how do we train consistently? Well there are a number of factors such as time management, nutrition and training periodisation. But an important one, that will be the focus of todays discussion, is remaining injury free in the key areas of a runners body.

How do I get quicker?

Part 2: Remaining injury free

A runners centre of rotation is thought to occur around the T6 vertebrae, located between our shoulder blades. Maintaining good mobility and strength through this area will result in a better functioning kinematic chain (body mechanics). Dysfunction anywhere along this chain will result in increased or decreased movement not only along the spine but also the pelvis causing imbalances in load distribution to the limbs and subsequently overuse injuries.

Let's take a look at a runner with poor lumbo-pelvic (lower back & pelvis) coordination and stability:

- weak muscles that stabilise the pelvis and lower back (glut medius and quadratus lumborum). This will cause increased movement (hypermobility) of the lower back segments resulting in microtrauma of disc tissue.
- excessive movement in lower back. This will cause the middle of the back (thoracic spine) to stiffen up and result in decreased movement, as our ribs are attached to our thoracic vertebrae this may further result in restrictions of our rib cage and decreased ability to take deep breaths.
- increased movement of lumbo-pelvic complex will result in increased movement of our lower limbs and in particular our knees- causing muscles to overcompensate, tighten and sustain injury.

How do we ensure good lumbo-pelvic stability and further good functioning of our body mechanics?

- increase the strength of the glut medius with theraband crab walks & quadratus lumborum with side lying pelvic push-ups.
- ensure adequate lower back control with lumbopelvic coordination exercises
- maintain mid back mobility with range of motion based exercises

These exercises can be seen in the video section of spineassociates.com.au under "inspired living".

Spine Associates has moved location & we are now currently residing at 145/2-18 Buchanan St Balmain.

145/2-18 Buchanan St Balmain

+61 2 8065 5896

spineassociates.com.au

info@spineassociates.com.au

www.facebook.com/spineassociates

www.spineassociates.com.au

www.twitter.com/spineassoc


spine
assoc.

Thanks from Joe

Many thanks for the donation for the Exodus Foundation received on Sunday from the Woodstock Runners Group on the bus, it sure was a surprise, and I think Martin managed that so well, with no (Wikileaks)

The amount raised \$135.00 plus Richard's (winnings) contributed \$15.00, Therese and I (Woodlands Tours P/L) will contribute \$50.00 bringing the total amount to \$200.00.

*Thanking you all once again
Joseph (Joe) and Therese Ayoub*

Race Results

Members - Please email all results to
rundown@woodstockrunners.org.au

Weston Creek Half-Marathon

ACT 13/3/2011

Kim Cayzer 1:49:33 PB

6-FT TRACK

12/3/2011

45 KMS

Brendan Davies 3.37.27 2nd O/All ;1st M30

Phil Lobsey 5.05.06

De-Anne Attard 6.57.18

Campbelltown City Challenge Walk

13/03/11

6km Fun Walk

Eddie McLean 0:55:13, 1st 80+

Sydney Marathon Clinic

20/3/11

30 KM

Martin Amy 1.56 5th O/All

Brendan Davies 1.54.08 3rd O/All ;3rd M30

Barney McCarthy 2.08.29 1st M20

Thien Vuong* 2.11.21 3rd M20

Anthony Robinson 2.16.16

Phil Lobsey 2.18.42

10 KM

John Dawlings 44.32 4th M50

Manal Garcia* 44.03 1st F30

Charissa Patacsil 48.41 3rd F30

Daniel Bortolussi 54.22

Lesley Maher* 56.28 3rd F50

Angela Haynes 59.28

5 KM WALK

Dot Siepmann 50.15

NSW Corporate Games

19/3/11

10 KM

Jeff Morunga 51.48

CORPORATE Games Triathlon

20/3/11

Swim: 500M / Bike: 15 KM / Run: 5 KM

Jeff Morunga 1.16.47

(Swim: 15.54, Bike: 36.37, Run: 24.16)

Shark island Swim

27/3/2011

1.9kms

Kerry Bray 39.37

Sri Chimnoy Centennial Park

27/3/2011

HALF MARATHON

John Dawlings 1.37.14 1st M50

Charissa Patacsil 1.48.13

Sri Chimnoy Centennial Park

27/3/2011

7 KM

Elmarie O'Regan 29.19 3rd Fem O/All

Daniel Bortolussi 35.54

Sandra Bogun 39.58

Angela Haynes 40.55

4 KM

Fiona McIntyre 28.53 Debut Fun Run

Sydney Strider 10KM Series

2/4/2011

10 KM

Brendan Davies* 34.08

Manal Garcia* 42.08

Lorraine Spanton* 49.38

Jeff Morunga* 52.27

Thien Vuong* 34.40

Tri Shave Womens Triathlon Festival

13/03/11

Sprint

Susan Murray 1:12:57, 3rd F40-49

Midi

Fiona Day 1:02:32, 1st F40+

Australia's Running Festival

9 & 10/4/2011

MARATHON

Thien Vuong* 2.39.56 (7th O/All)

Brendan Davies 2.43.22 10th O/All

Martin Amy 2.46.53

Barney McCarthy 3.02.47

Anthony Robinson 3.08.56 (PB)

Phil Lobsey 3.16.40 (PB)

Vass Vassiliou 3.30.46

Rebecca Bangura 4.20.07

Teresa Wood 4.26.55 (PB)

Jeff Morunga 4.34.15 (Griffin- has done 10 Canberras)

50 KM

Phil Lobsey 3.58.25 (PB)

Vass Vassiliou 4.15.29

Teresa Wood 5.30.55 (Debut Ultra)

Half-Marathon

Brian Ogilwy* 1.44

Sarah Waladan* 1.46.12

Charissa Patacsil 1.50.06

Rick Collins* 1.56.05

Emma Pryor 1.56.41 PB

Bridget Akers 1.59.46 PB

Peta Bray 2.05.53 PB

Kerry Bray 2.06.00 1st F60

Sandra Bogun 2.12.05

Christine Cullen* 2.10.16

Angela Haynes 2.13.32 PB

*Not in Woodstock gear or not member

Continuation on next page ...

[Continuation Race Results](#)

CANBERRA RUNNING FESTIVAL

9 & 10/4/2011

10 KM

Terry Vohradsky 50.51

5 KM

Lawrence Ullio 24.45

Joe Ayoub 25.08 (PB)

Richard Ayoub* 29.21

CANBERRA RUNNING FESTIVAL

9 & 10/4/2011

5 KM

Christine Cullen 35.01 (pushing pram)

Sebastian Chiarella* 35.01 (Christine's son)

Therese Ayoub 33.20

Dot Siepmann 47.06 (Walked)

*Not in Woodstock gear or not member

[Handicap Announcement](#)

What: Woodstock Handicap, Bay Run, 7KM

When: 14/05/2011

Where: Assembly at Brett Park

How: Please give nominated time to Colin on or before 10/5/2011. You can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

If you are injured, or not up to running, you can volunteer and still get handicap points, please let Martin Amy (martinamy1@gmail.com) know.



"IN RUNNING, IT DOESN'T MATTER WHETHER YOU COME IN FIRST, IN THE MIDDLE OF THE PACK, OR LAST. YOU CAN SAY, 'I HAVE FINISHED.' THERE IS A LOT OF SATISFACTION IN THAT."-FRED LEBOW, NEW YORK CITY MARATHON CO-FOUNDER



Woodies on tour

Check out Facebook updates or email El Prez if you are interested on the following:

I. North Coast for the Mcleay River Marathon- 12 June 2011 <http://www.mymarathonclub.com/macleay.html> . It is on during the long weekend, The Queen's Birthday June 13, 2011. Plan is to travel Friday afternoon, arrive Friday evening, rest and leisure Saturday and Sunday night after race, travel back Monday Noon.

II. Hunter Valley Running Festival - 15-17 July 2011, <http://huntervalleymarathon.net/>
Plan is for another Woodlands Tour Bus adventure on the Friday night, Wine Tour on the Saturday and then whatever race you'd like to run on the Sunday, But the push will be for everyone to be part of a Team for the Team Marathon event (everyone runs 10km each in a team of 4). The focus of this event is the Saturday, plus the Team Marathon event doesn't start until 9:30am so plenty of time to recuperate! There will be an internal NEW point scoring system called: Wine Adjusted time!!

III. Auckland Marathon, NZ - Race Day - 30 October 2011, <http://www.aucklandmarathon.co.nz/> Get good number of keen members and get cheap deals on group flights and accommodation, or even maybe a tour!



El Prez
0404 623 257
martinamy1@gmail.com

Woodstock Runners - Membership Forms for 2010-2011

Membership Fees for the 2010-2011 year are due by 31st March 2010. Please note the following:

1. Renew Online – members can once again renew online with payment by credit card on RegisterNow's secure site. About 50% of members renewed online last year, this reduces our paper records. <https://www.registernow.com.au/secure/Register.aspx?ID=66>
2. Paper Form – this is attached for those preferring this method, unfortunately offline credit card payments cannot be accepted.
3. Due Date is 31/3/2010 - Any members not rejoining by 31/3/2010 cease to be a member on that date (refer Constitution, clause 8.2).
4. Club Gear - We still have some caps, & a few old shirts & polar fleeces left, these can be ordered online or purchased from our Uniforms Officer (Dot Siepmann). The Hot Designs sizing chart is attached, and is on our website, or another member might let you try on their shirt for size.
5. Cheques - should be made payable to "Woodstock Runners", with completed forms and money to be submitted by 31/3/2010 at any of our Club runs, or posted to The Treasurer, PO Box 672, Burwood NSW 1805.
6. Rundown & Privacy
On your membership renewal, please indicate if you require a paper copy of the Rundown. You may also indicate if you do not consent to your details appearing on our Member List. Note that the Member List is issued periodically, will not be posted on our website, and is only intended for internal Club purposes. You may also indicate if you do not consent to your results and/or photos being published. This includes the Rundown & website, but precludes the members from being eligible for any club awards.
7. Questions? - If you have any questions about the above, please see a Committee member or myself, or contact me via email on info@woodstockrunners.org.au

Thanks,

Colin Townsend

On behalf of the Club Committee

Membership Form – 2010-2011

Name: _____
Address: _____ Suburb: _____ Postcode _____
Telephone Home: _____ Work: _____ Mobile: _____
Date of Birth: _____ Email: _____

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2010-2011 as indicated below:

Part A - Club Fees:

	Adults	Concession
Existing Members	\$40.00	\$25.00

New Members:

New Member Fee includes either a Club cotton T-Shirt, or a Hot Designs singlet/short sleeve shirt

	Adults	Concession
Membership - Cotton T-shirt	\$40.00	\$25.00
Membership - Hot Designs Singlet/Short Sleeve Shirt	\$60.00	\$45.00

NB. Any non-members are welcome to run/walk with us for one month prior to joining. The TNT sessions are free for members, and \$5 for non-members. Any TNT fees paid by non-members will be credited against the cost of membership when joining. New Member PB's (optional, but will be recognised in our Club Rankings):

Distance/Event/Date/Time:

1. 10km 2. City to Surf 3. ½ Marathon 4. Marathon

Part B – Club Gear

Size / Qty

Cap \$20 _____ Singlets (M/F) \$45 _____ / _____ Old T-Shirts \$5 _____ / _____ Short Sleeve \$50 _____ / _____

Bra Top \$66 _____ / _____ Long Sleeve \$60 _____ / _____

\$ _____

Total \$ _____

Note: Old T-shirts \$5 (keep in but add 1 Lge & 5 X/L only)

Please print **YES** as appropriate (leave if not required):

I require a paper copy of the "Rundown" (Club Newsletter issued monthly):

I do not consent to my contact details being included in the Club Member List:

I do not consent to my results and/or photos of me being published (Rundown and website)

Please return to:

Treasurer - Woodstock Runners Inc.

PO Box 672 BURWOOD NSW 1805

Cheques should be made payable to "Woodstock Runners Inc".

Woodie Shots



Woodstock Carboload@ACT's Australia's Running Festival



Mother&Daughter Bray racing each other!

Emma&Chaia@ACT

Chrstine&Son

Therese@ACT

Theresa@ACT

Lawrence@ACT

Brendan 6-ft Track



The Woodstock cheeringsquad



Sandra@ACT



Tezza@ACT



Kim@Weston Creek



Dot&Phil@ACT



Kerry's Shark Swim



Barney@ACT



Angela@ACT



Bridget@ACT