

The WOODSTOCK RUNDOWN

February 2012



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?>

The Rundown On Members

Our somewhat "strange" summer does not appear to have discouraged Woodstockians. The milder temperatures have been conducive to running and the rain, mostly a welcome relief. Is the Weather God a runner? Probably!

Last month we celebrated the life of Steve Briscoe, a Woodstock Runners Foundation Member, when many members attended his funeral. It was wonderful knowing that purely because of Woodstock so many friendships have been made, with many continuing for up to 30 years. So many good times have been enjoyed by us, with fabulous runs, outings, weekends away and an expanded knowledge of our sport, due to the Club.

Thank you to John and Roanna for the Australia Day Run from their home in Drummoyne. More than 30 of us enjoyed the courses set by John and then, the very delicious breakfast. We really appreciated your hospitality.

Later that same day, our esteemed President became a dinky-di Aussie. Congratulations, Martin on your Citizenship of this great country. Chaia gained her Permanent Residency Visa, meaning she will be staying with us, for which we are most grateful. Good on you, Chaia.

Peta and Kazu competed in this weekend's triathlon, both finishing in good shape. It was Kazu's first ever tri and he thinks he's addicted already. Good on both of you.

Don't forget the weekends away at Orange March 3-4 and Canberra April 14-15. There may still be vacancies. If interested contact Sandra and/or Angela respectively. Thanks to the girls for organising these trips and to Joe, our brilliant bus driver. One of the above, while attempting to cut short a run was seen climbing a 6ft high fence, with spikes on top. The following week, with other members, this person led them across a blocked off and closed bridge. Could well win an obstacle race!

At the time of writing there were 4 vacancies for the Cronulla Breakfast Run on Sunday February 26. Please contact Kerry on 9523 2225 or kerry.bray@bigpond.com. There will be distances of 6k, 9k, 15k with maps provided. We will meet in Dunningham Park no later than 7.10am to finalise breakfast orders and will run at 7.30am with breakfast at 9.00am at Alley Break nearby. Bring your cozzies for a swim.

Happy running / walking to all.

Kerry, Woodstock Welfare Officer

This Month's Birthdays!

Fiona Day - 5th, Michael Cantley - 8th, Tami Iseli - 8th, Sarah Waladan - 12th, Derek White - 12th, Kathryn Bolitho - 16th, Beverley Edwards - 16th, Lorraine Spanton - 22nd, David Miller - 23rd, Tomomi Yamazaki - 23rd, Barry Crisp - 25th, Vass Vassiliou - 25th

From the Editor

With our regular editor Chaia still celebrating her Australian permanency, I once again have the privilege of putting together this February Rundown. With this very tropical like weather that Sydney has been experiencing, I hope that everyone has been able to do some consistent training. There has been a positive to all this rain though; it has justified my obsessive hoarding of running shoes over the years. Indeed I've had to reach to the bottom of the shoe drawer quite a bit lately and dig out some relics from yesteryears in search of some dry shoes!

It's great to see that the road trips to various country running events are being organised again this year. May I take this opportunity to encourage everyone, especially newer members, to consider some of these trips. Not only are they a great opportunity to visit new places, but they are a wonderful way to make new friends.

Brendan, Stand-in Woodstock Editor

February Training Program

Full Summer calendar details

<http://www.woodstockrunners.org.au/drupal2/files/Summer%202012.pdf>

Tuesday Road Run Meet at 6pm Woodstock, Church St Burwood			Thursday Intervals Meet at 6:30pm Campbell Oval, Ashbury			Saturday Run Meet at 7:20am Brett Park, Drummoyne		
07/02	Bayview	10k	09/02	"Parlov" 300m x 14		11/02	Woolwich	9k
14/02	Strathfield Stride	10k	16/02	Standard Pyramid		18/02	Hell Hill	8k
21/02	Pack Run	?	23/02	5km TT #1 *		25/02	Balmain	9k
26/02 Cronulla Breakfast Run, see flyer for more details								
28/02	Cooks River Canter	10k	01/03	3mins x 6		03/03	Timbrell Park	8k
06/03	Blue Mountains Express	10.5k	08/03	"Mile Down" Inverse Pyramid		10/03	Handicap Run #1	7k
13/03	Cabarita	11k	15/03	Long Hill / Short Hill Repeats		17/03	Hunters Hill	14k

Cronulla Breakfast Run

The Cronulla Breakfast Run will be held on Sunday February 26.

Walkers off at 7.15am, runners 7.30am over 6k, 9k or 15k.

Maps provided.

Breakfast afterwards at Alley Break by North Cronulla Beach, \$12 choice of hot or cold.

Numbers strictly limited to 22. First in, first served.

Contact Kerry Bray kerry.bray@bigpond.com or phone 9523 2225.



Teams Update!

1. Canberra Marathon event **"Australian Running Festival"** <http://runningfestival.com.au/>

If you plan on entering any of the races at this event, please join the Woodstock team that has been set up. Simply 'search for an existing team', type in Woodstock, and the search result will come up with the team 'Woodstock Runners'. Select that and continue with the entry procedure.

2. **"Sydney Morning Herald Half Marathon"** <http://www.smhhalfmarathon.com.au/>

Follow the same procedure as above, then select the appropriate team:

- **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 strongest team possible and you will be advised if needed shortly.

- **Woodstock Runners - Veterans**

Any member, male or female, aged over 40 years

Brendan, Teams Coordinator

Welcome New Member!

A big Woodstock welcome to our newest members **Evan Plakias**, **Tym Blackwell** and **Michelle Livingston**. We look forward to seeing you all at one of our training runs in the near future. We encourage all our new members to check out the Woodstock website to learn more about our club and our club training nights. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear.



Woodlands Tours p/l - ACC 34363
Joseph & Therese - 0419 373 326
email: woodlandstours@hotmail.com
Sydney, Hunter Valley, Canberra
Blue Mountains/Jenolan Caves
Charter/Hire, Golfing Weekends,
Function Transfers, Custom Trips, etc.
Other enquiries welcome
Competitive Rates



100% Fitness 100% Sweat 100% Life

<http://www.facebook.com/pages/onelifecat/104046396300519>

<http://onelifecat.wordpress.com/>

Spoof and inspirational fitness merchandise. Clothing, mugs,
aprons, caps and more!

Brendan selected in Australian Team for 100K World Championships

Hey All,

Am not sure if you know but one of our esteemed runners is once again heading overseas to compete on behalf of 'our' country in what will be the 26th International Association of Ultrarunners 100km World Championship.

Yes, the school teacher from the Blue Mountains has been selected by AURA to represent Australia among the world's best in endurance running. The event is in Seregno, Italy, which unfortunately due to scheduling, will mean he'll be unable to take in the sounds of the International Ettore Pozzoli Piano Competition, as it is its 'off' year of the event held every two years. But no doubt he'll be able to visit the Barbarossa Tower, a real cultural delight of the township.

Fortunately though, this time he'll have a support crew (Nadine), which will of course make him run quicker and assist with his recovery as opposed to the ambulance assisting as it did in Wales! **(Wrong race Marty! - Ed.)**

He will be there as one half of a dynamic duo, with Andy Heyden his brother-in-arms, so we wish Andy well too, **(Even though he is a Sydney Strider - Ed.)**

So for all Woodies keep the evening of the 22nd and possibly morning of 23rd April 2012 free as we keep a close eye on the adventures of our Australian competitors.

If you see him before he goes or have contact with the Woodford Elite, don't be scared to pass on your well wishes as it is well-known that the more support you have the better you run!

Congrats buddy, am sure as always you'll do us, your country and yourself proud.

Also, enjoy your holiday both in Turkey beforehand and the Greek Islands post-race, which in conquering the race will be as sweet as those delights they give us.

El Prez

5k Time Trial @ TNT

Well this is it, RACE TIME!

5Km Time Trial

First one in the series of 5, points on offer based on age-adjusted system.
...Prizes on the night and for the series but you must have entered at least 3 TT's

6:45pm - Gun goes off, so be there in good time for warm up...

\$2 entry for members

\$5 entry for non-members

When: January 24, 2011, 6:30 PM

This is a PRE-RACE only event. You must inform Martin Amy your running in the TT by Thursday 17 February 2011. This is to make sure that it all is set-up and ready to go on race night!

So no need to waste time thinking about it, just send it through Now!! Your entry, must include providing an estimated time for the run! martinamy1@gmail.com

Naturally as it's the last Thursday of the month we'll be heading up to get a bite to eat after to talk the usual rubbish and running chat about how we're going to smash the Six Foot Challenge, Orange Half or Canberra Marathon... Bring plus one's if you like, or the whole family!

It's Road Trip Time!

- **Orange Running Festival** http://www.orangerunners.com.au/?page_id=28

It's Official - the Woodstock Trip to Orange on March 3rd is full and I have some people on a wait list. Total cost for bus, one nights shared accommodation and access to showers after the run on Sunday is \$90 per person. To guarantee your spot on this trip I would require \$45 now and \$45 on the bus (or all now) into my bank account (I can be trusted - you all know where I live) or by cash cheque to myself, Joe Ayoub or Angela. If I can get deposit by 9 Feb (before early bird closes) or I will offer spaces to those on the wait list so they can get the cheaper rego fees.

Contact **Sandra Bogun**: SBogun@redkite.org.au

- **Australian Running Festival Canberra Weekend** - <http://runningfestival.com.au/>

14/15 April 2012 Note: Early bird race entries close on 11 Feb.

Last year was lots of fun, highlights included several PB's, Teresa Wood and Phil Lobsey completing the 50km ultra and Jeff Morunga making it into the 'Griffin Club' (completing at least 10 ACT marathons). To top of an enjoyable weekend we stopped at a winery on the way home. ...

Joe has kindly offered to again bus us to Canberra at a cost of \$50 per person (assuming full bus). We have pre-booked 2 x 4 bedroom apartments at Pinnacle Apartments (same place as last year) within walking distance to the start line. Accom is also \$50 per person (depending final numbers).

What you need to do:

1. Let me know if you would like 'accom & bus' or 'bus only' or 'accom only' - you can comment to this post, FB message or else email me at angpegasus@gmail.com. First in first served. These trips are becoming popular so don't snooze and lose!
2. Pay \$30 deposit to my account BSB: 062-233 ACC: 1005-6323. Deposit refundable as long as someone else avail to take your spot.
3. Work out what race you want to do and enter online and select the team 'Woodstock Runners' which Brendan has kindly set up. Call me if any dramas 0419 444 010

An Amazing Athlete

Members may have heard the extraordinary story of a 100 year old runner completing the Toronto Waterfront Marathon last October in around 8½ hours. While this is amazing, to say the least, the media neglected to write the story of Ed Whitlock.

Ed, a Canadian, born in the UK, set an over-80 world record with a time of 3.15.51. He also holds the over-70 record of 2.54 and was the first person over 70 to run a Marathon in less than 3 hours.

At the 2011 Toronto race, many elite Kenyans had abandoned the race due to unfavourable conditions with cold temperatures and strong winds. They sat in amazement as Ed finished in this incredible time. He passed halfway in 1.37.38.

He trains by running laps of a cemetery near his home for up to 3 hours each day. There's hope for all of us, I guess, when we retire. He was an active runner as a schoolboy and took up the sport again in his forties. Whitlock also competes on the track and holds 10 world age group records ranging from 1500m to 10,000m. Some of his over-80 times include 3000m in 12.13.56, 5000m 20.58.12 and 10000m 42.39.95. Check out more fantastic times for Ed on Wikipedia.

Hopefully with all the extra years of training ahead of us, we can strive to improve, maybe not to Ed's level, but at least to keep going strongly.

Kerry

Results

Please email all your results to
rundown@woodstockrunners.org.au

15/01/12 - Sydney Triathlon Series, Kurnell

750m Swim, 20km Bike, 5km Run

Peta Bray 1:52:33

26/01/12 - Revesby Workers Menai Fun Run

8.2km 8.2km

John Dawlings 0:35:45 2nd M 50+

Dot Siepmann 0:51:15 7th F 50+

26/01/12 - Running Wild Knapsack Trail Race

6h

Brendan Davies 10 Laps (50km) 8th M O'all

26/01/12 - Canterbury Fun Run

5km

Anita Doig 0:22:45 6th F 16-49

Fiona Day 0:24:17 8th F 16-49

28/01/12 - St Peters parkrun #2

5km

Teresa Wood 0:24:05 2nd F40-44

04/02/12 - St Peters parkrun #3

5km

Martin Amy 0:19:11 3rd M O'all

Anita Doig 0:23:20 2nd F O'all

04/02/12 - Sun Run

6.4km

Jeff Morunga 0:35:09

Teresa Wood 0:35:38

Angela Haynes 0:39:03

Dot Siepmann 0:38:42 5th F 60+

04/02/12 - Striders 10K Series, Homebush

10km

Brendan Davies 0:34:44 5th M35-39

Lesley Maher 0:56:41

05/02/12 - Cole Classic Ocean Swim

1km

David Blackwell 0:20:55

Angela Haynes 0:22:23

Teresa Wood 0:23:01

Rick Collins 0:27:29

Jeff Morunga 0:27:58

Deirdre Stewart 0:31:20

05/02/12 - Kakaako Waterfront Park Women's 5k Run, Honolulu, Hawaii

5km

Kim Cayzer 0:23:44 3rd O'all

11/02/12 - St Peters parkrun #4

5km

Martin Amy 0:18:42 3rd M O'all

Anita Doig 0:22:16 1st F O'all

12/02/12 - Warrior Dash

5.12km + 12 Obstacles

Emma Pryor 1:00:39

Bridget Akers 1:00:39

Chaia Patacsil 1:01:04

Nick Marshall 1:08:52

Mary Sherman 1:08:53

Fiona McIntyre 1:26:19

Debbie Rutherford 1:38:41

Sandra Bogun 1:38:41

Angela Haynes 1:38:44

12/02/12 - Sydney Triathlon Series, Kurnell

750m Swim, 20km Bike, 5km Run

Kazu Takahashi 1:20:36 Debut, 4th M 55-59

Peta Bray 1:54:19



Big Jeff at the Sun Run



Angela at the Sun Run



Kim Cayzer flying the Woodstock Flag in Hawaii



BEFORE the Warrior Dash



AFTER the Warrior Dash

From the Experts

Our usual contribution from our resident chiropractor and member Tobias Hudson from Spine Associates

Moving the arms to activate the legs

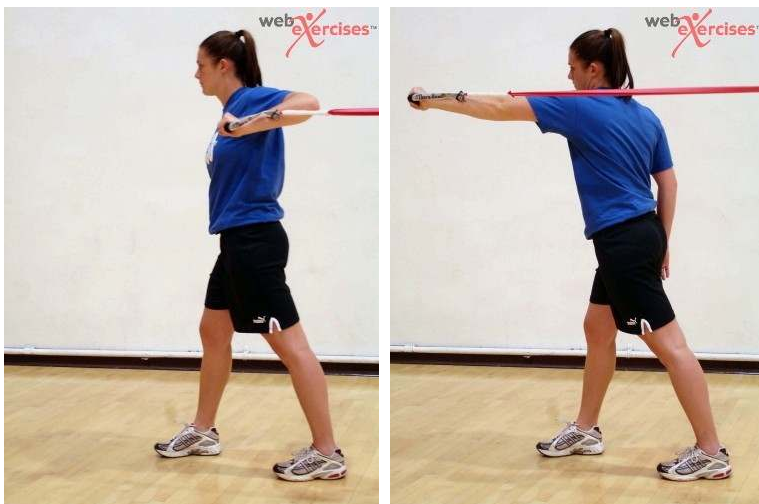
In this months commentary we'll look at the important role the upper limbs play in running and why you should add some exercises that facilitate arm/leg activity into your training. Many runners should place greater importance on arm swing, as it is not a purely passive phenomenon. Muscle activity controls arm swing magnitude and timing during running, with humans recruiting upper limb muscles to swing their arms at a much faster rate than the arms' natural frequency. Humans have neural connections between their upper limbs and lower limbs that coordinate muscle activation patterns during running, creating an anterior and posterior muscular sling. These connections will lead to arm swing being a key stabiliser of rotational body motion and minimise rotational movement between the foot and the ground. Recent studies indicate that arm swing may also facilitate lower limb muscle activation- meaning the more efficient our arms the greater activation and force transfer into our legs.

So what does this mean?

Including a few core/pelvic exercises into your weekly training schedule that nurtures these neural connections will pay dividends in your running economy, running strength and injury prevention. Try these exercises:

1. Lunge rotation
2. Prone hover rotation
3. Anterior sling push outs

Reference: Ferris D, Huang H, Kao P 2006 'Moving the arms to activate the legs' Journal of Exercise & Sport Science Reviews, vol. 34 (3), pp. 113-120



Anterior Sling Push Outs



Lunge Rotation



Prone Hover Rotation



Look What We Found...

Kerry Bray featured in this month's edition of Runner's World! Thanks to Angela!

WHAT IT TAKES TO...



Run a marathon after 27 years

KERRY BRAY, 67, of Cronulla, NSW, ran four marathons in the early '80s. Shortly after, chronic Achilles tendonitis forced her to give up her dream to run a marathon overseas. In 2007, after successful treatment, Bray started running again and gained an entry to the 2010 New York Marathon. Two weeks before the marathon she broke her

foot. Fortunately Bray deferred her entry to 2011.

"I was thrilled to finally run New York (4:41) and to appreciate how by keeping your body aligned, anything can be achieved."

Chaia found this video on You Tube from the 1995 Woodstock Fun Run. Click the link here to play: <http://www.youtube.com/watch?v=ozvIHx9JV2I>



Upcoming Events

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

- Sat 18 Feb 2012 SYDNEY TRACK CLASSIC*
Sydney Olympic Park Athletic Centre in Homebush will host some of the best international and domestic athletes in their bid to compete at the London Olympic Games. The main program is from 6:00 - 9:00pm. contact: Lara Tamsett, Athletics NSW Media and Marketing
- Sun 19 Feb SMC ROAD RUN - EVENT 5 OF 9*
25km, 10km, 5km run and 5km walk. 25km and 5km walk start at 7:00am. 10km starts at 7:30am. 5km run starts at 7:40am. All events start from Rosford Street Reserve, Smithfield. Run on sealed roads on an Athletics Australia certified course with accurate markers every 1km. Electronic timing tags for everyone. Regular drink stations with water and sports drinks. Fresh fruit, hot showers and hot drinks available afterwards. The series is a friendly and sociable group for runners of all ages and abilities. contact: SMC
Enquires. email: smcroadraceseries@gmail.com. Visit the [website](#) for more details.
- Sun 19 Feb SRI CHINMOY SYDNEY 2012 SERIES RACE 1 - MIRAMBEENA 16 KM, 8 KM & 2 MILES.*
Garrison Point, Beatty Reserve, end of Beatty Parade (off Henry Lawson Dr), Mirambeena Regional Reserve, Georges Hall. If you haven't experienced the joys of running at Mirambeena, mark this down as a must do! Starting and finishing from the grassy expanse of Garrison Point, follow cycle paths through native bushland alongside Prospect Creek and around Lake Gillawarna. A few hills keep the effort honest. A run to delight body, heart and soul. Parking in car parks at the end of Beatty Parade. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar
- Sun 26 Feb RUNNING WILD WOODFORD DAM 13K AND 19K*
- Sun 26 Feb THE LITHGOW TRIATHLON*
The Triathlon will consist of a 400m swim (pool), a 20km ride (road) and a 5km run. There is a modified race for experienced Juniors which includes a 200m Swim 10km ride and 3km run. There is an awesome prize pool on the day, including a Specialized Shiv Bike valued at \$3700 as a lucky door prize! Regional triathlons are always a great day out, and this one is sure not to disappoint! contact: Jo Brischetto. email: info@mountainsports.com.au. Visit the [website](#) for more details.
- Mar 2012**
- Sun 4 Mar SRI CHINMOY MULTI-SPORT CLASSIC*
A superb all-day multi-sport race for solo athletes and relay teams of 4 or up to 12 members exploring beautiful Lake Jinabyne, Kosciuszko National Park and surrounds. 12 legs of swimming, paddling, mountain biking and running, with legs varying from flat and easy to 'not flat' and strenuous - something for everyone! An unforgettable journey... contact: Prachar Stegmann. email: canberra@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 4 Mar ORANGE COLOUR CITY FUN RUN FESTIVAL*
21.1k, 10k and 5k run over mainly flat, sealed roads. The half marathon has a few hills on the back half of the course and a bit of unsealed road. We encourage walkers to participate in the 5k. contact: Tom Gleeson. email: tmgleeson9@hotmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat 10 Mar SIX FOOT TRACK MARATHON*
45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria apply. Approx 800 runners. **Incorporating the AURA National Trail Ultramarathon Championships** contact: Race Organiser, Six Foot Track Marathon, PO Box R1227 Royal Exchange, Sydney,
- Sat 10 Mar ALSTONVILLE WOLLONGBAR FUN RUN CHALLENGE*
There are four events, all starting at Alstonville High School: Elders Alstonville 10km Run Amaze 'n' Place 5km Run Summerland House Farm 1km Junior Dash Newsxpress Wollongbar 5km Walk All money raised goes to the Wollongbar Public School P&C and the Alstonville High School P&C Associations. contact: Catherine
- Fri 16 Mar FORESHORE 5 - 5KM RUN*
k twilight run along the foreshore at Newcastle. Open to all ages from 8 yrs+ including elite and age group categories. Fundraising opportunities also for Hunter-Newcastle based charities. contact: Paul Humphreys. email: paul@hevents.com.au. Visit the [website](#) for more details.
