

The

WOODSTOCK RUNDOWN

July 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

It was a great morning at Balmain last week when twenty or so members along with a few friends, took off on scenic routes around the area for 5, 10 or 15k runs, followed by a yummy breakfast at John Dawlings home. Thank you for your hospitality, John and the organisation of the morning. There were chalk arrows on most of the municipality's posts.

This will be the last run from John's Beattie Road address as he has sold the home and will move next week into a town house not too far away. Good luck with your move, John. Also wishing well Brendan and Nadine who are moving up the mountains, and Elmarie who just bought a new house; Chaia and Terry, who will be taking up residency in Chiswick very soon.

Welcome home to El Prez who has been travelling in Vietnam and Cambodia for a month. He assures me he hasn't been running, but eating silkworms instead. Let's see how that nutrition helps performances.

Congratulations to many members on numerous successes recently. There were excellent runs at the Woodford to Glenbrook (as well as good looking firemen at the drink stations), Cooks River Run, Shoalhaven King of the Mountain and the Gold Coast events. Let's hope we can keep it up with Sri Chinmoy races at Dolls Point this weekend, followed by the Hunter Valley Running Festival, then Sutherland to Surf.

Along with many terrific runs, members have had their fair share of injuries, though not necessarily from running. Ken Murray seems to have recovered from a sprained ankle suffered at a local club; Angela pulled a calf muscle playing softball; Max McGown had shoulder surgery and missed Wimbledon; Barry Cole had a surgical procedure; Teresa had a fall, losing lots of skin and that was running at Woodford to Glenbrook; Joe Ayoub had his email hacked into, though not an injury, it was a real pain for him. We wish you all well and complete recoveries.

Welcome to all our new members. We hope to see you along at TNT's Time Trial, a Tuesday night run, Saturday morning or all of the above.

Happy running/walking.

Kerry

Welcome to our new member Lauren Stewart!! Hope you are enjoying your Woodstock hospitality and the training sessions!!

July Birthday Celebrants

**Bridget Akers 6th, Elmarie O'Regan 16th, Peta Bray 20th,
Jenny Vassiliou 21st, David Mathers 25th, Kazuaki Takahashi 30th**

Letter from the editor

Hi Woodies!

It's great to see that despite of the cold winter, members are still actively keeping warm and been joining fun runs and the club regular runs. I've been missing my regular Tnts lately myself and funny that being The Rundown editor, I think I'm a bit rundown myself from work and weather, thus been minimum running for me for the past two weeks already.

Also, iv'e been liking my new Vibram Five Fingers pair lately and had a go of running with them on the road, and they seem to be better than my original ones as it has thicker soles, for those who are curious what are those funny looking footwear :).



Anyway, looking forward to a more relaxed winery run this weekend!

- Editor

NEEDING NEW WOODSTOCK GEAR??

Everything is now 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 & 4 X/L only left): \$5
- Womens Hot Designs shorts (unlined, 1 size 10 only): \$40. No more of these will be ordered.

Shorts can be quite individual so choose whatever is comfortable in royal (Woodstock) blue or as near to that as possible.

All our Hot Design (Drifit) items are in stock as well as the basic cotton T-shirts so no need to run incognito.

For our new members, the membership fee of \$40 entitles you to the basic club cotton T-shirt or if you choose to pay \$60 that entitles you to either our Hot Designs (Drifit) singlet or short sleeve runshirt.

Any queries, feel free to contact me:

Dot Siepmann

Club Uniforms Officer

Email: dottledisco@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>

Support Brendan on his Kokoda Challenge!!

Dear Woodies

On the weekend of the 16th and 17th July, I will be running in Australia's toughest team endurance event – The Kokoda Challenge. Along with three mates Ben Artup, Andrew Lee & Stu Gibson we will be running a 96km course that encompasses more than 5000 metres of elevation and 12 creek crossings through the Gold Coast Hinterland. On average only half of the teams entered make it to the finish line as a complete team, despite this we hope to get there within 11 hours and break the course record! Why are we doing this?

It's not only a great personal challenge but a way to make a difference to Australian teenagers through the Kokoda Challenge Youth Program. The 14 month early intervention program is helping young people from a variety of backgrounds to gain confidence, direction, new friends and the skills to overcome any obstacles that life throws at them. My team, No Roads Expeditions (Team #321), is committed to raising \$1,500 and it would be great if you could get behind us by making a fully tax deductible donation through our Team online donation facility <https://www.kokodachallenge.com/team-profile/1075>. And you can follow our training progress on our team page <https://www.kokodachallenge.com/team-profile/no-roads-expeditions-1075>. As well as supporting a very worthwhile cause, my trek is also in honour of the Australian soldiers who fought on the Kokoda Track during WWII. I hope to use the spirit borne there of mateship, endurance, courage and sacrifice as inspiration to get me through the tough course. I appreciate you taking the time to read my email and thank you in advance for supporting my team, and in turn support some very deserving Aussie teens.

Kindest regards,

Brendan



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

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.



The City 2 Surf entries are now open at
<http://www.city2surf.com.au/default.asp?PageID=18225>



Woodstock teams are categorized as following when entering:

- **Woodstock Runners – Open Men** Any man runner aged Under 40 to enter.
- **Woodstock Runners – Open Women** Any woman runner aged Under 40 to enter.
- **Woodstock Runners – Mixed Elite** This is traditionally reserved for the club's fastest 2 men and fastest woman. We are the reigning champions in this category! Club protocol means these runners have entry preference (Brendan Davies, Martin Amy, Bronwyn Hager), unless these runners think there is someone more appropriate.
- **Woodstock Runners** – Men 40-49 Any Man (Aged 40 to 49)
- **Woodstock Runners** – Women 40-49 Any Woman (Aged 40 to 49)
- **Woodstock Runners** – Men over 50 Any Man over 50
- **Woodstock Runners** – Women over 50 Any Woman over 50

DAD AND BABY FITNESS!



Who says, you can't do your fitness with your baby? Tristan and Lachlan practicing Pilates!

Who and where is the Woodie?



For those who guessed and found the Woodie last month's Rundown, Yes that's our member Sandra Bogun running at the Sri Chinmoy's Ircon Cove course!

Joke: Weather-predicting-Shoe

Running shoes in these days are more and more technologically advanced.

I went in this store and they told me this new model of running shoes can even predict the weather!

I asked how and the salesperson told me: "Leave your shoes outside the window for a little while: if they are wet it's raining, if they are dry it's sunny, if you cannot see them it's foggy."

- adopted

Woodstock Tipping

CURRENT LADDER				<input type="checkbox"/> Show Full Ladder
Rank	(LW)	Tipster	Points	
1	(1)	Brendan Davies	92	
2	(2)	qazxs	88	
3	(3)	Trialex	87	
4	(4)	Go Jana Love Tamsyn	84	
5	(4)	paulwhiteway	83	
6	(6)	3553	75	
7	(7)	Chutney1980	74	
8	(7)	Mickcan	73	
9	(9)	Colin T_0	66	
10	(10)	bronbrons	47	
10	(10)	tutto	47	
12	(12)	Rebecca_Bangura	46	
13	(13)	LukeT1	30	
14	(14)	feefeedee	5	
15	(15)	woodgood	3	

Total Tipsters: 15

A minute with a Member

Name: Teresa Wood (It's better than Teresa Green) !!!

What is your occupation? A Nurse, I specialise in Intensive Care

Running age group? Under 40 (for the next month anyway...scary)

Do you have family? 3 brothers, 3 sisters and a couple of step siblings thrown in for good luck. A mad house hold growing up!!

Not married with children as to busy travelling the universe.....

How long have you been a Woody? Just over 1 year

Do you run on Tuesday night/TNT/Saturday morning?

Mainly on Tuesday and Thursdays (work permitting as do 12hr shifts)

Why do you enjoy running? It de stresses me after a hard day at work, pounding the streets with my I pod on with no cares at all....

What is your favourite running distance/course/event and why? Stupidly Marathons...There is just a great feeling after completing 41K when your mind and body are screaming to stop....

Am starting to do a few 10Ks and enjoying them

What has been your running highlight?My first Marathon The Great Ocean Rd, just a beautiful course and of course the Canberra Ultra 50K, just completing that was mind blowing..

Any lowlights (injury etc)?)? Until last week I have had no Injury's at all (lucky), then I hurt my ankle/arches running in the wet....

What was the last race you went in and how did you go? ? Last big race was the Gold Coast Marathon

Anything funny/unusual ever happened to you while you have been out running? Never realised the toilet situation on long runs...The Great Ocean Rd Marathon there were only toilets at the 21K mark, and no coverage or places to go...it was OK for the guys, my mate and I had to come up with some tactics to avoid being caught with our shorts down !!!!!!! And Emma I am with you on the chafing!!!! had a few bad experiences at the start. .soon learnt to buy running gear with no seams

What other sports/hobbies are you involved in? No other sports, used to play Hockey in my youth. I love adventure holidays. Recently climbed to Everest base camp. Last year I travelled Africa for 3 months and climbed Kilimanjaro, went diving with great white sharks and went trekking with silver back gorillas.. My worst holiday is sitting on a beach for a week

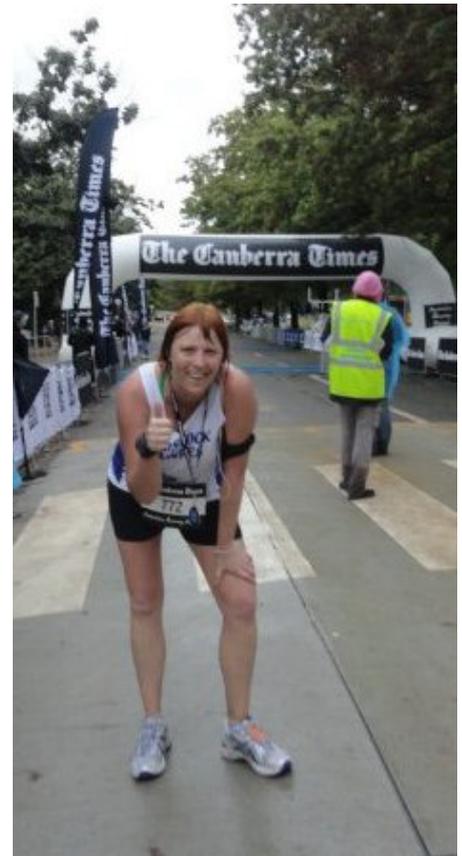
Favourite food/beverage? Used to be chocolate until living in Oz as it's not the same, now it is good cheese's and wine

If you get the chance to have super powers, what would it be?? To be able to fly in a space rocket, I could get home to the UK to see my family/friends in a few hours rather than days...and all the other places in the world that I have on my wish list.

Where would your ideal holiday be? Anywhere with a bit of adventure. As much as I like the sun I am a ginger and the sun does not like me... boo ho . My next adventure I think is Alaska or Antarctica

Favorite running shoe/Gadget? Why? My I Pod, I need the tunes to get me through the hard times. I do like my Garmin watch although I still do not know how to use it properly..

Interesting things we may not know about you? I nearly became an Air Hostess as I worked for Virgin Atlantic as a Chef in the 1st class lounge at Heathrow Airport. Met Richard Branson a few times and met many famous people. Could you imagine me as a trolley dolly...!! At the flip of a coin ended up working in a hospital in a crap job but new I had found what I wanted to do. A flip of the coin can change everything...



Thank you Teresa for sharing! Woodstock is so proud of you to be the first female Woodie to do an Ultra!!

A minute with a Member

Name: Nick Marshall

What is your occupation? Software Engineer

Running age group? 20-29

Do you have family? Parents and two sisters

How long have you been a Woody? Off and on for close to 3 years

Do you run on Tuesday night/TNT/Saturday morning? Currently running TNT but want to get back on Tuesdays too

Why do you enjoy running? To feel free and unchained from my work desk

What is your favourite running distance/course/event and why? Half marathon - the distance where it takes mental and physical endurance but you can still go and have a big breakfast afterwards.

What has been your running highlight? Either my first night of running as an adult or my first marathon (Blackmores Sydney 2009)

Any lowlights (injury etc)? Have my first ever running injury as we speak! Stress fracture in my foot after coming back in to training too quickly

What was the last race you went in and how did you go? Gold Coast Half Marathon. Happy despite with the injury weeks before the event.

Anything funny/unusual ever happened to you while you have been out running? Whilst training for a half marathon a couple years back I started to love training late at night, I managed to have (what looked like) a homeless guy run with me for a couple blocks as I was going through the city. I can now cross "Ran with a barefooted guy at midnight in the city" off my bucket list.

What other sports/hobbies are you involved in? Golf and I'm addicted to movies

Favourite food/beverage? I grew up in Bathurst and there is a famous ice cream parlour there called Annies. 23 years later I still manage to go back and grab a punnet of Sofala gold - have to try it if you ever go there!

If you get the chance to have super powers, what would it be?? Has to be the power of flight

Where would your ideal holiday be? Las Vegas!

Favorite running shoe/Gadget? Why? Definitely my Garmin (310XT), I take that everywhere with me

Interesting things we may not know about you? In primary school I was a state chess junior champion and actually tried to use that as some bargaining chip to become school captain. Strangely enough they went with the cool kid who could play cricket really well.



Thank you Nick for sharing! Hope your injury goes away soon! And get that run you were wanting to do!!

FUN RUN REVIEW: Bondi Soft Sand

By: Charissa Patacsil

I've ran this event twice in a row in the past few years, missing the race last year due to my ankle injury. However this year, lucky that the ankle injury on both legs are gone, and it's all healed, I decided to run the 4Km Bondi Barefoot this year. Although it was not easy deciding should I go for the longer course on pavement at the Westies Heart of the Lake run which is not an easy course either. But then running on sand is not the easiest race, I like running on soft sand even if i do not provide the best and quickest results the course because it challenges my running.

There were teams this year, however, there was not enough members from Woodstock who were interested to sign up. Jeff Morunga was, but I knew he is doing the even harder course which is the 10Km which is too long for me on a soft sand, so there is no way we can make up a team of four. Still I went and was accompanied and chauffeured by Terry!

It was a cold, gloomy weather when we arrived at the South Bondi Surf Club, and we were 30 minutes early before start. I was hoping it did rain in this part of this world the night before, which makes the sand compacted when its wet, but that was just a dream. I went to pick the race pack, which every year always includes an event singlet you are required to wear on the race course, so marshals can identify you belong to the race. This year the singlet is colored yellow and black, not knowing what color you get every year and hoping your colors don't clash and i'm glad i wore a grey shorts so it was not a fashion disaster. Also instead of getting a bib you get marked on your arm like doing a swim or a triathlon and you get your ankle straps for the timing.

There were a mix of competitors in the crowd. But I observed that most of them are surf club members, swimmers, surfers, people who domain is the sand. The first time I've run this race, I did not know what to expect. The race course is a lap of each direction of the Bondi Beach stretch is equivalent to a Kilometer, that makes it four laps for me and 5 each direction for those doing the 10Kms.



Jeff on his singlet. Should've known I prolly couldv'e gotten away wearing my Woodstock singlet too!

While stretching and warming up, we saw Jeff already doing his warm up in the sand, while I was doing mine on the concrete. The race started on time 5 minutes after comes the 10Km. I decided to run barefoot. The 2 years ago during my first time, I ran with my shoes and I chucked them half way the 1st lap. It is easier to run bare, but few did run with their shoes, their Vibram Five Fingers and oh, some did run in their socks.

It was a hard run, specially on the 1st lap, but eventually got my momentum on the last 3 laps. I have learned from the past tricks, like running closer to the wall of the promenade is easier, running on a fresher sand, where no one has dugged their way into yet. As this works your calves more than anywhere else in your legs, I already am expecting sore calves after the run.

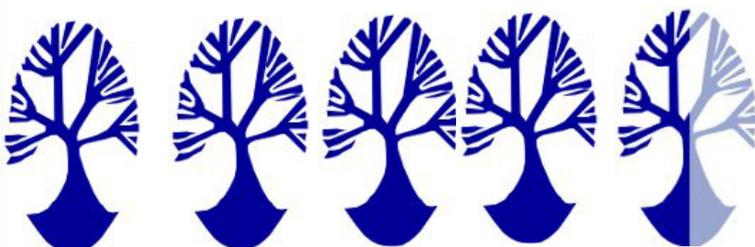
Surprisingly the last two laps, i've overtaken few runners whom gone ahead of me at the start so that was relieving, I am not going to be near the last, like what happened a year ago. As I crossed the finish line, I realized that I broke my course record so I am happy.

Terry and I watched most of Jeff's race, but eventually had to go due to some commitments, but this race includes a 50 Meter dash, elimination which they call the Bondi Bolt,



free to enter with your 5 or 10Km entry. Will I run this again next year? Yes defenitely as long as I am injury free! Aside from that, 30AUD you get a singlet, two races in the event and a not so crowded event.

What I just find lacking on this event is baggage area for runners who don't have any one with them to look after their belongings.



Upcoming events

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

Sat 23 Jul SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - BANGOR Park near the tennis courts in Yala Road, Bangor. The course is in bushland with a mix of grass and road. A tough undulating course. The Ron O'Meara Perpetual Trophy will be awarded for best junior performance (based on handicap improvement) at the Bangor run. Senior Scratch Championship race. Race distances 1km, 2km, 3km, 5km & 10km. REGISTRATIONS WELCOME ON THE DAY AT THE VENUE. All ages and fitness levels welcome. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Sun 24 Jul SUTHERLAND 2 SURF contact: Donna Brown. email: clubhouse@wandasurfclub.com. Visit the <http://sutherland2surf.com.au/> for more details.

Sat 30 Jul BUSH CAPITAL BUSH MARATHON FESTIVAL (ACT) Runs: 2k, 5k, 10k, 16k, 25k, 42.2k, 60k, 42.2k relay. Bush walks: 5k, 10k, 16k, 25k Start/finish: Campbell High School, Treloar Cres, Campbell ACT. Off road event on good 4WD nature park management trails in Mt Ainslie, Mt Majura, Goorooyaroo and Mulligans Flat nature reserves. Courses are undulating on lower mountain slopes, not over the peaks. contact: John Harding. email: hackettrunner@hotmail.com. Visit the <http://www.mountainrunning.coolrunning.com.au/events/bmarathon/> for more details. Click <http://www.mountainrunning.coolrunning.com.au/events/bmarathon/> for an entryform.

Sat 30 Jul SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - GRAYS POINT The start is at the southern end of Grays Point Road, just South of the Grays Point Primary School. The course is along service trails in the Royal National Park. Race Distances over 1km, 2km, 3km, & 5km (last race at 2.30pm). Only 3 weeks to go to Sutherland Half Marathon! REGISTRATIONS WELCOME ON THE DAY AT THE VENUE. All ages and fitness levels welcome. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 31 Jul WESTLINK M7 CITIES MARATHON The Westlink M7 Cities Marathon will start at Ash Road, Prestons (within Liverpool City LGA) at 7.00am and will finish at Blacktown Olympic Park, Rooty Hill. The Athletics Australia & AIMS Certified Accurate Course (42.195km) is an undulating but fast course that is traffic free. This is an ideal first marathon for runners. 40 First time marathon runners completed the course in 2010. Other support events include the Mizuno Marathon Relay Challenge (21.1km x 2) and a Kids Marathon Series (2.195km). contact: Mark Gibson (02 9839 6075) during business hours. email: mark.gibson@blacktown.nsw.gov.au. Visit the <http://www.wm7citiesmarathon.com.au/> for more details.

Sun 31 Jul SRI CHINMOY SYDNEY SERIES RACE 6 - PROSPECT CREEK 24 KM, 12 KM & 6 KM. Jack Ferguson Recreation Area, Gipps Rd Sporting Complex, Gipps Rd, Greystanes. When this race was last held in 2009, runners voted it their favourite of all Sri Chinmoy Marathon Team courses used that year. Come and see why, as you meander through leafy glades along both sides of Prospect Creek. The 24 km offers the ideal 'longer run', or settle into your groove with 12 km or 6 km. This journey 'out west' is very rewarding and well worth the effort! Parking at the Jack Ferguson Recreation Area. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4396> for an entryform.

Aug 2011

Sat-Sun 6-7 Aug KATHMANDU ADVENTURE SPRINT Enter a Maximum Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages, with a few obstacles to add a little spice. The course includes simple navigation (you can read a street directory?), mountain biking 15-25km (mostly fire trail, nothing too technical), kayaking 2-4km (we provide boats, paddles and lifejackets) and trail running 5-10km. Team categories are male, female and mixed teams of two. Note: We are running separate, identical events on Sat 5th and Sun 6th Feb. contact: Gary Farebrother. email: info@maxadventure.com.au. Visit the <http://www.kathmanduadventure.com.au/> for more details.

Sat 6 Aug SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - BOTTLE FOREST Bottle Forest Road, East Heathcote. Proceed to the end of Bottle Forest Road, where it meets the Royal National Park. This course is undulating along National Park trails. Interval Start and Senior Scratch Championship race. Race distances over 1km, 2km, 3km, 4.6km, 9.2km (2 loops). REGISTRATIONS WELCOME ON THE DAY AT THE VENUE. All ages and fitness levels welcome contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Upcoming events
Continuation ...

Sun 7 Aug BAY RUN Distance: 7km. Event Time: 8.00am. Location of race: Leichhardt Oval number 3 between Leichhardt Pool and Le Montage function centre (Frazer St, Lilyfield). The Bay Run is around Iron Cove, one of Sydney's favourite running tracks. Enter a team if you have three friends who can keep up. Or bring along your dog and take on the fun challenge of "Fastest Dog in the Inner West". Primary school children can enter the 2km "Primary School Challenge". Electronic timing and road closures bring accuracy and safety to this well-organised and enjoyable event. Great lead up to the City to Surf and Blackmores Running Festival. Coffee and BBQ breakfast available. Pre-register online at our website and save! Registration on the day is available. contact: Scott Machin. email: enquiries@bayrun.com.au. Visit the <http://www.bayrun.com.au/> for more details.

Sun 7 Aug 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. Warringal Street Oval, Berowra. contact: Graham Leslie. email: gles@inet.net.au. Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 7 Aug JABULANI CHALLENGE - 43 OR 23KM SYDNEY TRAIL RUN/WALK (NSW) This is a spectacular 43km (or 23km) run/walk on fire trails and bush tracks in the heart of Sydney's northern suburbs. The long course starts in Lindfield winding through the beautiful Garigal National Park then to Bobbin Head before ending at Cliff Oval in Wahroonga. The shorter course is a loop run from Cliff Oval in Wahroonga. Now in its sixth year, the event is a fundraiser for a small community based charity feeding and educating disadvantage children in an African township. email: info@jabulanichallenge.com. Visit the <http://www.jabulanichallenge.com/> for more details.

Sat 13 Aug SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - GRAYS POINT The start is at the southern end of Grays Point Road, just South of the Grays Point Primary School. The course is along service trails in the Royal National Park. Senior Scratch Championship race and Junior Club Championship race. Race distances 1km, 2km, 3km, 7.1km, 12.4km (Temptation Creek). Great lead up race to Sutherland Half Marathon next week. Registrations welcome on the day at the venue. All ages and fitness levels welcome. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

SUN 14 Aug City2Surf - From that internal memorandum The Sun City2Surf was born, albeit humbly, in 1971, with just over 2,000 entrants (only 2% of the field was female). In the years since it has been proven time and again that no other fun run in the Southern Hemisphere matches The Sun-Herald City2Surf in terms of organisation or demographics. For the first time in the event's history women outnumbered men in the capacity field of 63,451 in 2006: it is truly a community event attracting entrants from all walks of life and all ages. More info visit <http://www.city2surf.com.au/default.asp?PageID=18225>

Dawlo's Breaky Run



TEAM UPDATES

M7 Marathon -31st July <http://regonline.activeeurope.com/builder/site/default.aspx?eventid=909443>

There is a 'Marathon Pairs' category, (2 person Male, Female or Mixed), with each runner running a half marathon each of the full marathon course. So if you are interested, find a partner to run it with and enter! We are the reigning 'Mixed Team' champions in this event.

Male 1: Martin Amy + Peter Sullivan

Male 2/Mixed: Terry Vohradsky + (need interested runner!!)

Female: Elmarie O'Regan + Chaia Patacsil

Bay Run – 7th August <http://www.bayrun.com.au/>

There is a teams category, but these have to be organised by someone who enters the team participants online altogether. Chaia is interested in entering a team for this event (teams of 4). If you would like to enter the Woodstock team for this event, please email Chaia chaia.patacsil@gmail.com. You will actually save yourself \$4 if you enter as a team (and you will still get an individual time and place too)

Woodstock Runners Team A: Brendan Davies*, John Dawlings, Barney McCarthy & Chaia Patacsil

Woodstock Runners Team B: Fiona Day*, Emma Colenbrander, Terry Vohradsky & Lawrence Ullio

Woodstock Runners Team C: Sandra Bogun*. Gaye Mansuco, Dot Seipman & Paul Whiteway

Sydney Running Festival – 18th September <http://www.sydneyrunningfestival.com.au/>

Just as we did for Canberra Running Festival, I have set up a team registration for the (Blackmores) Sydney Running Festival on the 18th of September. Although there doesn't appear to be any team categories per se in the competition sense, it does help the club know (as we have access to the entry list) who has entered so we can support each other in the lead up and on the day. This team applies for the family fun run (~4km), the bridge run (~9km), the half marathon and the big daddy marathon.

When you enter at <http://www.sydneyrunningfestival.com.au/>, select 'search for existing team' and do a search for 'woodstock'. The team "Woodstock Runners" will appear. This time we have to enter a password (their rule not mine!), so please enter 'woodstock' (without the quote marks) in the password field. Simply then just complete the entry process as you normally would.

Woodstock InPress

www.cooksriverrun.com.au

Strathfield Scene 13

"I needed something to focus on, something to aim towards to get me out of the rut."

– Cooks River Fun Run winner Brendan Davies

Strathfield Scene LIFE
FREE WHERE YOUR VOICE MATTERS



GOING THE DISTANCE

Brendan's turned his life around, and his success in last year's fun run was his starting point. He's the incredible shrinking man.



James MacSmith talks to the winner of the inaugural Cooks River Fun Run about how running changed his life

BRENDAN STEPS UP FOR A HAPPIER, HEALTHIER LIFE

FOR BRENDAN DAVIES, the 2010 Cooks River Fun Run was the motivation to transform himself from an unfit, unsatisfied person into a happy, healthy one.

Not long ago, Davies, winner of last year's 10km run, was an overweight (185kg) 30-something who struggled to run around the block, let alone complete a fun run. He'd once embraced a healthier lifestyle and stripped down to 60kg – claiming a silver medal for Aussies along the way.

"Events like the Cooks River Fun Run can change people's lives. They are fun but they have a serious purpose in promoting a healthy lifestyle," he said.

"I turned my life around thanks to runs like this and there is no reason why others can't. I am so much happier and more focused in my life now. Running is a great way to keep fit, but it is also a great method of stress release too." Davies, 34, was more than

100km a week. He competed at the 2011 Mountain Running World Championships in Colorado and the Commonwealth Ultra Distance Running Championships, where his team won silver.

"I eased myself into it through fun running and moved on from there. With a healthy body and a healthy mind, you never know what you can achieve," he said.

"Before, I didn't like the lifestyle I was living and needed something to focus on, something to aim towards to get me out of the rut."

Davies took out the inaugural Cooks River 10km Fun Run last year with a time of 33:48 and is determined to defend his title this year – and better that time.

"I hadn't really considered winning the event until about the halfway mark and I found myself in the lead. It was a real buzz to cross the line first," he said.

"I'd love to run 32 minutes this year. You want to better yourself."

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! -SERIES 2

It's RACE TIME!

JULY 14, 2011

Your weeks training gets tested, an ALL OUT 12.5 laps....
See how fast you can go!



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!

Naturally as it's the last Thursday of the month we'll be heading up to Ashfield Hotel 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!

Not forgetting that there is transport available to Orange and Canberra on offer, so get in touch!

Ps. Anyone injured or soft, who fancies helping out on the night, always welcome volunteers!

Who and where are the Woodies in the woods?



Race Results

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

SRI CHINMOY /MIRAMBEENA Sun 12/6/11

16 KM

Kerry Bray 1.36.21 1st F60
John Dawlings 66.19 1st M50

8 KM

Stephen Bryant 41.04
Dot Siepmann 48.18 1st F60

2 MILES (3.2 KM)

Peta Bray 18.30 1st 17+

MACLEAY RIVER MARATHON Sun 12/6/11

Marathon

Jeff Mouna 4.54.18 PB

HALF MARATHON

Sandra Bogun 2.11.31
Angela Haynes 2.30.30
Charissa Patacsil 1.43.55 10thF/Oall; 4th F30 PB
Lawrence Ullio 1.52.49

10 KM

Terry Vohradsky 52.48

EPPING FUN RUN Sun 12/6/11

8 KM

David Miller 44.42
Elmarie O'Regan 32.06 2nd F/Oall
John Phillips 50.05

BAY TO BAY RUN Sun 19/6/11

12 KM

John Dawlings 48.42 1st M50
Lesley Maher 65.50
Brian Ogilwy 58.41
Charissa Patacsil 59.28 coursePB
Deirdre Stewart 60.29
Terry Vohradsky 64.25

SYDNEY MARATHON CLINIC Sun 19/6/11

30 KM

Brendan Davies 1.49.47 2nd O/All & 2nd M30
Jeff Morunga 3.17.53
Thien Vuong: 2.00.37 5th O/All

10 KM

Sandra Bogun 59.45 PB
Angela Haynes 60.50
Dot Siepmann 57.28 1st F60
Teresa Wood 52.56
Manal Garcia 43.28 1st F30

WOODFORD TO GLENBROOK Sun 26/6/11

25 KM

Sandra Bogun 2.50.22
Emma Colenbrander 2.10.00
Rick Collins 2.34.51
Christine Cullen 2.39.44
Brendan Davies 1.32.39 3rd O/All & 3rd Elite
John Dawlings 1.48.23 2nd M50
Brian Ogilwy 2.27.32
Teresa Wood 2.29.25
2ND TEAM "WOODSTOCK RUNNERS"
Brendan, Teresa, Rick & Sandra

ANSW LONG X/COUNTRY - NOWRA Sat 25/6/11

6 KM

Dot Siepmann 38.38 2nd W65

COOKS RIVER FUN RUNS 26/6/11

10 KM

Michael Cantley 34.19 2nd O/All
Barney McCarthy 38.09 9th O/All
Charissa Patacsil 46.25 9thFO/All PB
Dot Siepmann 56.24 1st F55+
Kazuaki Takahashi 38.13 1st M55+
Terry Vohradsky 50.34
Paul Whiteway 48.30

5 KM

Barry Cole 33.10 6th 55+
Theo Hastings 20.06 7th O/All
Elmarie O'Regan 19.35 2nd F O/All
Tony Murphy 23.11
Annette Murphy 28.56
Nicole Murphy 25.43 1st Fem 6-11

WEST MET SERIES / RYDE COMMON Sat 18/6/11

8 KM

Brendan Davies 29.32 3rd O/all; 2nd M30-39

STRIDERS SERIES / HOMEBUSH Sat. 2/7/11

10 km

Manal Garcia 43.27
Lesley Maher 52.57
Jeff Morunga 52.53
Brian Ogilwy 49.30
Thien Vuong 55.05 (55 Min pacer)

SHOALHAVEN KING OF THE MOUNTAIN Sun. 3/7/11

32 KM

Brendan Davies 2.17.53 5th O/All

GOLD COAST MARATHON Sun. 3/7/11

Marathon

Teresa Wood 4.28.54

Half-Marathon

Stephen Briant 1.48.11
Nick Marshall 2:01:35

SRI CHINMOY / DOLLS POINT Sun. 10/7/11

HALF MARATHON

Sandra Bogun 2.11.20
Kerry Bray 2.06.10 1st F60
Peta Bray 2.17.20
Stephen Briant 2.03.22
John Dawlings 1.34.41 3rd M50
Ellen Glennan 1.41.19

10 KM

Bridget Akers 54.33
Manal Garcia 43.55 5th O/All
Elmarie O'Regan 40.25 2nd O/All
Debbie Rutherford 76.41
Dot Siepmann 57.43 2nd F60

5 KM

Fiona McIntyre 37.03

ANSW ROAD RELAY CH'SHIPS / WOLLONGONG Sat. 9/7/11

4 KM

Dot Siepmann 22.02 (provisional)

ASK THE EXPERTS: THE SPECIALISTS

Rotate to enhance control!

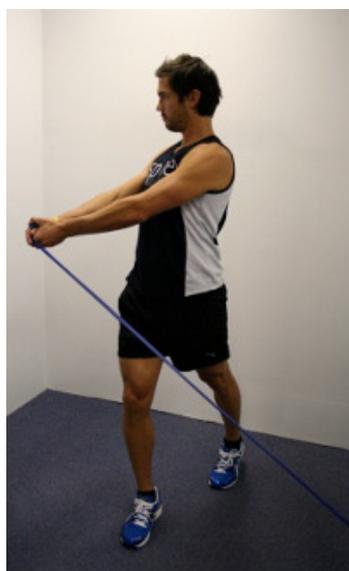
Poor neuromuscular control during running or any sports activities is associated with non-contact lower limb extremity injuries. Neuromuscular control relays sensory information to the spinal cord and the brain to enhance motor control. These sensory signals subserve a motor command and without them or a lack in quality of the signals there is a poor link between motor output and it's consequences.

A recent article found that by doing rotational core exercises, it increased the neuromuscular control of the lower extremity. These exercises were done using standing whole body rotational exercises, and can be reproduced in the gym with a cable machine, at home with a *Theraband* or during running drill training at the local park.

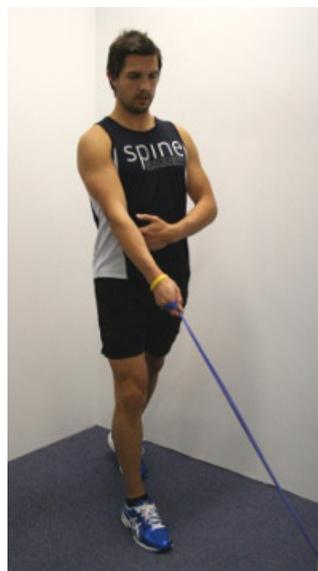
Enhanced neuromuscular control during running will lead increased joint position sense and subsequently lead to greater control of lower limb joints, reducing hip, knee and ankle injuries, as well as various muscle strains.



A. Core Rotation



B. Core Rotation 2



C. Posterior Chain 1



D. Posterior Chain 2

Tobias Hudson (B.Sc, M.Chiro)

Spine Associates

145/2-18 Buchanan Street Balmain NSW 2041

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

Woodstock members receive 20% off all treatments at Spine Associates. Enquire today about the 30min specific running treatment protocol that targets all the key areas of a runners body. You don't have to be injured to get the benefit!

145/2-18 Buchanan St Balmain

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 spine
assoc.

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will."

Vince Lombardi

This is what Woodstock Runners do



Tony at Comrades Ultra Marathon, South Africa



John and Kerry at Lake Gillawarma, Sri Chinmoy



John at Bay2Bay being chased by the younger generation



Kazu, Barry, Jeff @ Dawlo's Breaky



Lesley, Chaia and Deirdre @ Bay2Bay towards the finish line.



Steve @ Sri Chinmoy



Peta @ Sri Chinmoy Dolls Point



Elmarie @ Sri Chinmoy Dolls Point



L-R: Ron Daley, Lesley Maher, Terry Vohradsky, Brian Ogilwy, John Dawlings, Chaia Patacsil, Deirdre Stewart @ Bay2Bay - Gosford (Photo taken by Pat Mahony)