

The

WOODSTOCK RUNDOWN

November 2010

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

Yours truly is writing this from the Big Apple having watched the New York Marathon on Sunday. Yes, I watched with our President, Martin's family. While their company was great, I was very sad not to be running, however broke my foot 3 weeks ago. I have deferred till 2011 in the hope the foot heals; I stay motivated; and I can save furiously.

The Race with 45000 runners was won by an Ethiopian man and Kenyan woman. Unfortunately Gebrasalassie was forced out at 25k with a knee injury. He immediately announced his retirement from competition. What a huge loss to the sport.

I am having a ball here and doubt I'd have had time to run. I am off to Washington in a couple of days, then Toronto, Niagara, Quebec, Ottawa and then across to the west coast to Vancouver, Whistler etc.

Hope you are all well back home. I'm sure the Handicap went well as did the Balmain Run. Congrats to everyone who ran. Trust there were PBs for some.

It was terrific to see Roy along on the Tuesday before I left. He looked so well too. I wished David Mathers the very best as he was to have a day in court last week. Steve Briscoe has suffered a set back. We hope things are looking up for you, Steve. Thanks to many members who sent me messages of encouragement following my accident. They were much appreciated.

I don't have a great deal of news of members as I have been out of action and away, so am looking forward to seeing everyone at the Christmas Party on the 5th. I return to Oz on the 2nd.

Meanwhile, happy running and walking

Kerry

Congratulations to Brendan Davies who won and broke the race record with a time of 3.42.44 at the Deep Space Mountain Marathon set in 2009 by world 48 hour running champion Martin Fryer.

He also beat his own course record from his last year's 2nd placing at 3:50:05 on the gruelling 44KM course with a 1800m climb.

Well wishes to Emmanuel Chandran's run on the same race for his debut Marathon. Very great effort for his first Marathon distance on a hard course. Well run to Brend and Manill

November Birthday Celebrants

***John Ovenden 4th Tony Purss 6th Rick Collins 11th Manal Garcia 18th Deirdre
Stewart 20th Mario Zilevski 22th Barry Cole 25th***

Letter from the editor

Hi Woodies!

We'll run to those who have participated in the last series of the Handicap and to those again ran the day after at John's Balmain Fun run. for both volunteers and runners.

Because of this, John donated \$200 to the club!! Thank you very much John!

To the owners of the photos I grabbed, and to our contributors this month, Thank you! More interesting member profiles coming in the next few months so watch out!

- Editor

November-December Training Program

<u>Tuesday Runs</u> 6pm @Woodstock, Burwood,		<u>Thursday Night Intervals</u> 6:30pm@Campbell Oval, Ashbury.		<u>Saturday Runs</u> 7.20am at Brett Park, Drummoyne	
9/11/2010	Blue Mountains Express 10.5km	11/11/2010	400m x 10 (or more)	13/11/2010	13/11/2010 Balmain Shores 7.5km
16/11/2010	16/11/2010 Cabarita 11km	18/11/2010	"Parlov" 300m x 14	20/11/2010	20/11/2010 Hell Hill 8km
23/11/2010	23/11/2010 Kev's Kadiddlehopper 10km	25/11/2010	5km Time Trial *	27/11/2010	27/11/2010 Balmain 9km
30/11/2010	30/11/2010 Parks Run 10km	2/12/2010	Standard Pyramid	4/12/2010	4/12/2010 Timbrell Park 8km

BE PROUD AND WEAR YOUR WOODSTOCK COLORS!

Have you just joined Woodstock or are you a long time member with your old top getting a little daggy? I have heard many runners comment on how good our blue and white tops look and how they stand out. We encourage our members to wear their club uniforms unless some event rules state otherwise. This is also taken into consideration when club awards are decided at the end of the year. And how good it is when you can spot the blue and white Woodstock tree amongst a crowd of thousands of runners.

The items on our current list are:

- *Singlet (M or F): \$45
- *Short Sleeve Tops (Unisex): \$50
- *Long Sleeve Tops (Unisex): \$60
- *Bra Tops (8&10) but others can be ordered: \$66
- *Cotton T-shirts (Unisex): \$10
- *Caps: \$20
- *Old Style T-Shirts (Lge & X/L only): \$5
- *Old Style Singlets (Womens Med. only) \$5

Shorts seem to be an individual thing so feel free to buy your own in royal blue or as near to that as possible in whatever style suits you.

For new members, the joining fee of \$40 entitles you to a basic cotton club T-shirt or you can choose to pay \$60 and that entitles you to your preference of our Hot Designs Singlet or Short Sleeve Run Shirt.

Most of you should now have your 30th Anniversary Hoodie. Hopefully, everyone that really wanted one got their order in before the cut-off as this was a special one-off item and we won't be re-ordering them.

Any other uniform items, however, please contact me:

Email: dottiedisco@y7mail.com to confirm sizes/items needed and payment can be made by cash, cheque (to Woodstock Runners, please) or online via **RegisterNow-**
<https://www.registernow.com.au/secure/register.aspx?ID=503>

Dot Siepmann,
Club Uniform Officer

Watch out and drop by on
20th of November @ Orange
 Grove School, 10% discount
 for all Woodstock members

OneLifeCat

100% Fitness 100% Sweat 100% Life

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

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

Spoof and inspirational fitness merchandise. Clothing, mugs,
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REVOLUTION IMAGING

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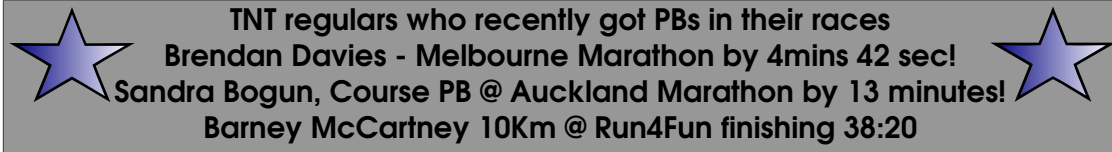


Thursday Night Track (TNT)

Sick of plodding along at the same pace?

Want to do some speed work but hate doing it on your own?

Want a safe and secure training venue away from traffic and bitumen?



Training by Level 1 Athletics Coaches - Brendan Davies and Martin Amy Look forward to seeing you all down there some stage during the summer.

No charge for Woodstock members. All visitors most welcome. Cold drinks provided. Sessions completed by 7:30pm. Toilets available.

All sessions begin with warm up, strides and drills and conclude with cool down. Sessions can be modified to cater for all abilities and levels of fitness.

Teaches you pace - Timing your intervals helps you get a feel for your speed. Your body gets to know different paces and how to maintain a rhythm. Increases your speed - It's no mystery. You'll get faster by running faster.

Raises your anaerobic limit - This is the point where your muscles fatigue at a faster rate. Increase the limit with this speed training and you'll run faster for longer.

Improves your form - Your body learns to run more efficiently and relaxed while running faster. Adds to your endurance - This training also builds your strength and stamina.

Everyone is welcome, regardless of our ability level. We have had men and women runners aged from 15 to 80 participate, with many different paced groups. The sessions are easily modified to cater for all ages and abilities.

Location details are: Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury. Car park access is off 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**

Thursday Night Track (TNT) Summer Interval Training Program October 2010 to end of March 2011

Date	Session	Session Details	Comments	Distance
04/11/10	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
11/11/10	400m x 10 (or more)	@ 3k pace, 2 x 6 (4min rest & turn), 90s rec (or reducing)	All about consistency	~ 4-5km
18/11/10	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	4.2km
25/11/10	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km
2/12/10	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	Consistent speed over varying distances	4.8 / 6.4km
9/12/10	3 minutes x 6	@ 5k pace, 2 x 3 (4 min rest & turn) 90s recovery (or reducing)	Run without a watch - "feel running"	~ 4-5km
16/12/10	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5/5.8Km

**Thursday Night Track (TNT) Summer Interval Training Program
October 2010 to end of March 2011**

Date	Session	Session Details	Comments	Distance
23/12/10	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 on Holden St	HTFU	2.7km
30/12/10	5 minutes x 4 *	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
06/01/11	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
13/01/11	400m x 10/12	@ 3k pace, 2 x 6 (4min rest & turn), 90s rec (or reducing)	All about consistency	~ 4-5km
20/01/11	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	4.2km
27/01/11	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km
03/02/11	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	Consistent speed over varying distances	4.8 / 6.4km
10/02/11	3 minutes x 6	@ 5k pace, 2 x 3 (4 min rest & turn) 90s recovery (or reducing)	Run without a watch - "feel running"	~ 4-5km
17/02/11	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5 / 5.8
24/02/11	Long Hill/Short Hill Repeats *	Long hill (300m, short hill 150m), x 6 on Holden St	HTFU	2.7km
03/03/11	5 minutes x 4	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
10/03/11	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
17/03/11	400m x 10/12	@ 3k pace, 2 x 6 (4min rest & turn), 90s rec (or reducing)	All about consistency	~ 4-5km
24/03/11	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	4.2km
31/03/11	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km

"Ever wondered what your 5km pace is?"

"Bored trudging the pavement, not knowing when it will end....."

TNT is proud to announce the opportunity for you to pit yourself up against the clock with a

5km Time Trial

Date: Thursday 25 November 2010

Location: Campbell Athletic Track (grass track so bit easier on the legs)

Time: 6:45pm Start (no option for late arrivals, so get there early for warm up 6:30pm).

Course: Round a 'Peter O'Sullivan certified track

Charge: \$2 for members

\$5 for non-members (Please be advised non-members you will not be captured by our liability cover on the Track, so you will be running at your own risk)

Prizes: Lucky Draw Prizes

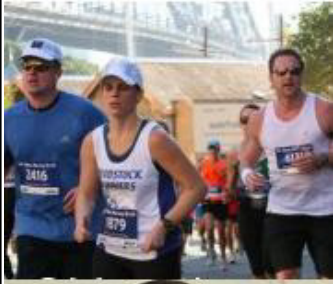
Post Race: Ashfield Hotel for Prize draw, Cheap \$\$ food and general running chat.

How to join: 1 **Facebook:** <http://www.facebook.com/home.php?sk=lf#!/event.php?eid=121369887923249>; or 2 email: martinamy1@gmail.com

For a bit of added fun, send me your estimated time so we can keep track, excuse the pun, of your progress as you whiz round.



A Minute with a member



Name: Kim Cayzer

What is your occupation? Speech Pathologist

Running age group? Under 25-29! (for only 1 more year)

Do you have family? Yep, husband Stuart, Ethan (3 years), Alyssa (6 months)

How long have you been a Woody? 3 years

Do you run on Tuesday night/TNT/Saturday morning? Used to be a regular Saturday runner and odd Tues/thurs night but now I only make guest appearances.

Why do you enjoy running? It's relaxing and I solve all my problems

What is your favourite running distance/course/event

and why? SMH $\frac{1}{2}$ marathon. I love the crowd which is not too big and not too small and I always seem to do an ok time.

What has been your running highlight? ? My first $\frac{1}{2}$ marathon in Qatar with the Air Force at 9pm in 35deg heat. I managed to do a sub 2hr having only ever run 10km before. I swear I nearly died and I vowed

never to run a $\frac{1}{2}$ mara again! Except now I have done 10.

Any low lights (injury etc)? I did a 16km run one Sunday and felt very average only to find out the next day I had viral meningitis. That kept me sidelined for about 2months.

What was the last race you went in and how did you go? ? City2Surf and I ran 78mins - not too bad for 4 months post birth.

Anything funny/unusual ever happened to you while you have been out running? I was running early one Sunday around Kings Cross and had a bunch of intoxicated guys run behind me singing 'I see you baby - shaking that ass' for about 200m until they came to the last strip club.

What other sports/hobbies are you involved in? Orienteering and now considering mountain biking in the mountain biking capital of Oz!

Favourite food/beverage? Jelly (not sure if that can be classed as a food) and coffee (not together though).

If you could have dinner with anyone who would it be and why? Ghandi. The first historical figure I thought was pretty inspirational.

Where would your ideal holiday be? Any where in South America.

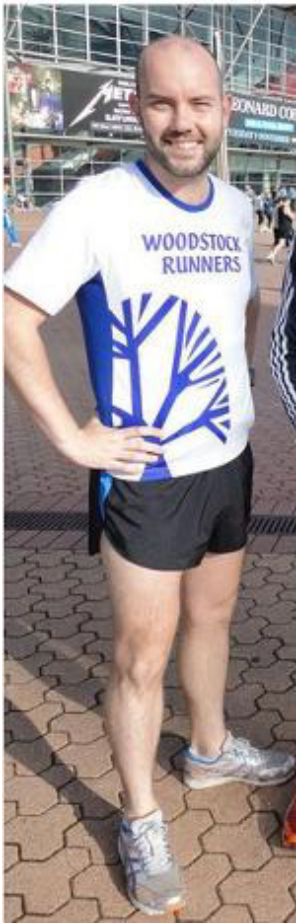
Favourite running shoe/Gadget? Why? My Garmin - it brings out my competitive edge.

Interesting things we may not know about you? Ummmm I speak Spanish.

~ A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. ~

Paul Dudley White

A Minute with a member



Name: Barney McCarthy

What is your occupation? Financial journalist. I'm the editor of a trade magazine for mortgage professionals and I work in St Leonards on the North Shore.

Running age group? M20-29

Do you have family? I married Claire in September 2010. My parents and sister live in the UK.

How long have you been a Woody? Since May 2010, when I moved to Australia from the UK.

Do you run on Tuesday night/TNT/Saturday morning? I'm a regular at TNT and try to get to the Saturday morning runs as much as possible, but it usually depends how hungover I am!

Why do you enjoy running? I find it really relaxing to lace up my trainers and get away from the world for an hour or so. I was a keen athlete at school, but drifted away from the sport at university. I started running again about four years ago and joined a club back in the UK in 2009, so I've started taking it more seriously since then.

What is your favourite running distance/course/event

and why? Half marathon is my favourite distance. I do enjoy 10Ks and marathons too, but the former can be too quick and the latter are too taxing to do too often. My favourite race in the UK was the Brighton

scenic course, with a great, carnival atmosphere.

What has been your running highlight?

Running 3:03 at the Brighton Marathon in the UK in April and being part of the winning team at the Brentwood Half Marathon in March.

Any lowlights (injury etc)?

Nothing particularly bad really, just the usual stress fracture and plantar fasciitis problems that blight all us runners!

What was the last race you went in and how did you go? Run for Life - 107th out of 6,761 in 38:20.

Anything funny/unusual ever happened to you while you have been out running? I had a back spasm when I was out running last year and had to rely on a kind-hearted motorist to give me a lift home - I was in agony and I couldn't stand upright. I was about five kilometres from home with no money on me, so it would have been a long crawl home were it not for the good Samaritan!

What other sports/hobbies are you involved in? I like to watch and play soccer (I hate having to call it that). I'm also a bit of a muso and love going to gigs and clubs.

Favourite food/beverage? Thai, washed down with a Hahn Super Dry. I also love French white wine like Sancerre and Meursault.

If you could have dinner with anyone who would it be and why? Haile Gebreselassie so he could tell me how he runs so fast.

Where would your ideal holiday be? I've always wanted to go to South America and Brazil in particular.

Thanks Kim and Barney for sharing! Kim, we are missing you, but we know your making Woodstock proud in Canberra. Barney, Seem like your shaving those minutes off your time quick! - Editor

Upcoming events

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

Wed 10 Nov J.P. MORGAN CORPORATE CHALLENGE

The 2010 J.P. Morgan Corporate Challenge will return to Sydney's Centennial Parklands on Wednesday 10 November, 2010 - introducing chip timing and a new starting line up that is set to lift the competition. Now is the time for companies to get their teams up and running. The 5.6 kilometre team road race is open to all runners and walkers. Registrations close 5pm, Wednesday 20th October. email: sydney@jpmorganchasecc.com. Visit the <http://www.jpmorganchasecc.com/> for more details.

Sat-Sun 13-14 Nov GREAT NORTH WALK 100S

The Great North Walk 100s (GNW100s) are two simultaneous trail races, a 100 Mile (actual distance 175.3km) and a 100 Kilometre (actual distance 103.7km), along The Great North Walk south from Teralba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong and the 100 Mile at Patonga. The route is primarily on foot tracks and fire-trails, with some minor back roads. Cut-off times at Checkpoints en route and the overall time limits will be 22 hours for the 100 Kilometre and 36 hours for the 100 Mile. The course includes more than 6,200 metres (20,000ft) of climbing. There are a number of sections where running is impossible. No marshals on the course - all runners need to be capable navigators and prepared to travel at night in remote areas on difficult trail. Runners will also be required to carry certain equipment and must carry sufficient water to last them between checkpoints which can be up to 30 km apart. contact: Dave Byrnes 0428 880784. email: dave@davebyrnes.com.au. Visit the http://www.terrigaltrotters.com.au/GNW100s_Home_Page.htm for more details.

Sun 14 Nov FISHER'S GHOST FUN RUN

Annual 5km and 10km Events inside the campus of the University of Western Sydney- Campbelltown. 8:30 am start - Walkers welcome - Individual and Team Trophies / Prizes - Barrel Draw Prizes - Plenty of Car Parking inside the University grounds - Macarthur Railway Station is only 5 minutes from the venue for those travelling by Train. contact: Ted Borodzicz. email: tedb@y7mail.com. Visit the <http://campbelltown.nsw.gov.au/> for more details.

Sun 14 Nov COFFS HARBOUR SPRINT ADVENTURE RACE

BlackHeart Events sprint distance adventure races are great fun and a real test of stamina, wit and teamwork. Teams of 2 navigate a course only revealed to them shortly before the race starts, by means of mountain biking, running/trekking and kayaking. BlackHeart Events provide the 2 man kayaks, along with a lunch at the end of the event and we even have hire bikes, making Adventure Racing more accessible than ever before. Grab a friend, family member or work colleague, come along to the next sprint distance adventure race and "live the adventure". You'll be hooked! contact: BlackHeart Events. email: enquiries@blackheartevents.com.au. Visit the <http://www.blackheartevents.com.au/> for more details.

Sat 20 Nov URBAN MAX ADVENTURE SERIES - SYDNEY

In Sydney's very own Amazing Race, teams of two (male, female and mixed) are given the opportunity to experience the city's urban landmarks in fun urban adventure lasting between 3 to 6 hours. Speed is not necessarily the deciding factor in this race with a strong emphasis on route selection and problem solving skills. Armed with a map and clue sheet, teams have to navigate their way around the host city to locate and complete a variety of tasks and challenges. Some challenges will be physical, while others will test knowledge, teamwork, resourcefulness and the ability to make decisions on the fly. Teams are only allowed to travel by foot or use public transport. If you can think outside the box, know your way around the city and want to have some fun in your very own "Amazing Race" .. get your entry in today! contact: Henry van Heerden. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/urbanmax/default.htm> for more details.

Sun 21 Nov SMC ROAD RACE SERIES RACE 2

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 by-pass 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. contact: Luis 0414 384 552. email: smc@sydneymarathonclinic.org.au. Visit the <http://www.sydneymarathonclinic.org.au/tikiwiki/tiki-index.php> for more details.

Continuation ... Upcoming Events

Sat 27 Nov GLENBROOK TRAIL MARATHON

25km, 34km and 42km trail races contact: Organiser. email: runningwildnsw@gmail.com. Visit the <http://www.runningwildnsw.com/> for more details.

Sun 28 Nov SRI CHINMOY SYDNEY SERIES RACE 7 - IRON COVE 16 KM, 8 KM & 4 KM.

The 7th race in the Sri Chinmoy Sydney Series for 2010, returning to the ever-popular Iron Cove. Challenge your previous times over the same course or try a new distance from the 4 km, 8 km and 16 km on offer. Parking at the end of Glover St, Lilyfield. Races commence at 8 am, with registration and on-the-day entries from 6.45 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the http://au.srichinmoyraces.org/sydneyraces_10 for more details. Click here for an <http://au.eventdirector.net/Register.aspx?EventID=3775>.

Sun 28 Nov CENTRAL COAST HALF MARATHON & 10KM FUN RUN (NSW)

These two events are flat courses, taking runners along the picturesque cycle path of Tuggerah Lakes from The Entrance to Chittaway Bay and return. This year both courses are officially certified! contact: Christine Laing. email: clarkent@westnet.com.au. Visit the <http://www.centralcoasthalfmarathon.com/> for more details. Click here for an <http://www.centralcoasthalfmarathon.com/>.

DECEMBER 2010

Sat 4 Dec MUD RUN - RUN, WADE AND CRAWL

From the creators of the Tough Bloke Challenge comes an event guaranteed to be the most fun you will have with your pants on! The MUDRUN is a cross country run with challenging natural and muddy obstacles set amongst one of the most picturesque valleys on the NSW Central Coast. Just one hours drive from Sydney, the course will traverse native forests, grasslands, creeks and, as the name suggests mudflats! Runners of all ages and abilities can participate in the MUDRUNs full 12km course or 6km half course. Have you got what it takes? contact: Henry van Heerden. email: todd@maxadventure.com.au. Visit the <http://www.mudrun.com.au/> for more details.

Sat 4 Dec 3 POINTS CHALLENGE & OCEAN SWIM

First event is a 1.5km Ocean Swim around our spectacular headland. This is followed by the main event, the 3 Points Challenge, with surf swims at North Curl Curl, South Curl Curl and Freshwater beaches, interrupted with runs along the scenic coastline in between the swim legs. A unique and testing event. contact: Louis Tassone. email: nccslsc-3points@optusnet.com.au. Visit the <http://www.nthcurlcurlslsc.com.au/3PointsChallenge.php> for more details.

Woodstock Christmas party and Awards night

When: 5 December 2010, 6 pm

Where: Tigers Club at Five Dock (Barnstaple Road)

Cost: \$45 per person

Register options:

Online: <http://www.woodstockrunners.org.au/drupal2/content/051210-christmasawards-party>

for those who do not have internet access contact **0438210035**

email Deirdre for more details: deirdre.s@hotmail.com

Woodstock Walkers Revival – Calling all non-runners!!

Whether you're injured, pregnant, under the weather or just up for a slightly more leisurely pace, Woodstock Walkers are back in force on Saturday mornings. Leaving from the usual spot - Brett Park - at the usual time of 7.30, we'll do a lap of the Bay and meet up with everyone at the end at Bowen Island café (although we may be arriving at the café a little later than our running counterparts). Starting this Sat - 5 November - we now have a core group of committed walkers but there's no obligation to join us every week. So if you've had a big night on Friday night and aren't quite up to running, you now have no excuse to stay in bed! - Tami Iseli, tamidower@gmail.com

Maroubra Fun Run, 24th October 2009: Woodies do it rain or shine

by: Angela Haynes

Under threatening skies, Terry Vohradsky, Chais Patocsil and I car pooled to Maroubra, for the 4km or 8km Rotary Fun Run and Oktoberfest. After sight seeing the suburban streets of Maroubra and surrounding suburbs we weren't really lost after all we had not one but 2 GPS going! We finally found the start line and to our surprise we were still an hour early!

The rain bucketed down upon our arrival so we swiftly headed to the coffee van. Unfortunately the electricity Gremlins were in full swing leaving the coffee machine powerless literally.

Bib collection was quick and painless and a large tent was made available to competitors so there we gathered by necessity really to keep warm and dry. John Dawlings and Barry Cole arrived after and our spirits were high. The Maroubra organizers came to say hi, and thanked us for coming along.

Soon enough it was warm-up time so we gritted our teeth, hardened up and headed out into the rain. We mustered at the start line behind the Scottish bag pipers who provided some ceremonial pre-race tunes and then a couple more and then a few more still. It was a tough gig for them to entertaining the wet and increasingly restless start mob.

Finally the gun went off with the 4 & 8km runners were off together. The 2km hill up to the first water station began quickly and since what goes up must come down, the next 2kms were down hill and fast. Stretching the legs felt good until you remembered that the course was 2 laps and that 2km hill was just around the corner again. The course was part footpath part road, not a lot of scenery and care with driveways was wise. The course started and finished at the Maroubra Surf Club so if it were better weather a post race swim would be in order. The rain eased off during the race to a cooling drizzle which was not so bad to run in and the long down hill stretch more than compensated for the hill work.

A warm thanks to the volunteers and the SES who did a great job marshalling the course in raincoats and umbrellas. Water stations were about 2kms apart and well manned.

The Woodstock team came third well done guys and notable individual results include Barry Cole's 3rd in the 4km +70 and young at heart category and John Dawlings first in the 8km 50-59 mens - by one second, mind you so the challenge for the line would have been good to see! I was there in spirit since I probably had half of the 2x hill still to contend with. My own target time of 48mins for 8km remains just that oh those elusive 6 minute kms but a 49:04 finish means I am close - hopefully.

Multisport timed the event although those electricity gremlins were certainly persistent and caused delays in finalizing the results and beginning the presentation. This gave us time to indulge in the Oktoberfest side of things with sausage sandwiches, corn, healthy fries, if there is such a thing?, coffee and of course beer proving popular. Having everyone sheltered under the one large tent proved helpful for John and Barry to hand out flyers promoting the following weeks Balmain Fun Run.

Clearly the Run, Oktoberfest and beach combination would have made for an awesome day if the sun was shining. The organizers surely cannot be unlucky with the weather two years in a row so I will mark this one down to do again next year.

Woodstock rating: 4/5



Fun Run Review: Balmain Fun Run

by: Stephen Briant

Athmosphere: On arrival there was a real good vibe going on with kids everywhere preparing for the early run, registration, BBQ's cooking bacon sandwiches. It was almost perfect conditions for running with it being overcast, if perhaps slightly humid.

With the seven bridges walk starting also starting in the background, there was a real feeling of people getting into fitness in our city.

Organization: School-aged girl met me with rego, she was so obliging and polite. She couldn't find my number at first but it was all sorted without a fuss. Perhaps in future years, some thought might have to be given to marshals to park vehicles as this event will no doubt become more popular every year.

Value: Very reasonable compared to some other runs at \$15 early bird and 20 for late entries, with lots of water and sports drink at the end.

Marshals and Traffic: There were marshals positioned at all the corners, giving direction and encouragement. Perhaps some more may be needed in Glover Street near the Rowing club where some cars reverse in and out of the car parking.

Hydration stations: There was plenty of refreshment and the volunteers were very friendly.

The course: Scenery is first rate with the water and the Iron Cove bridge making a marvelous back drop. The run around the Rozelle Hospital was very pleasant (tree lined streets) however the hills caught me by surprise. I am sure the second lap was longer than the first!!

Pros: Definitely the location is a massive incentive as is the chance to run on a quiet safe track around the Rozelle Hospital. Close to nice Coffee shops and restaurants for afterwards, that's if you can get past the bacon sandwiches being cooked at the finish line. Also, all the competitors were very pleasant and struck up some brief conversations as struggled up the climbs.

What do you think needs improvement? Perhaps the on-line rego could be a little bit simpler for 2011. But not too much, when your on to a good thing, stick with it.

How'd you go in the run: As this was my first proper run in 15 years, I was surprised with the nervous excitement that I felt before what was essentially a fun run. While being big enough to generate that excitement, it was great to see familiar faces from Woodstock like John with the starter's gun, which soon put my mind at ease.

Was just hoping to do under 1 hour. Finished in a tick over 51 minutes, when it is your 1st run in years, it has to be a PB.

Will you do it again next year? Absolutely, book me in now!

Rating: 4.5/5



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



Post Run food: Tuna and Beans

Ingredients

- 1 1can (19 oz/540 mL) can (19 oz/540 mL)red kidney beanred kidney beans, drained and rinsed
- 1 1can (6 oz/170 g) can (6 oz/170 g)tuna, drained and broken into large chunks
- * 2 cups frozen corn kernels
- * 1 small red bell pepper, seeded and chopped
- * 1/2 red onion, chopped
- 2/3 2/3cup cup(150 mL) (150 mL) diced cucumber
- * 1 1/2 teaspoons ground cumin, half a palm full
- * 2 teaspoons hot sauce, just eyeball the amount (recommended: Tabasco)
- * 1 lime, juiced
- 1 1tsp tsp(5 mL) (5 mL) sesame oil
- 1 1clove garliccloves of garlic, minced
- 1/4 1/4tsp tsp(1 mL) (1 mL) ground cumin
- * 2 tablespoons vegetable or olive oil, eyeball it
- * Salt and pepper



Directions

Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts – no need to refrigerate!

This recipe makes 4 servings

change servings



Found the Woodies!



RUNS NEVER MOVES

BY CHAIA



Race Results

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

KING OF THE MOUNTAIN 4/7/2010

Kangaroo Valley, NSW

32 Km

Emmanuel Chandran 3:21:56

PINK TRI 16/10/2010

Olympic Park, Homebush, NSW

LONG COURSE -- (300m swim/9km ride/3km run)

Lesley Maher 7:06; 31:48; 16:06 2nd age cat

Deirdre Stewart 09:24, 26:25, 16:45

SYDNEY ADVENTIST HOSPITAL FUN RUN 17/10/2010

Wahroonga, NSW

10KM

Terry Vohradsky 54:24

Angela Haynes 1:05:56

5KM

Chaia Patacsil 25:45 8th Age Cat

Barry Cole 35:14

BRIGHTON BEACHSIDE DASH 17/10/2010

Brighton Le Sands, NSW

10KM

John Dawlings 39:18 2nd Age cat

Dot Siepmann 56:42 2nd Age cat

SYDNEY MARATHON CLINIC 24/10/10

Smithfield, NSW

HALF MARATHON

Brendan Davies 1.17.14 3rd O/All, 3rd M30

Jeff Morunga 2.05.18

Teresa Wood 1.58.54

10 KM

Martin Amy 36.29 3rd O/All, 3rd M20

Manal Garcia* 42.56 PB 1st F30

5KM

Dot Siepmann 27.40 1st F60+

MAROUBRA RUN RUNS 24/10/10

Maroubra, NSW

8 KM

John Dawlings 32.10 1st M50

Angela Haynes 49.04

Chaia Patacsil 41.17

Terry Vohradsky 39.46

4 KM

Barry Cole 26.02 3rd M70+

Woodstock team: 3rd 1:53:14

BALMAIN RUN RUNS 31/10/10

Balmain, NSW

5 KM

Angela Haynes 30.57

Elmarie O'Regan 21.09 2nd F O/All

Charissa Patacsil 24.58 2nd F 20-39

10 KM

Martin Amy 37.10 3rd O/All

Stephen Briant 51.10

Barry Crisp 52.21

Tristan Iseli 52.12

Jeff Morunga 59.47

Dot Siepmann 60.06 1st F60+

Kazuaki Takahashi 40.05 3rd M50

Terry Vohradsky 50.31

Teresa Wood 55.34

Jason Padman 55:18

RUNNING WILD TRAIL SERIES 31/10/10

Woodford Dam

19 KM

Brendan Davies 1.25.43 3rd O/All

Emmanuel Chandran 2.06.02

Phil Lobsey 1.46.11

STRIDERS SERIES / LANE COVE 6/11/10

10 KMS

Manal Garcia* 49.34

Jeff Morunga* 54.49

Brian Ogilwy* 48.27

RUN4FUN 7/11/2010

Olympic Park, Homebush, NSW

10KM

Martin Amy 35:46

Barney McCarthy 38:20

Anthony Robinson 40:52

Dot Siepmann 57:07 2nd F60-69

Sandra Bogun* 1.29.16 (Walked)

Luana Ferrara 60.45

Angela Haynes 64.22

Garth McCullough 60.05

DEEP SPACE MOUNTAIN MARATHON 7/11/2010

Canberra, ACT

44KM

Brendan Davies 3.42.44 1st O/All, Course PB

Emmanuel Chandran 5.56.08

BARE CREEK TRAIL RUN 7/11/2010

St. Ives, NSW

9KM

Elmarie O'regan 40:43 3rd F O/all

*Not member or not in Woodstock uniform

*"racing teaches us to challenge ourselves. it teaches us to Push beYond
 where we thought we could go. it helps us to find out what we are
 made of. this is what we do. this is what it's all about."*
-Pattisue Plumer, u.s. oLympian

Running with bulls, and bears



MARCUS PADLEY

It's the Melbourne Marathon tomorrow. The comparisons between investments and marathons are hardly new, or inspiring, based as they are on some of the worst of the sharemarket's motherhood statements about "long term investment".

The more obvious and repeated include:

- ▶ You have to plan and set goals;
- ▶ Run don't sprint;
- ▶ Take small steps and the long term will look after itself;
- ▶ 1 per cent elation, 99 per cent slog;
- ▶ Win or lose, participation is an education;
- ▶ Others will blow past you all the time. Run your own race;
- ▶ Don't stop. There is nothing there;
- ▶ After the wall lies the well of endurance;
- ▶ You will wish you had done more training;
- ▶ You will certainly question "Why am I doing this?" Know the answer;

- ▶ Whatever the result don't fear it, rationalise it;
- ▶ At the very least you will find out a lot about yourself and you will be better for it whatever;
- ▶ 90 per cent of success is just showing up.

There was a time I would have considered a marathon a madness but having discovered running with my rather more athletic wife a couple of years ago I know there's so much more to it.

Running is the foundation human exercise. It precedes the nearly as honest and more necessary exercises of fighting and swimming, ranks ahead of essentially pointless sports like rugby, Australian rules, netball, tennis and football and ranks well ahead of equipment-based activities such as cycling and motor racing and, can we possibly mention them in the same sentence, the other very popular sports like fishing and golf.

With running there are no accessories, no "talent" you can rely on, no birth rite, just endless preparation and effort. Getting up in the morning and moving those arms and legs. It's about as honest as it gets and the purity of it provides a

universal medium to judge and compare self worth, self improvement, your ability to endure. "He who conquers others is strong; he who conquers himself is mighty." It is a medium for a man to compare himself to a king.

On top of that, running is the modern substitute for religion. Running is a monastery for the mind. It is the opportunity for anyone great or small to spend an hour or four in the modern day equivalent of prayer enhanced by iPod. What better place for thought and its religious equivalents of contemplation, assessment, confession and spiritual renewal. And where else could you do that with Meat Loaf singing hymns in the background.

And there is another doctrine that says our highest human need is to be a hero and that in the pursuit of fulfilment we all seek to pursue a heroic life. Not a famous or glorious heroism so much as a personal even anonymous heroism.

In the words of George Sheehan, a man who ran and wrote about running through years of prostate cancer, "When we cease to be heroic, we no longer truly exist. Heroism is ever available to each of us. Through ordinary experiences, the ordinary person can become extraordinary. Life boils down to finding the best means of expressing heroism; each of us needs to find our own personal arena, our true talent, our gift, our vocation. We all must be heroic, but in our own way."

His was running and writing.

For those pulling on runners and bolting on iPods tomorrow, heroism awaits. Good Luck.

The rest of us we will have to find some other universally accessible field of heroism, one we can access from the sofa, where the results can be measured without question and where success delivers that feeling of a king running through his kingdom. Any ideas?

Marcus Padley is a stockbroker with Patersons Securities and the author of stockmarket newsletter Marcus Today. His views do not necessarily reflect the views of Patersons.

Woodstock welcomes our new member, Jason Dadman! It was good meeting you at the Balmaln Fun Run

Woodstock around the world: Moshi Moshi from Tristan San

Tristan's and the travelling Woodstock singlet adventure in Japan

The running pic: The bloke on the right is Greg Steinberg, a seriously good athlete who recently just missed out on qualifying for the Hawaiian Ironman (3.8km swim, 180km road bike, followed by a full marathon- which he does sub 3hr after 7hrs of racing!). I used to work with Greg in Melb who is now heading up his own group in Hamilton, Canada. The 2 girls are his research assistants. We're standing in front of Lake Biwa - the 2nd largest lake in Japan, in front of the Prince Otsu Hotel in Otsu where the conference was. Otsu is about 10 mins out of Kyoto by train, but is basically in the middle of nowhere and we spent most breaks in Kyoto itself. We ran about 10kms that day around part of the lake.

My trip started in Tokyo for a few days with 2 friends from my old workplace in Melb, one of which now lives in Tokyo. Followed by the conference in Otsu which had big breaks during the day enabling exploration of Kyoto. I then joined one of my Melb mates from the conference for some touring including the Taisha '1000 tori gates' - photo attached, and the Deer Park of Nara before I headed alone to the Onsen 'hot springs' district of Takayama and then back to Tokyo on the Shinkansen or 'bullet train' at 270 kph!

Loved Japan, especially the food, but also the lifestyle, the organization and the very polite and friendly people.



Woodstock inpress

S.M.H. The Sydney Magazine
26-09-10

acting, playing a serial killer in a celebrity-started charity production of David Williamson's *Emerald City* at the Sydney Theatre Company in July.

Benefiting was his charity, Fountain for Youth, which has been battling illness among indigenous youth for nearly a decade. "I wish there'd come a day when there is no need for my charity but when I travel to the outback I see that problems facing the people are huge and I think I'll be involved as long as I live."

In 2006, he enrolled at Macquarie University to do a double degree in linguistics and psychology. He's working on a cookbook of "healthy, wholesome food" and he has just been appointed a Young Global Leader by the World Economic Forum, speaking at forums around the world on both sport and community. Home, however, is still Sydney and Thorpe believes his city, like himself, was changed forever by those two fabulous weeks in 2000. "To me, before the Olympics, Sydney was spoiled and immature. I was, too, in a way. Those Games made us both grow up."

the volunteer Kerry Bray

When Kerry Bray read in 1992 that Sydney was bidding for the Games, she wrote to the bid committee to tell them "exactly how I thought the Games should be staged". She received a letter back, inviting her to join 23 others for the inaugural meeting of volunteers. "We were invited to do whatever was required, including cleaning the toilets, which would have been fine by me. I wanted to welcome the world to Sydney and help stage the best Games ever."

The sports-mad Bray, who is 66 and in training to run next year's New York Marathon, was at Homebush in the front row of the grandstand when it was announced in 1993 that Sydney had won the bid. "I jumped even higher than [then Premier] John Fahey!"

Over the next seven years, she and the senior volunteer team trained intakes of volunteers and, as part of a speakers' group, she spruiked the promotional benefits of the Games to businesses and service groups. She was briefed on security and became au fait on every Olympic sport, "including European handball", so she could answer visitors' curliest questions.

In September 2006, the mother of five was assigned to the road events – the triathlons, walks and the marathon – on a nine-kilometre section of the City West Link Road from Haberfeld to Homebush. "My job was to look after spectators' needs – I knew the location of every loo and cafe – and communicate with other volunteers, police, security, the Rural Fire Service, the Department of Main Roads and Sydney Water. In case the road broke up or a water main burst."



Now
Kerry Bray still proudly wears
her volunteer's
uniform.

Then
Flanked by
two Hungarian
roce warriors,
at the Games.



"I wish we
could always
be as we were
then. People
say there's
too much sport
but maybe we
need more
sport to bring
us all together."

When, at dawn on the day of the marathon, a two-kilometre section of asphalt on the M4 motorway was found to be cracked, Bray called in the RIA. In Usain Bolt time, a road gang resurfaced the ruptured track in time for the race.

Apart from her bright blue volunteer's uniform, which she still has, and the praise of the visiting hoards, Bray received other perks, such as dress-circle seats. "I saw Melon Jones and Maurice Green run, and Jai Taurima's and Tefana Grigorieva's events. And I met my idol, Carl Lewis. He was lovely, not full of himself at all. The only reason he broke off our chat was to sign autographs."

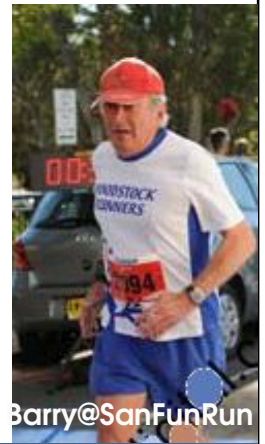
It was the friendliness of Sydneysiders to each other and visitors from every nation – and the way people worked together to pull off an extraordinary event – that Bray cherishes most 10 years on. "I wish we could always be as we were then. People say there's too much sport but maybe we need more sport to bring us all together."

Bray is living proof of that. Two of her closest friends today were among the original 1992 group of volunteers and she is a member of Spirit of Sydney, a group of Sydney Olympics volunteers who meet every three months in the city for lunch and to hear guest speakers. And when she runs in the New York Marathon in 2011, she'll have her own volunteer cheer squad. "The Sydney Games volunteers became pen pals with the people who had volunteered at the Atlanta Games – and mine lives in Canada. I've never met her but she's coming all the way to New York to see me run. On balance, I've gained far more from being a volunteer than I have ever given."

Woodstock racing

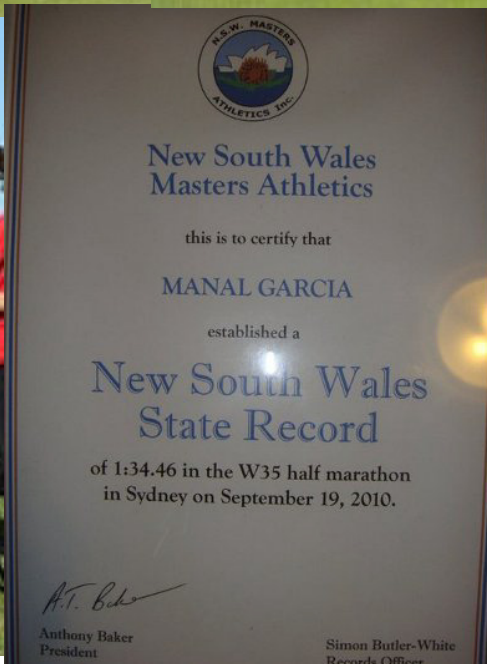


Martin@Run4Fun be the judge and do the caption

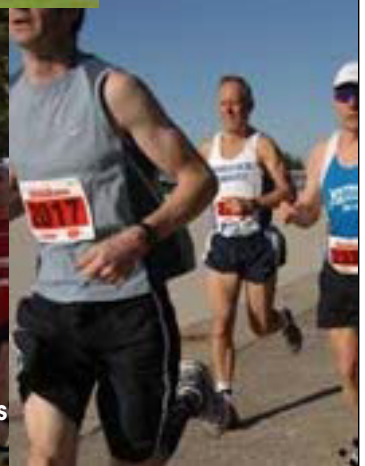


Barry@SanFunRun

Terry@SanFunRun



Dot@BrightonLeSands



Manal's Plaque for breaking a state Half Marathon record



Why Woodstock? Coz we r a shoulder to hold on!



From back: Barry, Terry, Marty, Dot, Jeff, Kazu, Chaia & El at Balmain fun run



Marty, Dot, Tony & Barney at Run4Fun