

THE RUNDOWN

APR 2014

WOODSTOCK RUNNERS *Running and walking in Sydney's Inner West*

www.woodstockrunners.org.au

rundown@woodstockrunners.org

www.facebook.com/groups/woodstockrunners

THE RUNDOWN ON MEMBERS

Kerry Bray

After many months of Tuesday night runs with us, Maria Guano has said goodbye and returned to her homeland of Argentina. We expect to see her return in some months, meanwhile we hope you manage to keep up your running, Maria.

Di Green is off and away again, this time to Jordan among other places. We hope you enjoy your trip and I guess running will be quite an experience in that part of the world, Di.

Ray Dean paid us a visit on Tuesday night following his surgery for a melanoma. Though in the middle of radiation therapy, Ray looked to be in fine form and at the conclusion of his treatment, he and Marilyn are off on a Mediterranean cruise. Ray is still able to keep up his swimming.

Ross Keys is in fine fettle after his throat surgery and hoping to pay us a visit one night to join the walkers. He and Christine are booked for China after Ross sees his surgeon. John Pollard has deteriorated however, and is far from being his fun loving self.

Congratulations to members who have branched out into swimming events and triathlons. This weekend saw the NSW Triathlon Club Championships in Forster and Kazu finished 5th in the M55-59 and 2nd in the run. He was Concord Tri Club's 2nd placed competitor overall. Well done Kazu.

Congratulations Brendan on your superb sportsmanship in the 75k Ultra up and down Mt Buller. We appreciate always your massive running ability, but your thoughtfulness in this Event is most inspirational. Well done!

Woodstock Runners uniform figured prominently in the Strathfield area's local paper recently, thanks to Bronwyn, as well as further afield when it appeared in the 2013 Results Handbook of the New York Marathon. We pop up everywhere Many of us are looking forward to another Woodies' trip away when we travel to Canberra next weekend. Then we'll be catching up soon after at Angela's for Anzac Day.

Happy Easter to everyone and enjoy your running.

Kerry



WEBSITE



FACEBOOK



TWITTER



YOUTUBE



EMAIL

WOODSTOCK TOURS AND EVENTS



ANZAC DAY BREAKFAST RUN FRIDAY 25 APRIL 14

5km or 10km options from Hunter Hill - maps avail on the day

Meet 7:20am - Run out 7:30am

Breakfast 8:45am

Cost: \$5

For the Tummy...

Fresh fruit, cereal, muffins, toast, bacon, eggs, sausages, juice, tea & coffee.

All offers to assist catering will be warmly appreciated but not compulsory.

Email/text me if you're interested...

RSVP to Angela by 22/4/14

0419 444 010 or angpegasus@gmail.com or RSVP to Facebook event

Don't hesitate...& new members welcome!



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Blue Mountaints/Jenolan Caves amongst others.

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custom trips etc

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Competitive rates.



Call Joe or Therese on 0419 373 326

ACC 34363

WOODSTOCK TOURS AND EVENTS



Canberra 2014 Itinerary



ITINERARY

Saturday 12 April 2014

- 9:00am Departure
- 11:30am Rest break & lunch stop at Goulburn
- 1:30pm Arrive race expo
- 3:00pm Check in Pinnacle Apartments
- 5:45pm Meet front of apartments to walk to dinner
- 6:00pm Dinner booking at Caphs Bar & Restaurant



Woodies 2013

Sunday 13 April 2014

- 5:45am Check out with bags and meet front of Pinnacle Apartments ready for bus to race start.
- 6:30am Start of Half-Marathon, Marathon and Ultra-Marathon races.
After race, gather near finish line to cheer Woodies and others in
- 12:30pm Bus to Caph's Manuka for lunch and post- race chat and cheer!
- 2:30pm Bus back to Sydney

Team Accommodation

Pinnacle Apartments

11 Ovens St
Kingston ACT

Tel: 02 6239 9799

<http://www.pinnacleapartments.com.au/>

Saturday Night Team Dinner

6pm - Caph's Bar & Restaurant

Franklin St

(Between Furneaux St & Flinders Way)

Manuka ACT Tel: 02 6295 9783

Modern Australian, Vegetarian and Gluten Free
Licenced - if BYO, \$3.50 corkage applies

What to Bring (without stating the obvious...running gear, race nutrition)

- ◆ Bath towel & toiletries
- ◆ Race Bib
- ◆ Wet weather gear
- ◆ Sat afternoon tea (as Sat lunch may be early)
- ◆ Sunday pre-race breakfast
- ◆ Post-race / bus snacks & drinks
- ◆ Gold coins for estimated times & guessing competition (to be collected Sat night)
- ◆ Apartments have a fully equipped kitchen, lounge/dining & laundry
- ◆ Apartments have linen, blankets & pillows.

THE WOODSTOCK TIMES

SNIPPETS OF NEWS FROM THE WOODSTOCK RUNNING WORLD

EGGS

2014 ANNUAL GENERAL MEETING

Tuesday 13 May
2014
From 7.30pm

Woodstock
Community Centre,
Burwood

22 Church St, Burwood (Car park accessed via Fitzroy St)

Look for more info
in the next Rundown

WOODSTOCK POLICIES

Did you know, that your clubs safety and privacy policies, as well as copies of our insurances and incorporation, are available on the website?

Click on this text for a link directly to the right section of the site. We suggest you have a quick look.

THURSDAY NIGHT TRACK - TNT

Currently the council is doing some work on the oval and have disconnected the power to the lights. Please keep an eye out on Facebook and in your inbox for updates on alternative runs or plans.

MONDAY NIGHT TRACK

MNT is going strong and is it any wonder with such an amazing backdrop? Come on down and join us for some track work!

RUNDOWN CONTENT

You will have noticed out new look and some new content thanks to the introduction of Bron as a co-editor to help Mike with the Rundown each month.

BUT, we need your help. If you have a

story about a run you have done (no matter how big or small), a picture of a Woody out and about in their Woodstock gear, an idea for a new section, anything that you think we could use then please send it on to us at: rundown@woodstockrunners.org.au.

QUICK OPINION

We would like to get people involved in adding their opinions and ideas to future editions of the Rundown so we are going to ask a quick question each month and ask you to send us a quick opinion on it. Just a sentence or two, or a whole page if you like!

This month, what is your opinion of MNT?

Send your quick responses to: rundown@woodstockrunners.org.au.

APRIL BIRTHDAYS

Brett Jones 1
Melinda Bowman 3
Fiona McIntyre 3
Max McGown 6
Jenna Curtis 7
Jeanne-Vida Douglas
Lou Harriss 13
Jennifer Richardson
Nicholas Spasevski
Frank Hidvegi
Jeff Morunga
Annalise Pearson 19
Tilo Schroeter 19
Frances Cranston 22
Amy Reiha 22
Lisa Grant 26
Helena Amaro
Joe Degabriele
Lisa Linssen
Wayne Suryak

NEW MEMBERS

Graeme Tutt
30Jenny Gibson
Nikki Tulliani
Adrian Izurieta
Frances Cranston
Michael Semark

THE WOODSTOCK TIMES

CLIPPINGS OF WOODSTOCK IN THE NEWS

EGGS

18 Strathfield Scene

APRIL 2014

FUN RUN SPECIAL

Get fit the Fun Run way

By Bernadette Chua

With just over two months till the annual Cooks River Fun Run, our local runners are lacing their joggers and tightening their headbands in preparation for the event.

Now in its fifth year, organisers are anticipating the run to grow even bigger in size – last year, more than 500 runners braved the rain, cold and muddy conditions to run the bay-to-bay.

Woodstock runner and personal-trainer-to-be, Kathryn Bolitho, said the run is not only a great event for serious runners but for beginners and the entire family.

"The course along the bay-to-bay cycle is absolutely perfect for getting a personal best. For serious runners, it's flat and the 10km run means we can keep a good pace in preparation for our big race days," Mrs Bolitho said.

"Also you're in race condition so you're put under the same pressure. But, if you're just starting out or not even a serious runner, it's a fantastic introductory event because of the different course options."

The Cooks River Fun Run will have a 5km walk, a 2km kids' run and 5km and 10km open runs.

Mrs Bolitho has been running competitively for around four years and is now studying to become a personal trainer at the Australian Institute of Fitness.

She worked in retail management for the past 23 years before she decided to change her career.

The Dulwich Hill runner who trains on the streets of Strathfield



Keen fun runners, from left, Kerry Bray, Kathryn Bolitho, Joe Ayoub and Phil Coots.

and Burwood said there are a few handy ways to train for an event like the Cooks River Fun Run.

Mrs Bolitho and her husband will run the ultra-marathon in Canberra later this month and marathons around the country later this year.

"If you have some experience running, you should be training between two to three times a week and doing interval training to increase your speed.

"For example, this means sprinting around a track for 400m then resting," she said.

"Then the time it takes for you to do the sprint, half the time and that should be your rest time. These are just some of the ways for you to start training for a run."

But Mrs Bolitho said that everyone should get out there and have a go. "No matter how fit you are, you can always start a little bit

of training. Or if you don't want to run, do a combination of walking and running," she said.

"The entire family can do the event – it's a great course, and a great day out."

THE FUN RUN WILL BE HELD ON SUNDAY, JUNE 22.
MORE INFORMATION AT WWW.COOKSRIVERFUNRUN.COM.AU.



FITNESS TIPS

FOR BEGINNERS

- Start training by walking and running – walk 500m, run 500m then slowly increase the length.
- Only increase the distance by 10 per cent to help prevent injury.
- Make sure you stretch after each run.
- Build up the number of runs you do so you are running two to three times a week.

FOR MORE EXPERIENCED RUNNERS

- Start running between two to three times a week.
- Start interval training – sprinting 400m, resting, then repeat. Extend the distances.
- Run between 7km to 12km
- The last week before race day, do light runs

WHAT TO EAT FOR DINNER AND BREAKFAST BEFORE RACE DAY

- Carb load – for dinner, eat starchy foods like rice and pasta to give you energy for the race.
- Morning – eat a couple of pieces of toast with peanut butter or jam to give you energy. A banana is also good for energy.

WOODIES IN THE STRATHFIELD SCENE

AND A MENTION IN CIAO MAGAZINE

CIAO'S VOICE

In

- Birkenstocks
- The Woodstock Runners group – motivating us to exercise as they run by while we are enjoying a gelato in Haberfield
- The 'cronuts' from Brewtown, Newtown
- Rocky road chocolate blocks from Relish, Leichhardt
- The newly opened La Rosticceria restaurant, Haberfield – bringing a point of difference to the food strip
- Pampering yourself at Signature Day Spa Wellness Centre, Camperdown (try the rainstorm vichy shower)

Out

- Dead cockroaches ruining the bridal windows on Parramatta Road
- Overgrown trees on the Cary Street bend scratching cars on their way out of Birkenhead Point
- People illegally 'reserving' parking spots for themselves in Petersham with traffic cones, bags of sand, pieces of wood, chairs or anything else they can find!
- Wet mail
- Salespeople who act more like stalkers
- Justin Bieber (or perhaps he was never in...)

A MINUTE WITH A MEMBER

**Occupation:**

Food Scientist, currently work for Schweppes Australia

Running Age Group:

30-39

How long have you been a Woody:

Since October, 5 months

Do you run on Tues, MNT, TNT or Sat morning:

Tuesday and TNT. I'm not a morning person.

Why do you enjoy running:

I've always enjoyed running and I did athletics for years growing up but I didn't really get into running longer distances until my early 30's. It's a great way to clear my head, like a mini therapy session in mental toughness every time I run....running is hard so it's a good challenge. Plus I like going fast!

Favourite running distance:

100m sprint is definitely the most fun...but I do prefer shorter distances, between 5km to 10km.

Running highlight:

Crossing the finish line for my first half marathon in October.

Running lowlight:

Getting really sick 2 days before I was supposed to do my first half and having to postpone.

Last race:

Sydney Marathon Clinic 10km. I got a pb and first in my age group!

Funny or unusual running story:

I decided to run home from Parramatta parkrun and for some reason trusted Google maps so I ended up unnecessarily running up a big hill, around in a circle and having to sneak through a construction zone to get to the bridge over the river when I was right near it in the first place.

Other sports/hobbies:

I played roller derby for Sydney Roller Derby League for the last 4 years, which I'm taking a bit of a break from, also love music, I try to play keyboards (not very well) and volunteer with a few animal welfare groups.

Dinner partner:

Ricky Gervais, definitely! He's the funniest guy ever and a massive animal welfare advocate.

Ideal holiday destination:

I really want my next trip to be a safari in Africa; I would love to see Giraffes and Elephants in the wild...either that or an adventure holiday in Queenstown!



Wes Harrison

On Saturday 8th of March, whilst a good number of Woodies were testing themselves on the familiar Bay run handicap, a hardy few were testing their metal on the Six foot Track in the Blue Mountains. This historic horse track that links Katoomba with the Jenolan caves covers 45 kilometres of tough bush terrain. Keen bush walkers will take 2 or 3 days to walk it, however in 1984 to mark the centenary of the track opening the Six Foot Track Marathon race was first run. Only 7 competitors lined up that day. 30 years later and over 800 runners were at the start line aiming to cover the 45k in less than the allocated 7 hours. The race is organised by the Sydney Striders with support from the Rural Fire Service (RFS) (for whom the race serves as a fundraiser) and has become a major feature in the NSW running calendar.

I first heard legend of the race before moving to Australia. Tales of its beauty and brutality were first regaled to me over post-run pints back in London. I heard further stories from my (very soon to be) father-in-law, who is a six time 6 foot veteran. It sounded like my 'cup of tea'. As soon as I knew I was moving to Sydney I signed up for last year's race, and despite the pain, this year I was back for more! The popularity of the race means the sign up process is challenge in itself (although this year was better than previous). When entries open you have matter of minutes to submit your entry that must include a qualifying race result. For safety reasons and to maintain their very high completion rates, the organisers request proof of a road marathon under 4 hour 20 minutes or completion of another qualifying race on their list (each with specific times) within the last year. Using my time from last year I was seeded in the second start wave of 5. Each wave has about 200 runners to try and ease congestion as the trail is narrow early on, more on that later!

Last year my training had been impaired by the disruption of moving from England to Australia and setting in to a new life in Sydney. This year I felt better prepared, in which being a member of Woodstock played a significant part. TNT was an important part of my training, even for a race like this, thanks to all involved for making them such good sessions. I could have done with a few more long hill runs, but was confident I was in reasonable shape after a PB at the TNT 5k TT. And so before the sun had risen on the cool mountain morning we gathered near the remains of the Explorers Tree (1050m above sea level). A sign on the highway reads Jenolan Caves 72k, luckily we'll be taking the short cut! Before the start there was a photo opportunity with 5 of the original 7 runners, one of whom was running. At 71 Max Boganhuber was looking complete his 30th six foot the only person to have run them all! He finished in 5hrs 25min, truly inspiring! Also on the start line was running royalty Martin Dent and the talk was of a course record.

7:00am wave one are off, the adrenaline is flowing, 5 minutes to go! 7:05am and I'm running along with 200 fellow wave 2 runners, it's a scrum to squeeze through the gateway on to the downhill fire trail. You would think this was a 5k the speed some have hared off. After less than half a k we reach the 'steps' of Nellies Glen, this is the most technical and treacherous part of the race. Despite being so very early on this part can easily ruin your day.

You don't want to go off too fast and damage your quads (you will need them later on) but you don't want the frustration of being held up behind someone very slow or the pressure and danger of holding up impatient runners. It is a relief when, after a couple of k, the trail opens up. The running now is delightful, gently downhill through bush and farm land, my focus now is on not getting carried away and running too quickly. At about 8k we cross the Megalong road and the first checkpoint. It is a rare accessible point on route and a few supporters gather there to cheer on the runners. My fiancée and her dad have just made it round by car from the start to give me a cheer and snap a couple of photos. The next section is my favourite part of the route and again I have to hold myself back as we cruise along the single track that leads down to the Cox's river. We pass the cable suspension footbridge and on down to the river. An iconic part of the route is the river crossing and speculation on the depth of the river is a favourite pass time of 'six footers' in the lead up to the race. In 2012 the race had to be cancelled due to the river being deemed too dangerous to cross. This year it is a thigh high wade with a rope and RFS personnel for support. On the far bank is the second check point that marks 15.5 k. I check my time; I am on schedule.

The nature of the run changes now, we are at 270m above sea level and it's time to climb. Conversation that was part of the camaraderie in the early part of the race dries up as we try and get into a rhythm on the climb. By 20k we are up to 740m and have done the steepest section only to descend again before attacking the Pluviometer hill. My thoughts are now on finding a rhythm and the right level of effort to reach the Pluviometer at 990m in reasonable shape to run well along the Black range road. I know from last year that if you over-cook it here you are in for a long second half! A balance of running and power walking sees me through the 26k checkpoint at the top of Pluvi still on schedule. The next 9ks are gently up hill. It is here where you find out whether; you did enough training, you ran conservatively enough in the first part, you have taken in enough fluids/gels, or not. The Black range road is the graveyard of many runner's hopes and ambitions!

My legs were feeling the punishment of the previous kilometres but I was running a reasonable pace and catching as many runners as were catching me. The challenge was becoming a mental one as much as a physical one. I reached the Deviation check point still on schedule but it was becoming hard work to stick to my target pace. The Deviation section is a little sting in the tail of the route with three short steep hills to the high point of the course – the Caves road crossing at about 38k (1215m). The last 7k things started to go downhill for me in more ways than one. Perhaps those extra few long hilly runs I would have liked to have got done would have helped! But it was time to grin and bear it. Several runners passed me as I struggled on in my own little world of pain. Even the final 3k did little to alleviate my suffering as the steep downhill pounded my aching cramping legs.

In the final kilometre you breach the top of the Jenolan gorge and can hear the cheering crowd far below you outside Caves house at the finish. With the end now in hearing range if not sight, I pushed one final time to raise my effort level striding down the cobbled switch backs, wishing the finish closer! Finally I hit the tarmac and the final few metres, with my calves cramping I cross the line in 4:25:26, 3 minutes better than last year but 5 minutes down on my target. The pain slowly subsided to be replaced with satisfaction (helped by a cold beer).

The race was won by David Byrne (3:25:18) and Hanny Allston (3:41:24) (Marty Dent managed to get lost!) Congratulations to Woodies; Phil Lobsey (5:23:47), Di Galea (6:45:22) and any others I missed (my apologies). Commiserations to Teresa Wood, who had to pull out after 30 gruelling k. I hope you have all recovered well. Hopefully we will have even more Woodies on the track next year. If 45k sounds too much I thoroughly recommend starting on some shorter trail runs around the Sydney and the Blue mountains to get a taste of the joys of trail running.



ME AND MY FUNNY-LOOKING SHOES



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I never fail to get odd looks when my shoes become the topic of conversation. I am talking about instances when I am wearing my Vibram Five Fingers (VFF) shoes, aka "Funny-looking-shoes".

Curiosity was the reason that led me to try a pair three or so years ago. I went to a store and tried them on. I saw how expensive they were, \$200! They were comfortable, and I wanted some even if it's just for walking in since I like walking barefoot around the house but I wasn't ready to pay \$200!!

So having fitted the right size for me, I searched online for a legitimate Vibram distributor. There were lots of online shops that sell rip-offs. I got mine from a US sports shop for 50% cheaper than what Australian stores sell them.

I did my research and you are meant to wear them in by walking in them for shorter distances, if you are meaning to run in them, walk in them first for days or weeks, around the house, work etc. I did intend to run in them.

I have been an avid fan of Nike frees since I started running. I had other brands in between i.e. New Balance, Reeboks and Nike Lunars. But from all these options, Nike Frees are the only shoes that did not give me pain so I went back to running in minimalist shoes. So the VFF did appeal to me. Yes, that time when the VFF took off in the running scene, there were already a lot of articles about pros and cons of it... or running in minimalist shoes.

I told myself, I'll be fine. Honestly, being my stubborn self, of course I injured myself running too many Ks in them 3 weeks before Melbourne Marathon, a race I was keeping a secret before. It was also the wrong shoes to run in on pavement. I did not want to admit it was running in my VFF Sprint that caused the injury. But self-analyzing, it did. I rested it for 2 weeks, luckily, it wasn't that serious. Just like any other shoes you wear, you can get injured if you go silly.

It took me a year and a half to totally transition and get used to running in them. A lot of patience and learning was involved. I come home sore in my Achilles and calves every time I run in them.

The feeling of running in them is liberating, so light! That sucked me in to buy three more pairs. As we speak, I just washed my VFF Sprints as they can get stinky as you can imagine because of sweat etc, I toss them in the washing machine and sad to see that it had its glue undone so its life is done. Cons? Aside from the long period of transition, yes, it can give you callous and corns. "Hardens" your feet up. Smelly feet.

Pros? Personally speaking, my bio-mechanics did adapt in them. I was a heel striker before and had ITBS on both legs, I wanted to correct my running form and luckily, I was able to correct my form, amongst other practices aside from changing shoes.

Some Woodies ask me how far do I run in them, do I run in them in all of my runs? From the hard learned lesson mentioned above, I run in them max 12 Kms. I mistakenly ran in them 25Kms one time in an adventure race not knowing Kim Cayzer and I will end up running 25Km all in total. My feet were so sore after!

And no, I do not run in them in all of my runs. I run my VFF Komodo Sports on pavement – and all terrain. My VFF Keep Stuff Out in Pavement/Grass/Cross country terrain – but currently using them as my wall climbing shoes. And my regular TNT shoes is my VFF Sprints and my VFF Seeyas.



VFF Keep Stuff Out - KSO



Left: VFF SeeYa; Right: VFF Komodo Sport

The VFF SeeYa and the VFF Komodos are my favorite. The SeeYa is just like running in nothing and the Komodos because it allows me to run in pavement. I use them in anywhere and any activities just like how we use our runners.

Yes, it wouldn't be good for people to run in them. But just like anything in this world, it's a personal thing. One works for one doesn't mean it will work for another. I was prescribed to run in asics and tried and it gave me foot pain during and after the run. But after three months of testing my patience, I gave up. My VFFs does not give me any pain at all so I am back running in them. Right now, I am rotating my VFFs with my two Nike Frees and jogging with my New Balance Disney edition.

Because my VFF Sprints are retired, it's a time to buy a new pair of VFF Sprints I think.

WOODIES UNIFORMS



Whoodies

It's that time of year again!
We are taking expressions of interest for a new order, so if you are interested contact our uniforms officer, Chaia, ASAP.
Prices TBA

Our standard uniform range includes:
Woodstock 2XU tech running singlets
Woodstock t-shirt and long sleeved tech shirts
Woodstock caps
Email Chaia to order your gear

Style and Pricing

- 3/4 compression leggings – \$90
- Full compression leggings – \$95
- Compression shorts – \$60
- Arm warmers – \$50
- Calf guards without stir-up – \$50

Please send your size and style with your order to Chaia when ordering
<http://www.2xu.com.au/sizerguide>



We are considering seasonal items, depending on the minimum order required by the supplier and the costs, one being Collared Short Sleeve (Dri-Fit) Polo Shirt

Email your orders, name, option, gender, size and quantity to:
uniforms@woodstockrunners.org.au or call/message at 0434 672 273

The “Core of the Foot”

A new concept has emerged comparing foot core strength to spinal core strength. This study was published in the British Journal of Sports Medicine, March 2014. The Foot Core System: a new paradigm for understanding foot core strength.

The authors suggest learning to strengthen the intrinsic muscles of the foot with the use of barefoot walking, minimalist shoes, and exercises. This concept models itself off of the core strengthening of the muscles around the spine.

One exercise they highly recommend is called the Short Foot. I’ve included it here. This is a great exercise if you experience plantar pain, if you have had stress fractures, or if you are interested in strengthening your feet.

Give it a try, some of the anatomy and the protocols are listed below. I’ve also listed a second exercise which is also beneficial for intrinsic musculature of the feet.

Cheers,
 Matt Bulman
 Chiropractor
 Sports And Spinal Chiropractic
www.therunnersclinic.com.au



Figure 6 The intrinsic foot muscles are presented in their anatomic orientation within the four plantar layers and the dorsal intrinsic muscle. The numbers correspond to the muscles as follows: (1) abductor hallucis, (2) flexor digitorum brevis, (3) abductor digiti minimi, (4) quadratus plantae (note its insertion into the flexor digitorum tendon), (5) lumbricals (note their origin from the flexor digitorum longus tendon), (6) flexor digiti minimi, (7) adductor hallucis oblique (a) and transverse (b) heads, (8) flexor hallucis brevis, (9) plantar interossei, (10) dorsal interossei and (11) extensor digitorum brevis.

Basic Foot Exercises: Arch Roll-Ups

Description: This exercise trains you to consciously raise the arches of your feet. Keeping the toes flat against the ground, and your knees as still as possible, roll the feet slightly outwards, lifting the arch of the foot, then relax. This is one repetition.

You should utilise a muscles underneath your foot, as well as those in the back of your calf, to do this exercise. If you see a tendon at the front of your ankle becoming taught, you are using the wrong muscle to lift the arch of the foot.

You are not meant to be good at this exercise initially, however, with practice you will improve quickly.

Week 1: 1 Set: 10 repetitions

Weeks 2-4: 3 Sets: 20 repetitions

Weeks 4-6: 3-5 Sets: 5 sets, 20 repetitions

Weeks 6+: Week 1 protocol, but standing and weight bearing



Relaxed

(tibialis posterior in red)



Contracted

Basic Foot Exercises: Toe Spreaders

Description: attempt to spread your toes as far apart as possible, holding statically. Then relax. This exercise works the intrinsic, deep muscles of the foot. Performed both with the feet flat, and with the toes in extension.

Week 1: 1 Set: 5 spreads on each foot, with 2 second static holds.

Weeks 2-4: 2 Sets: 10 spreads on each foot, with 5 second static holds.

Weeks 4-6: 3-5 Sets: 20-25 spreads on each foot, 5 to 10 second holds

Weeks 6+: Week 2 protocol, but place a rubber band around your toes for resistance.



Relaxed



Spread and Hold



With Toe Extension



With Toe Extension



KNAPSACK CHALLENGE

PHIL COOTE

Australia Day turned out a morning of perfect weather for the Running Wild Knapsack Challenge at Glenbrook.



For those unfortunate enough never to have run this event before, it consists of a 5km loop through the bush, with a nice mix of single trail and open fire trails. The challenge is how many laps can be completed within 3 or 6 hours, either as an individual, pair or team of 4. The nature of the event, with its teams and laps returning to the start/finish area, also makes it a highly social event for competitors and supporters.

Wes Harrison, warming up for 6 Foot, was the club's 3-hour solo representative. The solo event adds another level of difficulty because of the need to refuel on the run. Wes set a cracking pace from the start, nailing out a succession of sub-25 minute laps. He came home with a total of 8 laps, in 8th place, but only 13 minutes behind 3rd placed Andrew Tuckey, a former 6 Foot winner, and with a time that would have scored him 2nd place last year.

Nic Bailey tore himself out of bed at the last minute to team up with Phil Coote for the 6-hour pairs. This was a tightly contested event, with less than 9 minutes separating the top 4 pairs. Nic, although new to trail running, was as fast as usual, keeping the Woodies out the front, but sustained an injury on lap 10 (4 hours in). This left Phil to run consecutive laps, with an inevitable slowing of the pace. Nic rallied bravely to run again on the 13th lap, leaving the Woodies neck and neck with 2 other teams going into the final lap. Luckily, Phil was able to hold on, leaving the Woodies winners by 5 minutes – and now proud owners of a backpack of goodies.



Louise Brooks, also in her first trail run, joined a team of 3 for the 6-hour pairs. Louise also got into the spirit of the day by running with an Aussie flag draped over her. This didn't seem to slow her down though, as she looked comfortable in completing her longest run ever (15 km). Her team, the Parkrun Trailblazers, came in 7th overall.

All in all, a perfect day for running, an enjoyable course, a great atmosphere and a very successful day out for Woodstock Runners. Hope to see some more Woodies on the trails this year!



Snapshotazzi:

*Pics of
Woodstock Runners
out and about*



Send your pics of our Woodies in their Woodstock gear to rundown@woodstockrunners.org.au



RESULTS

WOODSTOCK SATURDAY HANDICAP

It was a great turn out for the first Handicap event of the year with 30 keen woodies speeding around the Bay. With ten DQs this race we'll be looking for faster estimates next time as many are even faster than they realised!

Congratulations to our first place winner John Phillips and members old and new who tied for equal second - Greg Marsh and Matt Verberne! Fastest male award went to Kazu Takahashi in a speedy 27:35. Dianne Green was chasing him down in the top female time of 32:24.

Congratulations also to Frank Hidvegi, Matt Bulman and Phil Coote who ran personal best times.

2014 Woodstock Handicap #1 Results: Saturday 8 March 2014

Name	Points	Margin	Estimate	Result	Pace/km	Pos	prev.Best	PB Date	7km runs	Comment
John PHILLIPS	30	-00:57	55:00:00	54:03:00	7:43	30	41:11:00	5/05/2007	20	First place
Mathew VERBERNE	28.5	-00:52	31:10:00	30:18:00	4:20	5			1	Equal second place
Greg MARSH	28.5	-00:52	36:00:00	35:08:00	5:01	14	34:56:00	31/08/2013	6	Equal second place
Charissa PATACSIL	27	-00:43	34:50:00	34:07:00	4:52	11	32:22:00	10/03/2012	19	
Lesley MAHER	26	-00:21	41:20:00	40:59:00	5:51	24	32:32:00	20/04/1996	28	
Frank HIDVEGI	25	-00:16	31:10:00	30:54:00	4:25	6	31:40:00	27/10/2012	6	PB
Angela ROCHE	24	-00:08	40:00:00	39:52:00	5:42	22			1	
Jenna CURTIS	23	-00:02	38:00:00	37:58:00	5:25	18			1	
Diane GREEN	22	+00:24	32:00:00	32:24:00	4:38	9	30:48:00	31/08/2013	5	Fastest female
Tony PURSS	21	+00:34	34:00:00	34:34:00	4:56	13	28:53:00	28/08/2004	28	
Gavin TUNSTALL	19.5	+00:44	31:30:00	32:14:00	4:36	8			2	
David MILLER	19.5	+00:44	40:30:00	41:14:00	5:53	25	37:20:00	27/10/2012	6	
Thalia ANTHONY	18	+00:46	36:25:00	37:11:00	5:19	17	32:04:00	30/08/2008	10	
Jenny GIBSON	17	+00:52	34:20:00	35:12:00	5:02	15			1	
Wayne SURYAK	16	+01:00	38:00:00	39:00:00	5:34	19	31:51:00	24/08/2002	14	
Julie JARRETT	15	+01:19	41:00:00	42:19:00	6:03	26	39:35:00	15/06/2013	2	
Mary BOWMAN	14	+01:32	44:00:00	45:32:00	6:30	28	42:19:00	26/10/2013	3	
Scott MITCHELMORE	13	+01:57	30:00:00	31:57:00	4:34	7	28:50:00	12/05/2012	6	
Bridget AKERS	12	+02:18	37:00:00	39:18:00	5:37	20	36:24:00	5/05/2007	19	
Stephanie PHILIBERT	11	+04:40	35:00:00	39:40:00	5:40	21			1	
Amy LOVEGROVE	11	-06:14	42:00:00	35:46:00	5:07	16			1	DQ
Michael ANDERSON	11	-05:31	40:00:00	34:29:00	4:56	12			1	DQ
Paul WHITEWAY	11	-05:24	49:00:00	43:36:00	6:14	27	31:43:00	29/08/2009	7	DQ
Louise TAPSELL	11	-04:48	45:00:00	40:12:00	5:45	23			1	DQ
Tami ISELI	11	-03:16	37:00:00	33:44:00	4:49	10	33:00:00	12/05/2012	11	DQ
Julia STENTON	11	-02:00	54:30:00	52:30:00	7:30	29	37:25:00	21/10/1995	13	DQ
Kazuaki TAKAHASHI	11	-01:25	29:00:00	27:35:00	3:56	1	25:27:00	18/01/1997	39	DQ; Fastest male
Ryan MANSOUR	11	-01:23	29:00:00	27:37:00	3:57	2	26:34:00	31/08/2013	3	DQ
Matt BULMAN	11	-01:20	29:00:00	27:40:00	3:57	3	29:54:00	26/10/2013	4	DQ; PB
Phil COOTE	11	-01:04	29:00:00	27:56:00	3:59	4	28:54:00	15/06/2013	2	DQ; PB
Martin AMY	11						24:59:00	28/08/2010	21	Volunteer

RESULTS

MONTHLY DATABASE RESULTS

10km PORT MACQUARIE RUNNING FESTIVAL on 2014-03-09

Name	Estimate	Pace/km	PB
Carina GREGORY	53:42	05:22	DPB

5km PARK RUN - PARRAMATTA on 2014-03-15

Name	Estimate	Pace/km	PB
Dot SIEPMANN	31:48	06:22	

5km PARK RUN - CAMPBELTOWN on 2014-03-15

Name	Estimate	Pace/km	PB
Bronwyn HAGER		18:39	03:44
DPB	1st overall PB course record		

5km PARK RUN - NEWY on 2014-03-15

Name	Estimate	Pace/km	PB
Katie BROADFOOT		27:34	05:31
21 weeks pregnant!			

5km PARK RUN - SWINDON on 2014-03-15

Name	Estimate	Pace/km	PB
Nic BAILEY		20:56	04:11

5km PARK RUN - ST PETERS on 2014-03-15

Name	Estimate	Pace/km	PB
Kathryn BOLITHO		23:37	04:43

21.1km LONGLEAT SAFARI PARK HALF MARATHON on 2014-03-16

Name	Estimate	Pace/km	PB
Nic BAILEY		1:24:53	04:01
8th overall			

0.800km MASTERS / POLICE GAMES BLACKTOWN OLYMPIC PARK on 2014-03-22

Name	Estimate	Pace/km	PB
Dot SIEPMANN		04:42	05:53
1st F70+			

5km PARK RUN - PARRAMATTA on 2014-03-22

Name	Estimate	Pace/km	PB
Wesley HARRISON		17:32	03:30
2nd			
Bronwyn HAGER		18:48	03:46
1st female 5th overall			
Clive MOONEY		20:27	04:05
1st park run			
Kathryn BOLITHO		21:48	04:22
4th female			
Kate BARNES		24:29	04:54
EPB	Pb! 9th F 2nd F 35-39		

5km PARK RUN - SWINDON on 2014-03-22

Name	Estimate	Pace/km	PB
Nic BAILEY		18:10	03:38
4th Overall			

5km MASTERS / POLICE GAMES BLACKTOWN OLYMPIC PARK on 2014-03-22

Name	Estimate	Pace/km	PB
Dot SIEPMANN		33:03	06:37
1st F70+			

2.3km SHARK ISLAND SWIM on 2014-03-23

Name	Estimate	Pace/km	PB
Kerry BRAY		1:06:05	28:44
2nd over 70			

5km Sydney Marathon Clinic on 2014-03-23

Name	Estimate	Pace/km	PB
Dot SIEPMANN	ANN		36:38
07:20			

7km SRI CHINMOY / IRON COVE on 2014-03-23

Name	Estimate	Pace/km	PB
Louise BR OOKS		58:05	08:18

10km Sydney Marathon Clinic on 2014-03-23

Name	Estimate	Pace/km	PB
David MILLER		1:00:20	06:02
66/94			

14km SRI CHINMOY / IRON COVE on 2014-03-23

Name	Estimate	Pace/km	PB
James HERBERT		1:04:47	04:38
15th Males Under 50			

21.1km Sydney Marathon Clinic on 2014-03-23

Name	Estimate	Pace/km	PB
Phil COOTE		1:31:44	04:21

5km PARK RUN - ST PETERS on 2014-03-29

Name	Estimate	Pace/km	PB
Bronwyn HAGER		19:49	03:58
2nd female			
Nic BAILEY	21:06	04:13	Kathryn
BOLITHO	22:49	04:34	
Kerry BRAY	28:59	28:38	05:44
EPB 1st F70-74 parkrun PB			
Louise BROOKS		39:04	07:49
EPB	EPB		

5km PARK RUN - PARRAMATTA on 2014-03-29

Name	Estimate	Pace/km	PB
Wesley HARRISON		17:43	03:33
1st			
Dot SIEPMANN		31:56	06:23
1st F70-74			

5km PARK RUN - ST PETERS on 2014-04-05

Name	Estimate	Pace/km	PB
Kerry BRAY		28:26	05:41
EPB 1st F70-74 parkrun PB			

5km PARK RUN - PARRAMATTA on 2014-04-05

Name	Estimate	Pace/km	PB
Martin AMY		17:41	03:32
EPB 2nd Overall. Parramatta Park Run PB			
Dot SIEPMANN		32:33	06:31
1st F70-74			

APR 10 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Apr 10 @ 6:30 pm – 7:30 pm	+
APR 12 Sat	Saturday Training @ Brett Park Apr 12 @ 7:30 am – 9:30 am	+
APR 14 Mon	Monday Night Training @ King George Park, Rozelle Apr 14 @ 6:30 pm – 7:30 pm	+
APR 15 Tue	Tuesday evening run @ Woodstock Community Centre Apr 15 @ 6:00 pm – 7:00 pm	+
APR 17 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Apr 17 @ 6:30 pm – 7:30 pm	+
APR 19 Sat	Saturday Training @ Brett Park Apr 19 @ 7:30 am – 9:30 am	+
APR 21 Mon	Monday Night Training @ King George Park, Rozelle Apr 21 @ 6:30 pm – 7:30 pm	+
APR 22 Tue	Tuesday evening run @ Woodstock Community Centre Apr 22 @ 6:00 pm – 7:00 pm	+
APR 24 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Apr 24 @ 6:30 pm – 7:30 pm	+
APR 26 Sat	Saturday Training @ Brett Park Apr 26 @ 7:30 am – 9:30 am	+

The below calendar is from Cool Runnings - <http://www.coolrunning.com.au/calendar/nsw.php?TargetCal=NSW&Months=12>

Apr 2014

- Sat 19 Apr SDAC WINTER SERIES - WANDA GREENHILLS, CRONULLA
- Sat 19 Apr PERISHER FUN RUN
- Mon 21 Apr SRI CHINMOY SYDNEY 2014 SERIES RACE 3 - CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7KM & 4KM CROSS-C
- Wed 23 Apr WILLIAM'S WALK
- Fri 25 Apr XTERRA SUNSET TRAIL RUNS
- Sat 26 Apr SDAC WINTER SERIES - BOTTLE FOREST & STEAK 'N ALE TRACK
- Sat 26 Apr TRE-X CROSS TRIATHLON SERIES - STATE CHAMPIONSHIPS (QLD)
- Sat 26 Apr DIRT FEST MULTISPORT FESTIVAL (QLD)
- Sun 27 Apr SMC ROAD RACE SERIES
- Sun 27 Apr OATLEY PARK FUN RUN