



# The Rundown

## WOODSTOCK RUNNERS

Oct 2014

### Welcome New Members

Caitlin McHugh  
John Donoghue  
Margarita Moya  
Kate Wake  
Kris Meyer  
Kath Wallington  
Brie Turner  
Jacqueline Aherne  
Jimmy Carroll  
Emma Carroll  
Zoe Cameron  
Tony Phillips  
Thomas Roberts  
Lindsey Attwool  
Michael Sy

**173**  
**members**  
**@31/10/14**

### Welcome to the October 2014 Rundown!

There's much to report as it's been a while. Members have been flying around the world and many running and swimming around the globe. Roy holidayed in the US; Bev and Sue Johnson-Ham in the UK; Nic was there also, for his sister's wedding and, naturally some parkruns; Lesley, Deirdre, Lorraine and David travelled to Hawaii with most taking part in the 4k Waikiki Roughwater Swim; Maree and Kevin had a ball in Japan; Chaia was working in The Philippines; Debbie and Evan enjoyed a fascinating trip to Romania, Croatia and Italy; and Ando and Louise have recently returned from an extensive trip around Europe.

As this goes to press, Marshie is tripping (not literally as before) around NZ and Deirdre flew out this week to run the New York Marathon. Am sure you'll both have wonderful holidays and good luck in that awesome Race, Deirdre. Wish I was there.

How great to see Dawlo back running following a long layoff with injury. It won't be long before he is taking out his age category at numerous events after a very patient return to the road. Marshie recovered well after his Tuesday evening fall resulting in a broken radius and much loss of skin. Yours truly's fall caused a badly damaged shoulder and broken rib. Still recovering! Therese had a fall the following week and is fine now. Pat Mahony also fell, though not while running, resulting in a broken elbow and a nasty gash requiring stitching. Maybe we all need to lift our feet a little higher.

We hear that Maria Guano is in pretty good health now following an aneurysm. She was in hospital in Argentina, but has been home for some time. John Pollard has deteriorated further and is suffering severe dementia.

Congratulations to so many for some amazing results in runs all over the country. City to Surf brought out Woodies in large numbers with many brilliant runs. Thanks to Kath and Frank for a most enjoyable "after party". We all sympathised with them when they were burgled, losing a great deal, including their Garmins. Fortunately the Police have returned some of their possessions.

We thank so many who have been involved in coaching Monday and Thursday evenings, handicaps, Time Trials, website organisation, parkrun volunteering and leading Tuesday and Saturday runs. A huge thank you to Angela and Joe for a fabulous weekend to Newcastle where we had the opportunity for 2 races on 2 days, putt putt golf, some delicious food and a great deal of fun with terrific people.

Along with my chip etc for the Brighton Beachside Dash in the letter box, there was a handwritten note "Kerry, good luck with your event. I enjoyed delivering your race number. Gary the Postie". It was former member, Gary Shoesmith.

Welcome to our many new members. Along with the rest of the Woodies let's hope we all have lots more good running before the year ends.

Hope to catch up with everyone at our Christmas Party and Awards Presentation on Dec 6.

Happy running  
Kerry





# Events Coming Up

## September Birthdays

Dot	Siepmann
Kevin	Lucas
Helene	Scarf
Maree	Lucas
Susan	Murray
Murray	Clarke
John	Murray
Philip	Lobsey
Philippa	McRae
Lorna	Downes
Phil	Coote
Michelle	Harrison
Gavin	Tunstall
Martin	Amy
James	Herbert

Happy  
Birthday

**Sat 1  
Nov  
from  
7:15am**

**Bay Run  
Handicap  
Halloween  
Fancy Dress**

Race #4 in the 2014 Handicap Series. Estimate your own time for the 7km Bay Run loop then race a ghoulishly good time to beat your own estimate. No watches allowed. \$2 members \$5 non-members. Starts from 7:15 am in front of Drummoyne Pool.



**Sat 8  
Nov  
from  
5:00pm**

**3000m Track  
ANSW  
Community  
Races**



ANSW are holding 4 3000m track races at Olympic Park for community athletes in conjunction with the state athletic championships. Race entry is \$20 and you don't need to be an NSW member to race. The community races are from 5:40pm and are graded mixed races with slowest up to 20 mins/3km. Hoping that we get a few Woodies out there and we can then watch the state championship races after. There is a Woodstock Runners team set up (password Woodstock) and entrants need a lap counter to go infield so if not wanting to run, you could offer to lap score. Link for more info:



<http://runnsw.com.au/event/runnsw-3k-on-the-track/>

Contact Angela Haynes 0419 444 010 with any queries.

Runners, lap scorers & spectators, hope to see you there!







# Events Coming Up

## October Birthdays

Ross Keys  
Tony Lloyd  
Thomas Roberts  
Deborah Patterson  
Mathew Verberne  
Jimmy Carroll

Happy  
Birthday

## 15/16 Nov - Quick Tour & Camping!



## WOODSTOCK RUNNERS



- This quick tour will see us heading to Canberra on Saturday afternoon, camping overnight, racing Sunday morn and heading back Sunday afternoon.
- Races are 10km, 30km & 50km trails and race entry includes a Muzuno shirt, post-race breakfast, finishers medal and access to campsite. Enter race yourself.
- Transport to/from Canberra and Sat night BBQ dinner is \$90.
- I'll sort out tents once I know who is going and who has or hasn't got one. Might do some beg and borrowing! The camping area has hot showers, toilets, BBQ and access to power.

Event Link: <http://www.stromlorunningfestival.com.au/>

Enquiries to Angela Haynes 0419 444 010.

## ITINERARY

Saturday 15 Nov	1:00pm	Bus departs from Woodlands Tours Ashbury. (text Angela 0419 444 010 if you need the address)
	5:00pm	Arrive Stromlo Forest Park, set-up tents, BBQ dinner and run chat with the other campers. (Uriarra Rd, Stromlo ACT)
	Overnight	Camping at race headquarters at Stromlo Forest Park.
Sunday 16 Nov	7:00 am	50km Race Start (5 hour cut off)
	7:30 am	30km Race Start (4 hour cut off) – presentation & post race breaky after
	8:00 am	10km Race Start (no cut off) – presentation & post race breaky after
	12:15 pm	50 km presentation & post race breaky, pack up campsite.
	1:30 pm	Depart for return journey to Ashbury
	5:30pm	Arrive Ashbury



## What to Do Now...

- Book your transport & Sat BBQ spot at: <https://www.registernow.com.au/secure/Register.aspx?E=13803>
- Email Angela Haynes whether you have a tent, have spare spots in your tent or if don't have a tent & are happy to share. Contact via [president@woodstockrunners.org.au](mailto:president@woodstockrunners.org.au) or FB or 0419 444 010!
- Register for the race at: <http://www.stromlorunningfestival.com.au/>
- Bring your pillow, swag or sleeping bag, pre-race breaky, money for lunch on way home and your running gear!





# Events Coming Up



## November Birthdays

Barry Cole  
Bill Allan  
Rick Collins  
John Ovenden  
Hal Pawson  
Deirdre Stewart  
Tony Purss  
Gaye Mancuso  
Steven Garamy  
Debbie Rutherford  
Louise Knox  
Marcus Wunderlich  
Kylie Moulds  
Wesley Harrison  
Angela Roche  
Clive Mooney  
Carson Wong  
Nic Bailey  
Jacqueline Aherne  
Louise Tapsell  
Lauren Stewart  
Ciara Foley  
David Ruston

Busy  
Birthday  
Month!

  
**KEEP CALM  
ITS  
CHRISTMAS  
PARTY  
& Awards!  
TIME**

**Date:** Sat 6 Dec 2014  
**Time:** 6pm  
**Place:** Harold Park Hotel  
**Address:** 70A Ross St,  
Forest Lodge  
NSW 2037  
**Cost:** \$50 per adult  
\$20 per child

### Book at:

<https://www.registernow.com.au/secure/Register.aspx?E=13800>  
or via the SHOP link at [www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)

This is the night to end all nights! The night where we kick off our joggers and up with our heels, shout some Christmas cheer and announce the 2014 club award winners!

All members and their partners/family are welcome.

Register here or under the "Shop" tab on our website:

<https://www.registernow.com.au/secure/Register.aspx?E=13800>

Here is the link to pics from the 2013 event:

<http://www.woodstockrunners.org.au/2013-awards-night-photo-gallery/>

Enquiries to: [president@woodstockrunners.org.au](mailto:president@woodstockrunners.org.au)







# Events Coming Up

**9 – 13 Jan 2015 – Tour to Tasmania!**

4 night/5 day  
Tour to Tasmania  
Jan 2015



## WOODSTOCK RUNNERS



### Cadbury Marathon



- It's off to the Apple Isle for all things chocolate & Tasmanian. Flying early Friday morning 9 Jan and returning Tuesday evening 13 Jan.
- The focus event is the Cadbury Running Festival where there is a race for everyone including 5km, 10km, half and full marathon options.
- Tour package & cost is still being finalised however below is a taste of what is in the pipeline (subject to change). All members are welcome!
- Save the date for now and keep an eye out for when more info and how to book becomes available.

Event Link: <http://cadburymarathon.com.au/>

## ITINERARY (Draft)

<b>Fri 9 Jan</b>	Fly to Hobart MONA Museum
<b>Sat 10 Jan</b>	Hobart Parkrun Salamanca Markets Pasta Party Dinner
<b>Sun 11 Jan</b>	Cadbury Running Festival Race Day BBL Game (cricket) Hobart v Perth Scorchers
<b>Mon 12 Jan</b>	Options being considered: Cheese Factory Cascade Brewery Greater Hobart Trails Air Walk Tahune
<b>Tues 13 Jan</b>	Free time / shopping Fly to Sydney



Hobart  
Parkrun





# News-worthy



## Inspires beyond running!

It's was not only the St George and Sutherland Shire Leader that thought this was worthy of publicising. At 1:17pm on 13 August 2014 as part of the House Business, Mr Mark Speakman (Cronulla Parliamentary Secretary) addressed NSW Parliament

### Mr MARK SPEAKMAN

*I concur with the remarks of the member for Miranda about the great work being done by Elouera Surf Live Saving Club. I congratulate Kerry Bray of Cronulla, who was recently recognised by the Australian Red Cross Blood Service with an award during National Blood Donor Week for her 550 blood donations. Each donation can be used by three people. This means that Ms Bray has saved an estimated 1,650 lives. She told the St George and Sutherland Shire Leader that her motivation for donating was "on account of my mum receiving numerous donations of blood throughout many years" and was "a tiny way of repaying this amazing gift to her". We can find out about being blood donors by going to the website at [donateblood.com.au](http://donateblood.com.au) or ringing 131 495.*

*Hansard Script - RED CROSS DONOR  
KERRY BRAY - Page 32 – 13 August 2014*



Post C2S team pic

## Prime Spot!

behind the set  
of ch7 Sunrise  
C2S broadcast.







# Minute with a Member

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**Name:** Carina Gregory **Running age group:** 40-44 yrs **A woodsy since:** 07/2013

**Occupation:** Strategic Planning Manager, Hurstville Council

**Preferred sessions:** TNT mostly but also the Bay Run Handicaps. I also regularly run at St Peters Parkrun and early this year I achieved membership of the 50 Club.

**Why do you run?** For fitness and the personal challenge! I like to see how far I can push myself and the improvement in my times.

**Fave distance:** Still working that out as I am relatively "new" to running, having only taken it up more consistently in the last 3 years. Let's say I am learning to enjoy the 10km distance but not so keen on those double loops!

**Running highlight:** Achieving a PB in 2013 City to Surf of 80 mins. The Woodstock training run really helped with that. Compared to a time of 97 mins in 2011, I can see how far I've come!

**Running lowlight:** Getting a Grade 2 calf strain in 2012 City to Surf, not stopping at the time and being barely able to walk properly at the end. Not recommended - you have to listen to your body (and get a good physio).

**Funny or unusual running story:** Nothing obvious to report so far, however those ladies in fun runs who let's say wear tights that are a bit past their use-by-date, well... that is not a good look!!

**Other sports/hobbies:** Pilates, boxing classes, travel and eating out, especially good Vietnamese food. And a temporary "hobby" is searching for a property in the Sydney market.

**Dinner partner:** Sting... need I say more? I saw him in concert when he came to Australia in February 2011 and performed at the Opera House Forecourt. I will never forget that.

**Ideal holiday:** I've travelled a lot so that's a hard question to answer but Europe is always a favourite and I would like to travel on the Trans Siberian Railway from Beijing to Moscow one day





# Who's Out n About

A couple of 'Team Woodstocks' are out and about this weekend. Good luck to those hitting the frog and toad to Carcoar Cup, the spokes folks doing the Sydney to the Gong ride and the locals hitting the Sydney 10.

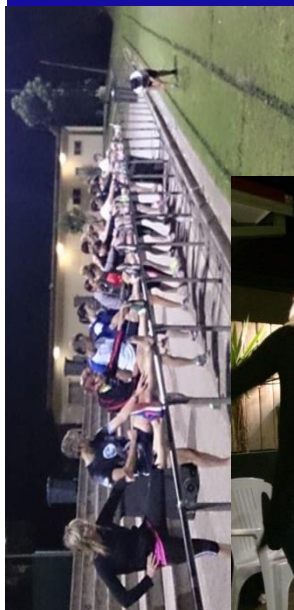


Left: Woodies Volunteering and Pacing at Parramatta Parkrun Oct 2014

Below: Sarah Waladan getting some pre-Syd2Gong ride practice in.

## A Bloody Long Walk!

Below: Well done to Di Galea, Bridget Akers, Di Green, Emma Pryor and Teresa Wood on their 35km Bloody Long Walk in Oct in support of the Australian Mitochondrial Disease Foundation. (Di Galea & Bridget getting massages)







# Tour Wrap Up Mudgee Madness

<i>Who</i>	<i>Said What!</i>
Chaia	"Good to be in the Woodstock Bus Trip. 2 <sup>nd</sup> race after coming back from injury. Thanks or organising Di. Thanks for driving Joe and photos Kev"
Teresa	"Sprained Ankle at 1km and persisted to 12km. Very sore and stupid! Beer and Panadol reduced pain!"
Kath	"Not feeling guilty about having a few drinks the day before as I only had to conquer the 10km"
Frank	"Ran a PB, can't ask for more than that! Note. Only ran 9km out of the 10km!"
Therese	"Brilliant weekend! Great run with running buddy Mary Bowman. Excellent bus driver and organising by Tigger Di!"
Kerry	"Thanks Joe and Di for organising. Fairly happy with run though disappointed with the cou the many mistakes. Pleased to be a winning bowler. Great weekend"
Kevvie	"Note. Must bring own camera next time. A good weekend as always!"
Maree	"Thanks Joe and Di for organising. Great run. I think a PB!"
Matt	"I would like more info on the egg machine. I will also be offering Lawn Bowls technique classes in addition to the running workshop. Free hard-boiled egg with each workshop"
Joe	"A great weekend. There is no better person to have as a co-driver on these trips than Martin Amy. He is a dutiful co-driver, keeping me hydrated all the time."
Jeff	"I enjoyed my run until the 24k mark! Great game of bowls..."





# Mudgee My first Woodstock Tour

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Power, grace, agility...these words do not accurately describe Joe's bus. But just like many an ageing Woodstock member, the trusty vessel eventually gets up hills, frequently emanates the aroma of egg and has parts held together only by tape.

The safe driving and captaining of Joe Ayoub was tempered by the erratic and somewhat zany commentary of his co-pilot, Martin Amy. I was most impressed by Amy's persistent and eloquent descriptions of the scenery, towns, and people, despite what appeared to be an overwhelming lack of any facts. Not one to be deterred by minor obstacles, Amy made up for facts with a constant stream of colourful language augmented with the aid of a microphone. With an artisan's craft, he even twisted one particular word - often reserved as an expletive only - into every part of speech:

The race was ok. There did seem to be a continuous flow of Woody's picking up trophies, first place medals, and other prizes. These were later returned to their rightful owners. As for the town of Mudgee, I can honestly say that I'm grateful to have been there, especially having survived and been returned safely to Sydney. Let it be a warning to others. There were empty farms, dirt roads and gnarled vines devoid of grape. New coal mine excavations underscore the sad truth that even parts of Mudgee itself can't really stand to remain there any longer. No, parts of Mudgee would rather be engulfed by Chinese flame than remain in Mudgee.

The country people who live here are pleasant enough, obviously forced to remain after losing some wager to Rumpelstiltskin. The authorities ensure the townspeople cannot escape by making the roads and paths into some type of maze, and pass this maze on to visitors as a race course. Rotting carrion are frequently used as mile markers, but there were so many dead rabbits on course that the difficulty arose from knowing which precise dead rabbit runners were meant to turn left, right or circle 'round. Their endless loops of dirt road confused our city slicker Woodstock members only in brief, several of whom were lost on course and, I'm proud to say, were eventually returned unharmed, though either over- or under- exercised.

The good people of Mudgee do have a beacon of hope coming their way, and I'm happy to report the following good news overheard in the local pub. It seems there is reason to believe one new industrial size factory could double as both resurgence to the town's economy, and improvement to the athletic prowess displayed upon the meandering, rotting race course. One townspeople discussed, rather enthusiastically I might add, the potential of a new factory processing vast quantities of lucrative and highly potent Crystal Meth. Early discussions are underway for sponsorship of the event next year. Free samples are apt to allow for course PBs, and I look forward to reading about other tales of survival next year.

In conclusion, if you are looking for an adventure, a tale of survival, perhaps some religious epiphany to prove the existence of divine intervention...then I highly recommend travelling to and returning from Mudgee. I wouldn't go it alone. Probably best to go in a team setting and the Woodstock Tour is one proven to be successful, with fewer casualties reported than almost any other tour available.



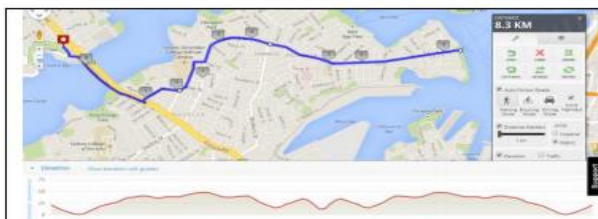


# Hills Love em or hate em!

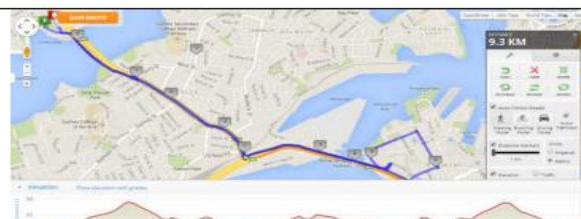
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To those who do not have GPS watch to run with or do not have time to map their runs, and after the run you'd think, "whoa! that was bit hilly!", and wondered how hilly is hilly?

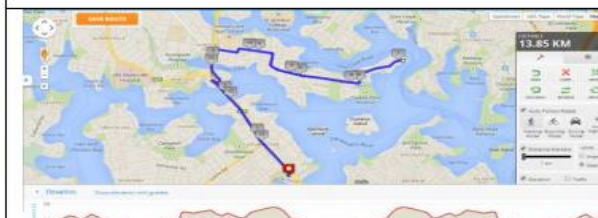
I've mapped few routes I've ran around the center-of-the-universe a.k.a inner-west, most of what we run on Saturdays that I thought have hills and our beloved hills on TNT, maybe you are interested to know what the gradient is.



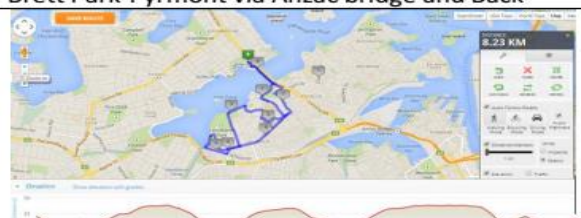
Brett Park – Balmain's Darling Street and Back



Brett Park-Pyrmont via Anzac bridge and Back



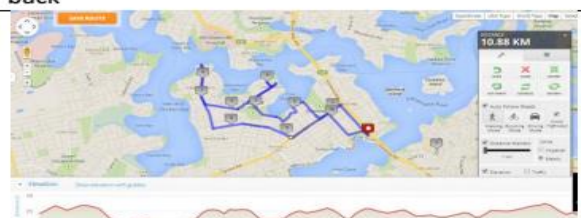
Brett Park-Woolwich and back



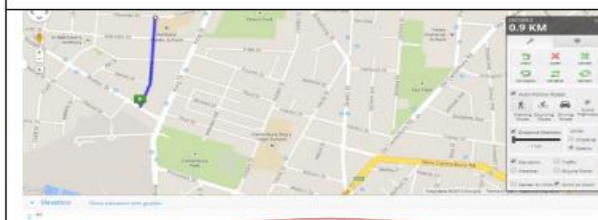
Brett park (via Lilyfield Road)-(Norton)Leichardt back



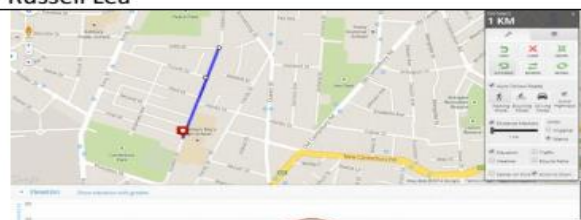
Brett Park-Drummoyne-Russell Lea and back



Brett Park-Drummoyne-Chiswick-Abbotsford-Russell Lea



Ettick Street – TNT



Holden Road - TNT



Brett Park-Annandale-Glebe-Pyrmont

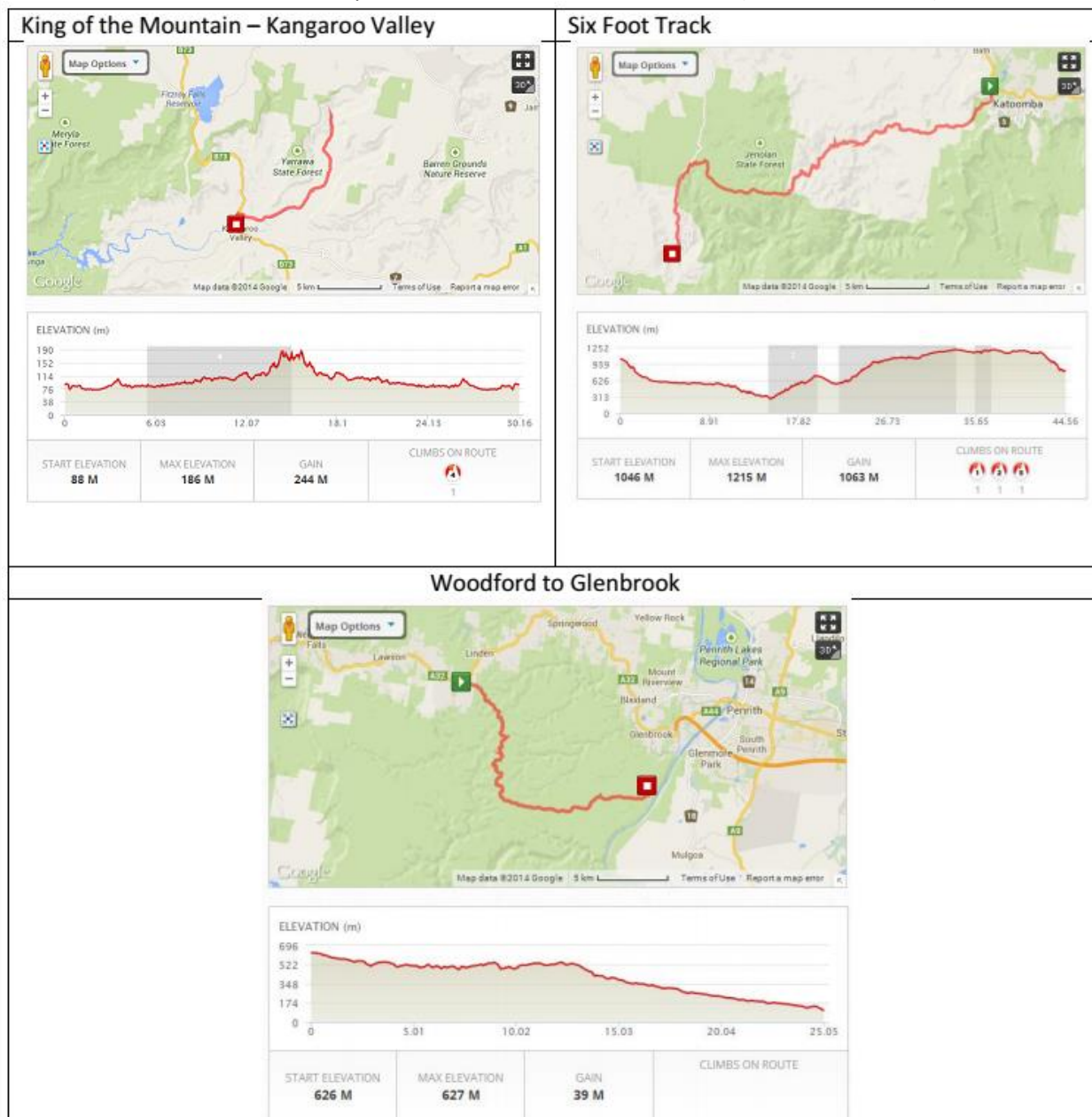


Rozelle Leichhardt-Annandale-Chippendale-Anzac



# Hills Continued

I am concluding that the maximum available hill incline I've ran/mapped is 50 meters around the inner-west. I haven't discovered a hilly one yet over 50 m– I've tried mapping streets I thought were hilly like Pyrmont Bridge road, Wigram road in Glebe and William Henry Drive in Pyrmont and they are also just under 50M. So what is 50m compared to the famous races with hills (ehem, mountains)?



Tough isn't? One training tip I had before from another good trail runner/tri coach is to run in the treadmill for 5 mins while you both increase the incline and the speed, then rest for half time – 2.3 mins. And maybe do that 3-5 times.

Use to hate hills, but learned to love them, and I always tried to remember that that every up hill, you can recover and get negative splits downhill.





# City to Surf 3 perspectives

Diane Green

## Diane Green – a numbers person

Running City-to-Surf was an amazing experience! In prior years I had avoided it as I didn't want to share 'my' running streets with 80,000 others, however Woodies enthusiasm 2013 convinced me I didn't want to miss out 2014!

I really enjoyed myself – it was an easy run from home to the start line, then as I was winding my way through the huddled crowd I met up with Hillary who was good company for the 30 minute wait. A woman of experience she wised me the first 2km would be slow, like a salmon trying to find its place in the stream, but that the buzz of the run made it worth it. Then she told me to get into the red group next year I had to run under 65 mins – well there was a challenge! And finally she told me the hardest 2 km are the last 2, when you think you have come down the hill and it is over, and it is not!

The start was actually amazing – and the salmon well behaved! I was glad to have done a trial run with Woodies a month prior so I knew what landmarks to look out for and to have perspective – and marshals so I didn't go astray! The atmosphere was great – from the various bands, kids with cookies, high fives, and happy runners. It was great at the end to have the Woodies cheer on, then the group to join with and encourage others as they came through too.

The post-race party at Frank & Kath's was a fun afternoon – good food, good company, and a good cocktail or two.... We shared running stories, including Greg reflecting those who can run in under their age..... now there is a challenge!

And being a real numbers person, post-race I got to reflecting on what the splits mean. So I took a sample of Woodies, plus the 2014 C2S lead, and plotted the ratio of their times for each of the 3 sections..... and what intrigued me was how consistent we are as a group of people who are fit and dedicated to running. Keep it up team!

Distance of section (km)			6.2	1.6	6.2
% of total distance of section			44.3%	11.4%	44.3%
		Total Time	% start to HH	% HH	% HH to end
Craig Mottram	M 30-39	41:51	42.2%	13.2%	44.5%
Nic Bailey	M 30-39	51:08	41.5%	14.0%	44.5%
Wesley Harrison	M 30-39	51:54	40.2%	14.2%	45.6%
Bron Hagar	F 30-39	53:25	41.4%	13.4%	45.2%
Martin Amy	M 30-39	54:32	42.9%	13.4%	43.7%
Kazuaki Takahashi	M 60-69	56:43	42.3%	13.2%	44.5%
Clive Mooney	M 30-39	58:40	41.7%	13.5%	44.7%
Scott Mitchelmore	M 30-39	59:12	44.2%	13.1%	42.6%
Matthew Westwood	M 20-29	59:12	42.2%	12.2%	45.6%
Gwenola Le Lu	F 30-39	1:02:31	40.9%	14.0%	45.1%
Diane Green	F 50-59	1:04:40	42.3%	12.8%	44.8%
Sarah Waladan	F 30-39	1:07:23	43.0%	12.3%	44.6%
Kerry Bray	F 70-79	1:26:33	41.8%	13.6%	44.5%
Dot Siepmann	F 70-79	1:30:36	42.1%	13.3%	44.6%





# City to Surf 3 perspectives

## *Matt Westwood – 59 mins on 2 weeks training!*

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**A**fter a restless night's sleep the day was finally here, the day I had been looking forward to, the day I wish I could say I had been preparing for, for months... I am an honest person though, so I will say I had been preparing for at least two weeks. That's when it finally dawned on me; the City 2 Surf (C2S) was fast approaching while the bulk of my recent kilometres had been covered either on a bike or under duress.

The morning was far warmer than Alice and I had been expecting. My recently acquired, well worn, Salvation Army fleece and track pants protected me against the mild air far better than I had hoped. After arriving at Hyde Park first things first, "where are the toilets?" check. "Where is the bag drop?" ... at the end of that very long line, check. "Where are the other Woodies?" ... far more organised than us and already warmed up and moving toward the front of the start pack.

A quick warm up around the park sees a lucky tree become the proud owner of a fleece jumper and we make our way into the surprisingly sparse back of the red start group (the track pants stay on). We stand there, attempting to keep our muscles warm while commenting on the music that we can only assume is being channelled from a night club in the Cross. All the while eyeing up the competition.

The elite classes start and off come the track pants. I manage land them squarely on some unfortunate person's head as I try and toss them off the road (really the only reason I bothered keeping them on for this long) and proceed to get colder as we wait another five minutes for our start.

And we're off. Alice and I quickly decide that we will be running our own races so I focus on getting away from the dense throng of people as soon as possible. I settle into a fast but sustainable (for now) pace around the 4:00min/km mark. I'm still moving through the crowd, however as the mass thins I have time to take in some of the entertainment as I go. Personal favourites include the Harri Krishna dancers and the band playing Metallica's 'Enter Sandman' in Double Bay.

I make it to HEART BREAK HILL and am feeling in pretty good shape. I push up the hill and continue to climb, all the while reminding myself "this is not the highest point of the race". Round the bend and up the next hill "I can relax", the hills are behind me (was that it?) but I'm now feeling sluggish. The realisation hits that I am only just half way through the race and my pace suffers. I fight hard but once I start counting the Ks I know I'm not in a good place.

Luckily I push through and by kilometre 12 I am back up to pace and feeling good pushing downhill to the finish. My last three kilometres are sub 4min/km and I start to think that I may actually be able to achieve this (the sub 60min race). I had tried to spare myself the disappointment up until this point, however as I approach the last km with just over 55 minutes showing on my phone (I really need to get a new Garmin) I allow myself, for the first time to think that I could actually do it. I lift my pace to be sure. Rounding the bend into the finish chute my phone shows 58:30 and I stride out to the finish.





# City to Surf 3 perspectives

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## Matt Westwood – 59 mins on 2 weeks training!



Matt Westwood striding out to the finish of city to Surf 2014. Woodstock shirt and black shorts.

The race is over. I made it. I made it under an hour. I don't have to wait in line to collect my bag. I eventually manage to make my way to the Woodstock flag in spite of the volunteers' and security guards' best efforts to keep everyone moving the same direction. I cool down and chat with Woodies that have already finished and cheer home those still coming through. I look forward to the evening's festivities (although maybe not as much as some).

The 2014 C2S was an excellent race. A wonderful course, challenging but fast, expertly organised and superbly attended. C2S has a way of bringing our city together in a way that few other events do.

Now to start training for next year... pfft, I've got 52 weeks to worry about that



Post race evening frivolity!



Breaky for the gals!



Teresa Wood channelling Barry Cole with the cake for his 30<sup>th</sup> C2S! Well done Barry



# City to Surf 3 perspectives

## *Gwenola Le Lu – PB with an injured a\$%e*

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I arrived in the city at stoopid o'clock, which was probably a good thing after hearing about fellow runners' bag drop issues. I bumped into some fellow Woodies at the bag drop and after a quick hello and the usual pre-race chat (oh, I'm injured... I'm not feeling it today... I <insert excuse>) I headed off by myself to do an early warm up. I then went to the start area and was corralled into my red pen to await the start of the race. I previously ran this race from the front of the green pack 2 years ago so this was to be my first time running from red. I positioned myself about midway from the front which I hoped wasn't cocky self-seeding. The wheelchairs were off just before 8am and then the jumpers and bottles started flying overhead as people discarded their unwanted clothes. (I do hope the man, who was obviously wearing his wife's top and suit jacket, managed to get rid of his - he was quite sight!) A few minutes later, the gun went off for the start of the reds and we were off. There was quite a bit of push and shove at the beginning and I definitely copped a deliberate elbow. The crowds didn't thin out until heartbreak hill. I didn't get this problem at all when I started from the front of green 2 years ago as I had free road in front of me the whole way.

The undulations in the first section took me a little by surprise (I didn't get to any of the Woodie's pre-race training runs), but my plan, to run just under 4:20 pace to heartbreak hill, went out the window as I was picked up by the crowd and running at well under 4:10 pace – but I was comfortably uncomfortable so decided to stick with the rhythm I had going. It was good to see that the usual characters and bands were in their usual place - the Hare Krishna's looking happy and singing away and the usual blue smurfs who seemed a little more subdued that I've seen them in the past. I then reached heartbreak hill and forced myself to slow right down and ignore the runners passing me. I have an injured glute/glute tendon and the physio had warned me about pushing it too much uphill, so I guess heartbreak hill was a bit of rest break for me at just over 5:00 pace. I even walked through a drink station just before the top, something I've never done in a race. The undulations from 8-11km were expected, but boy did those small hills just keep coming - I kept thinking, this hill is the last one, and then turned the corner and there was another one! Eventually I caught sight of Bondi and knew it was downhill from there and ran my short little legs out overtaking quite a few people – I guess that explains the DOMS on Monday. Who'd have thought that you need to train for downhill racing?!?

Just as I rounded the corner on Campbell Parade for the last 300m to the finish line, I spotted a friend who egged me on for a race to the finish. Not such a great idea on my behalf to take him up on the challenge as my glute suddenly "twanged" and I felt a sharp pain. I crossed the line and saw my time of 62:31 (well 1:02:31, but the former looks a lot better) which was a 5min PB on 2 years ago. Gotta be happy with that! Looking forward to PBing again next year with an uninjured arse.



Gwen (in red) still in pain....





# 2015 What's your Goal?



Hey Athletes,

With the main racing season finished for 2014 and with so many major achievements over the course of it, the question is now as you look back on the year, what is my target in 2015?

With so many different goals mentioned over the course of this year, we at the Coaches hub would like to know what is your goal event/race/time or plan for next year. And why you want to do whatever it is you'd like to do?

There is no pressure attached to this at all, we are just interested to know what our runners are looking forward to be doing next year. It may also be that many of you may have similar goals.

So, as examples of what may be 2015 targets could be –

- to better a time from this or a previous year in a particular event
- to be more consistent with your running
- to do 12 x 5km races in the year
- to make sure you get to one Woodies session a week
- to carry on enjoying your running every time you lace up your runners.

Other things could be that you want to visit a certain place to run, or of course tour on one of the various Woodstock Adventures! You may have 2, 3 or 5 goals for 2015, so feel free to put as many as you like down and if race or place-related which or where the event you're looking at doing it.

To help a bit, we've created this highly technical table for you to enter your 2015 goals. You don't have to fill each line out, it's a bit of a guide, but feel free to edit/add as you like. It would be great if you could fill one line!

Again, there is no pressure to this at all. Happy Running and good luck with your goals!

Woodstock Coaches

Woodstock Runners 2015 Running Goals				
Name:				
Distance	Event/Comment	Time Goal	Date (Month)	Reason
5km				
10km				
City to Surf				
Half Marathon				
Marathon				
Other	To focus on my running as opposed to thinking about what other runners are doing.			
Other	To leave work on time or get up early once a week to go to a Woodstock session or 4.			