

THE RUNDOWN

MARCH
2015

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

www.woodstockrunners.org.au

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www.facebook.com/groups/woodstockrunners

THE RUNDOWN ON MEMBERS

Kerry Bray

All of the Orange travellers were saddened at the illness experienced by Joe's "magic bus". Having taken us firstly to the Penrith parkrun on the Saturday morning, then to Race Headquarters at Orange Hospital, our ever reliable transporter encountered some abdominal problems. We all felt so badly for Joe who spent much time on the phone securing a vehicle and various lifts home, as the bus was hospitalised. Thank you very much, Joe for your concern and your dedication to the Woodies. We so appreciate your continued contribution to our Club. Now for the good news the bus is all cured.

Thank you to Angela for the organisation of another wonderful Orange weekend with lots of fun, chat and great running. We certainly are looking forward to our next weekend away, that being Canberra.

Gavin became the first Woodstock Runner to be choppered out from a run when he injured his ankle in the Blue Mountains while training. Bill Allen had a fall and spent a little time in hospital and Barry Cole fell at the start of his walk a couple of weeks ago. We hope by now each of you has recovered fully.

We congratulate Emma and Jimmy on the announcement that they are expecting a little bub. We wish you both the very best and look forward to welcoming another little Woody. Our youngest at present, Cassius Westwood represented the Club in Orange.

Jo Doughty-Roberts is heading for the UK and Europe later this month. We hope you have a marvellous time, Jo and don't forget the running.

I met up with Colin Bertram at the last triathlon at Kurnell. He is enjoying life in Forster where he moved after leaving Woodstock. Lesley, Lorraine, Deirdre and Rick have been competing in a few swims lately. The weather has certainly been more conducive to swimming than to running and it's a great cross train. Keep up the good work.

Thanks to Martin and all the volunteers who assisted at the two 5k Time Trials held recently at both King George Oval and Campbell Field. Congratulations to all who ran and to those who took home the prizes. These are wonderful chances to bring members together, share a run, a chat and some tucker.

Twenty-four Woodies plus Isabel and Scarlett hit Cronulla last week. Around half ran from Ashbury and the others various distances around Cronulla. Some of us enjoyed a swim in rough surf at North Cronulla and fortunately didn't lose Kazu, though we were concerned until the life guards spotted him safe'n'sound exiting the water north of the flagged area. Breakfast was enjoyed at Alley Break Cafe, despite some wait. Thanks to all for making the trip south.

We welcome all new members who've joined recently. It's great to have you on board.

Happy running, swimming, walking and cycling.

Kerry

February Birthday's:

Andrew	Brown	3	Matt	Bulman	19	Brie	Turner	23
Fiona	Day		Greg	Marsh	19	Vass	Vassiliou	25
Michael	Sy	6	Nicolas	Strybosch	19	Mark	Bailey	25
Tiffany	House	11	Kate	Barnes	21	Barry	Crisp	25
Sarah	Waladan	12	Ant	Nolan	21	Larissa	Tichon	28
Danny	Burgess	14	Lorraine	Spanton	22			
Kathryn	Bolitho	16	David	Miller	23			
Stephanie	Philibert	16	Lisa	Hodgson	23			



Happy
Birthday



Cooks River Parkrun launch

Starting up Cooks River parkrun took a year, and was a slow process. There was a lot of time spent in discussions and negotiations with Council and waiting for our event to be voted on in meetings to then find out it had been moved to another department and the process almost started again. It ended eventually with Tim Oberg (head of parkrun Australia) calling Canterbury council, as they didn't want to budge on a couple of key points for us to run a parkrun on the Cooks River. He was able to come to an arrangement so we could proceed and our first event was held on 31st January

It was fantastic to see so many Woodies at the launch, it's great to be part of a club so centred around community. One of my favourite things about parkrun is watching a community develop and grow around an event. We're already experiencing this in the first month of Cooks River parkrun and I look forward to it continuing. Thank you to everyone who've shown support and continue to volunteer and participate.



WENTWORTH FALLS

BY: ANDREW WEBB

Since the physio and specialist told me that marathons were no more, I only have my middle distance trail runs to look forward to. This stop: Wentworth Falls.

It's no particular joy to get up at 4 AM, but it's not a difficult drive (and with the continuing upgrades of the highway, it'll be easier again next year) and despite getting lost I arrived with a couple of mates in time for an easy park, an immediate registration, and no queue for the women's toilet. In other words, ridiculously early. Still, Wilson Park is a pleasant place to stand around and catch up with other runners. My Catalan friend, here to practice English, soon found two people who wanted to practice Spanish.

7:40 and I set off with the second wave – it's a small field, but a lot of the run is pretty narrow single track, so the waves are prudent – down Charles Darwin path. Some boardwalk, some tree roots, a couple of largish puddles and a few rocks alongside a creek through light bush and thick grasses. All a very pleasant warm up, except for the voice reminding me that when you start down, you finish up.

After about three kilometers there's a sharpish right turn and the first glimpse of the Jamison Valley escarpment, rock glowing in the morning sun. That's why I love trail running. But it's time to focus on some more serious downhill. It's taken me a few years to get the knack of downhill running (it seems to have been a side effect of working on a front foot strike) but now I enjoy it a lot more than uphill. Not that I ever particularly enjoyed uphill! Starting here the path starts to develop rocks and tree roots, and you need to pay attention to your feet.

Comes a point soon where there's cloud in front of you, a waterfall behind you, a rock face on your left and a long steep staircase at your feet. Welcome to the Wentworth Falls. Look back and enjoy it because starting now it's going to be hard work. It's a long climb down, then stepping stones across the creek and the first of several corridors carved into the sides of the cliffs. "Don't be tall" is my advice. Running up National Pass took it out of me more than somewhat, but the reward is Run of Waters, Sylvia Falls, Empress Falls, some stunning views over the top of low lying cloud and more stepping stones. Naturally I took a wrong turn, left instead of right at Vera Falls Track, because it wouldn't be me running trails without getting lost; I should have followed the tourist markings apparently, but I was confused by the absence of pink ribbon. That was a wasted – and stressful – few minutes; luckily I met some runners coming the other way. I'm certainly not cut out to be a front runner.

Back on track, up to – nearly – the Great Western Highway, and then, skirting suburbia, down to the Overcliff Track for the run home. I had no idea at the time how close I was to the edge of the forest – I would have sworn I was deep in the bush for the whole time. We met a few tourists en route, and they were very good about ceding the – somewhat narrow in places – path to the runners. Apparently there were abseilers/rockclimbers as well, but I didn't see them.

Even though the last 3 km is uphill, it doesn't really count compared with previous uphill on the course so I managed to settle into a pretty good rhythm and compose myself sufficiently to smile for the cameras when I ran into Wilson Park and over the finishing line. My Garmin malfunctioned somewhat – I guess GPS signals don't get down the bottom of those valleys, so initially I thought I'd run an amazing time. Working it out later, corrected for being lost, it was still a pretty respectable hour fifty. I'm happy with that. I had had an idea of 6 mins. per kilometer before the start, but that was before seeing the actuality of the ascents. Steps are much harder than hills, I find, so I can see a variation in training will be required before next year.

This is an awesome run. It was well organised; the sausage sandwich was excellent; the coffee was well above average; people were friendly. Do it. Next year I'm taking a head camera. There'll be room in the car.



..some stunning views over the top of low lying cloud...



[A group of Woodies are heading to the Aus Athletics Tour in Sydney. If anyone is interested they should buy their tickets and let Bron know if they are going so she can keep a seat in the Woodstock group area \(in general seating\) .](#)

[Click anywhere to visit the event site.](#)



WOODSTOCK TOURS WOULD LIKE YOUR HELP!

We are looking at what tours our members would be interested in, so if you have a spare minute, could you please follow the following link and fill in a real quick survey?

It only takes a couple of minutes!

Visit <http://www.woodstockrunners.org.au/woodstock-tours-survey/> (click here) and with a few clicks you're done.

**Thank you,
Woodstock Tours**

HANDICAP SERIES



The first Bay Run Handicap of the year, followed by a BBQ, will be held on Saturday 14 March 2015. Meet in front of Drummoyne Pool on the Bay Run, near Brett Park.

From 2015 the Bay Run Handicap series will no longer use runner estimates to determine the staggered start of the race. We instead are implementing a handicap system which will allocate each runner a handicap to determine the staggered start.

Runners who have run in a Handicap race during the last three years have been allocated a Handicap based on previous performance, and can find their start time here: www.woodstockrunners.org.au/current-7km-handicaps

- If you do not have a Handicap allocated you can still run. You will start at the default time of 7:30am. You will only be eligible for default points for this race, but you will receive a new Handicap after the race to use in the next race.

1 Please do three things:

2 Look up your start time at the link and plan to arrive 20 minutes early on the morning

RSVP on [facebook](#) or by email to bayrunhandicap@woodstockrunners.org.au so that we have an estimate of numbers for the BBQ

1. Bring your \$2 on the day!!

We've [attached a file](#) which is optional reading for anyone who wants:

- to understand the full rules and formulas we are using to calculate and recalculate handicaps
- to see an example
- to find out how series points will be calculated

Looking forward to seeing everyone on the day!!

Bay Run Handicap Team

PS: As always, we are looking for volunteers to help out on the day with handing out bibs and timekeeping, so if you cannot run but would like to help out and receive some series points send us through an email. Ta!



Tour To

Australian Running Festival Canberra Including Bowral Parkrun! April 11 – 12, 2015

- You can run one, all or just cheer with us!
Saturday - 5km Bowral parkrun
Sunday - half or full marathon
- Bus departs Ashbury 5:45am Saturday and returns approx. 7pm Sunday.
- First stop is Bowral parkrun for 8am race.
- Post race breakfast in Historic Bowral.
- It's the Canberra Wines Harvest Festival so trying for some Saturday afternoon relaxing among the vines with wine tasting & live music.
- Accommodation is at Pinnacle Apartments.
- Dinner at Caph's café (for our 4th year) which is within walking distance of our accommodation.
- Sunday morning racing, post-race showers at the apartments then lunch at the Australian Botanical Gardens.



BOOK NOW!

If this looks like your kind of weekend then book and pay via the 'Shop' link at:

www.woodstockrunners.org.au

#Full payment required to secure your spot. Payments are refundable up to 72 hours before departure.

- 1) Bus and Sat accom. \$160
- 2) Sat accom only (self drivers) \$80
- 3) Bus only \$90 (subject to availability)

**Enquiries to Angela Haynes –
Facebook, 0419 444 010 or
angpegasus@gmail.com**



WOODIES UNIFORMS



Our standard uniform range includes:

Woodstock 2XU tech running singlets \$55

Woodstock t-shirt and long sleeved tech shirts \$60 and \$65

Woodstock caps \$20

Bra top \$65 - White t-shirt \$13

Little woodies uniforms - from \$25 plus shipping

Email Chaia to order your gear

Polo Shirt \$20

Whoodie with zip \$40

Style and Pricing

3/4 compression leggings – \$90

Full compression leggings – \$95

Compression shorts – \$65

Arm warmers – \$55

Calf guards without stir-up – \$55

Please send your size and style with your order to Chaia when ordering

<http://www.2xu.com.au/sizeguide>



Men's Sizing Chart							
Measurements in CM							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	75-78	79-85	86-94	95-102	103-109	110-120	120-127
Waist	57-62	63-70	71-79	80-86	87-97	98-107	107-115

Women's Sizing Chart							
Measurements in cm							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	70-76	76-81	81-86	87-93	94-99	100-106	106-110
Waist	50-56	56-61	61-66	67-72	73-79	80-86	87-92
Hip	81-86	86-91	91-86	96-101	101-106	106-112	113-117

We are considering seasonal items, depending on the minimum order required by the supplier and the costs, keep your eyes on the Rundow and Facebook

Email your orders, name, option, gender, size and quantity to:

uniforms@woodstockrunners.org.au or call/message at 0434 672 273

A MINUTE WITH A MEMBER

Name: Jacqueline Aherne

Why did you join Woodstock? I wanted to improve my fitness and participate in more running activities

Do you run on Tues, MNT, TNT or Sat morning? Monday, Tuesday and Thursday

How long have you been running? I have been running on a regular basis for approximately six months

Why do you enjoy running? It is a great way to spend time outdoors. It has greatly improved my fitness and core strength.

Favourite distance? For running events, 10 km or half marathon

What is your most memorable or unusual running story? I don't recall any

What are your running goals for the next 6 months? To improve my running pace

Which races would you like to run? The Canberra half-marathon

What do you do when you're not running? Aside from work, I enjoy reading and social activities



Name: Scott Mitchelmore

Recent race result? Manly Dam Sydney Trial Run Series, 1st short course 8k

What kind of training did you do for the event? MNT, Saturday Woodies run

What is your next running goal? Sub 26 bay run this year

Do you have any long term running goals? Nothing specific, just to run faster!

What is the best thing about being a Woody? Come as you are, run as you are.



Name: Claudia Beyer

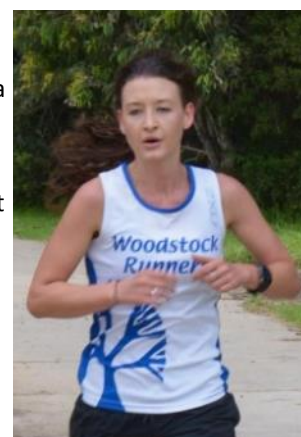
Recent Race Results: 1st place female in the Manly Dam 8km Trail Run early Feb.

Training: Nothing in particular, rather gave it everything and payed for it afterwards! The usual MNT & try to get in a Bay run once a week + a bit of core work really helps with the trail runs.

Next Running Goal: My current running goal is to be able to maintain a level of health where I can continue running for my love of it! No current events I'm working towards, however always on the look out for a new trail or an event with a bit of adventure.

Long Term: Just to continue running and utilise all its holistic health benefits for my own health & wellbeing.

Best thing about being a Woody: It's great having other people train me for a change & push me more than I would myself! + its super nice to be a part of a community where everyone from different age ranges, abilities and running goals come together & support each other :)



Name: Louise Brooks

Recent race result? Completed 13.5km Wentworth Falls Short course trail Feb 15 . Official results not out but the time wasn't important for me it was more the time on the legs as this was the longest I had run and had a mental barrier of running for more than two hours.certainly did that.

What kind of training did you do for the event? I previously did the manly dam trail event 8km in January A tough trail with a few hills and lots of change of surface as well as a few track session at TNT
What is your next running goal? Completeing 14.5km in smh half marathon as part of relay I would like to do this in under 2 hours

Do you have any long term running goals? to compete in an overseas event & continue to increase distance on both road and trail>I would love to do events like woodforede to glenbrook,Glow worm half & coastal classic one day but above all to continue to enjoy my running

What is the best thing about being a Woody? Seeing everyone participate at events & training sessions and to see all the encouragement members get whether they be an elite athlete right down to the pladders.



TEAMS WITH FRANK



WOODSTOCK
TEAMS
HAVE BEEN SET UP
FOR EACH OF
THESE RUNS

TEAM NAME IS:
WOODSTOCK
RUNNERS

PASSWORD IS:
WOODSTOCK

The Sydney Morning Herald
halfmarathon

Sunday, May 17, 2015



Australian Running Festival
The Canberra Times
canberra
marathon

April 11 - 12, 2015



The Sun-Herald
CITY2SURF
Westpac
THE ONE TO RUN



If you have any problems
entering any of our teams
please contact Frank on:
teamscoordinator@woodstockrunners.org.au

WHAT'S ON?

the agenda view below gives you an overview of upcoming regular events.

<	MARCH 2015	>	Collapse All	Expand All	Agenda
MAR	7	Sat	Drummoyne 9km @ Brett Park (Formosa St side) Mar 7 @ 7:30 am – 9:30 am		
MAR	9	Mon	Monday Night Training @ King George Park Mar 9 @ 6:30 pm – 7:30 pm		
MAR	10	Tue	Cooks River Canter 10km @ Woodstock Community Centre Mar 10 @ 6:00 pm – 7:00 pm		
MAR	12	Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Mar 12 @ 6:30 pm – 7:30 pm		
MAR	14	Sat	Handicap Event #1 @ Brett Park (Formosa St side) Mar 14 @ 7:00 am – 9:30 am		
MAR	16	Mon	Monday Night Training @ King George Park Mar 16 @ 6:30 pm – 7:30 pm		
MAR	17	Tue	Blue Mountains Express 10.5km @ Woodstock Community Centre Mar 17 @ 6:00 pm – 7:00 pm		
MAR	19	Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Mar 19 @ 6:30 pm – 7:30 pm		
MAR	21	Sat	Tarban Creek 10km @ Brett Park (Formosa St side) Mar 21 @ 7:30 am – 9:30 am		
MAR	23	Mon	Monday Night Training @ King George Park Mar 23 @ 6:30 pm – 7:30 pm		

More events from Cool Runnings NSW Calander

Sun-Tue 1-31 Mar THE MARCH CHARGE

Fri 6 Mar THE WILD WOMEN ON TOP SYDNEY COASTREK

Sat-Sun 7-8 Mar BCU COFFS TRIATHLON

Sun 8 Mar GOLD COAST TRAIL RUNNING SERIES - ROUND 4 (QLD)

Sun 8 Mar UKV LIONS CLUB 37TH ANNUAL MOUNT BOGONG CONQUESTATHON (VIC)

Wed 11 Mar SYDNEY SUMMER SERIES 24 AT MANLY VALE

Sat 14 Mar SIX FOOT TRACK MARATHON

Sat 14 Mar ALSTONVILLE WOLLONGBAR FUN RUN CHALLENGE

Sun 15 Mar SRI CHINMOY MULTI-SPORT CLASSIC

Wed 18 Mar SYDNEY SUMMER SERIES 25 AT PARRAMATTA

Sat 21 Mar BAY ADVENTURE MULTI-SPORT AND RUNNING FESTIVAL

Sun 22 Mar TRIATHLON PINK AND FUN RUN PINK