



WOODSTOCK RUNNERS

RUNDOWN

JUNE 2016 ISSUE



Catching up on Club News

Running and Walking around Sydney's Inner West

PHOTO COURTESY OF ANGELA HAYNES

rundown

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woodstock runners rundown

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RUNDOWN ON MEMBERS

Much has happened in Woodstock Runners' territory since our last Rundown. One significant event was the AGM which resulted in a new President and Committee.

Congratulations President Nic, we know you'll be fantastic and will have the support of all members. Thanks Angela for heading our wonderful Club for the past 2 years. You certainly achieved a great deal for us throughout your term. We welcome all new Committee members and thank them for their generosity in offering to assist the Club.

Members are most appreciative of the efforts of Scott and Angela in preparing submissions for grants from Burwood RSL and Dept of Sport and Recreation. We were successful in securing financial assistance for equipment, coaching and promotion of Woodstock Runners. How about that for brilliant news. People have been out and about both holidaying and running and sometimes combining the two. Di Green and myself have been "across the ditch"; Jo and Nigel to Hawaii; the Blackwells to Fiji; Jimmy, Emma and Matilda are currently in Ireland; and Therese and Joe are off to Europe next week.

Nic and Bruce have been running in the UK; Monique is clocking up lots of parkruns in that neck of the woods and recently ran her first Half in Edinburgh; 10 Woodies flew to Hamilton Island for the parkrun and the extremely Hilly Half; Di Green and Woodsie took on the amazingly difficult Great Wall Marathon a fortnight ago; and Rita will run the Stockholm Marathon soon.

Congratulations are in order to Mary Bowman who became a Grandmother when daughter, Melinda gave birth to Sienna. Hope to see you back running soon, Mel.



Running congrats to Bronwyn who finished among the elite in the Sydney 10. What a wonderful sight for we "very non-elite" to see Bron in full flight coming back to the Stadium as we struggled out. Nicson ran his first Marathon in Canberra in a very good time and in a very international event, Di won her age category in the Great Wall Marathon. Well done to you both.

Club members are grateful to all who have contributed to various events over the past couple of months. A great Anzac Day Breakfast Run from Patricia and Alan's was a real hit. Bron and Marty organised us well in Hamilton Island and many were involved in the staging of the Handicap and the Time Trials. Thanks everyone.

We wish Alice, Matt and young Westwood well as they settle in to life in Canberra.

Lawrence is not well and we ask you remember him and the good running times we've had with him.

The running calendar is filling as the weeks progress. I'm sure there'll be lots of blue and white at the Cooks River Run (and thanks to Kazu for offering breakfast, which comes thoroughly recommended), Sri Chinmoy events, Gold Coast, Sydney Harbour 10, Sutherland to Surf and of course, the iconic City to Surf. Happy running to all

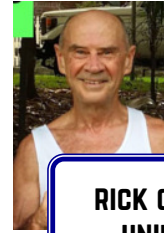
MEET THE COMMITTEE



NIC BAILEY
PRESIDENT



SCOTT MITCHELMORE
VICE - PRESIDENT



RICK COLLINS
UNIFORM

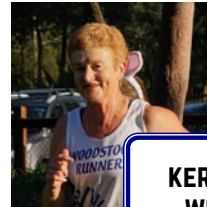
Always keen to do anything I can to keep our Club at the top of the list of running clubs.



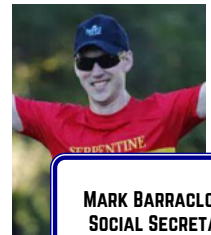
BRON HAGER
PUBLICITY



ANGELA HAYNES
TREASURER



KERRY BRAY
WELFARE



MARK BARRACROUGH
SOCIAL SECRETARY

To learn from the experience of other committee members, bring some fresh ideas to the table and encourage everyone in their running.



FRANK HIDVEGI
TEAMS COORDINATOR



NAOMI BOYD
MEMBER



LAURA TURNLEY
MEMBER

Great clubs are made up of great people. I want to work with members to keep Woodstock on track as a strong and vibrant club.

This year I want to streamline some of the administration that we do to keep Woodstock running.



ALI GUERREIRO
SECRETARY

Maintain and develop the Woodstock online assets in collaboration with the Committee and Club members



DAVID MILLER
WEBSITE



CLIVE MOONEY
MEMBER

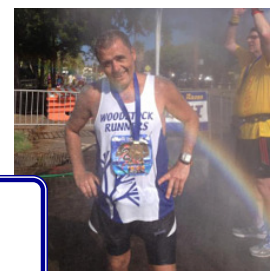
A voice between members/coaches and committee.



GILBERT GADDI
RUNDOWN EDITOR

Aiming to keep you up to date on the latest stories about the club and it's awesome members (you!)

To promote the Woodstock Runners Club within the community and assist members to enjoy running



JOE AYOUB
MEMBER

“

AWESOME RUNNING
QUOTE:

**REMEMBER
THAT YOU'RE
NOT DOING IT
FOR THE MONEY**

*Well, you've already paid for the race, so might as well run it.
Unless you're injured or whatnot.*

”

City2Surf is only a couple of months away and having done these for a few years now, we continue with our training runs of the new C2S Course. This is an open invite to any members who for example may not have done the course before, or those who are well-acquainted with the route, but are trying to hit a goal time! We are unable to exactly simulate what is the largest fun run in the World, as we don't know 70-80,000 odd people, but we can help with our experience of the course and in your preparation! This is a great opportunity to not only get onto the course, but also how to get to the start and the best way to attack the course. We have a bag drop at the start which will take your gear to Bondi, drinks stop at halfway and most importantly, we have breakfast afterwards at Café Bondi too. Your friends and family can just come to brekky if they would like as well.

Final Training Date: 24 July 2016
 For more info, email:
coaches@woodstockrunners.org.au
 or give me a call. Marty 0404 623 257





JOURNEY TO MY FIRST MARATHON

Jean Nicson Sanoy

After 11 months of running, I thought of doing a full Marathon. Few people told me that Canberra Marathon is good for my first because the course is flat. Four months away from Canberra Marathon, I decided to join the race. My friend told me, "it might be too soon to do a marathon, considering your running experience", but I insisted to do it. My argument was; I am not getting any younger and this might be my only chance to run a Marathon.

I've never run my whole life and I've always hated Physical education back in my school days. Who would have thought I'll get to running at the age of 41? In 2012, I met somebody (who became a good friend) that runs half marathon every single year. It really amazes me how a person can run 21 kilometres. I said to myself, "There is no way I can do that".

Three years later, I got more inspired and running became a personal challenge, but not to run a half marathon though! January 2015, running was my new goal. I went out for my first run, it was tough! I did not even last 200 meters. Phew, I don't think running is for me, but I got good support from my friend. He said to me, "Everything can be achieved by practice, just run, walk, run, walk until you build up your kilometers". I did the running and walking strategy and it seemed to be working.

April 2015, I did my first 5km fun run at Oatley Park. Although I've walked and jog at the last 800 meters I was so proud to reach the finish line at sub30. I became a running addict and did more fun runs. I did Sutherland to Surf, City2Surf, WARR in Dubai and finally did my first Blackmores half marathon in September 2015, which my friend always joined every year. I finished the half marathon race in 2 Hours and 7 minutes with a left knee injury (and kept my Physio busy).

In December 2015, I joined the Woodstock Running Club to get more motivation to train. The team helped me improve my pace and I learnt several running techniques. My endurance had improved so much after running with the Woodies in just a few weeks. Mind you, I lost a lot of kilos during this period.

April 10, 2016 comes the race day, I had 4 and a half hours of sleep due to anxiety, but I felt really good. I had a light breakfast 2 hours before the race. I took 3 bars of Cherry ripe chocolate with me for the race. It's 7 degrees in Canberra, perfect day for a long run! Along the course, I thought, I have been conned! The course is not flat at all - but with my good preparation for the race I was fine. On the 37th kilometer I felt terrible pain on my quad, a pain that I never experienced during my training. My mind is playing up, do I stop and walk? But then, If I start walking I will never get back to run again. I tried diverting my mind to the nice sceneries and kept going. A few minutes later, I heard my fellow Woodies screaming "Let's Go Nicson Go". I didn't realize I am few meters away from the finish line. What a relief! I finished the race in 3hours 50minutes and 11seconds.

Perseverance and Practice makes it perfect!



TAKING ON THE GREAT WALL

DIANE GREEN AND TERESA WOOD

May 14th the journey started for two intrepid Woodies – Woodsie and el-TD – heading to Hong Kong en route to Beijing to run the Great Wall Marathon – or as the Chinese would say “to participate in the International China Marathon Games” – as if we needed additional words to sound a little grand!

Well the lead up was tough – we had to learn to manage the low alcohol beer – seems 3.3% is high strength to the Chinese – and often we had to cope with 1.5% – a hard balance in an environment where common sense would say “don’t make any changes”..... We must confess that the food was also a challenge – Woodsie heading for the familiar logos of Pizza Hut, KFC and McD and el-TD making all food familiar using her trusty supply of chilli-and-curry!

The formal part of the race proceeding started Thursday 19th when participants gathered in Yin & Yang square at Huangyaguan for a race briefing then walk over the 3K section of the Great Wall. So we learned that we start running uphill 5K to get to the start of the wall, then the 3K of the wall, then 1K around Yin & Yang square, then 25K through the countryside – including a mother-of-a-hill, then 3K back over the wall in reverse direction, then 5K downhill “recovery run” – yes, that made the 42..... Perspective locked and loaded, let’s do the walk.

Some words from el-TD:



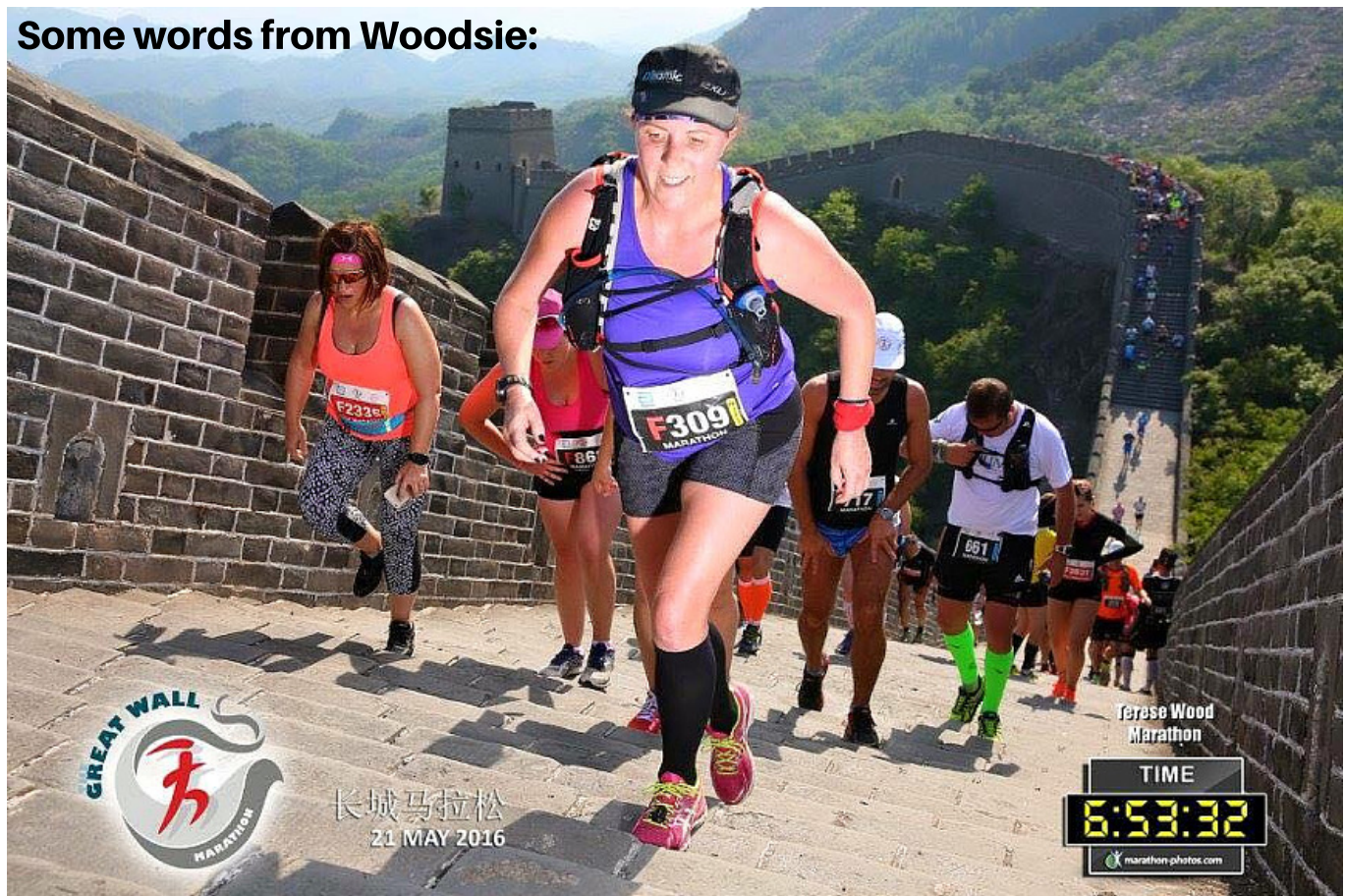
"Well! On exploratory day it was hot.... And it was hard! One did not anticipate such tough gradients and one was grateful for the hand-rail – and grateful that it was not raining! I must confess getting back to Yin & Yang square and thinking "I hope I can achieve this one on Saturday" – and neither of us are shrinking violets when it comes to a running challenge!

So I went into analytical mode – "if I can do the first section at x per K, the second at y per K..... the result would be" – the range went from 5 hours to 6 hours to 7 hours, and the cut off of 8 hours with a pace of 11:22 concluded all was possible. This piece of security blanket was shared with many nervous runners over the next 40 hours, so we approached the start line reassured! We were then told the expected target time for a person in "fit and ready" condition would be fastest marathon + fastest half-marathon (it is a hard course), so that gave me something to think about as I ran..... and walked!

Start was 7:30am, and it was cold (but not for long). There were 8 dignitaries lined up who each needed to give their speech – but they were efficient – the gun did go off 7:30 and off we went. There were locals at various places along the road – passing bouquets to run with (bit like Valentine's day with Woodies at Brett Park this year) which one gracefully received then passed to a cheerer a few K later. The first pass of the wall wasn't too bad – but it was early in the race and more downward sloping than upward and cooler..... The countryside was lovely – many, many people watching and cheering and laughing – a few cars wanting to play dodgems – the odd animal and chicken..... and a rather long and tough hill..... Back through Yin & Yang – looking good and ready for the second attack of the wall..... started up the Goat Track and had the "woozie" feeling (which one does not want at the 35K point of a marathon) – mind over matter and a bit of logic – take a gel washed down with water and keep moving – moving – moving – walking is not attractive in a marathon, but is more attractive than sitting..... I really did enjoy the wall, but must admit being grateful to get to the recovery run (and thanks to Nat for the term) and enjoy the downhill with my knees needing mind-over-matter for 5 out of the 5 k's! It was a great feeling getting into Yin & Yang square and completing the run, and it was my first time arriving and not having a group of Woodies or friends cheering me in – just as well I have a fine imagination!

So in the end, we both made it in in respectable times (el-TD just 2 minutes over 'target' and achieved first in her age group – which just shows the benefit of getting older (a bit like the age adjusted MNT & TNT races – you pull the age card)). We were termed "a couple of Auzzie Legends" by a new friend from the UK who we looked after. So would I recommend? Absolutely! And was it tougher than the 6 Ft. track? Similar and yes!"

Some words from Woodsie:



The lead up to the briefing on the run was exciting and everyone on the bus was chatting enthusiastically... How that changed after the briefing and walk of the wall...

The heat and humidity was unbearable - the first 5k uphill before was so steep thank god we were on a bus then it dawned on us.... 'We had to run that on race day. There was a few nervous looks... Then the wall started... 2,600 of uneven steps, hot, humid with no shade at all. Walking it was hard... Running it seemed impossible and to find out this was repeated in reverse in the final stages of the race - the 8hr cut of time was suddenly sounding unachievable.

Di was rolling out the stats to everyone which calmed some nerves....

On the day there was so much support from the locals, they were lining the street, so many asked me for photos and autographs (I think it was the red hair - ha ha - as not common in China) it made me smile through the pain which was needed especially at 34k passing through Yin & Yang Square again and knowing what was to come was another 2600 steps and a 5k harsh downhill...

It was tough, and I say tougher than the Six foot track by far... People where just sitting on the steps totally exhausted with their head in their laps, lying or just steps or crawling up the steps

We met some amazing people along the way and I would highly recommend anyone other crazy people who want to take part in a breathtaking (challenging) marathon."



INJURY - PROOF RUNNING

By Naomi Boyd

Love running? Here's how not to stop...

Running is a non-contact sport – there's no tackles, collisions and often there's not even significant changes in direction. Yet studies estimate that between 37% to as high as 70% of runners are injured each year(1). What gives?

There are three important variables we can control in becoming injury-proof.

In this article we'll look at probably the most important, especially for newer runners, and the one that is easiest to control – training load.

Most people's perception is that runners become injured as a result of 'overuse' i.e. doing too much, too often but this isn't entirely true. Research demonstrates that consistent, moderate-high loads of training are actually protective against injury(2). It is the sudden **changes** in training load that are associated with injury.

This means that rest is not always beneficial. If your running tends to be 'boom or bust' e.g. a couple of high mileage weeks with scattered easy weeks, you are actually more likely to become injured(3).

So, how to ease yourself into running regularly or build up your mileage base without increasing injury risk? The 10% rule isn't a bad place to start. The 10% rule simply means increasing your weekly kms by no more than 10% on the previous week. However, if you are managing an injury or race frequently and have regular ups and downs in your training, the 10% rule isn't sensitive enough to protect against overloading.

To prevent injury:

*** Avoid sudden changes in your training load.**

*** Gradually return to your normal running routine after a rest.**

*** Increase your weekly training load by no more than 15% of the average of the last four weeks.**

Two new papers have found a more reliable way to monitor your running. Both compare your training load in the most recent week to the rolling average of the last four weeks, to create an acute:chronic workload ratio. You will increase the likelihood of injury dramatically (3.4-5.8x) if you increase your ratio to more than 1.5-1.6, i.e. run 50% more kms than the average of the last four weeks. You will also increase the risk of injury by running more than 20%, though to a lesser degree (2,4).

Injuries will appear 2-3 weeks after a change in training. So don't fall into the trap of thinking you have bucked the trend if you feel good the week after doubling your mileage. The wheels will fall off a week or two later and, if you've continued to increase your kilometres, you might have dug yourself a hole that's very hard to get out of!

We all want to progress quickly, but consistent training will keep you running, while slow and steady increases will get you to the goals you're aiming for faster. Learning to pace your training is as much a skill as running fast or long distances. In the next Rundown, we'll look at the two other variables that can also minimise your risk of injury to make you bomb-proof.

Putting it into practice...

If we take a look at my Strava data:

- * My rolling average for the last four weeks is 21.5km.
- * If I want to increase my mileage without any risk, I shouldn't average more than 25km in the coming week, i.e. an acute:chronic workload of 1.15 or an increase of 15% of the last 4 weeks.
- * If I'm willing to flirt with danger because I have an important race coming up, I might increase that ratio to 1.2 but any more than that and my risk of injury jumps.



PREVENTION BASED ON RISK FACTORS FOR DEVELOPING A SPORTS INJURY

Reference: by Drew, Cook & Finch, BJSM 2016

Designed by @YLMSSportScience



- 1** Coupling small increases in training loads with a moderate chronic training load has been shown to be the safest combination
- 2** Minimise the week-to-week changes. Spikes in training loads precede injury and an athlete is 'at risk' for up to one month after a spike
- 3** A ceiling effect is observed where accumulated training across a week or month is greater than a threshold that is associated with increased injury risk for the sport



- 5** Careful load management needs to be taken after lighter weeks (e.g. in non-selected players) to ensure that athletes do not increase their risk of injury when returning to higher loads
- 4** Training at moderate workloads is protective. In football, some athletes have a relative under-loading of external loads prior to injury, as can be observed in fringe and non-selected players accumulating lower training volumes across a season



- 6** Avoid inconsistent 'boom-bust' workload patterns. High-intensity training is a risk factor for overuse injuries in young athletes, however, this may represent low chronic training loads coupled with bouts of high-intensity training
- 7** Ensure training loads are proportionate to the workload demands of the sport. Both intensive camp-based training and congested fixture have been associated with very high-injury incidence
- 8** Monitor the athlete throughout the latent period of injury. Reduce the week-to-week change and the magnitude of the acute-chronic workload ratio to minimise the risk in this period

1. Van Mechelen W (1992) Running injuries. A review of the epidemiological literature. Sports Medicine 14: 320-335.

2. Hulin BT, Gabbett TJ, Caputi P, Lawson DW and Sampson JA (2016) Low chronic workload and the acute:chronic workload ratio are more predictive of injury than between-match recovery time: a two-season prospective cohort study in elite rugby league players. British Journal of Sports Medicine, open access.

3. Gabbett TJ, Kennelly S, Sheehan J, Hawkins R, Milsom J, King E, Whiteley R and Ekstrand J (2016) If overuse injury is a 'training load error', should undertraining be viewed in the same way? British Journal of Sports Medicine, open access.

4. Drew MK and Purdam C (2016) Time to bin the term 'overuse' injury: is 'training load error' a more accurate term? British Journal of Sports Medicine, open access.

NEW MEMBERS

*Jane Artup
Andrew McCallum
Claire Valtwies
Josef Valtwies
Andrew Williams
Mark Bailey
Mark Barraclough
Daniel Ashby
Paul Lenihan
Anthony Shannon
David Murray
David Mullins
Alison Barnes
Chris Ong
Paul Doughty
Stuart Carson
Megan Scott
Masato Mochizuki*

APRIL

Marjorie Bridges
Fiona McIntyre
Julia Clements
Max McGown
Ben Roebuck
Nicholas Spasevski
Claire Valtwies
Frank Hidvegi
Scott Colbourne
Kathryn Bolitho
Emma Agostino
jeffrey morunga
Scott Mitchelmore
Lisa Grant
Graeme Tutt
Wayne Suryak

MAY

Paul Doughty
John Dawlings
Brian Newton
Kris Meyer
Alex Hill
Megan Scott
Angela Haynes
Anne Thomas
Jenny Schumacher

JUNE

Tym Blackwell
Bronwyn Hager
Kathleen Wallington
Gemma Cutting
Lesley Maher
Natalie Karl
Andrew Williams
Tegan Kocijan
Emma Pryor
Rita Kazzi
Josef Valtwies
Robyn Barnes

BIRTHDAYS



WOODSTOCK RUNNERS