

The WOODSTOCK RUNDOWN

February 2010



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Facebook Group: <http://www.facebook.com/group.php?gid=30549208990>

Email Results and Contributions to: rundown@woodstockrunners.org.au

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?>

The Rundown On Members

January has been and gone. How are your New Year resolutions going? Don't be discouraged, you can always get back on track. Happy running!

Our Australia Day celebratory Breakfast Run lived up to the highest expectations due to the wonderful hospitality of Maree and Kevin. It was a great morning with an excellent attendance and the usual delicious breakfast even though chef, Kevin, had spent part of the evening at the hospital suffering with an infection. We hope you're fine now, Kev.

We offer our deepest sympathy to Chris Siepen and family on the recent death of his mother. Our thoughts are with you all as we remember the many times your Mum helped out at the Woodstock Fun Runs.

Also in our thoughts, Pat Mahony spent a significant time in hospital following a fall over a stroller in a shopping centre and the development of a serious infection. We also wish Pat a happy time in her move to a unit in Gosford. Best wishes to Derek and Eddie as they strive in their determination to hit the roads once again.

What a surprise we had a few Tuesdays ago to have Barry Crisp running with us. It's been a while, though Barry is still running well. We hope to see a great deal more of you, Barry.

Did you all see the photo and article about The Club in The Inner West Courier January 26? It's good publicity, especially in our 30th year.

Don't forget the Woodstock Handicap February 6.

Sunday March 7 is the Cronulla Breakfast Run. As we are restricted to 30 we need you to reply asap to kerry.bray@bigpond.com. If you'd love to come to Cronulla two Sundays in a row, on March 14 are 2 oceans swims, a 1km and 2.3km. Entry forms available at Woodstock.

We look forward to seeing Chaia and Terry back soon from the Philippines. Thanks to Brendan for this Rundown in Chaia's absence. John Phillips is in Finland, the UK and the US, while Bev is touring around Tassie.

Good luck on settings your goals, whatever they may be. I hope you all achieve.

Kerry

This Month's Birthdays!

Lloyd Laing - 6th, Fumi Takahashi - 6th, Michael Cantley - 8th, Tami Dower - 8th,
Sarah Waladan - 12th, Derek White - 12th, Rick Capel - 13th, Beverley Edwards - 16th,
Jennifer Crane - 21th, Lorraine Spanton - 22th, Tomomi Yamazaki - 23th,
John Brown - 25th, Barry Crisp - 25th, Vass Vassiliou - 25th

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From the Editor

With Chaia taking a well earned holiday back to The Philippines, I have once again had the privilege of putting together the February rundown. May I take this opportunity to wish everyone a Happy, safe and prosperous 2010. I hope in whatever ventures you pursue; running or otherwise, you all achieve success.

Just a slight correction from the last Rundown about a piece about Ocean swimming. This from Rick Collins:

"I just noticed in the Rundown that you have me swimming the Cole Classic with Dave Mathers. It is actually Dave Blackwell (Deirdre's Dave) who is swimming it again this year."

Apologies to Rick, Dave B and Dave M, and good luck Rick and Dave B this year in your swim!

Don't forget that membership renewals for 2010 can be paid now and that can be done online. If this is not convenient, a membership form is attached in this rundown.

In my constant search for good resources on the web, I stumbled across a very good article about running technique. I have also included it in this rundown. I hope you find it as useful as I did.

Brendan

February Training Program

Tuesday Run. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Run. Meet at 7:20am @ Brett Park, Drummoyne		
02/02	Parks Run	10km	04/02	Long Hills/Short Hills Session	06/02	Handicap Run #1	7km
09/02	Putney Punt	12km	11/02	5 min x 6	13/02	Drummoyne	9km
16/02	Bayview	10km	18/02	Mona Fartlek	20/02	Balmain Shores	7.5km
23/02	Strathfield Stride	10km	25/02	Parlov 300m x 14	27/02	Hell Hill	8km
02/03	Pack Run	?	04/03	400m x 12	06/03	Balmain	9km

Cronulla Breakfast Run

Everything is now confirmed for the Cronulla Breakfast Run on March 7 and afterwards at Alley Break as last year.

HOWEVER Council has restricted the number of tables outside and we are limited to 30 people for breakfast. What this means is the first 30 to reply will be eating. Please email your names and numbers to me. Cost will be as last year \$12.00 for a cold breakfast of muesli, fruit salad and yoghurt or hot bacon with scrambled or fried egg plus one drink. Extra drinks can be ordered at additional cost. Chocolates and lucky draws provided.

In the event of rain we may have to have 2 sittings of 15 at each. Please pray for a fine day.

Distances are 6k, 9k and 15k with maps provided. Some members will be running from various parts of Sydney to Cronulla. Contact Martin or Rick.

Please see the attached flyer for more information,

Kerry

Thinking about Running Technique

Here are a few words and phrases which might be used to describe a good runner: **light on the feet, bouncy, 'quick', floating, easy, relaxed, flowing, taut...**

Here are a few words and phrases which are more likely to spring to mind when watching many runners at the average running race, marathon or triathlon: **tired, heavy, flat footed, plodding, uncomfortable, painful, 'slow', saggy...**

If you ran as a kid, and have been running ever since, there is a fair chance that you will be able to run well without having to think about it too much.

If that isn't the case don't despair. There are a few things that you can do to improve your running technique – and simply running more miles isn't necessarily one of them. Learning new techniques, however, does take time so, though you might feel a change straight away and for a short distance, it will probably take a while before you see the impact on your times and results.

The first thing to do is to understand a little of the **mechanics** of running – just enough to understand what it is you are trying to achieve, which things will be beneficial and which things will be counter productive. And why.

The aim of running is simply to propel your body forward as quickly and efficiently as possible. Any energy that doesn't contribute to propelling the body forward is wasted. This could be energy which is used to push in the wrong direction or energy which is not converted to movement in any direction.

I don't care how efficient I am, I just want to go faster... It's a pretty safe bet that if you are running more than 50 meters then you already have the ability to run faster. To run faster times, however, you must be able to keep going. Eating will provide you with the fuel, a trained cardiovascular system will carry the fuel to the muscles, strong muscles will turn the fuel into a lot of force ...and inefficient technique will waste it.

Here are a few ways in which running can easily become inefficient:

- lifting your body needlessly up and down
- moving from side to side
- using energy to resist forward motion
- absorbing energy instead of using it to move forwards
- generating noise
- transmitting energy into your running shoes

There are three aspects of running technique which can help to address all of these and the good news is that none of them requires any particular talent. They are 1) **a high cadence**, 2) **midfoot landing** and 3) **core stability**.

High cadence.

With a few exceptions good runners have a high cadence. By high cadence I mean over 90 cycles per minute (180 foot strikes). Besides minimising the loading on joints and muscles a high cadence minimises the distance that the body moves up and down.

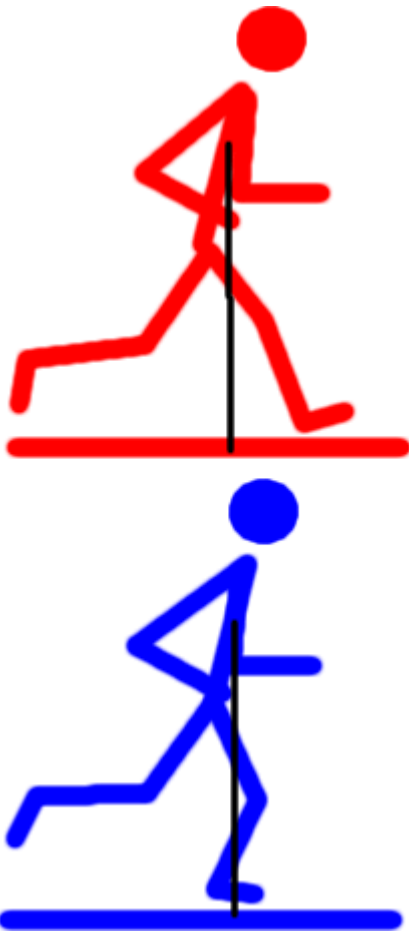


The longer the body is in the air the greater the effect of gravity – more energy is required to throw the body up and more is required to catch it when it comes back down.

Developing a high cadence takes time. Initially running with a very high cadence (and very short strides) uses a lot of energy and isn't relaxing. A good strategy is to introduce short periods into your runs – say one minute in each five. After a couple of runs move onto two minutes in six and so on.

Midfoot landing - or *not* heel striking.

As observed above, the aim of running is to propel your body forward. If your foot lands in front of your centre of gravity it will resist your forward motion. If it lands underneath or behind it will contribute. If it lands underneath or behind it cannot land heel first.



The red runner cannot use his front leg to propel himself forward. He'll have enough momentum to keep going but before the front leg can contribute to forward movement it will first resist forward motion and must then propel the body back upwards. What a waste.

The blue runner's front leg is landing right under his centre of gravity. His forward momentum is unimpeded and as soon as he extends his leg the force will be pushing him forwards too.

But I thought that I was supposed to land on my heels? Why do running shoes have all that cushioning in the heels?

Consider this for a moment. Track and cross country shoes ('spikes') have the spikes under the forefoot and no cushioning at all under the heel. Also remember that mankind has been running for a lot longer than running shoes have been around – and many of the African distance runners who dominate middle and long distance running ran barefoot as children.

Unfortunately running shoes do not encourage good running. A little like luxury cars they enable us to get away with poor technique.

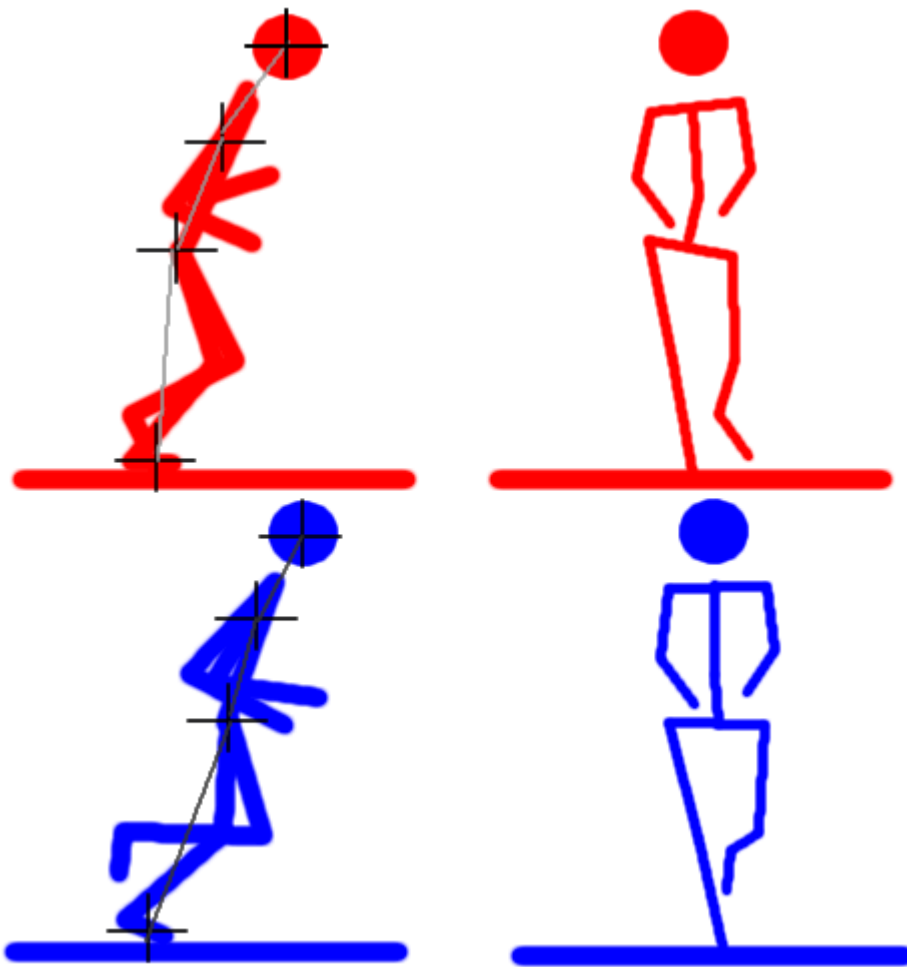
By landing on the midfoot runners are able to use the bones and muscles in the foot to store energy and to use it for propelling themselves forwards. Good running is silent.

Simply changing your technique from heel strike to midfoot strike is highly likely to result in very stiff calf muscles and then injury. Again a policy of little by little is called for starting with a few minutes and increasing by a small percentage on each run. Ultimately, with so much less impact, the likelihood of injury will be much less.

Core stability

When running the propulsive force is transmitted up one leg, through the pelvis and up the spine. Significantly the leg and spine are not co-axial – they do not align. In order for force to be efficiently transmitted from one to the other the pelvis has to remain rigid and horizontal. The muscles that keep the pelvis in position, the core, are crucial for maintaining efficient running form.

Viewed from the front they have to keep the pelvis horizontal, viewed from the side they have to keep the pelvis under the centre of gravity to ensure that forces generated by the legs are transmitted through both. This is the meaning of 'running tall'.



The red runner does not have a strong core. The blue runner has his hips forwards and holds his pelvis level. The force from his legs is transferred efficiently through his hips, pelvis, spine, neck and head.

Core stability can be developed specifically through postural exercises and activities such as Pilates and Yoga. Simply concentrating on good posture is a start, and not just when running either. Any time, whatever you are doing (standing, sitting, lying down, active or passive), is a good time to concentrate on good posture and it isn't just your running that will benefit.

Woodstock in the Press!

This from the "Inner West Daily"

Woodstock on the run

27 Jan 10 @ 10:59am by Lana Lam



Woodstock Runners members out for a jog in the club's 30th anniversary year. Picture: DANNY AARONS

FOR almost 30 years, the Woodstock Runners have pounded the pavements around Burwood, inspiring locals to go for a jog.

One of the club's founding members, Kerry Bray, 65, still runs every Tuesday evening and remembers the club's first steps, in 1980, when just a handful of people showed up.

"Woodstock had just opened and the council had surveyed ratepayers about what they wanted in the community," Mrs Bray, 65, said. "150 ticked 'jogging club'."

A meeting was called to discuss the club, but just five people turned up.

"One of them was me and another was my son,"

Mrs Bray said. "The following Tuesday, we started

running and thought 'let's just start it and see how it goes'."

Members screen-printed T-shirts with the club's blue and white logo and things got moving.

"In the 1980s, running was pretty popular and by '82 or '83 we had quite an influx of runners," Mrs Bray said. "Last year we had our largest membership ever, with 106 members."

The club, which celebrates its 30th birthday this August, meets at Woodstock in Burwood on Tuesday evenings, in Drummoyne on Saturday mornings and at Canterbury on Thursday evenings for track training.

The running routes change in summer and winter and they range from 8-12km on Tuesday evenings with 7-9km runs on Saturdays.

"It's easier to run when you're with a group," Mrs Bray said.

"I enjoy running, I just love it, and it can be social as well.

"When an 80-year-old gets out there and runs, that's pretty inspirational. Or when we see some of the 20-year-olds doing great times, that's pretty inspirational too."

Mrs Bray, who is training for the New York marathon in November, said running has mass appeal.

"You just need a good pair of shoes," she said.

"Apart from that, you don't need a lot. It's cheap, then all you need to do is get out the front door."



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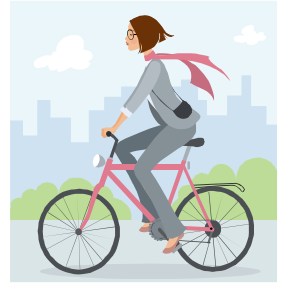
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100km anyone?

If anyone is interested in participating in taking part in a 100km trail run? Well, two of our keen members are looking for team members to take part in their respective events. Chaia is looking for team members (male or female) to make up a team for the Oxfam Trailwalker event and Emmanuel Chandran is looking for anyone to fill his team for the Wild Endurance event. Please contact Chaia on chaiaiket@yahoo.com or Emmanuel on Emmanuel.Chandran@cba.com.au If you need any more encouragement to take up this challenge (or confirmation it is not for you!) read Larissa's riveting race report in this rundown.

The original TnT, getting hitched!

Woodstock's favourite couple, Tami Dower and Tristan Iseli are getting married on the 27th of March in a convent in Melbourne. We know what a wonderful couple you both make and hope your special day is perfect. Just remember, a couple that run together stay together! Seriously, from all at Woodstock, congratulations on your special upcoming special day.



And just in from TnT...

Hi everyone

Well it's now officially less than 2 months until Tris and I get married!!! As the big event is going to be held in Melbourne, we wanted to have a bit of a pre-wedding celebration with our Sydney friends.

We're planning to have some casual drinks after work on Friday 12th March somewhere in the city. Full details (i.e. venue) yet to be confirmed - being out-of-towners we're not really sure where to have it, so suggestions most welcome! (Preferably somewhere with a nice Sydney view and possibly a room we can book out.)

More details to follow...

Contribution Corner

Narrabeen 100km - The Journey

By Larissa Tichon

So you're standing there, embracing the sea breeze, light about to go off; perfect rave conditions. Pumping up your Ipod you yell 10 seconds before the gun goes off; "And the Rave has already started!"

Who would have ever thought Defqon1 would return so early?

"When you feel like giving up 1 hour remix" sends Goosebumps through you; you can't help but feeling that 6min km pace is too slow; there's this itch to go out! Give it all you got!

"But, this is a 'special rave' you tell yourself. More chance of, well, having a heart attack..."

"BULLSHIT!" It's that itching voice wanting to step up to 4min km's. "How many fatalities and hospital admissions per rave???"

It's one of those many lessons you're learning to master; knowing when to stop, rethink and filter between objectivity and too much subjectivity.

Too many opinions = psycho!!

First lap is 2km, forward planning you yell out to your crew "Water and at 10k give some of that Bread and Butter pudding slice"

There's no please's in this one. At this stage you still know you have 2 hours lee-way in stuffing around, so you use a bit of that time to kiss your loved one; it's a hello-kiss, combined with a "I really appreciate you coming here but can't talk those words right now so please accept this kiss instead". Your dad always seems to have his camera poised at the right moment and takes a happy snap; "*For her 21st*" you can tell his is smirking under that moustache of his.

Lap 2 is underway; 3km lap's have started and you notice you have company; a fellow (*cough female competitor*) just behind you. 5k races would tell you to speed it up a little bit and play her around as she tries to take over her, but you keep your pace and let her sit there. Coming around the turn point and crewing area you notice your cute father poised there with a loaf of rice bread shoving it in your face. It's 5k in but you don't want to waste your time being polite;

"10k bread and butter pudding" you say as you go around the mark right on schedule according to the funky watch your freakishly fast friend lent you:P

Lap 3 and the conversation finally starts; death stares have subsided, our preconceptions accumulated and assumptions to be tested. It sort of reminds you of that idea in one of your Extension German Text "Spaghetti Für Zwei"; your thoughts begin to trail as you remember the story...

Heinz war bald vierzehn und fühlte sich sehr cool...

You can almost recite the 10min42 recording...you actually have on your Ipod now. Your desire is repressed to listen to that as the lady (*cough competition*) is trying to get your attention.

"So how have you done any of the Ultra's before?"

Your guess is that she is trying to establish where she's at in terms of you. There's a form of comfort in knowing that someone is at or below your level.

You reply with the "Oh no, no just did a Marathon under age, as you do. Just giving this one a go actually. Trying to keep up the 6min k pace. How about you?"

"Sameee to the 6k pace!" It's a form of commonality; a founding friendship establishing element. "I've done a few others."

You try and show you know a bit about the field, it's how the human psyche works; "Like North Face and Wild End?"

"Yeah how did you know! So what training have you done for this?"

Quick
Think, think, think!

"In all honesty I just go to raves whenever I know they are on and that is pretty much 12 hours and not too dissimilar...wait this song just came on and reminds me of Maths..."

“Oh no, that’s not something you want to be thinking about during this!”

“I know, it’s making me too nostalgic...”

We established our grounding; no intimidation; all preconceptions from any outfits, crewing or setup resolved.

Skip a few laps;

In a nutshell you are right ahead of this lady each time you pass the start, your ipod is sending up impulses throughout your body; drinking 750mL every lap, starting to feel the darkness and BAM...

Calmly and collectively you are informed that no headlights for this run as it disturbs runners eyes. Your Ipod is be your savior for this dimly lit course... a savior in many ways!

Come 20k mark

Your dad has finally located the bread and butter pudding IN the paper bag. You take the bag, finally don’t have a mother screaming at you for using your hands to grab a mouthful and give it back to your dad who stands there with a headlamp on, looking as though he has been through the search of his life for this food!

The bread makes you feel slightly sick; is it hunger or is it vomiting or is it the wrong thing to eat?

You tried to avoid reading any internet doc’s on ultra running just simply because of the confusion that could result, so don’t have anything to fall back apart from the feelings. And you feel pretty GREAT you’ve keep up the pace, you’ve just run a half marathon and 1/5 of the way there!!!

But word of warning from a passing competitor;

“Wait until 2 or 3am come along...then you will feel it. The pain and the sleep deprivation...” (*obviously you tried to turn your Ipod up louder for that comment but were a TAD too late; you don’t like hearing those comments; those comments – I wish they had the not equals to sign on Word Doc – don’t equal motivation!*)

Come 36k

Send me an Angel, Send me an Angel, Right now, Right now.

It’s a trance song that’s playing on your ipod.

You’ve been pretty consistent, keeping to your target, finished your bread and butter pudding slice but suddenly it’s there.

Do you remember those cartoon shows where there’s the hero in between two wall’s that are merging together as he tries to escape? He puts his legs out to try and stop them, then tries again with his hands? The hero always seems to be some sort of Ice-Age-cutie-look-alike and ALWAYS gets out (I always forgot the reason why though...).

But NO this is not another one of your-mind-wandering-repeats-because-you-are-reaching-midnight-and-running-a-pretty-long-way thought. That wall analogy is what you are feeling; pain in your legs and dead of energy.

You scream out “PANADINE” as you run by and funnily enough there stands one of those people you’d expect to see on customer-delivery-expert-adds smiling with a lamp shining on 2 pills and some red flavoured carb gel.

Take one of these Panadine tablets



Next lap

And you're feeling it; You start to walk as you notice your dad is doing his nightly midnight walk. You tell your dad

"Dad why am I doing this? I'm not even half way there! It hurts! This Bra hurts, I need tape..."

"Ok well get back there you don't have much time to much around. James is waiting for you with the tape. Just lift up your top and he'll fix you up. And you are doing this because you are AMAZING!"

Reaching the Marathon Distance

There stands customer-delivery-expert man, poised with a tablet in one hand and strawberry flavoured carb gel in the other.

"We'll get that tape on you but as you do so just bend down and stretch you adductors"

Positioning yourself in a squatting-for-the-toilet pose you cry in agony; it's a combination of the tape and the position.

"We're not in China!" It's the race co-coordinator laughing quietly behind this scene.

"Speaking of which," I mutter, "Haven't been to the toilet yet..."

Customer-service-guy feels my skin; "You are salty as! And very dry! We have to make sure we monitor this..." It's more directed at my father who has now returned.

The tablet and gel get consumed and BOOM! It's like the good old days again; instant effect; your body seems to have that affect. Hairy Lemon's ring a bell...?

You're buzzing with energy and shout words of encouragement to everyone on your way to complete your first 100k run...when you felt like changing to the 12 hour event...

On a side note

Truth being said, upon reflection, you can't remember the vivid details you did remember at the start. But your whole body changed with the gel and drugs. The electrolytes, the protein, all those fancy mumbo-jumbo things; you would like to scream on some add how great they were!

16 laps to go

You repress that desire to Mathematically calculate that simple Year 4 Equation in your head; 16×3 . They say innocence is bliss; it sure is when it means that 16 laps feels like nothing! You are jumping for joy...until you notice your watch is reading 3min40 km's...MUST slow down you say...resist the urge. But wow does it feel great. And this customer-excellence guy is shouting;

"HOW MANY LAPS DO YOU HAVE!"

"16" you repeat.

"I SAID HOW MANY LAPS!!!"

"16!!" you yell back as you continue your 16th last lap, "AND HELL YES CAN I DO THIS!!!"

Between then and Sunrise

Each lap you were provided your refreshment; each lap you had to show that your 750mL bottle was empty; no way were you wanting to calculate $750\text{mL} \times 35$ laps...

Each lap you just felt I am doing this. These Gels are working, this crew is great, the water on my body each lap I pass is a blessing. There were a few moments of:

"PLEASE SOME MORE PANADINE"...addicted to painkillers

You couldn't see the nods but finally after your plees came (alongside some choc coated protein ball) Vortaren... a pill of wonders...of bliss...of ceasing any other muscles spasms...

Now to the best part; SUNRISE

It had been a night of using an Ipod as your sole lighting, where the closure of the Restaurant nearby had meant complete darkness on one part of the course... the darks were a cue when you got to this part...you had to make sure you gave way...of course!! A night where the darkness brought upon hallucinations; garbage bins starting becoming humans, almost pilgrims praising down and bowing to you. But the sun...the light...on the water...it was like no other feeling. It was as though Genesis had come to life, as though you were an element, you felt so connected, with everybody, the animals, the wildlife, the surroundings, the participants. You could not help but preach;

“And God said, let there be light!”

“The light doth shine”

You were quoting. But no one cared. Everyone was experience this wonder. The morning bike riders gave you a second glance, also the odd drunk here and there, sometimes a couple out for a Sunday morning stroll. But you could not help but share your joy. Because a positive emotion is not worth having unless you can share it and spread it around. Your thoughts begin to think back to Anthony Robbins and his quote of the ratio of negative words to positive words; at that stage you would like to remember that Maths but just remember overall ALOT more negative words and emotions. What does that say?? That society needs some form of cognitive shift!

So you continued spreading the emotion as you ran.

Come **94km** you knew you had made it within the target 12 hour time and opted to power walk a lap and finally get that chat your loved one had deserved after almost 11 hours. You couldn't actually bring your arm to extend to hold his hand, as your right arm had so become pre-empt to holding the Ipod and your Left to the drink bottle and assorted Gels. Keeping the walk at 8min30 km pace you watched the ducklings cross the road and expressed all forms of gratitude. It felt like this was you. This was where you could really think. Be at one. Reunite.

The Finish

The Crowd, still wide awake, quite loud-voiced (but you were not quite sure if that was a microphone or just your head playing up) made your finish home a YES one.

“Here comes our 19 Year Old! Finishing her 100km! This is amazing! I can sure say that I was not thinking of anything like this at her age!!”

“Yes! I feel great! I feel fantastic! Thank you!!” You scream back as you cross the finish 11min40!

3rd place female overall

First ultra...

You feel quite drunk as you hobble around wondering what to do. Your loved one comes over and hugs and kisses your dirty body...your arms looks kind of blotchy from where the blood has gone to. Your pants have white spots from all the salt you have lost.

After the Race

Hobbling over to the lake you are assisted to take off your shoes and stare at your blood-blistered feet; you didn't feel a thing!

Taking off your top you see all the scarring from your wired bra and number on your chest and stomach; didn't feel much!

Adrenaline! What a great thing!

It stings in the water...too much to go all the way in, despite you boyfriend splashing away it it's serenity on this hot summer's morning.

Back at the car you make a few changes to your outfit and start feeling faint...

“Get some protein into her!” It's customer excellence guy who has just come over...

He hugs you. You embrace him; “Thank you sooooo much! Really.”

“Not to worry! I hope I didn't take over your Dad and Partner's Role. My name is Kevin by the way...”

“Thank you...” You trail off as you lay down on the matt your dad has set up, raising your legs.

In no time the nurse is there checking your pulse; “everything will be alright”. As per standard nurse-calming-down-talk.

The protein-shake is fed into you as you lay down and tastes remarkably good. Your partner jokes; “hey, maybe we should be having more of these!”

Bam, you’re asleep, like a baby...

Until, car time! And BAM, unconscious, blissful dreams...none can describe.

I’m King of the World and you’re the dirty Rascal.

Pamper

Pamper

Mmm

The drunken Blur arriving Home

“Give a wave to Mummy” you look over at these three people barely recognizing them; one is poised with a garden hose, the other 2 lifting you out of the car.

In the Bathroom you turn to your left and see a Ghost, touch your arm and realise it’s you. You are white; FREAK OUT!

You scream as the water hits your chest and stomach and blisters and cuts!

“NO!” it’s a demand.

“Do you remember who I am?” It’s your partner towel-drying your half washed body.

You nod.

In bed you fall pass into a deep sleep with an armband around your arm for Blood Pressure, as your now-yellow-body goes into its sleep waves

“I love you James” you yell as he leaves the room. Awake enough to express your gratitude only to be awoken to a proud father, your trophy and an upcoming massage!

Special Big Thank you:

Bren for firstly telling me about this event, then helping me out through training, tactics, race course review and his motivational achievements

Dad for being there, getting the best runners light (even though we didn’t need it!), hearing out my demanding voice during the run and keeping me conscious

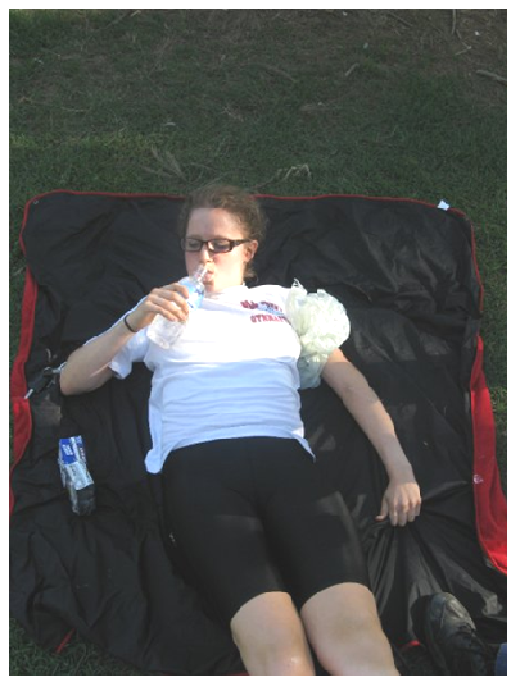
James being there, being the arms to fall into, the ears to relish my final lap joys, the water man and supporter

Kevin: All his nutrition, hydration and motivational help!

All my supportive friends: For Firstly thinking I’m crazy but then believing in me and having faith in my ability.

And...

Mum: for actually letting me do this...!



Handicap Event, 06/02/2010

The first event of the 2010 Handicap Series starts on Saturday (6/2/2010). The event starts from about 7:30am, starting at Brett Park, Drummoyne, (opposite the Drummoyne Rowing Club).

The 2010 Pointscore series will continue with the same format as recent years, the rules are quite simple:

1. All entrants nominate their own time, any entrants beating their estimated time by more than one minute will be disqualified.
2. All entrants are to run/walk without watches, to prevent any "fudging" at the finish.
3. The 7km course map is attached, & is also on our website (<http://www.woodstockrunners.org.au/drupal2/content/bay-run>), & includes going to the point just after the bridge near Haberfield Rowers, not the steps, & going up the steps on the north/eastern side of the Iron Cove Bridge.
4. Entry fee is \$2, with a pair of movie tickets for the lucky place prize.
5. Points will accrue over each member's best 3 events each year, with awards at year end.



If you are intending to walk/run, you can register your estimated time up until 8:00pm Friday 5/2/2010, so that the starting times can be finalised, & minimise any delays & confusion on the morning.

There will once again be a free BBQ breakfast as a way to promote the club to any outsiders. Please bring any friends who might like to come along for a run.

Membership Forms will be available on the morning, or people can join online later via the website.

The registration list will be available on Tuesday 02/02/2010 to register your time, or you can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

It is helpful if I can get your time estimates by 8:00pm 05/02/2010 (Friday night), so that the start can proceed without too many interruptions.

I look forward to seeing you there.

- Colin

PRICE CUTS!

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& COME TO OUR SHOP ON THE LAST SATURDAY OF EACH MONTH

8am - 1pm

Shop 4 /21 Putland Close, Kirrawee
(next to Kirrawee High School) Ph: 02 95217011

REVOLUTION IMAGING

Hot Designs 10% discount offer

Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month - 8am. To 1pm.

Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.

Sunday Marathon Training Group

Here are the details of our longish runs over the next couple of months in preparation for Canberra (am sure it'll be on!)

The runs work in/around Woodies/SMC and other events and below is a draft program of run distances. If anyone has any further ideas let me know!

Most of the runs will be starting from Inner West (Summer Hill more than likely) and take in the local Inner West highlights (Summer Hill, Summer Hill, Summer Hill - just kidding we will venture outside the greatest suburb sometimes!).

Program (*It's not as daunting as it looks!!!*)

31/1/2010 - 6:30am!! - 21km - <http://www.mapmyrun.com/run/australia/-sydney/373262250132>

07/2/2010 - 6:00am - 25km - 14/2/2010 - 6:00am - 30km - <http://www.mapmyrun.com/run/australia/haberfield/608989344723>

21/2/2010 - SMC - 25km 28/2/2010 - 6:00am - 30km - <http://www.mapmyrun.com/run/australia/haberfield/608989344723>

07/3/2010 - 4:30am/5:00am - Cronulla Run - 27-30km approx

14/3/2010 - 6:00am - 35km - <http://www.mapmyrun.com/run/australia/summer-hill/521595930525>

21/3/2010 - SMC - 30km 28/3/2010 - 6:00am - 35km - <http://www.mapmyrun.com/run/australia/summer-hill/521595930525> (Nb. There is Sri Chimnoy 16km at Iron Cove - for the softies)

04/4/2010 - Pub (Dawlo's House)

11/4/2010 - Canberra Marathon

If you're a Tuesday night runner you should be fairly familiar with the areas!!!

Unless advised as otherwise, the runs start from Palace de Bogan (19 Bogan Street Summer Hill) at the time shown (**we will leave at the time shown**). If anyone is interested please contact me on 0404623257 or via email.

The start is a quiet street, so would be grateful if you could be mouse-like on arrival.

Please bring drinks with you, though routes have been designed to take in water stops. Also please print off your own copy of the Route and bring it along!

- **Martin**

What really goes on at TNT!



Results

Please email all your results to
rundown@woodstockrunners.org.au

Narrabeen Allnighter, 09/01/10

100km

Larissa Tichon ## 11:44:29 3rd F O'all

Menai Australia Day Fun Run, 26/01/10

3.2km

Larissa Tichon ## 14:19 3rd F Open

8.2km

John Dawlings 35:53 4th M 50+

Canterbury Fun Run, 26/01/10

5.5km

Dot Siepmann 31:37 2nd F 50+

Derek White ?

* Please note, results from **Sydney Marathon Clinic** races on 17th Jan are unavailable at this point due to a technical difficulty with the timing system. Members, please email your results through if you recorded them yourselves.

National Running Week, 10-16/01/10

Thredbo Fun Run, 6km

Dot Siepmann 32:30

Kosciuszko Walk, 13km

Dot Siepmann 2:38:36

Pizza Relay, 1km

Dot Siepmann 5:46

Fun Run, 1 Mile

Dot Siepmann 6:16

Women from Snowy River, 4km X Country

Dot Siepmann 23:10

Boys only Jog, 4km X Country

Ian Whitfield ?

Terrigal Trotters Dingo Run, 1 Hour X Country

Dot Siepmann 9.5km

Fazackerly Veterans Run, 4km X Country

Dot Siepmann 27:05

Ian Whitfield Walk ?

Woodies around the World

Chaia and Terry take a break in The Philippines. Doesn't look like much running going on!



Upcoming Events

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

Sat 6 Feb SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at Sydney Park. All runners over 18 welcome, no pre-entry, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. Striders \$5, non-members \$20 and includes refreshments. contact: Barbara Becker 0402-967-697. email: info@sydneystriders.org.au. Visit the [website](#) for more details.

Sun 14 Feb STROMLO STOMP (ACT)

10.4km Mt Stromlo mountain run on 4WD trails. Incorporating the ACT Veteran Mountain Running Championships. 6:45am Stromlo Forest Park, Uriarra Road, Weston Creek ACT contact: John Harding. email: hackettrunner@hotmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).

Fri- 19-21 STROMLO RUNNING FESTIVAL (ACT)

Sun Feb Stromlo Forest Park, Uriarra Road just off NW corner of Map 67 contact: Daniel Green. email: info@stromlorunningfestival.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 21 Feb SMC ROAD RACE SERIES

25km, 10km, 5km and 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 21 Feb SRI CHINMOY SYDNEY SERIES RACE 1 - CENTENNIAL PARK HALF-MARATHON, 7 KM & 4 KM CROSS-COUNTRY.

The opening race in the Sri Chinmoy Sydney Series for 2010. Relish the ponds, fields and groves of Centennial Park on a tailored scenic, fast loop of dirt tracks and grass. Run or walk the inner loop (4 kms), race the larger loop (7 kms) or triple the larger loop (21.1 kms). The best way to enjoy the Park. Parking anywhere near Robertson Rd Gates. Races commence at 8 am, with registration and on-the-day entries from 6.45 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 28 Feb YARRA BAY FUN RUN AND WALK

The Second Yarra Bay 6km Fun Run and Walk will be on Sunday 28th February 2010. I hope you will take this opportunity to bring your family to participate in a fun, friendly atmosphere and raise money for the Deb Bailey Foundation which helps increase awareness and research into the debilitating Motor Neurone Disease. www.debbailey.org All entry fees go to the Deb Bailey Foundation. So there's no excuse, come and join us for a healthy walk or run around the beautiful shores of Botany Bay. Prizes for overall race winners and place plus age group winners. contact: Jane Saville. email: info@janesaville.com. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 28 Feb WHALAN/MT DRUITT FUN RUN

A 5km Fun Run Event for Health and Beauty Day will be held on Saturday 27th February 2010 at Whalan Reserve, Debrincat Ave Whalan. It will be an 8:00am and will finish midday, a \$10 entry fee for each participant will entitle them to a sausage sizzle sandwich and drink when finished the 5km Fun Run. Registration closes 9th February 2010 any walk-ins on the day \$12 entry fee. All participants are to turn up at least an hour before registration. For more information please call Susan O'Brien 0432 440 215 or Sue Honeysett 0450 230 825.

WOODSTOCK RUNNERS' BREAKFAST RUN / WALK

at

CRONULLA



Sunday March 7

7.00am for 7.30am start
(Walkers leave at 7.15am)



Park alongside Dunningham Park, Elouera Road in front of the North Cronulla Hotel

DISTANCES 6k – 15k approx

MAPS PROVIDED

Breakfast at Alley Break Café (alongside Dunningham Park) from 9.00am

BREAKFAST \$12.00

2 CHOICES

Cold Breakfast – Muesli, Fruit Salad and Yoghurt + hot or cold drink

Hot Breakfast – Bacon, Fried or Scrambled Egg + hot or cold drink

Additional drinks extra

Bring cozzies for a surf at beautiful North Cronulla

Please reply to Kerry asap as numbers are strictly limited



WOODSTOCK RUNNERS

Thursday Night Track (TNT) Interval Training Program January 2010 to end of June 2010

Meet at 6:30pm at Campbell Athletics Field, part of Canterbury Park, Princess St, Ashbury.
Car Park entry off Andrews Ave.

No charge for Woodstock members. All visitors most welcome. Cold drinks provided.

Sessions completed by 7:30pm. Toilets available.

All sessions begin with warm up, strides and drills and conclude with cool down.

Sessions can be modified to cater for all abilities and levels of fitness.

Date	Session	Session Details	Distance
07/01/10	400m x 12	@ 3k pace, 2 x 6 (3 min rest & turn), 1 min rec (or reducing)	4.8km
14/01/10	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	4.8 or 6.4km
21/01/10	3 minutes x 8	@ 5k pace, 2 x 4 (4 min rest & turn) 90s recovery (or reducing)	approx 6km
28/01/10	"Mile Down" Pyramid *	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	5 or 5.8
04/02/10	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 on Holden St	2.7km
11/02/10	5 minutes x 6	@ 10k pace, 2 x 3 (5 min rest/turn) 2 minutes rec (or reducing)	approx 6.5km
18/02/10	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	approx 6km
25/02/10	"Parlov" 300m x 14 *	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	4.2km
04/03/10	400m x 12	@ 3k pace, 2 x 6 (3 min rest & turn), 1 min rec (or reducing)	4.8km
11/03/10	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	4.8 or 6.4km
18/03/10	3 minutes x 8	@ 5k pace, 2 x 4 (4 min rest & turn) 90s recovery (or reducing)	approx 6km
25/03/10	"Mile Down" Pyramid *	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	5 or 5.8
01/04/10	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 on Holden St	2.7km
End of Daylight Saving. Floodlights in use from hereon.			
08/04/10	5 minutes x 6	@ 10k pace, 2 x 3 (5 min rest/turn) 2 minutes rec (or reducing)	approx 6.5km
15/04/10	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	approx 6km
22/04/10	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	4.2km
29/04/10	400m x 12 *	@ 3k pace, 2 x 6 (3 min rest & turn), 1 min rec (or reducing)	4.8km
06/05/10	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	4.8 or 6.4km
13/05/10	3 minutes x 8	@ 5k pace, 2 x 4 (4 min rest & turn) 90s recovery (or reducing)	approx 6km
20/05/10	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	5 or 5.8
27/05/10	Long Hill/Short Hill Repeats *	Long hill (300m, short hill 150m), x 6 on Ettrick St	2.7km
03/06/10	5 minutes x 6	@ 10k pace, 2 x 3 (5 min rest/turn) 2 minutes rec (or reducing)	approx 6.5km
10/06/10	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	approx 6km
17/06/10	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	4.2km
24/06/10	400m x 12 *	@ 3k pace, 2 x 6 (3 min rest & turn), 1 min rec (or reducing)	4.8km
* last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session			
Further Club information is on our website at www.woodstockrunners.org.au			

Woodstock Runners – Membership Forms for 2010-2011

Membership Fees for the 2010-2011 year are due by 31st March 2010. Please note the following:

1. **Renew Online** – members can once again renew online with payment by credit card on RegisterNow's secure site. About 50% of members renewed online last year, this reduces our paper records.

<https://www.registernow.com.au/secure/Register.aspx?ID=66>

2. **Paper Form** – this is attached for those preferring this method, unfortunately offline credit card payments cannot be accepted.

3. **Due Date is 31/3/2010** - Any members not rejoining by 31/3/2010 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 28/2/2010** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 28/2/2010, based on orders received up to that date. Members will have these items by early April, just in time for the Canberra Marathon.

Short Sleeve Tops	\$50
Long Sleeve Tops	\$60
Bra Top	\$66

These items can be ordered online via RegisterNow, or on the attached Membership Form.

These orders will definitely close 28/2/2010.

We still have some caps, & a few old shirts & polar fleeces left, these can be ordered online or purchased from our Uniforms Officer (Dot Siepmann).

The **Hot Designs sizing chart** is attached, and is on our website, or another member might let you try on their shirt for size.

5. **Cheques** - should be made payable to "Woodstock Runners", with completed forms and money to be submitted by 31/3/2010 at any of our Club runs, or posted to The Treasurer, PO Box 672, Burwood NSW 1805.

6. **Rundown & Privacy**

On your membership renewal, please indicate if you require a paper copy of the Rundown.

You may also indicate if you do not consent to your details appearing on our Member List. Note that the Member List is issued periodically, will not be posted on our website, and is only intended for internal Club purposes.

You may also indicate if you do not consent to your results and/or photos being published. This includes the Rundown & website, but precludes the members from being eligible for any club awards.

7. **Questions?** - If you have any questions about the above, please see a Committee member or myself, or contact me via email on info@woodstockrunners.org.au

Thanks,

Colin Townsend
On behalf of the Club Committee

Woodstock Runners Membership Form – 2010-2011



Name: _____

Address: _____ Suburb: _____ Postcode _____

Telephone Home: _____ Work: _____ Mobile: _____

Date of Birth: _____ Email: _____

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2010-2011 as indicated below:

Part A - Club Fees:

	Adults	Concession	
<u>Existing Members</u>	\$40.00	\$25.00	\$ _____

New Members

New Member Fee includes either a Club cotton T-Shirt, or a Hot Designs singlet/short sleeve shirt

	Adults	Concession	
Membership - Cotton T-shirt	\$40.00	\$25.00	
Membership - Hot Designs Singlet/Short Sleeve Shirt	\$60.00	\$45.00	\$ _____

NB. Any non-members are welcome to run/walk with us for one month prior to joining.

The TNT sessions are free for members, and \$5 for non-members.

Any TNT fees paid by non-members will be credited against the cost of membership when joining.

New Member PB's (optional, but will be recognised in our Club Rankings):

<u>Distance</u>	<u>Event</u>	<u>Date</u>	<u>Time</u>
10km			
City to Surf			
½ Marathon			
Marathon			

Part B – Club Gear

	<u>Size / Qty</u>		<u>Size / Qty</u>		<u>Size / Qty</u>
Cap \$20	_____	Singlets (M/F) \$45	____ / ____	Old T-Shirts \$5	____ / ____
Short Sleeve \$50	____ / ____	Bra Top \$66	____ / ____	Old Singlets \$5	____ / ____
Long Sleeve \$60	____ / ____	Polar Fleece \$28	____ / ____		

\$ _____

Total

\$ _____

Please tick as appropriate (leave if not required):

- ☐ I require a paper copy of the “Rundown” (Club Newsletter issued monthly).
- ☐ I **do not** consent to my contact details being included in the Club Member List.
- ☐ I **do not** consent to my results and/or photos of me being published (Rundown and website)

Please return to:

Treasurer - Woodstock Runners Inc.
PO Box 672
BURWOOD NSW 1805

Cheques should be made payable to “Woodstock Runners Inc”.