



July 2013

THE RUNDOWN WOODSTOCK RUNNERS



Woodstock Runners



www.woodstockrunners.org.au



info@woodstockrunners.org.au



KERRY BRAY

The Rundown on Members

"There is no such thing as bad weather, just soft people" so said Bill Bowerman, Track & Field coach and co-founder of Nike. Well done to all the Woodies who were out there pounding the pavements throughout our recent abominable weather. It can only make us stronger.

One of the wettest days was the day we all fronted to Kazu's home following the Cooks River Runs. We thank you, Kazu and family for the hospitality extended to so many dirty, wet Woodies. The lunch was delicious.

Congratulations to 8 members who passed the necessary exam and practical weekend and are now qualified Level 1 coaches. We are most fortunate to have so many knowledgeable members within our ranks. Make sure you tap into their talents.

Following the Boston Marathon tragedy back in April, Steve Garamy was impressed with the camaraderie shown universally by runners throughout the world. He wanted to join this fraternity and had observed Woodstock Runners at many fun runs and appreciated our tight knit group. He immediately decided to join us and is an enthusiastic Tuesday night runner though he lives in Maroubra. We are delighted to have you in our great Club, Steve, along with so many other new and keen runners. We hope you all enjoy many terrific years with Woodstock.

Thanks to all involved in the latest Time Trial, especially Marty with his organisation and also the dedicated volunteers who do an amazing job. Members appreciate as well, the up and coming C2S trial runs over the next few weeks. Don't forget to come to The Shire for Sutherland to Surf July 21 as well. There is always the opportunity to run to the start from Cronulla, 10k and then return to Wanda, 11k. Many members are training for Marathons and this will take us to Berlin, Hokkaido, France, New York, Maui, along with the Gold Coast, Sydney and Melbourne.

Our thoughts are with Gavin as we farewell him on his second trip to Afghanistan and we look forward to his safe return in December.

Don't forget the Mudgee Bus Trip next month, details to Diane Green. These trips offer members a chance to get to know others and a fun time is guaranteed.

Enjoy your winter training. Remember it keeps us warm.
Kerry



Woodstock Birthday Party 2013

This years Birthday party is coming up so save the date – 31st August, 2013 @ 6pm.

The event will be held at Tigers again, 20A Barnstaple road Five Dock and will be themed. Which theme you ask?

Well this year we have decided to put the type of theme out to the people so that we get some good ideas. There will be a prize for the most original and user friendly idea.

Please email your ideas to Maree at klu42116@bigpond.net.au by the 31st July for your chance to win!



More info will follow as we move closer to the date and decide on the winning theme.



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<http://onelifecat.wordpress.com>

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Well, after the rain of the week before, American Independence Day brought us perfect weather conditions for the 3rd Installment of the 2013 5km Time Trial Series.

Many of the Trialists gauged well this episode with 17 out of 23 finishers within 60seconds of their estimated times. Bodes well for prospective Handicap times (he hopes)?!

Spoils went Greg “Master” Muir who took out 1st Age-Adjusted Overall and Kerry “Blood-depleted” Bray

4/07/2013			Woodstock - 5km Time Trial Event #3						
Age Adjusted Rank	Male Age Adjusted Rank	Female Age Adjusted Rank	Overall Rank	Male Rank	Female Rank	Full Name	Actual Time	Estimated Time	Age Adjusted Time
9		3	5		1	Hager Bronwyn	0:20:14	0:20:00	0:20:14
12		4	23		12	Siepmann Dot	0:32:43	0:35:00	0:21:22
18		8	22		11	Jarrett Julie	0:29:04	0:29:00	0:23:28
5		2	12		3	Green Di	0:22:43	0:22:30	0:18:50
19		9	14		5	Waladan Sarah	0:23:48	0:24:00	0:23:31
17		7	15		6	Galea Di	0:24:19	0:25:00	0:23:22
15		6	15		6	Day Fiona	0:24:19	0:25:00	0:22:33
3		1	21		10	Bray Kerry	0:27:54	0:29:00	0:18:13
23		12	20		9	Guerreiro Ali	0:26:47	0:27:00	0:26:42
22		11	18		8	Akers Bridget	0:26:00	0:25:30	0:25:35
13		5	8		2	Forsyth Sue	0:21:30	0:25:30	0:21:30
20		10	13		4	Vassiliou Jenny	0:23:39	0:23:30	0:23:39
6	4		17	10		Marsh Greg	0:24:45	0:25:00	0:19:02
10	7		10	8		Hidvegi Frank	0:22:32	0:21:15	0:20:40
8	6		6	5		Coote Phil	0:20:48	0:21:00	0:19:57
4	3		2	2		Blackwell Tym	0:18:58	0:18:30	0:18:27
21	11		19	11		Gilham Michael	0:26:44	0:29:00	0:25:05
11	8		7	6		Bulman Matthew	0:21:00	0:22:00	0:20:40
2	2		1	1		Harrison Wes	0:18:20	0:17:30	0:18:07
16	10		11	9		Mumford Chris	0:22:33	0:27:30	0:22:33
7	5		3	3		Ruston David	0:19:25	0:20:00	0:19:25
14	9		9	7		Tunstall Gavin	0:22:19	0:22:30	0:21:51
1	1		4	4		Muir Greg	0:20:05	0:21:00	0:16:35
						Wood Teresa	DNF		
						Bowman Mary	DNF		
						Vollies			
						Amy Martin			
						Anderson Michael			
						Patacsil Charissa			
						Coote Ivy #			
						Phillips John			
Spot On	Jarrett Julie	0:00:04				Lucas Maree			

5km Time Trial 2013

28/02/2013 2/05/2013 4/07/2013

Position	Name	TT1 Pts	TT2 Pts	TT3 Pts	TT4 Pts	TT5 Pts	Total Pts	Top 4 Pts
1	Muir Greg	25	24	25			74	74
2	Siepmann Dot	25	23	22			70	70
3	Blackwell Tym	24	22	23			69	69
4	Marsh Greg	22	21	22			65	65
5	Hidvegi Frank	17	20	19			56	56
6	Green Di		25	24			49	49
6	Wood Teresa	21	13	15			49	49
8	Amy Martin	17	12	15			44	44
8	Patacsil Charissa	17	12	15			44	44
8	Ruston David	23		21			44	44
11	Broadfoot Katie	23	20				43	43
12	Mansour Ryan	21	19				40	40
13	Barnes Robyn	22	17				39	39
13	Day Fiona		19	20			39	39
15	Coote Phil		18	20			38	38
16	Amaro Helena	17	17				34	34
16	Jarrett Julie		16	18			34	34
16	Vassiliou Jenny		18	16			34	34
19	Galea Di		14	19			33	33
20	Mancuso Gaye	18	12				30	30
20	Akers Bridget		15	15			30	30
22	Ayoub Joseph	17	12				29	29
23	Phillips John		12	15			27	27
23	Coote Ivy #		12	15			27	27
23	Bowman Mary		12	15			27	27
26	Takahashi Kazuaki		25				25	25
26	Bray Kerry			25			25	25
28	Doig Anita	24					24	24
28	Bolitho Kathryn		24				24	24
28	Harrison Wes			24			24	24
31	Day Jackson		23				23	23
31	Hager Bronwyn			23			23	23
33	Grant Lisa		22				22	22
34	Foley Ciara		21				21	21
34	Forsyth Sue			21			21	21
36	Harriss Louise	20					20	20
36	Vuong Thien	20					20	20
38	Arciuli Tracey	19					19	19
38	Tutt Graeme	19					19	19
40	Bulman Matthew			18			18	18
41	Vassiliou Vass		17				17	17
41	Waladan Sarah			17			17	17
41	Tunstall Gavin			17			17	17
44	Ayoub Therese		16				16	16
44	Herbert James		16				16	16
44	Mumford Chris			16			16	16
47	Fitzsimons Jamie		15				15	15
47	Suryak Wayne		15				15	15
47	Gilham Michael			15			15	15
47	Anderson Michael			15			15	15
47	Lucas Maree			15			15	15
52	Guerreiro Ali			12			12	12
Count		20	34	31	0	0		

- Non-Member. Not eligible for Series Awards, unless Membership received during Series.

taking top Female Age-Adjusted points. So, Greg remains on top of the tree after three attempts, with Dot “Disco” Siepmann lurking in second. Tym “Mr Consistency” Blackwell (TT#1 = 18:58, TT#2 = 18:54, TT#3 = 18:58), making up the top three.

Julie “Jeez Loueez” Jarrett took out the Spot-On prize, in a closely run contest, being 4 secs off her estimated time and didn’t even wear a watch, well not one that she could tell her time on?!

Massive claps of appreciation to Ivy, Chaia Witchkitty, John Phillips, Michael Anderson and Maree Lucas for volleying!!

There remains a heap to play for as we head into #4 in Aug/Sept (note date in TNT Calendar may change?)

Ingredients:

1 Carrot, grated
Olive Oil
3 cups cooked Quinoa
4 Spring Onions, finely sliced
2 bunches Coriander, chopped
1/4 cup sunflower seeds
250 gr. grated Tempeh
1/4 cup Tahini
2 Tblsp Tamari Soy Sauce (wheat free)
Sesame Seeds for rolling



Don't let the exotic ingredients scare you as I managed to find them all in my local "big-name" supermarket. However, if you like you can substitute cooked brown rice for the Quinoa and mashed Chickpeas for the Tempeh, but I suspect they wouldn't taste quite as nice.

Preparation:

Saute carrot in a saucepan with a little olive oil or water until soft.

Combine carrot with Quinoa, Onions, Coriander, Sunflower Seeds, Tempeh, Tahini and Tamari Soy Sauce. Mix well for 2 to 3 minutes with clean hands until the mix starts to hold together. The more you mix, the better it holds together.

Form into even-sized burgers, roll in sesame seeds and put in fridge for 30 to 60 minutes to set. Makes 10.

To Cook in a pan:

Heat Olive Oil in a large heavy-based pan or skillet over low heat for 5 mins each side until golden and crisp.

To oven bake:

Heat oven to 180 degrees. Place balls on baking tray lined with baking paper, brush with olive oil and bake 30 mins until golden.

Handle carefully as they are quite crumbly. They will keep in the fridge for about 4 days and can also be frozen. Reheat in microwave or oven.

What's good about them?

Lots!! (Too many things to mention here) but extremely yummy for something so healthy. And.....they will definitely help your running.

Happy running & refuelling,
Dot

◎ MAUI

Final Calls to be included in International Flights, or you'll need to sort out own flights?!



19 January 2014

<http://www.maui-oceanfront-marathon.com/>

15-23 January 2014

8 nights

Itinerary in April Rundown – http://www.woodstockrunners.org.au/?attachment_id=3048

◎ MUDGEES

24-25 August 2013

Expected cost:

- Mr Joe's Magic Bus Trip ~\$60-\$70
- "The Lodge" ~\$50 for share room; \$125 for own room for two (\$62.50 each)
- Saturday night dinner at "The Lodge" ~\$30

Registration for the run:

You need to register yourself for the event <http://mudgeetriclub.hwy.com.au> (Great info on site!)

Registration for Woodstock travel, accommodation and dinner:

- Send an e-mail to Diane – diane_green@iprimus.com.au
 - Make your deposit of \$75 to Woodstock bank account BSB 814-282 A/c 30423-9205
- o (Note the deposit with "Mudgee - your name", eg "Mudgee – Diane Green")



Saturday 24th	
7:30	Check in for Mr Joe's magic bus at 20 Woodlands Ave, Ashbury
8:00	Departure of Mr Joe's magic bus for Mudgee
10:30	Refreshment and relief break at Lithgow Services
1:00	Arrive Mudgee, quick check in at "The Lodge", then bus to Lawson Park
1:15-2:30	Pick up race packs. Entry to 5K and 10K can be done on the day up to 1:30
3:00	Start of 5K and 10K start (woooooooo!)
6:30	Group dinner at "The Lodge" \$30 per head (drinks own cost)
Evening	Increase running fever by telling inspiring running stories.....
Sunday 25th	
Early morning	Rise and undertake own routine to be ready to run! Make own race day breakfast – bring own including cup/plate/cutlery. There is a kettle and toaster in all rooms. Some rooms have a microwave.
6:40	Verbal briefing at race start from organizers
7:00	Marathon and Half Marathon start (woooooooo!)
9:30-10:00	Bus Half Marathoners back to "The Lodge" for wash down and check out Back to park to see Marathoners arrive in....
xxxxxx	Half Marathon presentation (occurs after the last man is in)
11:30-12:00	Bus Marathoners back to "The Lodge" for wash down and check out
Lunch	All those with a running bib get a complimentary BBQ lunch! Food and drink is available in the completion area for purchase.
1:00	Marathon presentation
1:30	Mr Joe's magic bus leaves for Sydney
En-route	Refreshment and relief break at Lithgow Services – plus Mr Joe always has something interesting to show and tell!
6:30-7:00	Arrive back at Ashbury

🎯 FORSTER



8-9 September 2013

<http://www.forsterrunningfestival.com.au/event/events/>

A new adventure for Woodstockians, with timing being a great lead up to Blackmores!

Expression of Interests for tourists to president@woodstockrunners.org.au

More details in future Rundowns

🎯 CENTRAL COAST



23-24th November 2013

<http://centralcoasthalfmarathon.com/>

An annual event on the Woodstock Calendar, to keep you in race shape as you enter summer!

Expression of Interests for tourists to president@woodstockrunners.org.au

*More details in future Rundowns *

As mentioned in a previous Rundown, we're offering two opportunities to run the C2S course in lead to the 2013 event. sorry if you have signed up for races on that day and wanted to may be do the trip from the City to Bondi! 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. So -

Dates = Sunday 14 July 2013 and Sunday 28 July 2013
Start = 8:00am (you must be ready to go at this time)
Location = North-Eastern corner of intersection College and Park Streets
Finish = Campbell Parade, Bondi
Distance = 14km
Course Map = <http://www.city2surf.com.au/default.asp?PageID=17811> - You MUST bring a copy of the course map with you.
Drinks = One (approx. 7km – just before HBH – bring labelled drinks bottles), alternatively bring Hydration Pack/Water Bottles to carry
Bag Drop = YES (will leave Start Location at 8:15am)
Toilets = Likely some public toilets on route. Note pacers won't stop
Entry = Free!
Finish = Your Bag



Breakfast 9:45am – must advise if attending breakfast, so we can book
 Anyone can do the run, but for those who may be looking at a specific time, some kind people have volunteered to pace groups for the following times = 60mins, 75mins and 90mins. The pacing groups will stick to the times.

Notes:

You run on pavements at all times and respect all road rules as you would on any run.
 Bring post-race drinks - Bring halfway drinks (labelled) - Bring Course map (in plastic bag) - Wear gloves - Bring Loo Paper

If you intend to run, please email through the following –

Name – XX
Running 14 July 2013 – YES/NO
Running 28 July 2013 – YES/NO
Pacing Group – YES/NO
Pacing Group Time – 60/75/90
Breakfast – YES/NO

Email your reply to coaches@woodstockrunners.org.au
 If anyone wishes to help with pacing, please also let me know.
 Any other questions – coaches@woodstockrunners.org.au

Thanks!
 Woodstock Coaches

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ACC 34363

City 2 Surf 2013 – Internal Teams

Hiya Team!!!

As in previous years we'll be running an Internal Competition for our Woodstock Runners who are running the City 2 Surf!

Basically, for all those who've entered you need to submit your estimated finish time (chip time) to teamscoordinator@woodstockrunners.org.au

You'll then be put in teams of 3 or 4 with your team given an estimated overall finishing time. It is then the team who finishes closest to that time that wins!! Again, a bit of fun outside the Official Teams!

We'll publish the Internal Teams along with the 'Official' Woodstock Teams in the August Rundown!

The Fine Print (Rules)

- The difference between the estimated time of each runner and the actual time of that runner is calculated. The difference can be either under or over the estimated time.
- The differences of the team members is added to get the total "team time difference"
- The total is divided by the number of runners in the team to get the average.
- The team with the lowest average is the winner.
- For instance, if all 4 members of a team estimate a time of 100 minutes and they run 95, 106, 97 and 90, the average difference for the team is $(5 + 6 + 3 + 10) / 4 = 6$ minutes.
- People not finishing the run, not starting the run or not members of Woodstock Runners are not eligible for prizes.
- Woodstock uniform does not need to be worn (but preferred!!!).
- The chip time is used in preference to the gun time.

Prizes

- 1st Place
Woodstock Singlet or Running Shirt of choice for each Team member.
- 2nd Place
Woodstock Cap for each Team member.
- 3rd Place
A bottle of wine for each Team member

SPECIAL MYSTERY PRIZE FOR "BEST ESTIMATOR" AND "WAY OFF"

Also watch this space, for details of after race frivolities, though if anyone has any ideas, send them through!

Blackmore's Running Festival Teams

The Blackmores Team has been created. So if anyone is entering, search 'Woodstock' and the password is 'woodstock'.

Here is the link to the website - <http://www.sydneyrunningfestival.com.au/>

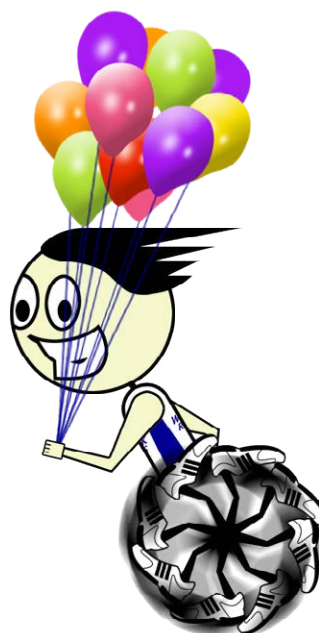
Happy Teaming!

Frank Hidvegi
Woodstock Runners – Teams Coordinator



BIRTHDAY'S!!

Susan Johnson-Ham	6
Bridget Akers	6
Elmarie O'Regan	16
Peta Bray	20
Jenny Vassiliou	21
Raul Unas	29
Kazuaki Takahashi	30
Ryan Mansour	31



WELCOME!!

New Members

Philippa McRae
Chris Mumford
Wesley Harrison
Michael Gilham
Hal Pawson
Louise Brooks

KERRY BRAY

Alain Mimoun's Death

Thursday morning I read in the SMH of Frenchman, Alain Mimoun's death at 92. He will always be remembered as the winner of the Olympic Marathon in Melbourne in 1956.

His time was 2hrs 25mins and it was his first attempt at the distance. The temperature was 40 degrees and he took no water at drink stations (obviously no gels either). He lost over 4kgs. The previous day he had received a telegram from his wife back in France informing him of the birth of their first child, whom they called Olympe.

Born in Algeria, Mimoun was the first in a long line of African runners who continue to dominate long distance running. He joined the French Army and was wounded in the foot and was facing amputation. However, it was to heal. He continued running into his 70s and was still training every other day up to his 90th birthday. He remains France's most celebrated athlete.

Name: Katie Broadfoot

What is your occupation? I'm a dietitian by trade, though have taken this year off to do a diploma in theology.

Running age group? 25-29

Do you have family? Just the one husband. His name is Ben.

How long have you been a Woody? I joined when I moved to Sydney early this year.

Do you run on Tuesday night/TNT/Saturday morning? Usually Tuesday nights and TNT

Why do you enjoy running? I love being outside, and it's a great way to unwind after a day of work or study.

What is your favourite running distance, course, event and why? So far it would be the half. The one in Forster in September is beautiful. Pretty much the whole course runs along the water.

What has been your running highlights? Coming very close to beating my husband in the Hill to Harbour 10km in Newcastle.. I'm sure I'll catch him next time!

Any lowlights (injury etc)? Getting heatstroke after a half in November last year and spending the rest of the day vomiting!

What was the last race you went in and how did you go? My last official race was my heatstroke half! It was a ridiculously hot day and I ran out of steam only 11km in. Not a very good memory!

Anything funny/unusual ever happened to you while you have been out running? I thought I must have stepped in some red paint, but turned out one my toes was bleeding so much my shoe had turned red!

What other sports/hobbies are you involved in? In summer I love swimming, but I'm a bit of a cold frog so not doing any of that at the moment. I also love drinking coffee, baking, playing the piano and hiking.

Favourite food/beverage? Banana smoothies, coffee, yoghurt... Actually pretty much all breakfast foods!

If you could have dinner with anyone who would it be and why? To be honest it'd be my hubby. Sappy and predictable I know, but it's the truth :p

Where would your ideal holiday be? I'd love to go back to Chiang Mai in Northern Thailand. It's a beautiful city nestled into the mountains. Very relaxing, and very cheap!

Interesting things we may not know about you? I lived in Cairo for a year after finishing dietetics, working with Sudanese refugees.

ED - Thanks again Katie!!



When I started working at Strathfield Council in March, I had no idea that one of my projects would be promoting the Cooks River Fun Run. When my manager found out that I run they put me in charge of developing a promotional plan and told me they wanted 500 entrants (80 more than last year). No pressure!

I knew about the run because I remember talking about it with a few other Woodies when it started, but I had never done it. They filled me in on the issues they had in the past – the course not being certified, switching the start from Ford Park to Freshwater Park, the infamous hairpin turn. It was funny because I wasn't really sure if I was going to keep running when I got back from travelling earlier this year, but working on this event re-motivated me pretty quickly.

We work with an event company to organise the run, so we don't have to worry about most of the logistical aspects or getting up at 3am on race day to set up signage. But there were a few hot topics we debated in the lead up – the turn at the start, running the 5km before the 10km and whether or not to mail out the bibs before the event. Some of them seemed pretty obvious, but there were a few complications I hadn't considered. The course has to stay within the Strathfield LGA, so a longer, single loop for the 10km was out. That also meant that starting the 10km before the 5km was out, because there would be too many people on the course at the same time if the longer event started first. As it turned out, most of those things seemed to work okay on the day, but I will be fighting harder on the turn at the start next year!

Having the event company meant that most of my job was doing the fun stuff - posting updates on Facebook and Twitter, listing the event on running websites, writing media releases for the local newspaper, talking with potential sponsors, taking posters and flyers to local schools. Basically it was a great excuse to spend a lot of time talking about running. My colleagues had countless stories about the event in previous years, and some of the people who had run in the past. The funniest one was probably when they mentioned that the council newspaper the



Strathfield Scene did an article on the winner of the 10km from the first year. The story sounded vaguely familiar and I told them that I was pretty sure I knew the person they were talking about. They thought it had to be someone different, because this person didn't end up running the following year. They assumed he got injured or gave up running. We did a bit of research and found the Strathfield Scene article. It turned out I was right, Brendan won the first Cooks River Fun Run. They were completely shocked when I told them what he is actually doing these days!

When we first noticed the rainy forecast for the day of the run, I was thinking it would make it harder to run a PB, while the event company were thinking contingency plans and postponing the event. Luckily, everyone was on the same page – that unless there was a monsoon and the course was flooded we were going ahead. It was great to see that so many people still wanted to run, and we reached the target with 512 entrants (a high percentage of them showed up on the day!). That also meant that we raised \$2560 for the charity partner, Bowel Cancer Australia.

It was also great to see so many Woodies there and especially see so many good performances in the wet conditions. Ciara Foley was 2nd female in the 5km, and Ciara, Kerry Bray, Susan Murray and Kazu Takahashi won their age categories. Congratulations to Alex Hill for raising the bar with his PB in the 10km, I'll be chasing that down next time!!

I think the best part of the day was when we got out of the rain and went to Kazu's for an amazing sushi brunch. A big thank you to Kazu for letting 30-ish muddy runners into his house and for the great food! Thanks also to everyone who ran on the day, I hope you enjoyed it.

Disclaimer.. Views in this article are my own and not on behalf of Strathfield Council.. Haha.

What is carbohydrate?

Let's start with the basics... all food can be categorised as either fat, protein or carbohydrate. Carbohydrate-containing foods include bread, pasta, rice, breakfast cereal, starchy vegetables (potato, sweet potato, corn), fruit, legumes, dairy foods (except cheese), and anything with sugar in it (e.g. chocolate, lollies, baked goods). As we digest carbohydrates they get broken down into glucose, then turned into glycogen and stored in the liver and muscles. This glycogen is the primary source of energy used to fuel muscles during exercise.

Carbohydrates for the runner

Carbohydrates are essential and should be the basis of everyone's diet. This is especially true for runners. If you do not get enough carbohydrate you will not be able to make and store adequate glycogen. This means that your body will have to resort to breaking down muscle tissue to meet its energy needs. This would not be good for your health or for your running performance.

This means that low-carbohydrate diets (e.g. the Atkins diet, the Zone diet, Sweet Poison) are not recommended. If you are trying to loose weight, cutting out carbs is not the way to do so. These diets are often after short-term results, but can result in long-term health problems.

How much carbohydrate you need depends on the duration, frequency and intensity of your activity. As a rule of thumb try to include a carbohydrate food at each meal.



Glycemic index

Glycemic index is a measure of how quickly carbohydrate foods are digested and broken down into glucose. Foods with a high G.I. are absorbed quickly, while foods with a low G.I are absorbed slowly. Generally speaking it is better to aim for foods with a low G.I as these will provide lasting energy and also help you feel full for longer. Foods with a low G.I include wholegrain (not wholemeal) bread, pasta, oats, yoghurt, milk, legumes, sweet potato and most fruits.

Some practical suggestions

1. Choose wholegrain breads and cereals
2. Aim for 2 pieces of fruit each day
3. Aim for 2-3 serves of dairy foods each day
4. Where possible, try to replace your high GI foods for a low GI equivalent
5. Look for the low GI symbol on food labels

There are some other things to consider about carbohydrate specifically for races or events so keep an eye out in the next Rundown :)

Editors Note

Thank you so much to everyone for submitting to the Rundown!

If you anyone has anything they would like to add, please email me on rundown@woosdtockrunners.org.au

CareFlight's Woodford to Glenbrook 2013 is a running/cycling event which will be held on Sunday 8th September 2013 where the entrants run or cycle the Oaks Fire Trail through the beautiful Blue Mountains National Park from the town of Woodford down to the Euroka Clearing near Glenbrook.



The event will finish with a community fair style reception in the lovely Euroka Clearing. There will be entertainment and fun for the whole family, with activities for the kids, food stalls and displays throughout the day. To register, visit www.careflight.org.

All money raised from the event goes to CareFlight, an aero-medical charity that saves lives.



A little bit about CareFlight ...

CareFlight is an aeromedical charity. Our mission is to save lives, speed recovery and serve the community.

CareFlight uses helicopters, aeroplanes, jets and road ambulances to bring a hospital level of care to patients.

Our critical care doctors and nurses are specially trained in pre-hospital and transport medicine. They care for severely injured people who need emergency treatment at the scene of the accident. They also look after seriously ill people who need to be moved between hospitals.

CareFlight doctors and nurses care for over 5,000 patients every year. For more information visit www.careflight.org

We are now getting our uniforms from the very popular brand 2XU.

If you need your first Woodstock singlet or want an upgrade, do like many others have already done and email

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

Singlets are \$45.



Another exciting addition to the inform range is the introduction of Woodstock branded compression gear! Get in contact with Chaia if you are interested!

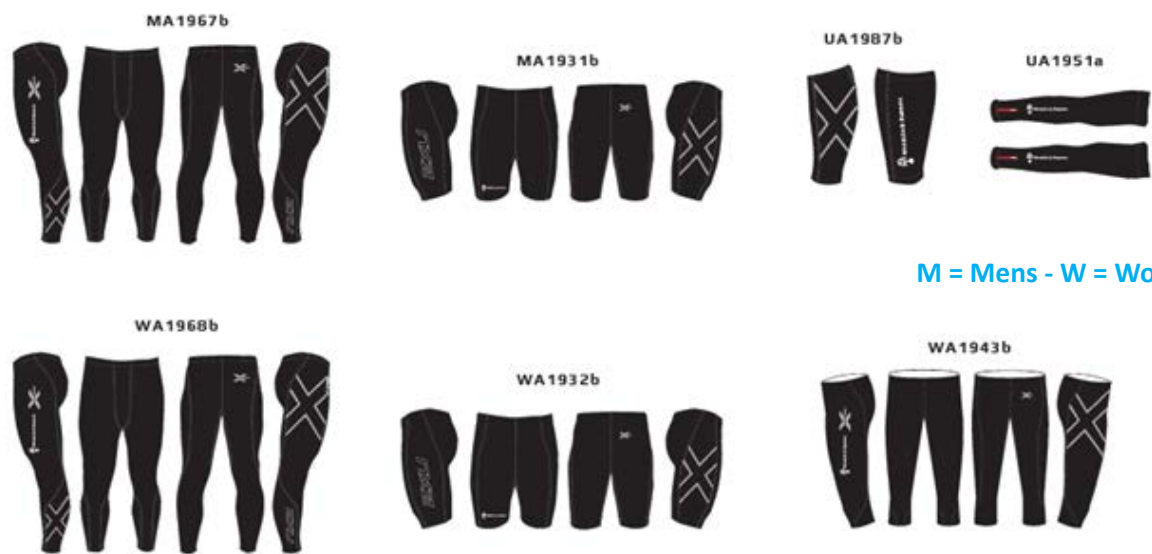


Style and Pricing

1. 3/4 compression leggings – \$90
2. Full compression leggings – \$95
3. Compression shorts – \$60
4. Arm warmers – \$55
5. Calf guards without stir-up – \$55

Email your orders, name, option, gender, size and quantity at: uniforms@woodstockrunners.org.au or call/message Chaia on 0434672273.

2XU sizes and styles:

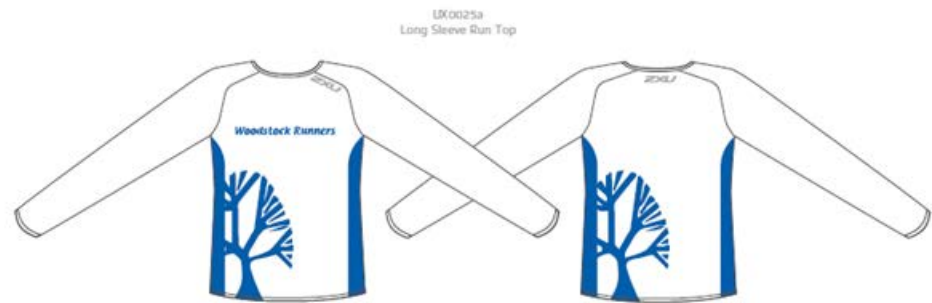


M = Mens - W = Womens

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

Under consideration: 2XU Long Sleeve shirt



(Under consideration seasonal items, depending on the minimum order required by the supplier and the costs) Zip-up Whoodie, Collared Short Sleeve Dri-Fit Polo Shirt, and Trail Running Singlet in Dark Color
Email your orders, name, option, gender, size and quantity at: uniforms@woodstockrunners.org.au or call/message at 0434672273.

Stock Sale - Don't forget our other great stock!!!!

Vintage/Regular Cotton Shirt sz XL ~~\$5~~\$3

Regular Cotton Shirt sz L ~~\$5~~ \$4

Hot Design Long Sleeve Sz 2 Small 2 XS 1 XXS left ~~\$65~~ \$50

Hot Design Bra top sz 8-~~\$66~~\$50-\$45



For all orders email uniforms@woodstockrunners.org.au or call/message Chaia on 0434 672 273.

Miscellaneous clothing sale

Discounted 2xU compression socks!! SRP @ shops and online (excluding shipping) \$50!! Woodstock is offered for \$27.50/pair!! Free shipping!

<http://www.2xu.com.au/mens/accessories/socks-gloves/compression-perf-run-sock-ma2442e.html>

<http://www.2xu.com.au/compression-perf-run-sock-wa2443e.html>



COMPRESSION PERFORMANCE RUN SOCK / MA2442e

COLOR: VIBRANT BLUE/CANARY YELLOW



SIZE: EXTRA SMALL

XS S M L XL

As many of you may be aware, our tech whizzkid/bunnies have been hard at work and the results have been fantabulous! If you've not headed to our website recently, there is a now a results database which has all your member results that we've collated over last few years. So you can easily search on any member's results, or your own results.

As member numbers have escalated and with all the runs available for people to enter being now far and wide, it is getting slightly harder now to capture all those results, despite Disco still finding the secret races, that people may have wanted to keep quiet!

We still want to capture all these so we can see how brilliant and crazy each of you are, where you run, how far or not so far you've run, and of course where you came!

The database allows for you to look up past results based on events, so for example you can look at your whole history of say City to Surf results.... (though don't Kerry started as to the gun or chip time on that one!)

So for your results to be registered into the database we are asking you to submit your results on the website here (you can find it under the Rankings/Results menu:

<http://www.woodstockrunners.org.au/submit-a-runner-result/>

It will look like this:



[Home](#) » [Submit a Runner Result](#)

Submit a Runner Result

<input type="text"/>	Your Name (required)
<input type="text"/>	Your Email (required)
<input type="text"/>	Name of the Event (required)
<input type="text"/>	Distance (km) of the Event (required)
yyyy-mm-dd <input type="text"/>	Event Date (required)
<input type="text"/>	pre-race result Estimate (optional) hh:mm:ss
<input type="text"/>	Actual result (required) hh:mm:ss
<input type="text"/>	Comment (optional) e.g. race position, PB?
Attach a photo (optional, max.4MB)	
<input type="text"/>	<input type="button" value="Browse..."/>
<input type="button" value="Send"/>	

21.1km GLOW WORM TRAIL MARATHON on 2013-06-16

Name	Estimate	Result	Pace/km	PB	Comment
Kathryn BOLITHO	2:16:16	06:27	2nd	F41-50	
Dianne GALEA	2:44:54	07:49			
Miriam HEROLD	2:50:48	08:06			
Nils HEROLD	4:02:23	11:29			

21.1km Bay to Bay on 2013-06-16

Name	Estimate	Result	Pace/km	PB	Comment
Thien VUONG	1:15:10	03:34			

42.195km GLOW WORM TRAIL MARATHON on 2013-06-16

Name	Estimate	Result	Pace/km	PB	Comment
Brendan DAVIES	3:37:27	05:09	2nd overall / lap1=1:49:41 / lap2=1:47:46		

5km PARK RUN - PARRAMATTA on 2013-06-22

Name	Estimate	Result	Pace/km	PB	Comment
Raul UNAS	23:23	04:41			

5km PARK RUN - ST PETERS on 2013-06-22

Name	Estimate	Result	Pace/km	PB	Comment
Martin AMY	18:50	03:46			

5km COOKS RIVER FUN RUN on 2013-06-23

Name	Estimate	Result	Pace/km	PB	Comment
Kazuaki TAKAHASHI	19:17	03:51	1st	M55+ / 8th Overall	
Ciara FOLEY	21:00	04:12	1st	F18-29 / 2nd F	
Evan PLAKIAS	22:59	04:36			
Charissa PATACSIL	24:14	04:51	2nd	F30-39	
Debbie RUTHERF	33:24	06:41			
Dot SIEPMANN	56:37	11:19		Walker	

These results are taken directly from our amazing new results database.

Please remember to make sure you send your results in through the wesbite so you can keep track of your history, and so that you get published in the Rundown!

<http://www.woodstockrunners.org.au/submit-a-runner-result/>

10km COOKS RIVER FUN RUN on 2013-06-23

Name	Estimate	Result	Pace/km	PB	Comment
Martin AMY	38:23	03:50	4th	M30-39	
Ryan MANSOUR	39:36	03:58			
Peter O`SULLIVAN	40:56	04:06			
Alex HILL	41:05	04:07			
Bronwyn HAGER	41:23	04:08	1st	F18-29 / 4th F	
John DAWLINGS	41:55	04:12	2nd	M55+	
Phil LOBSEY	42:57	04:18			
Anita DOIG	43:34	04:21	2nd	F18-29 / 7th	
Frank HIDVEGI	46:02	04:36			
Michael ANDERS	48:52	04:53			
Greg MARSH	50:03	05:00	6th	M55+	
Ali GUERREIRO	54:02	05:24			
Wayne SURYAK	55:15	05:32	8th	M55+	
David MILLER	55:30	05:33			
Peta BRAY	56:14	05:37			
Kerry BRAY	58:29	05:51	1st	F55+	

21.1km Kona Half Marathon on 2013-06-23

Name	Estimate	Result	Pace/km	PB	Comment
Teresa WOOD	2:05:39	05:57			

21.1km Sydney Marathon Clinic on 2013-06-23

Name	Estimate	Result	Pace/km	PB	Comment
Raul UNAS	1:48:02	05:07			
Angela HAYNES	2:19:22	06:36			

21.1km Sydney Marathon Clinic on 2013-06-29

Name	Estimate	Result	Pace/km	PB	Comment
Raul UNAS	23:58	01:08			

5km PARK RUN - PARRAMATTA on 2013-07-06

Name	Estimate	Result	Pace/km	PB	Comment
Anita DOIG	20:50	04:10	1st	F / 6th overall	
Dot SIEPMANN	30:15	06:03	1st	W65-69	

10km SYDNEY STRIDERS SERIES on 2013-07-06

Name	Estimate	Result	Pace/km	PB	Comment
Raul UNAS	48:58	04:54			

21.1km GOLD COAST HALF MARATHON on 2013-07-07

Name	Estimate	Result	Pace/km	PB	Comment
Ryan MANSOUR	1:26:32	04:06	DPB	PB	
Angela HAYNES	2:16:31	06:28			

JULY 2013

JUL 11 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Jul 11 @ 6:30 pm – 7:30 pm	+
JUL 13 Sat	Saturday Training @ Brett Park Jul 13 @ 7:30 am – 9:30 am	+
JUL 16 Tue	Tuesday evening run @ Woodstock Community Centre Jul 16 @ 6:00 pm – 7:00 pm	+
JUL 18 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Jul 18 @ 6:30 pm – 7:30 pm	+
JUL 20 Sat	Saturday Training @ Brett Park Jul 20 @ 7:30 am – 9:30 am	+
JUL 21 Sun	Sutherland2Surf Fun Run&Walk @ Sutherland Jul 21 @ 7:30 am – 10:00 am	+
JUL 23 Tue	Tuesday evening run @ Woodstock Community Centre Jul 23 @ 6:00 pm – 7:00 pm	+
JUL 25 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Jul 25 @ 6:30 pm – 7:30 pm	+
JUL 27 Sat	Saturday Training @ Brett Park Jul 27 @ 7:30 am – 9:30 am	+
JUL 30 Tue	Tuesday evening run @ Woodstock Community Centre Jul 30 @ 6:00 pm – 7:00 pm	+

From the Cool Runnings Website

Sat	13 Jul	SDAC WINTER SERIES - GRAYS POINT
Sun	14 Jul	SRI CHINMOY SYDNEY 2013 SERIES RACE 5 - DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM.
Sun	14 Jul	SYDNEY TRAIL SERIES- KURINGAI WILDFLOWER GARDENS 2
Sat	20 Jul	SDAC WINTER SERIES - BOTTLE FOREST, EAST HEATHCOTE
Sun	21 Jul	WINERY RUNNING FESTIVAL
Sun	21 Jul	SPORTSCO & DRW HALF MARATHON (NT)
Sat	27 Jul	SDAC WINTER SERIES - GRAYS POINT - TEMPTATION CREEK COURSE
Sun	28 Jul	ROSEVILLE CHASE ROTARY FUN RUN
Sun	28 Jul	WESTLINK M7 CITIES MARATHON
Sun	28 Jul	ALSTONVILLE WOLLONGBAR FUN RUN CHALLENGE
Sun	28 Jul	JABULANI CHALLENGE