



2013 **October** THE RUNDOWN *WOODSTOCK RUNNERS*



Woodstock Runners



www.woodstockrunners.org.au



info@woodstockrunners.org.au



KERRY BRAY

The Rundown on Members

It's been another great month for Woodstock Runners with sensational performances from many members, in numerous events, over varying distances. Check out the results in this Rundown and don't forget to nominate fellow runners for end of year awards. Thanks to the tech savvy members who have made nominating very easy for all of us. Visit the website during the next 3 weeks. Congratulations to Phil and Ivy Coote on the recent birth of Jemima and we look forward to having her along pounding the pavements anytime from now.

Thank you to Helen Scarf who has offered to host breakfast at her Hunters Hill home following our Halloween Handicap Saturday October 26. I hope you will not be scared off by some of the characters arriving at your place, Helen.

Deirdre has returned from a trip to Germany and France. While in Berlin she ran a super Marathon pushing Wilson Kipsang to a World Record. Congratulations Deirdre on your 4.00.25 (dam that 25secs).

While it's great to have Bronwyn back running without that horrible boot, unfortunately both Lesley and John D are out with injuries. We all wish you both a speedy recovery.

Thanks to Joe for designing a new course for our Pack Run on Tuesday Oct 29 and to those who have volunteered to lead each of the groups.

We all need to enter into our diaries (1) nominate members for awards, (2) book your bus trip/accommodation with Angela for the Central Coast weekend Nov 23/24 and (3) Saturday Dec 7 Woodstock Runners Christmas Party and Presentation of Awards.

Before the next Rundown I shall be travelling to New York again and hopefully running the Marathon along with daughters, Peta and Ellen. Each of us has an injury or illness so we're hoping for miracles.

Happy running and more PBs.

Kerry



REGISTER FOR THE AWARDS NIGHT NOW AT -
<https://www.registernow.com.au/secure/Register.aspx?ID=10732>

Welcome to the 2013 Woodstock Awards

As part of Woodstock's rich history, each year since... a long time ago...members have been eligible to win awards that are based on performances during the year. To be considered for an award, members must be nominated and for 2013 we now have online nominations (Thanks web team!).

Get Your Own Results Up to Date...

Now is the time to get your own results up to date and think about nominating your fellow runners (yes self-nominations are accepted).

- Check your own results
- Submit any missing results



Nominations are Open Now...

Nominations close at COB on Fri 8 Nov. All members are invited to nominate and everything you need to know is on the user friendly awards nomination page under the 'Awards' tab at:

www.woodstockrunners.org.au

Nominated Awards:

1. Most Improved Runner of the Year (1 male & 1 female)
2. Rookie of the Year
3. Long Distance Trophy
4. Club Champion (1 male & 1 female)
5. Most Outstanding Individual Road Running Performance of the Year (1 male & 1 female)
6. Runner of the Year
7. Champion Person Award
8. Most Outstanding Team Road Running Performance

Other Awards:

1. 2012 Handicap
2. 5km Time Trial
3. Allan Tully Award for Most Fun Runs in a Year
4. President's Award
5. Log Book Awards

Past awardees and some fun pics from the 2012 event can be found under the 'Awards' tab, then 'Past Awardees' on the website.

Christmas Party and Awards Ceremony...

Mark your calendar now for the Christmas Party and Awards Ceremony to be held on the night of **Sat 7 Dec 13**. This is where winners will be announced and trophies given out. It's a fun night with all members and their partners welcome.

Date: Saturday night 7th December 2013

Venue: Cookies Lounge Bar

BakeHouse Quarters

7 George Street - North Strathfield

Time: 6pm till late (11:30pm) - Cost: \$50:00pp

Veg and kids meals available, contact Joe or Maree or speak to your run leader.

Menu: Mixed platter and bread (entrée)

- Choice of 3 mains (people having fish to pre order, everybody else is having chicken and beef)
 - Dessert (sticky date pudding) (as per previous email)
- Parking: Free Carpark across the road from NRMA office (other carparks will charge a hefty fee)

REGISTER FOR THIS EVENT NOW AT - <https://www.registernow.com.au/secure/Register.aspx?ID=10732>

Sat 26th October 2013



Run in
Fancy Dress

Halloween Handicap

Followed by

Breakfast at Hunters Hill



Email estimated times to martinamy1@gmail.com by Thurs 24/10

New runners & friends of Woodstock welcome!



Woodstock Tours – 23/24 November 2013

The Entrance – where you can holiday with your mates, talk running, running and more running, feed pelicans, wine (or water) and dine and then eat gelato on the waterfront walk home... all with a scenic, traffic free fun run to boot!

The plan is to head up on the bus or self-drive on Saturday morning, bib pick up and lunch at Club Mingara, check in Waldorf Apartments, pelican feeding and free time, team dinner at Mojo's Café.

Sunday racing yay, post-race recovery swim, a hearty brunch and then all aboard the bus for fun and frivolity with your fellow Woodies.

This is our 3rd year touring to Central Coast and like other years, we should fill our bus and accommodation quota so first in first served. Cost covers bus and/or accommodation, bring own money for meals. Also bring ID to collect your race pack! More details closer to event.

Option 1) \$120 bus & accommodation

Option2) \$60 accommodation only

What you need to do:

- 1) Email me at angpegasus@gmail.com whether you elect Option 1) or Option 2).
- 2) Make \$60 payment to my account : Angela Haynes BSB: 062-233 Acc: 10056323 (fully refundable if your spot can be filled by someone else).
- 3) Enter the race at: <http://centralcoasthalfmarathon.com/>
- 4) Final payment (for Option 1 people) is due 30 Oct... I will send a reminder note via newsletter & Facebook.

Angela Haynes - 0419 444 010

**SUN 1ST DEC 2013
CALLAN PARK**

balmain fun run

Promoting Fun & Fitness for our Children, Families & Community

The Balmain Fun Run is on again on Sunday 1st December and registrations are now open!

The run has grown significantly over the last 4 years and is now regarded as Sydneysiders' favourite pre-Xmas fitness event. This year the course has been changed slightly removing it from all public roads, making it a safe run for everyone from high level athletes to family groups. The run takes participants along the harbour foreshore and through the beautiful undulating grounds of historic Callan Park in Rozelle.

There are 4 events catering for a multitude of running abilities:

- 10km Belle Property Balmain race
- 5km Balmain/Rozelle Community Bank race/walk
- 2km Centre for Learning and Excellence Primary School race/walk
- 100m Porte A Partner race - a bit like the Finnish Wife Carrying Championships but no obstacles and your partner doesn't have to be female or your wife!

There will be a range of FREE family oriented activities including bouncy castles, a magician, pony rides, face painting and make-your-own craft plus the Balmain Fire Brigade will bring along one of their fire engines for the kids to enjoy. We also have masseuses and a chill out zone to relax in after the race. All in all it adds up to a fun day out for families and serious runners alike.



Check out all the details at www.balmainfunrun.com and like our Facebook page or follow us on Twitter to keep up to date as we announce new details about the day.

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Call Joe or Therese on 0419 373 326

ACC 34363

Whatever you're trying to achieve, be it improved running performance, weight loss, or simply feeling healthier, eating well will always help you on your way! We've been stepping through the five food groups one at a time, and this month we'll be focusing on fruit.

Fruit is low in kilojoules, high in fibre and packed full of vitamins. Eating enough fruit and vegetables has been shown to prevent a bunch of health conditions, such as diabetes, heart disease, blood pressure issues and some cancers. There are a few diets around at the moment that ban fruit, claiming it's unhealthy and leads to weight gain, as it contains fructose. Fruit does indeed contain fructose, however the research shows that fructose is not a problem when eaten in fruit. Rather the problem has been caused by an increase in the consumption of processed foods that are high in added fructose. Basically, fruit is still good for you!

The current recommendations say you need 2 serves of fruit a day. A serve size is 1 medium piece of fruit, 2 small pieces, 1 cup of chopped fruit or 1/2 cup of fruit juice (though it's recommended to limit juice to 1/2 cup per day, as it's quite high in energy). Try some of these ideas:

1. Top your breakfast cereal with sliced fresh fruit
2. For a fun snack try making fruit kebabs (by threading chopped fruit onto bamboo skewers)
3. Fruit makes a great healthy dessert; try an apple and rhubarb crumble, or fruit salad with low fat yoghurt, or baked pears with low fat custard
4. Blend fresh fruit with some low fat milk and yoghurt to make a delicious smoothie
5. For those who bake, add some fruit to cakes, muffins or slices
6. Keep a stocked fruit bowl on the bench for easy access to a quick snack

Here's a recipe to try: Strawberry and Apple Crumble
Cooking time: 30 minutes. Serves 6

Ingredients:

3/4 cup plain flour
 1/4 tsp baking powder
 1/4 cup brown sugar
 2 tsp ground cinnamon
 60g margarine spread
 1/2 cup rolled oats
 2 tbs sesame seeds
 800g can apples
 250g strawberries, hulled and halved
 Low fat Greek-style yoghurt, to serve

Method:

1. Preheat oven to 200°C fan-forced. Lightly grease 1.5 litre (6 cup capacity) ovenproof dish with cooking spray.
2. Combine the flour, baking powder, sugar and cinnamon in a bowl. Drop heaped teaspoons of the spread into the flour mixture and using your fingertips, rub the spread into the flour until it starts to come together. Add the oats and sesame seeds and continue rubbing together until well combined.
3. Spoon the apples into the dish. Add strawberries and gently stir to distribute. Sprinkle crumble mixture over the fruit to cover and bake for 30 minutes or until crumble is golden. Serve warm with a dollop of yoghurt.

Recipe from the Heart Foundation: www.heartfoundation.org.au



Name: Sue Forsyth

What is your occupation? Accountant – Lion (number one in numbers!!)

Running age group? I am 29

Do you have family? Yes and a lovely partner of five years

How long have you been a Woody? About 3 months

Do you run on Tuesday night/TNT/Saturday morning? I have been enjoying (or painfully enjoying) the TNT sessions. I run 3 times a week and am looking to start the Saturday runs with the club as well.

Why do you enjoy running? I love the simplicity of running. Putting on a pair of shorts and runners and going anywhere you want to go for as long as you want to. Running is exercise in its purest form. I come from a cycling background and have found running so refreshing, no crazy early morning starts, no angry motorists and you can do it anywhere at any time! It is also an efficient way to exercise; an hour run is like a two hour bike ride!

What is your favourite running distance, course, event and why? My favourite distance is anything long, so I guess half marathon and beyond. My goal is to compete in the endurance events, I really enjoy the mental and physical challenge that endurance racing brings. I would like to have a go at some trail runs next year.

What has been your running highlights? My first 5km TT and Woodstock experience back in June, it was great to meet such a cool crew and experience running on a track for 5kms non stop! I am hoping my next highlight will be finishing my first marathon in September which I am currently training for.

Any lowlights (injury etc)? I think the body is in shock coming from cycling, all my tendons and ligaments are not use to the pounding. I have had a few issues with heel pain, foot niggles but thankfully nothing major. I am a firm believer in stretching and core work so I hope that is helping the body deal with my new love of running.

What was the last race you went in and how did you go? My last race was the half marathon in May. It took 1hr36mins.

Anything funny/unusual ever happened to you while you have been out running? I always seem to see friends from the past when I run around the bay, at least once a month I run past someone I haven't seen for ages!

What other sports/hobbies are you involved in? I have a passion for cycling, for the last 5 years I have been competing in the national road series and have had some great races and experiences. I try to ride at least once on the weekend and once during the week. I also love cooking but mainly eating! I love a good pub steak and catch up with friends over a few chilled beers or relaxing reds.

Favourite food/beverage? Good quality sourdough and peanut butter! As for beverages - Coffee or a nice shiraz depending on the time of day.

If you could have dinner with anyone who would it be and why? Kurt Fearnley – I would like to pick his brains on how he manages to pick one challenge after the other and motivates himself to do them while always being positive.

Where would your ideal holiday be? Somewhere active but relaxing with a lot of culture.

Interesting things we may not know about you? I have a really bad habit of researching the café/restaurant I am going to because I hate being disappointed when it comes to food!



The 4th Episode of the 2013 5km Series saw the hardened TNTers slugging it out for 5km around the Canterbury Track.

Mega estimated timing by all, with everyone within a minute of their estimation, bar 2 with a 61 second difference. Line honours went to Wes "City to Surf Backing Up" Harrison and Kerry "Cronulla Celebrity" Bray with Age-Adjusted times of 17:07 and 17:29 respectively! Wow!

Spot on prize went to Lisa "Where are the Checkpoints" Grant, though both her and Kathryn "Run a Day" Bolitho finished 2 seconds off their estimated times, LG was declared winner by being under her estimation.

Enormous pats on back to the girls (Katie "Marathon Preparing" Broadfoot and Bronwyn "Moonboot" Hager), not forgetting Frank "Sexy legs" Hidvegi for volleying!

So to the climax of the 2013 series to be held on 7 November 2013 (Book it in diary now), where barring a miracle turn out and Greg Muir being struck down a hole and being unable to run, it will see Greg defend his 2012 crown... Though we can chat about the Series that has been at the pub post-race!

5km Time Trial 2013

		28/02/2013	2/05/2013	4/07/2013	5/09/2013	7/11/2013		
Position	Name	TT1 Pts	TT2 Pts	TT3 Pts	TT4 Pts	TT5 Pts	Total Pts	Top 4 Pts
1	Muir Greg	25	24	25	24		98	98
2	Siepmann Dot	25	23	22	21		91	91
3	Hidvegi Frank	17	20	19	16		72	72
4	Blackwell Tym	24	22	23			69	69
5	Marsh Greg	22	21	22			65	65
6	Amy Martin	17	12	15	16		60	60
7	Broadfoot Katie	23	20		16		59	59
8	Jarrett Julie		16	18	20		54	54
9	Ayoub Joseph	17	12		23		52	52
10	Bray Kerry			25	25		50	50
11	Green Di		25	24			49	49
11	Wood Teresa	21	13	15			49	49
11	Harrison Wes			24	25		49	49
14	Akers Bridget		15	15	18		48	48
15	Bolitho Kathryn		24		23		47	47
16	Patacsil Charissa	17	12	15			44	44
16	Ruston David	23		21			44	44
16	Bowman Mary		12	15	17		44	44
16	Grant Lisa		22		22		44	44
20	Mansour Ryan	21	19				40	40
20	Bulman Matthew			18	22		40	40
22	Barnes Robyn	22	17				39	39
22	Day Fiona		19	20			39	39
22	Hager Bronwyn			23	16		39	39
25	Coote Phil		18	20			38	38
28	Amaro Helena	17	17				34	34
28	Vassiliou Jenny		18	16			34	34
28	Galea Di		14	19			33	33
29	Mancuso Gaye	18	12				30	30
30	Phillips John		12	15			27	27
30	Coote Ivy #		12	15			27	27
32	Takahashi Kazuaki		25				25	25
33	Doig Anita	24					24	24
33	Green Dianne				24		24	24
35	Day Jackson		23				23	23
36	Foley Ciara		21				21	21
36	Forsyth Sue			21			21	21
36	Mooney Clive				21		21	21
39	Harriss Louise	20					20	20
39	Vuong Thien	20					20	20
41	Arciuli Tracey	19					19	19
41	Tutt Graeme	19					19	19
41	Mcrae Phillipa				19		19	19
44	Vassiliou Vass		17				17	17
44	Waladan Sarah			17			17	17
44	Tunstall Gavin			17			17	17
47	Ayoub Therese		16				16	16
47	Herbert James		16				16	16
47	Mumford Chris			16			16	16
47	Gregory Carina				16		16	16
51	Fitzsimons Jamie		15				15	15
51	Suryak Wayne		15				15	15
51	Gilham Michael			15			15	15
51	Anderson Michael			15			15	15
51	Lucas Maree			15			15	15
56	Guerreiro Ali			12			12	12
Count		20	34	31	19	0		

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

5/09/2013		Woodstock - 5km Time Trial Event #4								
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	Points
6		3	6		2	Bolitho Kathryn	0:21:32	0:21:30	0:20:21	23
12		7	9		4	Mcrae Phillipa	0:25:01	0:24:00	0:24:12	19
11		6	13		8	Jarrett Julie	0:29:45	0:30:00	0:24:01	20
10		5	15		10	Siepmann Dot	0:32:38	0:32:00	0:21:18	21
8		4	4		1	Grant Lisa	0:20:58	0:21:00	0:20:58	22
4		2	7		3	Green Dianne	0:22:17	0:22:30	0:18:29	24
3		1	11		6	Bray Kerry	0:26:46	0:27:00	0:17:29	25
13		8	10		5	Akers Bridget	0:25:40	0:26:00	0:25:08	18
14		9	13		8	Bowman Mary	0:29:45	0:30:00	0:25:19	17
15		10	12		7	Gregory Carina	0:27:13	0:28:00	0:25:29	16
5	3		8	5		Ayoub Joseph	0:24:03	0:24:30	0:19:31	23
7	4		2	2		Bulman Matthew	0:20:52	0:20:30	0:20:32	22
1	1		1	1		Harrison Wes	0:17:19	0:18:20	0:17:07	25
2	2		3	3		Muir Greg	0:20:55	0:20:30	0:17:07	24
9	5		5	4		Mooney Clive	0:21:19	0:22:00	0:21:09	21
					Vollies	Broadfoot Katie				16
						Hager Bronwyn				16
						Amy Martin				16
						Hidvegi Frank				16
Spot On	Lisa Grant	0:00:02	Winner - As under estimated time							
	Kathryn Bolitho	0:00:02								
# - Non-Member. Not eligible for Series Awards, unless Membership received during Series										

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

The 31st of August 2013 saw the Woodstock faithful descend upon Tigers bowling club again to celebrate the Birthday of our club for another year. This years theme was 'Woodstock the festival' and brought out some amazing costumes and even more amazing dance moves.

If you couldn't make it this year do your best to get along next, it's a fantastic night.

A big thanks to team Woodstock Social Secrataries, Maree Lucas and Joe Ayoub for organising a great night. Thank you also to all that attended for reminding us what's so great about our club, the people.

Don't forget about the awards night coming up soon!!



Thanks to Di Galea for the awesome pics!!

7th – 8th September Weekend Full of Running events:

What a weekend of running! From the North Coast down to South Coast, to the Blue Mountains & even in Paris France Le Marathon Du Medoc. Forster Running Festival, the Hidden Half, Woodford to Glenbrook, Sri Chinmoy, Huskisson & France

Reporting from the Forster Running Festival on the Mid North Coast NSW

Saturday we set off to Forster for the Running Festival of Half, 10km, 5km, 4km walk & chat & 2km kids event. We picked up Jules on the way, then checked in at the Forster Palms Motel, off to get our race packs, then cooled down in the Ocean Baths 50m pool.

Then down to the main strip of Forster, wondering what happened to the population of this quiet town, with no one around to welcome us with a Red Carpet, not even for our Mr El Prez, disappointing to say the least. We caught up with Lance and Nita Robertson for coffee, then for a smorgasbord at the local bowling club where my Little boy - Richaaaaaaard, his wife – Anna, and Mum-In-Law – Tatiana, met up with us. We fuelled ourselves well and truly!

It was a hot and windy day, and a tough course with dunes and hills. Marshalling could have been a bit better as a few of us got lost on the course, but we eventually got round with some of us taking away some bling!

Results -

Martin Amy – Half in 1:23:51 claiming 3rd age, also backed up half an hour ,later to do the 10km in 39:35 claiming 2nd age. Didn't make it back in time for the 5km start!

Kathryn Bolitho – Half in 1:40:21 claiming 3rd age – Got lost somewhere?!

Frank Hidvegi – Half in 1:43:58 – Got chicked again

Joseph Ayoub – Half in 2:03:50 – Had to strip a layer off at 16km – Oooooooooo... Ice Cream

Kerry Bray – Half in 2:15:50 claiming 1st age – Got lost too

Therese Ayoub – Half though the heat got to Momo at the 10km marker

Peter Bray - 5km in 28:42 – Brought us home!

Lesley Maher - 10km in 1:04:07 claiming 3rd age – Despite injury!

Lance and Nita also smashed the 10km!

As I crossed the finish line I was told that I needed to have some Ice Cream.... Yes Ice Cream with Fruit salad (value for money & a great weekend)!

We also helped out with the Marshalling in the 5km, with chants of “Let’s Go Woodstock Let’s Go” being belted out! The scene was great, so much so that it may make its way onto the Woodstock Runners Tour events Calender in future years with also the possibility of travelling a bit further to Port Macquarie earlier in the year.

Special mention to our support/cheering squad of Julie Malone, Richard & Anna Ayoub & Tania Lisnevskiaia, thanks!

Congratulations to all competing on this weekend!

“Let’s Go Woodstock Let’s Go”

Joseph Ayoub

Woodstock Runners Tour Operator and Ice-Cream Man



Hi All,

The following events have Woodstock Teams created. So when you go to register, search for an existing Team.

SUNDAY, OCTOBER 27



**ANZ STADIUM
SYDNEY OLYMPIC PARK**

<http://www.runsydney.com/>

Team Name – Woodstock Runners
Password – Woodstock

*Australian
Running Festival*

The Canberra Times
**canberra
marathon**

Canberra, April 13-14, 2013

<http://runningfestival.com.au/>

Team Name – Woodstock Runners
Password – Woodstock

If anyone finds any other runs, where Teams are available but not created, drop me a line and I'll sort it out!

Happy Woodstock Team bonding!

Frank Hidvegi
Woodstock Teams Coordinator
teamscoordinator@woodstockrunners.org.au

What's the best treatment for pain following a long run? In the absence of any major health concern, the primary issue of pain following a long distance event will be how well your body controls acute inflammation. What is acute inflammation? This is a non-specific and normal response to trauma which will clear away injured tissue, protect against local infection and allow the immune system access to the damaged area so that healing can take place. All of this is mediated via blood vessels, which dilate and become more permeable during this state. Signs of inflammation will therefore include redness, heat, swelling, loss of normal function and, later, once this swelling starts to irritate certain nerve endings, pain.

We should stress that this acute inflammation is a normal reaction to running a marathon. In fact, it's the running of the marathon that is quite abnormal. This might lead some to suggest that the best approach to managing your condition would be counsel with a good psychiatrist, psychologist or priest prior to the event.

So, being pragmatic, how do we best manage pain after ignoring all advice the run the marathon in the first place? In 2012, researchers from the Cochrane Collaboration published a review of the best available evidence and found that cold-water immersion, or going for a soak, at or below 15 degrees Celcius provided significant, self-reported relief following exercise.

The same group published an analysis of stretching, both before and after exercise. They concluded, somewhat surprisingly, that it made no difference whatsoever to perceived perception of pain.

The Cochrane Collaboration is a group who synthesize the results from multiple studies, and therefore, pull from a larger sample to discover some useful trends. An important distinction here is that they studied generalized exercise, not necessarily marathon runners. Again, it is very likely that the psychologists, psychiatrists and anthropologists necessary to conduct such a study simply could not be sourced. Or, if they had conducted such a study on marathoners, they focused on the more pressing psychological concerns instead of physiological measures.



Other, theoretically useful measures to control inflammation include elevating the feet, wearing compression garments, using kinesiology tape, contracting the muscles lightly with a TENS machine, or some form of manual therapy. However, these interventions are often lacking in evidence, meaning they have not been studied sufficiently to advise either for – or against – their application.

One word of warning: NSAIDs, Non-steroidal Anti Inflammatory Drugs, such as nurofen, advil, voltaren, naprosyn, naprogesic, aleve and celebrex can be very dangerous to runners, especially females, following a marathon. Even though the inflammation could be stopped by their appropriate administration, NSAIDs increase the risk of hyponaetremia, and can gravely affect the kidneys. Therefore, NSAIDs should be avoided 24 hours before the event, and immediately following the event. A safer first line of medication for the management of pain is acetaminophen. What's definitely in post marathon: ice, ice baths, swimming in the ocean, an ice pack on sore joints and muscles. If pain is an issue right away, acetaminophen is a good first line medication. Other considerations are consulting a psychiatrist, psychologist or priest regarding the issues that led you to run the race initially, and to assure it does not become a habit.

What's definitely out pre and post marathon: NSAIDs (Voltaren, Nurofen, Naprogesic etc)

What's seemingly pointless: stretching (But it may have other therapeutic effects, and I find it useful. Apparently, this is a pagan's ritual, and not orthodox scientific practice.)

Cont over.

What some people find useful, but is not well studied: Compression gear, kinesiology tape, TENS at a motor level, light contraction of the muscle of the feet, elevation of the lower limbs, manual therapy such as massage or chiropractic.

But, hey, you can tell a runner but you can't tell them much. So, go out and experiment, find what works for you and enjoy.

Written by Matthew Bulman

Matt Bulman is a runner and chiropractor. He owns The Runner's Clinic, a premier sports and spinal injury centre in the Inner West. He loves getting questions about your injuries, it makes him feel useful. He can be reached via www.therunnersclinic.com.au or at a Woodstock training session (most Thursdays and every Saturday).

Bleakley C et al. Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. Cochrane Database of Systematic Reviews 2012, Issue 2. Art. No.: CD008262. DOI: 10.1002/14651858.CD008262.pub2 - See more at: <http://summaries.cochrane.org/CD008262/cold-water-immersion-for-preventing-and-treating-muscle-soreness-after-exercise#sthash>

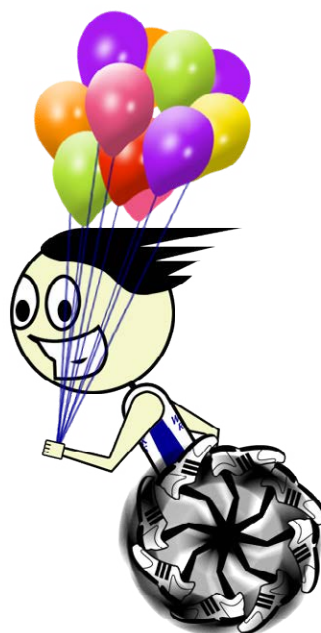
Davis et al. Exercise-associated hyponatremia in marathon runners: a two-year experience. The Journal of Emergency Medicine July 2011

Herbert RD, de Noronha M, Kamper SJ. Stretching to prevent or reduce muscle soreness after exercise. Cochrane Database of Systematic Reviews 2011, Issue 7. Art. No.: CD004577. DOI: 10.1002/14651858.CD004577.pub3 - See more at: <http://summaries.cochrane.org/CD004577/stretching-to-prevent-or-reduce-muscle-soreness-after-exercise#sthash.ObgTZpbq.dpuf>



BIRTHDAY'S!!

Callie	Dand	8
Helene	Scarf	11
Tony	Lloyd	17
Calli	Brown	18
Katie	Broadfoot	19
Ross	Keys	27



WELCOME!!

New Members

Stephanie Philibert,
Chris Robinson
Shiela Roll
Robert Norman
Nic Bailey
Martin Vu
Ben Broadfoot
Kate Barnes

Brendan Davies (Woodstock member and Ultra Running legend) is running trail camps with lake Crackenback resort. Keep an eye out for a future Woodstock trip!

OPTIMIZE YOUR TRAIL RUNNING TECHNIQUES



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resort & spa

P 02 6451 3000
www.lakecrackenback.com.au

*With two of the best trail runners
in the world...Hanny Allston, World Orienteering
Champion & Brendan Davies, current North Face 100 Champion.*

Weekend 1 18 - 20 OCT 13
Weekend 2 29 NOV - 01 DEC 13
Weekend 3 07 - 09 FEB 14

FROM
\$360*
PER PERSON
SIX SHARE



**scan to go to special*



I. Feeling hot? Glaring sun?!

Woodstock caps @\$20! Protect your face from getting burned!



II. Little Woodie uniforms!!

Want your little ones to dress up like one of us?

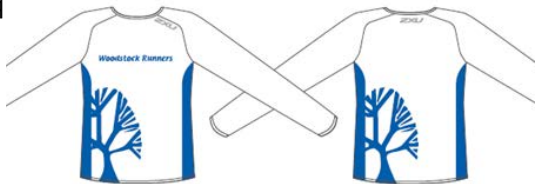
Now accepting orders for babies, Toddlers, and kids Woodstock shirt/dri fit. Price depends on number of orders and type from \$20 including shipping if we get a minimum of 6 orders per type.

III. Members approached me about a long sleeve uniforms. We are considering ordering but we need at least 10 members of each kind for us to get this order. Please send me your interest at uniforms@woodstockrunners.org.au your name, option, gender, size and quantity. .au or call/message at 0434672273.

Cost estimate:

Long sleeves \$80

Short Sleeves \$70



IV. Compression gear made by 2xu

Design below where M<code> – means Men design and W<code> is for women.

Style and Pricing

1. 3/4 compression leggings – \$90

2. Full compression leggings – \$95

3. Compression shorts – \$60

4. Arm warmers – \$50

5. Calf guards without stir-up – \$50



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

2xu Sizing Chart

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	91-96	96-101	101-106	106-112	113-117

V. 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>



100km SURF COAST CENTURY on 2013-09-21

Name	Result	Pace/km	Comment
Brendan DAVIES	8:50:44	05:18	3rd Overall

9km SYDNEY RUNNING FESTIVAL (BLACKMORES) on 2013-09-22

Name	Result	Pace/km	Comment
Dot SIEPMANN	1:01:30	06:50	1st W70 (out of

21.1km SYDNEY RUNNING FESTIVAL (BLACKMORES) on 2013-09-22

Name	Result	Pace/km	Comment
David RUSTON	1:24:16	04:00	DPB PB
Ryan MANSOUR	1:24:46	04:01	DPB PB. Net
pos 100 Age Cat 14. Happy days			
Clive MOONEY	1:33:59	04:27	
Michelle HARRISON	1:41:00	1:36:03	04:33
Sarah WALADAN	1:44:39	04:58	DPB PB
Carina GREGORY	2:08:00	06:04	
Brendan DAVIES	2:09:43	06:09	
Chris ROBINSON	2:09:43	06:09	
Michelle LIVINGSTON	2:26:38	06:57	
Debbie RUTHERFORD	2:45:00	2:36:50	07:26

42.195km SYDNEY RUNNING FESTIVAL (BLACKMORES) on 2013-09-22

Name	Result	Pace/km	Comment
Danny BURGESS	2:46:50	03:57	25th overall
Martin AMY	3:04:26	04:22	
Miles PULLEN	3:21:35	04:47	
Kathryn BOLITHO	3:30:10	04:59	Cat 40-44 10th
Frank HIDVEGI	3:37:41	05:10	
Diane GREEN	3:39:23	05:12	
Katie BROADFOOT	3:42:34	05:16	First Marathon!

5km PARK RUN - PARRAMATTA on 2013-09-28

Name	Result	Pace/km	Comment
Joe AYOUB	23:20	04:40	
Therese AYOUB	30:58	06:12	EPB

5km PARK RUN - ST PETERS on 2013-09-28

Name	Result	Pace/km	Comment
Louise BROOKS	45:04	09:01	

4km WESTPAC HILLS FUN RUNS on 2013-09-29

Name	Result	Pace/km	Comment
Mark SULLIVAN	23:53	05:58	

8km WESTPAC HILLS FUN RUNS on 2013-09-29

Name	Result	Pace/km	Comment
John DAWLINGS	33:40	04:13	2nd M60
Hilary SCHNEIDER	48:14	06:02	

25km RUNNING WILD - GLENBROOK on 2013-09-29

Name	Result	Pace/km	Comment
Brendan DAVIES	1:49:53	04:24	1st Overall New CR

34km RUNNING WILD GLENBROOK on 2013-09-29

Name	Result	Pace/km	Comment
Wesley HARRISON	2:49:09	04:59	1st

5km PARK RUN - PARRAMATTA on 2013-10-05

Name	Result	Pace/km	Comment
Steven GARAMY	26:28	05:18	

10km SYDNEY STRIDERS SERIES on 2013-10-05

Name	Result	Pace/km	Comment
Raul UNAS	49:23	04:56	

10km WESTERN SYDNEY on 2013-10-05

Name	Result	Pace/km	Comment
Brendan DAVIES	36:00	03:36	1st Overall

21.1km WESTERN SYDNEY HALF MARATHON on 2013-10-05

Name	Result	Pace/km	Comment
Clive MOONEY	1:32:37	04:23	
Joe AYOUB	1:59:47	05:41	
Therese AYOUB	2:26:11	06:56	EPB PB 4min

42.195km WESTERN SYDNEY MARATHON on 2013-10-05

Name	Result	Pace/km	Comment
Martin AMY	3:06:24	04:25	5th Over-
all 3rd Age Cat (30-39)			
Kathryn BOLITHO	3:27:53	04:56	DPB 2nd
Female overall. 1st in age cat 40-49 PB			
Brian NEWTON	3:36:32	05:08	22nd
Frank HIDVEGI	3:44:32	05:19	28th
Diane GREEN	3:59:04	05:40	

5km PARK RUN - PARRAMATTA on 2013-10-12

Name	Result	Pace/km	Comment
Martin AMY	22:39	04:32	
Joe AYOUB	23:34	04:43	
Therese AYOUB	31:39	06:20	

8km GREENHILLS SPRING BEACH CLASSIC WALK on 2013-10-13

Name	Result	Pace/km	Comment
Louise BROOKS	1:45:05	13:08	walking with son

5km PARK RUN - PARRAMATTA on 2013-10-19

Name	Result	Pace/km	Comment
Joe AYOUB	23:29	04:42	
Therese AYOUB	31:04	06:13	

5km Sydney Marathon Clinic on 2013-10-20

Name	Result	Pace/km	Comment
Dot SIEPMANN	34:42	06:56	1st F70

OCT 24 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Oct 24 @ 6:30 pm – 7:30 pm	+
OCT 26 Sat	Saturday Training @ Brett Park Oct 26 @ 7:30 am – 9:30 am	+
OCT 29 Tue	Tuesday evening run @ Woodstock Community Centre Oct 29 @ 6:00 pm – 7:00 pm	+
OCT 31 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Oct 31 @ 6:30 pm – 7:30 pm	+
NOV 2 Sat	Saturday Training @ Brett Park Nov 2 @ 7:30 am – 9:30 am	+
NOV 5 Tue	Tuesday evening run @ Woodstock Community Centre Nov 5 @ 6:00 pm – 7:00 pm	+
NOV 7 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Nov 7 @ 6:30 pm – 7:30 pm	+
NOV 9 Sat	Saturday Training @ Brett Park Nov 9 @ 7:30 am – 9:30 am	+
NOV 12 Tue	Tuesday evening run @ Woodstock Community Centre Nov 12 @ 6:00 pm – 7:00 pm	+

Sat-Sun 2-3 Nov	CARCOAR CUP RUNNING FESTIVAL
Sat 2 Nov	CLASSIC YASS RUNNING FESTIVAL
Sat-Sun 2-3 Nov	CARCOAR CUP RUNNING FESTIVAL
Sat 2 Nov	KATHMANDU URBAN
Sun 3 Nov	ROBERTS & MORROW ARMIDALE FUN RUN
Sun 3 Nov	JACARANDA FUN RUN
Wed 6 Nov	SYDNEY SUMMER SERIES 6 AT GREENWICH
Sat 9 Nov	GREAT NORTH WALK
Sun 10 Nov	SRI CHINMOY SYDNEY 2013 SERIES RACE 8 - MIRAMBEENA 16 KM, 8 KM & 2 MILES.
Sun 10 Nov	GLEN GALLOP FUN RUN
Wed 13 Nov	SYDNEY SUMMER SERIES 7 AT BEACON HILL
Fri-Sat 15-16 Nov	THE DARKSIDE - ADVENTURE RACE AUSTRALIA (QLD)
Sun 17 Nov	BARE CREEK TRAIL RUN
Sun 17 Nov	RUN WITH THE WIND
Sun 17 Nov	RACV MARYSVILLE MARATHON FESTIVAL (VIC)
Sun 17 Nov	SMC ROAD RACE SERIES
Sun 17 Nov	GOLD COAST TRAIL RUNNING SERIES - EVENT 2 - STRENGTH AT CLAGIRABA (QLD)
Wed 20 Nov	SYDNEY SUMMER SERIES 8 AT CONCORD WEST
Sun 24 Nov	CENTRAL COAST HALF MARATHON/10KM FUN RUN
Sun 24 Nov	EUSTON HALF-MARATHON CARNIVAL (VIC)
Wed 27 Nov	SYDNEY SUMMER SERIES 9 AT EPPING NORTH
Sat-Sat 30 Nov-1 Dec	MUD RUN