

RUNDOWN

DECEMBER 2016 ISSUE



Catching up on Club News

Running and Walking around Sydney's Inner West

PHOTO COURTESY OF GILBERT GADDI

rundown

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woodstock runners rundown

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THE RUNDOWN ON MEMBERS

What a brilliant year it's been for Woodstock and due in no small way to the generosity of so many members who give their time, expertise, passion and dedication to our great Club. Well done to an energetic committee, so ably led by President Nic and supported by Ali; our qualified coaches are there to give freely of their advice; leaders of the various sessions keep us organised and in line; volunteers at Time Trials and Handicaps usually sacrifice their own runs; our Social Committee of one i.e. Mark, assisted by others on the day, gave us fantastic Birthday and Christmas parties; Martin arranged a fabulous trip to Hamilton Island for a couple of races; The Rundown Team has kept us well informed of Members' comings and goings; Breakfast Run organisers; those who enter our Log Book kilometres; Greg who keeps us up to date with results; and of course, Dave and Colin, our IT gurus; and I'm sure there are others who have made contributions during the year and for that we all thank you.

Running wise, the year has been amazing with so many excellent results and massive enthusiasm among members.

We've also had some little Woodies join us, with Kate and Anthony becoming first time parents, along with Melinda Bowman. Due to the latter, Mary became a Grandmother, as did Maria Guano; and Kazu became a Grandfather.

Since the last Rundown Woodies have been flying our colours far and wide.

Some were running, others on holidays or both and a few for business. We thank you for the many photos, which, of course, made us insanely jealous. Chia has been to Indonesia, France and Bhutan; Carina ran the Copenhagen Half Marathon, plus parkruns there and in the UK; Bron and Marty ran sensationally in the Berlin Marathon along with some parkruns in the UK where they ran their 100th at Bushy; Peta and Gilbert ran the Chicago Marathon and Peta then



travelled to Japan; Emma spent time in Singapore and in Christchurch; Mark Barraclough, the UK; Clive flew to Ireland; Dot to the US; Kazu holidayed in Japan; Debbie and Evan caught up with Sandra Bogan in NZ; and Lesley is currently having a ball in Hawaii and I bet I've missed some.

Congratulations to all award winners at our Presentation Night and Christmas Party. With so many outstanding performances over the past 12 months, it was a difficult job for the committee to choose the recipients of our annual trophies. The night was a great one. It was terrific to see members wearing classy attire, rather than running gear. We all had fun, (except perhaps the fire brigade) and we thank Mark and all who helped him on the night.

THE RUNDOWN ON MEMBERS



Winners one and all, at the Woodstock Awards Night

Next month we will be farewelling Marshie when he returns to Adelaide. We thank you for your friendship, running companionship and taking our submitted results week after week, Greg. We will miss you, but hope we may make it to South Australia for a run or two.

Good running, swimming, triathloning and walking for 2017. How about we all try something new in the coming year and it may just be turning up at a Woodies' session to which you have never been previously. I might front up on a Monday evening and that would be a first for me.

I wish everyone lots of fun and good times over Christmas and hope the coming year will be awesome for all Woodies.

Kerry

“

**IF I'M FREE,
IT'S BECAUSE
I'M ALWAYS
RUNNING.**

”

Jimi Hendrix

BILPIN BUSH RUN WEEKEND

Nic Bailey

So we (Gemma, Brie and myself) arrive early for once to a run on a cold August Saturday morning in Bilpin. This being a rural trail event the RFS are out in force to support it which also means we get nice warm safely lit fire pits to stand by and attempt to stay warm while hanging around in little clothing wholly unsuitable for the silly cool morning temperatures. Another perk of these little events is the early morning food. My aim for this weekend was to get in some easy running back to back training kms, run in new places I've never run before and spend time with great Woody friends. With that in mind, standing in the cold and hungry, I figured why not have a nice big bacon and egg roll 30 minutes before a race! I'm not racing anyway, just here to see the sights, I told myself. This proved not a bad thing in the end as I didn't notice the extra load in the run.

So we get to the start and all Woodies have assembled, it's always fun bumping into people you didn't know were going to be there. Stu, Sarah, Bridget and Gemma all going off in the 30km race, which turned out to be 26.6km as a marker was put in the wrong place, Jacki and myself in the 16.7km. The start is all together then at around the 7-8km mark the 16.7 km runners take a right and head back to the start finish while the others head off for a bit more fun and hills.

Seeing as in my head I'm not racing this I decide to start a bit further back in the field so as not to get caught up with the front runners getting all excited and sprinting off. Once we start I realize that either way (starting at the front or a bit further back) it's hard in a trail race not to end up getting a bit racy. With trails often the path/track you're on isn't wide so passing people is harder, and there are usually hills pretty much from the start.

So after the first few hundred meters of running by a main road on uneven grass we dive off into the bush straight down a rocky hill. I'm aware that I tend to do myself more damage going too slowly down hills as it creates a lot of jarring and heavy impact through my body so as I 'let myself go' a little down the hill dodging people and overtaking, I find myself working my way through the field and feeling a little like I'm racing a bit too hard for these early stages of what's supposed to be an easy run. This theme continues a little for the first 4 kms or so while I get settled into a space where I'm not really overtaking people.

We then hit 'the hill' - we've already been up and down a few hills and spent some time running over a field on a slight lean, which took the energy from most runners' legs. But then we hit this grassy, long and steep climb - my time to take a nice walk, I feel. Not long after getting to the top, the 16.7km racers are directed down another path. The nice volunteer thinking she is doing me a favor says "Well done. Only two people ahead of you". I think to myself "Ah don't say that, it only creates more of a race out of this thing". I do well to not change what I'm doing and just keep plodding along. We get a nice downhill where I get to shake out the heaviness of the last couple of hilly kms and take in some of the fantastic early morning views around me.

The course is undulating but on a lot of runnable surfaces being mainly paths and fire trail, a good course for anyone interested in trying trail running. I tend to like slightly more technical courses but it's always great to run in new places and all the volunteers and race organizers were so welcoming here. I love the feeling of these smaller events.

Towards the end of the run after implementing my 'run easy' plan relatively well an NRG runner (Northside Running Group) caught up with me. There are always lots of those guys at these trail events. I'd been watching the 2nd place guy for a while and he wasn't in a good way, coming back to me slowly and looking pretty unsteady on his feet. The NRG runner commented on this and I encouraged him to go and take him and get the place. I figured I'd catch him pretty easy by the end and still keep 3rd. The NRG runner declined, it seemed he was happy enough with the effort he'd put in just to catch me. After running with this guy for awhile the course popped out onto a road and suddenly we had a few hundred meters of clear view in front of us. This also revealed that first place wasn't that far ahead either, with that the NRG guy said "Come on, let's take them!". Well with all my restraint and telling myself not to run hard I looked down at my watch and saw only 3kms to go. I figured I felt fine still and how much could 3km of running harder really take out of me in my prep for a marathon the next morning... So with those few words from this fellow runner it transpired that was all I needed for my ego to take over, I replied, "Yeah, ok let's do it.". Although with that I didn't really hang around for him, I began building and slowly picking up my intensity. It didn't take too long to pass 2nd place and then it was onto first. We'd gone back into the bush and were weaving down tracks. I'm fairly light on my feet and think 1st place thought he was all on his own, I get to the last proper climb and start to attack it, overtaking halfway up and taking him by surprise a little. Not long after that, I'm running back down the road to the finish!



Hot showers, a big bunch of native flowers and a case of cider await for my efforts. Jacki ran a brilliant race over the 16.7km hilly course too with a great time of 2:11:42 and bagging herself a 3rd place in her age group.

We cheer in all the runners while still keeping warm by the fire. Some fantastic achievements by all Woodies on the 30 km race, although ending up being a little short due to markers being put in the wrong place on the day. It was no easy run with plenty of hills to contend with and for most of these guys - I believe it's one of the longer runs they've ever done too, so a massive effort. Bridget ran 3:22:55, Sarah 3:11:37, Stu 3:03:33 and Gemma 3:02:56. All very deserving of the medals and a good morning's work.

Ahhh trail running - you are the best!!!



Sarah, Stu and Jacki killing it on the course!
Photos courtesy of the Bilpin Bush Run Facebook Page



MINUTE

WITH A MEMBER

Gemma Cutting

Why did you join Woodstock?

I joined Woodstock to meet other like-minded people to run with.

Do you run on Tues, MNT, TNT or Sat morning?

Sporadic attendance at MNT, TNT and Tues runs.

How long have you been running?

7 years. I started running as a means of procrastination whilst writing my Honours thesis at Uni.

Why do you enjoy running?

I love getting out and seeing new places and new landscapes. And if it's in good company, then even better.

Favourite distance? The longer the better. But definitely prefer trails over road running.

What is your most memorable or unusual running story?

Yurebilla 2016. About 45km into the race and getting to the top of a particularly horrid hill in the middle of the bush and seeing a group of pirates dancing away. They had lugged a boombox, esky, motivational signs (complete with bad pirate themed puns) and a parrot to the top of the hill and were cheering people on, as well as providing a bit of direction. The nearest access point was a few kms away so it was a fair effort on their part to get up there and definitely a welcome surprise to the runners.

What are your running goals?

I've got a few events lined up, but my main running goal for 2017 is to run the Larapinta stage race in August. 132km over 4 days across the West MacDonnell ranges near Alice Springs. It looks like a fun event, so if anyone is interested in coming along, let me know!

What do you do when you're not running?

If I'm not running, you'll usually find me kayaking, reading, baking or running around after my nieces and nephews in my spare time.

BRON'S BERLIN CAMPAIGN

Bron Hager

The Background

Holidays usually go hand in hand with running. When we were asked to attend Marty's parent's 40th wedding anniversary in October, an exciting thought popped into my mind - the Berlin Marathon is in September!

The Marathon

My first attempt to run sub 3 was on a bit of a whim without a proper build up. The second attempt, I was lacking motivation during training. My results over shorter distances suggested I could do it, but I wasn't confident on the start line of either run.

When we registered for Berlin, I was nervous about running another marathon. I was glad there was plenty of time, and decided not to think about it until 2016.

The Build Up

At the end of 2015 I decided I needed a break. When I started to get my training underway, my approach was simple, back to basics, consistency was key. By the time we left for Berlin, I felt prepared for a marathon and knew I had put in some solid training.

Goal Time

Something starting with '2'!

The Plan

Don't think, just run! I had a rough pace in mind, which I planned to use a guide along the way.

Meeting a Marathon Legend

The most exciting person to get off flight KL1825 from Amsterdam to Berlin on September 22, was not either of Marty's parents, but former marathon world record holder, Wilson Kipsang. We got a photo with him, and decided it was a good omen!



Pre-race

The two Bs, breakfast and bathroom. I spent a bit of time rolling my left ITB, which had been uncomfortable all week. My right hamstring, which had been complaining on and off in the lead up to the race, seemed to be okay.

We navigated our way to the start area for the "D" group (3:00 - 3:15 qualifying time). I was feeling a little bit nervous, but at the same time, ready to get underway. Even though race day can sometimes bring the unexpected, I was well prepared and knew what I had to do.

We're off!

The elites were introduced, the gun went, Wilson Kipsang set off, and we went... nowhere.

It took us almost three minutes to cross the start line. When we started running, the first few kilometres were tricky; squeezing between people, dodging around them and a few times almost coming to a complete stop.

The race was underway, our Berlin marathon experience had begun!

Memorable Moments

Spotting Monique and the Amy parents – the cheers from spectators along the course was a lot of fun, and we got an extra boost each time we saw Mon, Chris & Brian.

The three hour pace bus – After the gun went, we didn't see the pacers again until about 16km. With the big crowd of runners on the bus, it took a while to get through them, but catching the pacers was a huge confidence boost. They were running gun time, which meant we were a few minutes ahead of them and feeling strong.

The crowd support - Around the 20km mark, I remember thinking that every runner should do this race. The support was unbelievable; high fives, bands, people dancing, cheering and offering encouragement the entire way. I've never seen anything like it.

The half way mark - I knew we were running well and kept telling myself to be patient. Going through half way was the first time it really dawned on me that we had quite a bit of time to make up on my rough goal pace, and we subconsciously started to pick it up.

Ups and downs – When I started to feel a familiar tight wobbly feeling in my right knee, I told myself to ignore it and focus on the footsteps in front of me. The tactic worked, I stopped thinking about it, and while going through the 25km mark, I noticed we had picked up the pace. I tried not to get excited, and reminded myself to wait and see how I felt at 30km.

The 30km mat - This time I did get excited as I was right on goal pace. I told myself to try to get another 5km out of my legs without slowing down. For the first time, I started to feel like I would be able to hold on.

The 35km mat – A bit less excited and a bit more tired, I gave myself the same pep talk as at 30km, to see if I could get another 5km out of my legs at the same pace. I didn't feel like I was slowing down, but was working harder to hold the pace.

The 40km mat – This one felt like it took an eternity to arrive. I looked at my watch and saw that I had only slowed about 15 seconds from the previous 5km. I just needed to hang on.

The final 2.2 - There were a few moments where I felt like I couldn't run any further, I was tired and my wobbly knee was back. Luckily, the next two kilometres went by very quickly. I could see a corner ahead, and knew the Brandenburg Gate had to be around the other side.

The finish - The feeling of relief was overwhelming. I was completely spent, but pushed myself forward for the long stretch to the finish. I stopped my watch on 2.51.54! There were a few tears, a mixture of exhaustion and achievement. I gave it everything I had.

**Post race**

Marty came in at 2.56.12. Runners were streaming in for a sub 3 finish (about 2000 total), it was an incredible sight. Third time lucky, I was finally one of them! Next marathon goal - sub 2:50.. sometime in the future!

A big, big thank you to all the Woodies who were tracking us during the run, and Mon, Chris & Brian for cheering on the day





KEEP CALM AND PARTY ON

HERE ARE SOME PHOTOS FROM
THE WOODSTOCK CHRISTMAS
PARTY & AWARDS NIGHT





2017 RUNNING RESOLUTIONS



TO RUN MORE CONSISTENTLY, EVEN IF SHORT DISTANCES. I'M RUNNING EVERY DAY IN DECEMBER BUT KEEPING IT TO 3KM MOST DAYS SO I DON'T END UP INJURED. FINGERS CROSSED. IF THINGS GO WELL I MIGHT KEEP THE STREAK GOING THROUGH 2017.

- ALI

RECOVER AND MANAGE MY INJURY, KEEP ON RUNNING AND TO CONTINUE GUIDING MEMBERS THROUGH COACHING

- CHAIA



JUST TO CONSISTENTLY GO TO WOODSTOCK RUNS

- ANT

NOT GET INJURED, DO MORE LONGER TRAIL RUNS AND A PB ON A ROAD HALF MARATHON

- REBECCA



IMPROVE MY ATTENDANCE AT WOODSTOCK TRAINING RUNS

- LISA

NEW MEMBERS

Heidi Afele
Michael Mills
David MacDonald
Chrid Mullan
James Robinson
Ben McKelvey
Sam Monaghan
Jennifer Burge
Barbara Miller
Brad Windon
Elizabeth Walker
MJ Yates
Tim Kremer
Stephen Richardson
Justine Richardson
Adam Squire

OCTOBER
Daniel Ashby
Jimmy Carroll
Andrew McCallum
Maria Guano
Anthony Shannon
Helene Scarf
Tony Lloyd
Ian Lau
David Mullins

NOVEMBER

Carson Wong
John Ovenden
Tony Purss
Kylie Moulds
Mark Howard
Nia Franks
Nic Bailey
Rick Collins
Chris Ong
Deirdre Stewart
Andrew Heike
Gaye Mancuso
Bill Allan
clive mooney
Steven Garamy
Barry Cole
James Kemp
Hal Pawson
Robyn Staples
Katrina Weir

DECEMBER

Louise Brooks
Luana Ferrara
Stephen Mockford
Therese Ayoub
Mark Barraclough
Sarah Smith
Roy Rankin
Bruce John Flaherty
Mary Bowman
Carina Gregory
Andrew Webb

BIRTHDAYS