

RUNDOWN

JULY 2017 ISSUE



Catching up on Club News

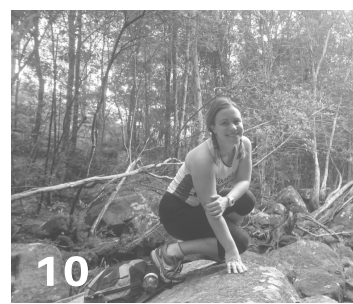
Running and Walking around Sydney's Inner West

PHOTO COURTESY OF STEVEN GARAMY

rundown

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woodstock runners rundown

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THE RUNDOWN ON MEMBERS

Today seems such an appropriate one to be penning some news on our members. For it was a brilliant Woodies Winter day at Cooks River at their annual Fun Run. Great weather for running saw a massive turnout of members in the 2k, 5k and 10k with lots of success all round from the youngsters up. Thanks to those who cheered us on along, with others taking great photos. Huge thanks to Kath and Paul Whiteway for their hospitality inviting us to their home for a very yummy breakfast.

It's been a while since our last Rundown and so much has taken place in that time, including our AGM when a new committee was elected to manage Woodstock Runners over the next twelve months. Nic was re-elected our President and will lead the Club most admirably. Thank you to all who raised their hand to join the committee. Clubs, such as ours, require many people to volunteer much of their time in order for us to run and to be part of such a dynamic organisation. We should never take these generous souls for granted.

At our AGM a proposal was put forward and voted overwhelmingly to award Life Membership to Martin Amy. Over 10 years Marty has been totally involved in many aspects of our Club. Always wearing his Woodstock uniform he has had much success all over Australia and even further afield. He has served as President; is currently Chief Coach; organised many trips within NSW, interstate and overseas; great mentor to many; gained qualifications; mapped out the long Sunday runs and C2S training runs; and supportive of all Club functions. We congratulate you, Marty and look forward to you receiving your award at the end of the year.

Much has escaped my notice over many months. I am overwhelmed by members travelling to all parts of the globe. It's impossible to keep up with you all. Here are just a few countries visited where our Woodstock colours were flown in Fun Runs, parkruns and training runs Vietnam, UK, Turkey, Bahamas, Hawaii, Bali, Cook Islands, Thailand, Laos, NZ, Fiji, Lapland, India, Ireland, Switzerland, France, Norway, Scotland, Portugal and I could keep going. It certainly whets one's appetite for some travel.



Recently Kazu and Tsukiko retired, sold their Strathfield home and moved to the north coast and Kate, Anthony and Casey have left Sydney, now residing in the Blue Mountains. We wish both families a happy time in their new homes. Marshie returned to Adelaide and a group of Woodies caught up when they competed in events there in April. Tony Murphy, a 20 year member of Woodstock moved to the Central Coast around 15 years ago. We haven't seen too much of Tony in that time, but today, there he was at the Cooks River Fun Run. It was lovely to catch up.

As always, a large contingent of Woodies descended on Canberra in April with many recording PBs and other great runs. At the same time Di Green, Peta and Kerry were flying the Club's colours successfully at the World Masters Games in Auckland. It was a wonderful experience and everyone over 30, i.e. a Master, should start saving to compete in the next WMG to be held in Japan in 2021. Lots of members will be challenging themselves on the Gold Coast this coming weekend. Good luck everyone.

THE RUNDOWN ON MEMBERS



Woodies enjoying the City2Surf training

Earlier this year we were saddened by the death of Lawrence Ullio.

Lawrence had been a popular member for many years; a loyal runner wearing his Woodies gear wherever he ran, including Europe and the US; a devotee of Bowan Island; and had hosted breakfast at their Abbotsford home. We shall miss him. Marisa, his wife, is currently spending around 10 weeks in Italy with relatives.

To all who are under an injury cloud, suffering an illness, or the effects of a cold, we wish you a speedy recovery as the Fun Run season gets into full swing. Thanks to Chief Coach Martin for training programs, which he has posted, leading to C2S, as well as the 3 training runs over the course.

Remember to stay warm on these chilly days with your gloves, tights, arm warmers etc.

Happy winter running

Kerry

“

**HERE IS THE START,
THERE IS THE
FINISH LINE.
BETWEEN THAT,
YOU HAVE TO RUN**

”

Jeff Galloway

RUNNING THE WORLD WITH RITA

RITA KAZZI



The past 12 months of my life have been the most memorable to date. A year full of training, travelling, dedication, challenges, goals, discipline and above all victories.

I've been longing to create my own fundraising campaign for special needs students i work with . So i set myself a mighty challenge to compete in 4 international marathons around the world in 12 months. My passions are travelling and running so I combined the 2 and decided to run in countries Ive never travelled to. I even designed my own running singlet to wear while running the marathons with my name and campaign details.

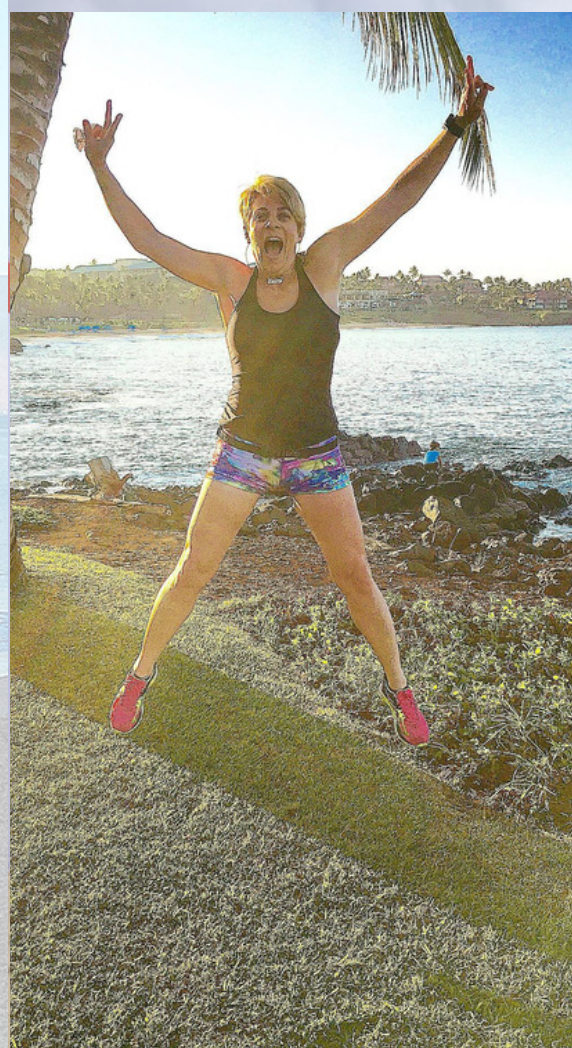
MISSION 1 - MAUI MARATHON 17/1/16

My first and most memorable marathon I completed in 2016 was Maui. Having run Paris in April 2012 in 5:38 and New York November 2014 in 5:45 I was determined to improve my time and training. So I became a member of Woodstock Runners in 2015 and trained hard 4 times a week. Tuesdays and Thursdays with Woodies and weekends on my own.

I flew into picturesque Maui on the Thursday prior to race day on Sunday. Maui was truly a little piece of heaven. I stayed in Grand Marriott at Wailea Beach which was a 5 minute walk to start line. I was extremely relaxed and in a good headspace on the night before race day watching the mesmerising Maui sunset from my balcony.

A group of runners met at the hotel foyer and we made our way to the start line for a 5am start due to humidity. A Hawaiian blessing was sung and the gun went off. We had head lamps on for the first 1.5 hours. I retained my pace for the first 15kms with another Aussie as she wanted to finish closer to 4 hours as well. I lost her due to a toilet break and ran on my own for the next 10kms. I met up with her at 25km and had a little meltdown and was slightly overwhelmed. She quickly charged me up with some positive words and there was no stopping me from there.

I had a very smooth last 17kms and passed a lot of runners. The scenic route was truly amazing. I was on a real high. Lots of athletes gave compliments and the camaraderie was awesome. The last 5kms took forever as the finish line was no where in site. At one point I missed the turn and quickly ran back. I was adamant to push past a gentleman who kept on grunting which was so annoying. We challenged each other to the finish line and exchanged jokes. I had a very strong finish and just beat him. They announced my name and I broke down crying with tears of joy when I saw the finish time of 4:16. I was stoked!!!



MISSION 2 - STOCKHOLM MARATHON 4/6/16

My 2 daughters joined me on this marathon as it was the start of our 5 week European vacation.

It took me a while to acclimatise and have a good night sleep but by Thursday my body was slowly adjusting. It was a surprisingly hot Friday and even the locals were very shocked how high the temperature was. The locals explained to me that last years temperature for the marathon was colder and wetter than Christmas day!! I was extremely shocked and so lucky at the same time there was no rain scheduled for the marathon and temperature was true to a Scandinavian summer.

I was so ready for this marathon as there was no excuses for lack of sleep as marathon commenced on midday at Saturday. My daughters and I made our way by subway to the start line and I was feeling extremely relaxed and excited. The weather was perfect. The start line wasn't far from the finish line which was at the wonderful Stockholm Stadium.

This marathon was the most popular marathon in Scandinavia and there were over 20,000 runners competing. I decided to stay between the 3.45 and 4.00 Garmin pacers. It was a glorious day and the music was pumping. The gun went off at 12 sharp and we were off. It was a one of a kind marathon as we passed the picturesque countryside and gorgeous city for the first half of the marathon. Scandinavian people are very conservative and everyone was just running. I was delighted with my pace and was able to stay not too far from the 3.45 pacers.



Rita with her daughters at the Stockholm Stadium

At around 25km I began to feel so tired and had to literally slow down and stop.

The route had lots of hills and my quads were burning I was looking out for sugar to give me the push back into the marathon. Finally at 37km they were offering Coca Cola. I hate the stuff totally but I skulled 6 cups of it so quickly as I desperately needed some sugar to give me the push to the finish line for the next 7km. Yes this marathon was 44kms as it was an extra 2kms to the stadium. It definitely did the job and made my legs run faster than the pace I was doing for the past 10kms.

I finally entered the amazing Stadium, they announced my name like a true athlete and I saw my daughters cheering and clapping me on which was a truly magical feeling. I began dancing to the finish line and I saw myself on the big screen as I claimed my medal.

This truly was once in a life time experience which I thoroughly enjoyed at the finish line. My time was 4:24. I was slightly disappointed as I didn't achieve a sub 4 time but there was still Sydney in September to perfect it.



Showing off her bling



MISSION 3 - BLACKMORES SYDNEY RUNNING FESTIVAL 18/9/16

My children and I had run the Blackmores 9km and half marathons for the past 8 years. So I enrolled my 3 children in 9km race as they could also watch me cross the finish line. I was particularly excited this year to run the marathon for the first time as it was changed to a flatter course.

I arrived at the start line and found the 4 hour pacers from the Sydney Striders. I was feeling really pumped and relaxed at the same time as I knew I had to be third time lucky.

I was in a good place mentally, physically and emotionally. I prefer to follow pacers as I choose not to wear a watch and only rely on my strava app announcing my pace. Every km we ran a joke was announced by the Striders pacer which made the race very entertaining and quick. I'm a very social runner so this suited me perfectly.

I managed to keep my pace very steady until 37 km, I felt the need to push as I was determined to achieve my sub 4. It was an absolutely lovely last 5kms as it was by the water and harbour. I passed a few Woodies and had a chat and continued my victorious run to the finish. The most magical feeling I can still feel till today was hearing my 3 children's voices cheering me on just before the finish line.

It was definitely a milestone looking at the time of 3:58 just before crossing the finish line. I've been longing to achieve this since Paris Marathon in 2012! What was more ecstatic was my 3 children witnessed this as well.

I posed for my traditional "jump in the air.." and continued to claim my medal. I was extremely delighted to be interviewed by channel 7 while wearing my medal.

MISSION 4 - BAHAMAS MARATHON 15/1/17

Maui and Bahamas marathons are on the same day so I registered for the Bahamas marathon as I've never travelled there. First I arrived to California on the 6th of January and I ran a 10km race along Santa Monica Beach. I achieved a PB time of 48mins and claimed my first medal for 2017.

I arrived to Nassau the capital city of Bahamas with a stomach virus on Friday before marathon day on Sunday. I took it easy on the Saturday before marathon day and slept and rested in my hotel room. Marathon morning came and I was feeling refreshed. I made friends with a runner from Brazil and we decided to run the marathon together.

The Bahamian national anthem played and the gun went off at 6am. I ran the first 15kms with my friend until I had to slow down as my legs couldn't maintain the pace due to the virus. There was constant cheering and clapping along the race which made all the difference as I needed this to charge me up to continue running.

I took lots of photos with the local children and gorgeous beaches along the way. At 37km I struck my famous jump in the air and continued to the finish line which was at Junkanoo Beach to claim my 6th marathon medal.

I also entered the inaugural Rose Bowl Half Marathon in Pasadena, California on 22 January, achieved a PB time of 1:53 and claimed my third medal for 2017.

I can officially call myself a marathoner and a member for life with Woodstock Runners and continue to travel the world and run, run run.



Rita finishing the job at the Bahamas Marathon

Why did you join Woodstock?

I joined after I'd been running for a year or so. I knew that getting out of the house on a Saturday morning was the best option for progressing my running but was finding it too hard to motivate myself to do it on my own. Once I started with Woodstock I found I was able to do it, if only because it meant I could socialise instead of being woken up by toddlers!

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

Most weeks I only make it to MNT, although I am fairly consistent with that at least. I switched from TNT to MNT because it is closer to me, but I do miss TNT. And Saturday is a harder option these days due to kids' sport and music. I'm yet to run at a Tuesday session, shamefully!

How long have you been running?

About 5 and a half years. A few months doing the c25k, then only about once a week for a year. And then, of course, four glorious years with Woodstock.

Why do you enjoy running?

I'm not sure I always do! But it's a good discipline - it keeps me relatively healthy, it's social, it's a challenge. I like that I can step out of the door and make every minute count - no driving to the gym or sorting out equipment.

What is your most memorable or unusual running story?

Nothing much to report. I tried my hand at the beer mile last year and was truly terrible at it. That was fairly memorable. I think the wine mile may be more my speed!

Oh! And I do the odd bit of strava drawing. A christmas tree, a heart. That keeps me entertained.



What are your running goals?

I'm in the middle of a running streak - I have run every day since November 2016. My goal is to make it to 365 days, and then probably to finish the 2017 calendar year. After that I will re-assess. I might continue with the streak, or I might let myself have some rest days and see if I can improve my times.

The streak has been surprisingly good. I've been injury-plagued since 2014, but running short distances every day has actually resulted in my body being the best it has been in years. At first I felt niggles in new areas every week or so, but I found that I kind of cycled through them. I run 25-30km a week which is not huge, but is more than what I was managing most weeks in 2015 and 2016, just because of the consistency.

I am also training for the Oxfam 100km Trailwalker, which is more of a walking goal than a running goal, but is intrinsically linked with my running because I wouldn't have had the fitness or confidence to even consider it if it were not for my running. Can I do a shameless plug? I would greatly appreciate any small donations to my team at <http://oxf.tw/28636>.

What do you do when you're not running?

Parent, work, read, drink. Roughly in that order.

GREENBELT HALF

Louise Brooks

One of our beloved runners moved back to his home town of Adelaide late last year and a few of us decided to play him a visit so a plan was hatched to attend the Greenbelt half.

Bron, Marty, Carina & myself converged on Adelaide one Fri afternoon. Our apartment had a great view over the Torrens River and the Adelaide Oval. That night we had a great dinner with Greg & Ros at a modern Asian restaurant Mrs Q's. On Saturday we did the Torrens Park run - it was the alternate course entitled "the brew" course as it ran past the West End Brewery. Following our run we walked to the Perfect Cup SARC's equivalent of Bowen Island and socialised with Greg's new Saturday morning run crew. Saturday afternoon was spent in the Casino watching the Swans.

Sunday was race day. Marty & Bron headed to where the bus would take them to the half start while Carina & I could leave a bit later for the 10km start. The half course was a Point A to Point B race along the river while the 10km ran along one side of the river then crossed over to meet the half course and head back to the finish. I spotted Marty at one point for the obligatory "Go Woodies" cheer! As I was coming into the finish I heard someone say "Go Marshy" so a sprint finish ensued and two woodies crossed the line one after the other. Bron got first female so that was a plus for us Woodies.

That afternoon we ventured into the hallowed Adelaide Oval to see the crows vs Richmond Tigers. This was Carina's first AFL game and I think we've converted her. Monday & Tuesday was spent sightseeing visiting the Barossa & Handorf. We ate at Maggie Beers' and sampled German beers & cheese as well. Sadly it was then time to head back home but hopefully another Woodies crew will take up the challenge next year.

Torres Park Run



Greenbelt half start



Greg chasing Louise for a sprint finish.



Enjoying the best of Handorf

COOK'S RIVER FUN RUN RECAPS

It was a last minute decision to enter the Cooks River Fun Run for me this year. I have a soft spot for this race, having helped to organise it for three years when I worked at Strathfield Council. I have run the 10km and the 10km relay in the past, this year it was time to try the 5km. I entered with the plan to make the race the last part of my Sunday long run. Initially, I was planning to run around half marathon pace, but by the time I got to the start line, I was in the mood to really push myself.

The race started, and I went out hard, which can be easy to do on the downhill out section. The pace felt fast, but I knew it would likely catch up with us on the way back. I had the guys ahead of me in sight and tried to stay as close as possible to them. At the turnaround, I gave Marty a high five and got ready to focus on holding the pace on the slight climb back.

Bron Hager

The fourth kilometre felt like it dragged on forever, as I started to feel my legs working harder. On the plus side, the course had flattened back out and I was closing in on the guys ahead of me. We entered Freshwater Park, and it was a sprint finish between me and Nelson to cross the line in 17.27, a new 5km PB!

After a quick chat to a few people at the finish line, it was time to chill out by the heater and watch the 10km runners go around. It was also exciting to see Jo and find out she had run her first sub 30 5km!

Well done to everyone who ran, and thank you to Paul and Kath for breakfast. I may not work on the event anymore, but the Cooks River Fun Run still managed to achieve another great morning! ;)



COOK'S RIVER FUN RUN RECAPS



One of the things I really like about running is that it can be both an individual and a community activity. Anyone can succeed and fail happily with the support and company of others. You can put as much effort as you like in (or not) and not let anyone down. It was my first time doing the Cooks River Fun Run and it is that relationship between individual effort and community support that struck me; people running their own race with their own goals, or maybe no goals, but running together and genuinely happy to support and encourage those around them. It was especially nice to pass so many Woodstock people on the out and back course with smiles and nods of support which in my mind adds to sense of community and belonging. I am in my first year with Woodstock and I am surprised how much an important and special group it has become to me. Events like the Cooks River Fun Run provide opportunities to act out community with others while running your own race.

Brad Windon



COOK'S RIVER FUN RUN RECAPS

Paul Doughty

Cooks River Fun Run is a crowd favourite for the Woodies - the closest thing to our home run on the calendar.

A fast and friendly community fun run in its eighth year, it raises funds for Bowel cancer research. Hence the Big Bowel you can walk inside and the backless shorts worn by the MC, the latter totally unsuitable for winter.

Organised and hosted by the only remaining democracy in the inner west (Strathfield Council), the 5 and 10k events down and back along the River are well organised and assisted by many staff and volunteers who together with local community groups give the morning a great community vibe.

With a temperatures of approximately -18°C on the start line, woodies were grateful for the gas heater and marquee kindly provided by the Council owing to our numeric dominance of the event.



But the highlight was the performances from our runners. Us mortals were able to cheer Woodstock placegetters on the podium in many or most categories with 13 Woodstock Runners placing first, second or third in the various age categories. Bron Hager was first female in the 5k finishing the course in 17:27, crossing with the same time as Nelson Santos who placed 2nd overall. Nic Bailey was first overall in the 10k in 35:33. Young Woodie Matthew McLachlan won the 2km in a blistering 6:16, boding well for him representing Sydney region in the upcoming 9s state cross country at Eastern Creek. Maria Guano, Nick Oxy and Robert Windon all won their age categories in the 10k, and Rita Kazzi won hers in the 5k. The Oxy family frequented the podium with two more placegetters in addition to Nick: Oliver (U/13s) and Katrina second and third in their categories. Kathryn Bolitho, Paul Whiteway and Kerrie Bray were also presented with medals for placing in their categories.

Non-woodie participants included 10k age-category winner Chloe Esposito, Olympic gold medallist in Modern Pentathlon. Modern Pentathlon includes a 3200m run combined with pistol-shooting, which might be an idea for a new parkrun.

Many thanks to Ali for organising our contingent and to Paul Whitehouse and Kathy for their generous hospitality and delicious breakfast at their nearby home afterwards. Looking forward to the de-facto Woodstock fun run next year.

COOK'S RIVER FUN RUN RECAPS

The Cook's River is a super fun fun-run. I had fun bouncing around in the big bowel and the jumping castle and then a little bit later doing the run. Josh and Matt did the 2k and I did the 5k because girls are strong like King Kong, especially Bron who I couldn't catch and was the first girl across the line. The course was flat and it was good to run along a different bit of the Cooks River. Matt and Josh did really, really well. Marty with the big hands was a great cheerleader. All the woodies did really well and it was exciting to see Nic come across the finish line especially beating Dad by ages. We had a fun day.

Well done to everyone who ran and great to see so many Woodies. And thanks for giving us breakfast Paul - me and Josh had fun burning sticks in your fire, sorry Ali. Any Woodies who didn't do it, especially you Ginger Doughty, should do it next year because it's a great run.

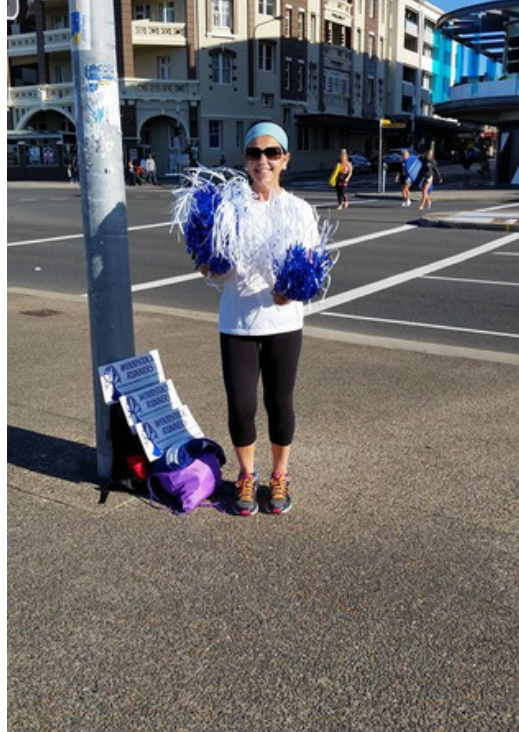
Madeleine Doughty





GET YOUR CITY2SURF LEGS ON

HERE ARE SOME PHOTOS FROM
THE CITY2SURF TRAINING
ORGANISED BY MARTY



NEW MEMBERS

*Clare Young
Mark Jeffery
Sharon Head
Catherine Mah
Tegan anthes
Clare Nosatti
Xiaoqing Zou
Andrew Morris
Ngairé O'Leary
Dane Miller
Amy Wilson
Nick Oxbey
Brendan Whiteway
Mark McLachlan
Michaela Stewart
Cass Brownlow Davies
Maria Maginness
Andrew Laing
Rudi Loggenberg
Rebecca Beardmore
Daniel De Pasquale
Elizabeth Thompson
Andy Wallace
Bobby Stewart
Michael Boland
Mark Pearson
Bianca Corstorphan
Stefanie Daffara
Alice Gibson
Sachin Tilekar
Mary Sexton
Nat Cheney*

APRIL

Melinda Bowman
Gwenola Le Lu
Max McGown
Ben Roebuck
Nat Cheney
Nicholas Spasevski
Claire Valtwies
Frank Hidvegi
Scott Colbourne
Claudia Beyer
Scott Mitchelmore
Lisa Grant
adam squire
wayne suryak
Graeme Tutt
Joe Degabriele

MAY

Paul Doughty
John Dawlings
Brian Newton
Kris Meyer
Alex Hill
Angela Haynes
Sharon Head

JUNE

Tym Blackwell
Bronwyn Hager
Venessa Reidy
Gemma Cutting
Kim Cayzer
Cathy Miller
Stefanie Daffara
Natalie Karl
Bobby Stewart
Rebecca
Beardmore
Rita Kazzi
Emma Pryor
Robyn Barnes

BIRTHDAYS



WOODSTOCK RUNNERS