

About 8k

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From the Editor

Tony Hockings has been one of our longest serving presidents. And serve he has. During his time as president he has brought a new professionalism to the Townsville Running Club as well as promoting both the club and running within the Townsville community.

Thank you Tony for your hard work over 6 years as club president and hopefully you will have time to run now. Tony will stay on in the Townsville Running Festival committee.

Magnetic Island was the venue for the weekend's run. The turn out was the biggest yet and Squiz Taylor was once again host extraordinaire . It was a warm one and the Horseshoe Bay dip at the finish was welcome. Thanks Squiz for making sure everything was ship-shape including getting the TRR long-load van on the ferry, setting up the water stops and putting on the Saturday night party. Cat, Isa and crew provided another wonderful fish lunch with all funds raised going to the Magnetic Island State School.



Observations as to future changes

The sporting and recreational landscape is changing in Townsville and North Queensland (as it is with the rest of Australia).

The approach of the Townsville Road Runners (TRR) has been to just keep our weekly races simple and enjoyable within a set club championship model. But the TRR is not immune to the winds of change.

There is hardly a weekend that goes by where there is not some form of competing athletic or like outdoor event in Townsville or elsewhere in NQ. One of the issues for the new committee is to revamp the club championship to ensure that it fits in with the changed sporting and recreational landscape. One change for 2014 that has already been approved is that all members who compete in and finish all three legs of the Annual Three Day Race will now tick off three races (instead of one) towards the club championship. I believe that the new committee will look in the near future at further changes to the 2014 club championship and President's Cup formats. This will include a review about the possibility of reducing the present 15 pre-requisite races and also trying to ensure that the top end runners are more consistently lined up against each other at club level.

The Fun Runs

From a Fun Run perspective, the approach over recent years has been to confine the workload to what I describe as the satellite events that revolve around the *McDonalds' Townsville Running Festival*. These fun runs are the *Athletes' Foot Dash for Cash* (as the traditional season opener on the first Sunday in March), the *Townsville Podiatry Centre Run* (in April), *McDonalds' Mother's Day Race* (in May), the *Run 'N' Ride King and Queen of the Castle* (in June) and the *McDonalds' Father's Day Race* (September). These races are all important, and none more than the iconic *King and Queen of the Castle*. The *Castle* does not attract the biggest numbers, but it is the heart and soul of the club. Apart from two exceptions, the club continued this year with its approach of confining its workload to the above limited series of fun runs (in addition to assisting the *Townsville Council* with the *Australia Day Race*). The exceptions are that the club assisted the *Charters Towers Council* with their run (on the Saturday after the running festival) and also we got involved with the *Greater Ascot 5km* on 18 August 2013. Subject to discussions with their respective organisers, these two events may have a future as part of the club's calendar.

The Running Festival

The main focus from a management perspective again has been on the *McDonalds' Running Festival*. This is a 12 month exercise in planning and putting this event together for the first Sunday in August each year. The Townsville Running Festival was the first "festival" of its type in Australia. This year was the 15th festival. The *Tony Ireland Holden Townsville Marathon* is also the second oldest continuing marathon in Australia and the 94th oldest in the world (*Association of Marathon Racing Statisticians*). This year saw the running of the 41st annual marathon in Townsville. The course is certified by the Association of International Marathons and Distance Races (AIMS).

There are now running and other festivals all around the country. But it started here. And the Townsville marathon is part of the history of distance running in Australia.

Importantly, the festival has developed to a point where the once supporting events to the marathon are now prestigious events in their own right. These events include the *Queensland Country Health Fund Half Marathon* and the *Townsville Airports 10km Classic*. There are also the 5km events, namely *The Townsville Bulletin 5km Fun Run/Walk*, the *McDonald's Junior Fun Run/Walk 5km* and the *106.3 Corporate 5km Fun*.

Apart from being a serious road running event, one of the primary objectives of the festival is the promotion of Townsville. The "Run Townsville, Explore the Region" promotion is all part of showcasing this city. We were honoured this year to have visitors from all parts of the world. These included runners and visitors from Townsville's sister cities in China, Korea and Japan. There were also runners from our northern neighbour of Papua New Guinea and a large contingent from New Zealand and other parts of the world such as Canada and France. There were of course the runners and visitors from other parts of Australia including Darwin, Bris-



bane and Sydney. We were also privileged to have runners from other parts of this great North Queensland region (including runners from Cairns, Mackay, Burdekin, and Arlie Beach and from out west etc).

The best placed local male and female runners in the marathon, Sam Stedman and Christine Conyers, each won a trip to participate in the *Iwaki Marathon* in Japan in February 2014 as part of the promotion of running in Townsville.

All of the above is the responsibility of the TRR, itself a non-profit organisation. But we can no longer do it alone and this has been the case for the last few years. In this regard, I have written in the past about the management restructure that was undertaken in 2011 with the Running Festival Sub-Committee (the TRF). I will not repeat those comments here except to reiterate that this restructure was an important step in the evolution of the festival. The restructure involved the retention of Margie Ryder and others to manage and market the event. We have been very fortunate to have had Margie and all of her team.

This year's festival exceeded its objectives in relation to numbers with a record 2,664 competitors and it also achieved the other objectives of promoting both the sport of running and the city of Townsville as a tourist destination. Through the assistance of local gyms and the *Townsville Bulletin Chosen Ones Scheme* an amount of just over \$15,000.00 was also raised for the Ronald McDonald House. The long term plan is for a gradual and incremental increase in competitor numbers over the next 5 or more years that will be capped at around the 5,000 mark. Expressed another way, the TRF does not want the festival to grow too fast and in the end not to get too big.

Apart from other issues, the growth in an event brings with it extra costs. These extra costs have been well and truly evident this year for the festival with significant increases in, amongst others, logistical, equipment hire, traffic control and merchandising expenses. Some years ago, the then TRF subcommittee sought to read-just budgetary matters to ensure that the festival returned a profit instead of a par result. This founded the good financial position in which the club continues to experience. But in recent years the TRF has had to modify its profit expectations with the bottom line financial objective for the short term reverting back to achieving a par or a modest result. This was so as to achieve the abovementioned non-financial objectives and importantly to build the management foundations for the future development of the festival over the longer term. The future of the festival is all good, particularly if the current management personnel can be retained. In the end however, it has to pay its own way and this must remain (as I have also written in the past) the long term financial objective of the festival if it is to survive as we know it.

Sunset Run

I believe the *Sunset Run & BBQ* on the Saturday after the running festival has come to its use by date. I do not expect that this will be on the 2014 calendar.

Capital Purchase

The main capital expenditure item this year has been the purchase of a new race clock to back up the existing clock. The new clock has just arrived in Australia from America and it should be delivered to the club in the near future. In all, including transport, the clock cost a bit more than expected at around the \$6,000.00 mark. The issue of purchasing electronic timing system was again raised this year. But putting the cost aside, there needs to be a long term commitment from members who are prepared to manage and operate the system before this issue can be advanced at a committee level.

The new committee

As I wrote in last year's report, this year for me was a transitional year towards a new committee for the 2013/2014 year.

It is an exciting time for the club as the younger generation move up to take over the reins. It is particularly pleasing to see that Tony Gordon (the current Vice-president) is prepared to accept a nomination to be the 14th President of the club in what will be our 42nd year. Tony has been a junior with the club and will bring to the position a strong athletic background.

It is also important to have some stability with office holders. In this regard, it is also great to see that both Annaliese Otto (secretary) and Antony Daamen (treasurer) will accept nominations to go around again for a second year in their respective positions.

I also understand that most of the present committee would like to go around again. Judy Davies will again fill the role of registrar. A list of the current nominees for office holders and committee will be placed at the notice board at this Saturday's Kirwan Tour race. I am sure there are others (and I know some of you younger



members will be great contributors) who may also want to put their hand up for a role on the committee.

Membership

There were a total of 262 members this year which was around 60 less than the previous year. But the entrants in the races over the course of the year were basically on par with previous years and it would seem from my personal observations that most of the missing “60” opted to run as “visitors”. This is an issue that needs to be addressed. The optimal number for the club is around the 320 to 350 mark, so there is room for some limited growth in terms of membership (particularly with people between the ages of 18 to 45).

Presentation Night

The committee has addressed the issue of the presentation night this year. Issues raised were venue, reluctance by some to be involved in fancy dress and price. This year I believe that all of the above issues have been dealt with. This year’s presentation night will be on Saturday 9 November 2013 from 6pm at Jubilee Bowls Club, 13 Burdekin Street, Mundingburra which is ideally situated between the city area and the outer suburbs. The price is \$35 per person which includes a two course meal. This barely covers the cost of the meal and the club will subsidise the night by paying for hall hire and music. Price of drinks aren't included in the ticket price and these can be purchased at the bar. Music will be by Livewire.

As to dress – it is casual smart (which I think is code for chilled, relaxed, comfortable).

Tickets will go on sale this week and they will be limited.

Special mention

In this my final report, I have not specifically mentioned all of the wonderful members who have contributed to this great club. But I can say that it is through all of your efforts that this club continues to be such a great and vibrant part of life in Townsville.

I must however make special mention of *Pete Neimanis* who has relinquished the coaching role after some 10 years. *Pete* you are a legend and on behalf of all club members I thank you for all of your efforts to help improve the running ability of members and others over the last decade.

Also another bloke who does not like his name being mentioned, but I must mention and thank *Mike Donoghue* for all your efforts at a club level.


Conclusion

Well that is it for me. It has been an honour and a privilege to be president of one of the great traditional clubs of North Queensland. - Tony Hockings







SPEED BUMPS




EVERYONE knows road runners have a weakness for stayers, especially this time of the year. Some of us are happy to tune in on Cup Day and sool on our favourite front-runner, roughy or ring-in without wasting a cent. Others swear by **Jim McNabb** for a tip on a longy. He's had patchy luck lately and the punter's pendulum must swing his way soon.




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TALKING about stayers, **Tony Hockings** deserves a long spell after six years in the TRR saddle. Not that he's out to pasture yet, as leader of the running festival committee. We hear Tony has the Tony Ireland Marathon on his wish list for 2014.




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COULD this be an omen? **Les Crawford** and **Brian Armit** and a few other TRR friends have jetted away to Melbourne this week for Sunday's marathon. It's a magic event, starting and finishing at the MCG. Being part of the mob for a change should be a buzz for them both.




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TOWNSVILLE'S crew at the Great Whitsunday Run partied hard afterwards and backed up the next morning with an 8km run. Nearly everyone was happy. In particular **Annika Frossling** and **Col (Cactus) Ryan** were stoked with their first-up times. Coach **Pete Neimanis** celebrated maintaining his sub-3hr record by sleeping in.




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GLEN Davies is still a few long slow runs short of his off-season as he trains for the New York marathon on November 3. Glen has had a frustrating year with niggles, but has honed his patience in the process.



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Ex-TRR member **Rhiannon Snipe** is in top shape for the world Ironman tiles in Hawaii this weekend. Last month she was first woman & eight overall in the 14km Canberra Times fun run in 52min 15sec.



Goals and Handicaps. Do we need them? By Bob James

For a 64 year old back-of-the-pack runner, some goals are worth having. With my family longevity not great, the only sensible goal is to live my life well, enjoy every minute and do more good than harm to the rest of the planet.

Running is a bit the same. Goals are secondary to an enjoyable run – to having fun and enjoying every minute. If it's not fun, then maybe you should try something else!!

Sometimes we need to change things and sometimes we need to set goals to do this. Most of us started roadrunners with more weight and less good health than we have now, and some of that improvement probably came from goal-setting – to run a marathon or go faster. But I reckon, if you ENJOY EVERY RUN (and swim and ride and visit the gym or bootcamp), then you don't need any goal beyond maintaining that enjoyment. Goal achieved!! Just keep turning up and running! (way better than bootcamp!)

But, for all you conspiracy-theorists who think I plotted and planned to win the coveted Fairfield Waters Handicap Shield (for the second time, but who's bragging?), then here is how I might have planned and plotted to achieve this goal.

First, my annual pre-Christmas medical visit had my GP telling me that my cholesterol was creeping up to marginally high but acknowledging that I wouldn't take a pill for it. So I agreed to change my diet just a little – I knew the culprits. No more cheese at beer-o'clock and no cow-butter on my morning toast. Some other minor dietary changes and 2013 has seen my weight drop 8 or 9 kg (10%).

I returned to roadrunners, going most weeks. I would run/walk the summer hills, and then, 'listening' to my heart monitor, run/walk the winter flat races. But with the running festival looming and my first-time entrant daughter demanding I do the 10k, I decided the week before the running festival to try running all-the-way. Of course, I improved. The handicapper didn't notice, so I got a pretty good handicap, starting alongside people I could beat by about 2 minutes.

Then, there were the trains. It pays to have friends in QR. Two trains came through between my two crossings – I understand that some of the back markers were held up a bit. Sorry about that. All is fair in love, war and running. Of course I knew that the fleet-footed would be bearing down on me. I had planned for an asteroid to wipe out the vicinity of the golf club just after I passed, but I didn't need to call in on that friendship. I trusted my inner-strength and stamina (and the work of the handicapper – ask Michael who employed him all those years ago!) to get me across the line in front of them all.

So, perhaps goal-setting can be beneficial. Though I think such conspiring is going a bit too far. I prefer the general goal. Enjoy it all and it will keep you healthy as well as happy.

As for handicaps – yes, they are beneficial too. They give the 199 'other' runners a go – a chance to get their name on a shield. And they tell us why our club is the best in Australia. It's because we care about all 200 or so of us – not just the ones up the front. For which I thank you all, especially those of you up the front.

Thank you Townsville Roadrunners for 28 great years (so far) of keeping me happy and healthy.



Bob with Betty,
previous winner of the
Handicap race.



Rolling Thunder

On Sat 26th October, Townsville Road Runners will conduct the annual Rolling Thunder Run 23k from Paluma to Hidden Valley Resort. Starting in rainforest at Paluma, there is a slight, slow climb for about 6/7k to the Top of the Range (1000m) then an undulating descent to Hidden Valley (600m). Bitumen now covers all but the final 5k.



After leaving the rainforest, you enter a eucalypt forest of very tall straight gums, then descend to the drier, hilly scrub around Hidden Valley as the sun goes down. This is a terrific course through some remarkable country.

This event began in 2000 as an out of season run to keep the legs ticking over, with a few coldies and entertainment afterwards - not much has changed. There are no prizes or category winners. Everyone gets a time. The overall male and female winners have their name and time recorded on the timber slab trophy residing in the bar at the resort. It is competitive and the best runners want to be recorded on that trophy.

So that we all arrive before dark - we have a walkers start at 2.00pm, a slow runners start at 3.00pm and the runners and relay team start at 4.00pm. Teams can be 2,3 or 4 with a vehicle to carry the team. There are water-stops each 5k.

The idea is to initially drive to Hidden Valley, organise accommodation or tent and catch the bus back at 1.20pm, 2.20pm or 3.20pm. If you leave a vehicle at Paluma a bus departs the Resort at about 7.00pm. Allow at least 2 hrs from Townsville.

Showers are available and BBQ meals can be purchased from the Resort starting about 6.00pm. Cabins are booked through me, camping and race entry fees are paid at the start. The bus is \$5.00 per trip.

We have Tess Shore - a great entertainer booked this year. Whether you dance, play pool or just chat it's a great night.

Breakfast is available from the resort or cook your own on the BBQ before driving home.

If you drive home after the run - make sure you have some food onboard, there is not much open till you get back near Townsville.

As the Resort is a licensed premises, private supplies of alcohol are not permitted on the property.

Many TRR members regard this as the best course on the TRR calendar (you will understand why). There are still a few cabins left. Please contact me for further information .

Contact Brian Armit (0408 060908) or brianarmit@bigpond.com for more details or to book accommodation. Accommodation is "first in best dressed" with TRR members having first option before the event is more widely publicised.



Thanks and stay fit
Brian



News from Sonja Schondfeldt-Roy

Thought I should finally get around to sending you some pictures for the newsletter of our latest little addition Ziggy (though he has grown substantially since these pics were taken)!

Although I wasn't able to participate in the Running Festival this year, I had my own "marathon" a couple of days later - Ziggy was born at 6.40am on the 7th of August weighing 8lb. Happy to say I'm back running already and loving it! I'm really looking forward to building up my fitness again. Fingers crossed morning feeds will speed up and we'll get more efficient at getting 2 kids out the door and one day soon be able to make it to Roadrunners.



TRR Junior Year

This year TRR had 27 registered junior members. The club offered 15 junior races throughout the year and conducted a 3 race Cross Country series for northern region schools during April/May. From these races and the Interschool and Interzone races, nine TRR juniors were selected to represent Nth Qld at the State Cross Country Championships in July. The following were included:- Tayla Clifford, Ethan Coope, Chelsea Gerrard, Jacob Krayem, Matthew Maguire, Isabella Oxley, Richmond Sense, Keegan Sutton-Baker and Dominic Tonner.



TRR Junior Dominic Tonner leads the way in 2013 Dash for Cash

I'd like to specially thank John Nuttall, Liz Maguire and the other TRR member parents who regularly assisted with these cross country races. Gerry Maguire is getting junior coaching underway and has already assisted several juniors throughout the year. Thanks also to anyone who has assisted on a Saturday morning.

About 8k inaugural editor Nina Schultz has been in the wars recently. All the same, Nina has been keeping up with the news and really enjoyed the 40th anniversary booklet beautifully compiled by another previous editor Lia Johnson. Please send all your love and best wishes Pete and Nina's way.



Run the Great Whitsunday walk race report by Simon O'Regan

Having wanted to do this run in the past and either being injured or away, I finally got the opportunity to compete this year. I am not sure what I looked forward to the most, was it the tough challenging run or the opportunity to see grown men howl like wolves and ladies cry like cougars at the after party. Either way when I signed up just after the running festival I was looking forward to the day.

I had a pretty good base from the ½ marathon and dedicated the 7 weeks before the event to increasing the length of my long run up over two hours and including some hills. Most of my training was done on the Town Common - a magical place to run. I can't believe I don't see more TRR out there, as in my mind it sure beats the pavement every weekend and your body will thank you for it. Whilst the going was slower I started to include the Radar loop and Mount Marlow to prepare mind and body for the hills. Mid-way through my preparation there was a perfectly timed run at Paluma put on by Outer Limits. It served its purpose and gave me two and a half hours on my feet as a fast finish long run. Kudos to Outer Limits for putting on these trails races as anything that gets people off their bums and exercising is great, and for a variety of reasons trail running seems to be taking off as everyday runners look for new challenges.

Despite a minor ankle sprain which only cost me a couple of days, training progressed almost without fault until on the Wednesday of race week my lower back seized up and left me half bent over for 48 hours and doubting if I would make the start line. Thanks to some TLC from my wife and a brutal massage from my masseuse it eased up with 24 hours to spare but it was with some trepidation I made the start line in Airlie Beach.

Registration and the bus ride to the start were smooth and receiving a 'hoodie' was a welcome change to the numerous race singlets we runners seem to collect. Three port a potties took an absolute beating as everyone shed a few extra grams before the 8.30 am start. As I warmed up and got some confidence that my back might last 2+ hours I looked around at the gorgeous trails and tracks we were about to negotiate. My knowledge of the course was pretty much limited to the stories I had heard from others about being pretty quick for the first 7-8km and then rolling hills followed by the big one at 24km. I tend not to get too fussed about hills as a run of this duration is about fitness and I was confident that I had the condition to pace myself and achieve my target of for between 2.15 and 2.30 hours.

With the temperature rising, we set off at 8.30am and to my surprise despite what I thought was a cautious start, I found myself alone out front from just after 3km. My plan from that moment was to keep my HR at about 80-85% and keep the pace solid so that anyone coming back on me later in the race would have to earn it. The first drink stop was passed with no issues at all despite the climbing temperature; although the cover of the canopy made it tough to know where the competition was. I kept on my way and started to hit the rolling hills which ensured that no matter how comfortable I was on the flat or downhills, the HR was now spending a considerable amount of time above the 'red line'. I felt really good for the first hour but hit the first substantial climb leading up to the 2nd aid station. It was about now, some 50 minutes in I was thinking to myself "If heartbreak hill is at 24km and it is the highest point on the course, then I am in for a long day". I had managed to keep the pace solid and cover the first 14km in just on an hour so knew that with my anticipated finishing time being well over two hours, the next ½ was going to be tough. As soon as I turned the corner just after 14km I hit another steep hill which slowed me to a brisk walk. I figured that the pace I was walking was as fast as I could run, so was not too concerned at this point.

By this time my GPS had failed me so I was grateful for the well-marked track which for the most part was a delight to run on. Mostly smooth under foot and only the odd trip hazard made worse by the growing levels of dehydration and the heat. The SES that manned the aid stations were brilliant and much appreciated and I





Simon at the presentation with winning female Erin Pearce

took time at each station to quickly take on some fluid and sport drink. I probably did not take on enough as each time I stopped I feared I was being caught and thus probably only took on just over ½ a litre for the entire run which was a mistake, but does explain my feeling at the end. By the 20km mark I was making a habit of trying to power the first part of any hills and then walking when I was struggling to breathe. Unfortunately the breathing part was becoming more and more frequent as the hills and downhills took their toll. My legs were starting to feel the effects of the downhill by now and I also felt my sweat-drenched socks scrunching up at the front of my shoes. I stopped once to try and pull them up but started to cramp so thought better of it. The rest of the run would have to be done knowing that some decent blisters would form by the finish.

I continued to look at my watch as the KMs passed and as I hit the big hill I knew that I just had to get over the top and I would be hard to catch. One more brisk walk and I came over the top still oblivious to where the next runner was but determined to not be caught at this stage. I recall being told about the steep downhill to finish and this was becoming the toughest part of the day. Tired, dehydrated and now trying to keep control over 2-3km of steep downhill...the legs were saying stop but the mind was saying 'not yet, soon'.

As I came out of the canopy I was confident I had enough of a lead to cruise in towards the finish line. One last look on the only straight piece of road confirmed no one was in sight and I was relieved more than anything as I did not have much left and was happy to jog the last 2km home.

As I crossed the finish line in 2.14.56 I was pretty chuffed but well and truly running close to empty. After getting my shoes off and realising I had run the last 8km with both inner soles scrunched up under my toes I happily fell into the lagoon and started the process of getting enough fluid on board ready for the after party that afternoon.

I was well and truly gassed and whilst I enjoyed the run I made a few errors with hydration and nutrition which gives me the confidence I can go under 2.10 next time.

Unable to sleep at all post-race I cracked a beer at 3.30 and headed off to meet the TRR crew for some well-earned beverages. They went down better than the GU's during the race and a fun time was had by all at Cactus Jacks for dinner.

Well done to all of the large TRR contingent that made the journey south and a special mention to those that managed to crack their own PBs on this course – a great feat no matter what your ability.

A word of warning for those thinking about doing this race in the future – ensure you have close to the same fitness required to run a marathon and be prepared for 1-2 weeks of easy running in the weeks following as the downhill is brutal on your legs.

With the TRR season done and dusted, it is now time to evaluate what you have achieved this year and make plans to improve next year. After two + years of limited running due to injury I have had a blast this year working my way back to full fitness and look forward to making more progress in 2014. The racing with the younger runners coming through has been great and is bringing some good depth back into the club.

I look forward to a beer with you over the coming weeks at the various end of season festivities.



Townsville group winners from left: Erin, Jenny, Jo, Ian, Simon and Phil.



The New Journey by Brian Armit

When I hear the phrase “bucket list” mentioned I think of age – old age, the time when people start to think that they had better start getting some order to whatever tasks they want to achieve or complete before they get too old to complete them. It may be destinations to visit, personal achievements, tasting every beer at Dan Murphy’s or whatever.

With my hair colour quickly progressing past grey toward silver I’ve recently thought I had better get my “bucket list” together, and as a person who has loved distance running since school my “bucket list” obviously involves running. Over the years I’ve run several of the Australian city marathons – so I aim to complete the rest plus a few other major Aust/NZ races. The better the holiday destination the more chance it will have of being added to the list. A couple a year over the next 5/6 years is the plan.

The last marathon I ran was Canberra in 2003 – the year bush fires wiped out all the surrounding bushland and many suburbs. I remember donating to the appeal with my marathon entry. For one reason or other my running legs have not seen much action in the past decade. To convince them to get cracking again has been an interesting journey in itself. As the couple of times that I have run in recent times – I had my share of knee niggles etc.

I actually began my running regime in September last year as I had entered the 5k at the Melbourne Marathon Festival – I was supposed to be able to finish in under 27 mins to enter – no way but I gave it a shake with coach Pete on the day. I live near the river these days and began trying to run the loops – I reckon it took 3 weeks before I could jog the 5k loop without walking. You know how it is when your legs feel like tree trunks and your fillings rattle with each step. To get to within 2 weeks of 42.2k has been a journey.

Without going into too many details this journey has been another great running experience. It is amazing how the rhythm and bounce returns to the old legs – and the fillings settle down. That feeling of having cracked 20, 25 and 30k for the first time again is very satisfying. Though I’m still not a big fan of the 30k+ training runs. Maybe I’ve progressed from 20k to 30k+ too quickly but that’s too bad as I’m not able to spend that much time training these days. This regime has differed from the past in that I now live in a new area. I once knew every k marker in any direction – my current courses are of length unknown or a guesstimate and this time I’ve done many longer runs based on time only. I haven’t bothered to clock them and don’t own a GPS. It’s just so low key now compared to the past, I listen to my body more as well.

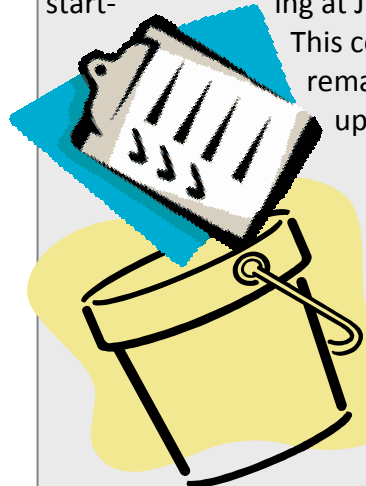
When once I’d always train along the major roads, I’m now extensively using the river tracks, the Uni and Douglas MTB tracks (aren’t they good value?). But one old favourite route remains – the 11 hills in 11k, now starting at Julietts on The Strand from 5.30am Tuesday morning, it takes in all the lower hills.

This course has been used in various forms since the 70’s and offers a great workout, it remains basically unchanged. Anyone wanting to learn the course should just rock up..5.30am sharp.

My aims for these future running adventures have changed from once being time/performance oriented to a participation orientation – with a small personal time challenge on the side, and the mandatory rehydration period afterwards....some things never change.

I’ll submit the result in a later edition – whatever the outcome. I’m sure there will be a story of one form or other....the Melbourne weather, the 8000 starters, The MCG, who knows.

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