

DISTANCE RUNNERS CLUB OF S.A.

(Affiliated with the South Australian Amateur Athletic Association Inc.)

ROAD and CROSSCOUNTRY RUNNING

The Festival City Marathon,
P.O. Box 388,
UNLEY, S.A. 5061

25th June, 1979

Dear 1978 City-Bay Runner,

I am writing to inform you of the First Annual FESTIVAL CITY MARATHON, 42.2 km. from Gawler to Adelaide, which the Distance Runners' Club will be conducting on Sunday, 7th October, 1979 of the Labour Day weekend. You have probably heard about the event informally already.

The FESTIVAL CITY MARATHON will be an event to remember, alongside the Melbourne Big M Marathon and the large entry marathons of Boston, New York and Honolulu. The State Government and Labour Day Celebrations Committee are giving support to the event and our two major sponsors are QANTAS and CHANNEL 7.

Until recently, marathon running has been an exclusive sport for an elite groups of distance runners - not any more! Last year in the U.S., over 50,000 people completed a marathon many of whom had only taken up running within the past 12 months. It is a challenge for any person just to enter a marathon and to undergo the training to be able to finish.

For most starters, finishing the FESTIVAL CITY MARATHON will be the major personal achievement. However, as an added incentive, every finisher in less than 5 hours will have two chances to win a QANTAS trip to the Honolulu Marathon in December, 1979. There will be many other prizes drawn at random for finishers.

Running a marathon should not be taken lightly. If you are considering entering the FESTIVAL CITY MARATHON, you should undertake adequate training in the months prior to the event. If you are a regular jogger/runner of 20 to 30 miles a week, you have the basis for starting a 3 month programme to complete a marathon.

To assist people in their preparation, the Distance Runners' Club is holding a series of TRAINING FORUMS, Sunday evenings, 7.00 p.m. to 8.30 p.m., 29th July, 26th August and 30th September, Room 1004, Adelaide CAE, Kintore Avenue.

As well, all entrants receive, on registration, a copy of THE FESTIVAL CITY RUNNER, 1979, containing articles on training schedules, medical advice and local resources.

I have enclosed an entry form and encourage you to enter now if you intend to run.

Sincerely,



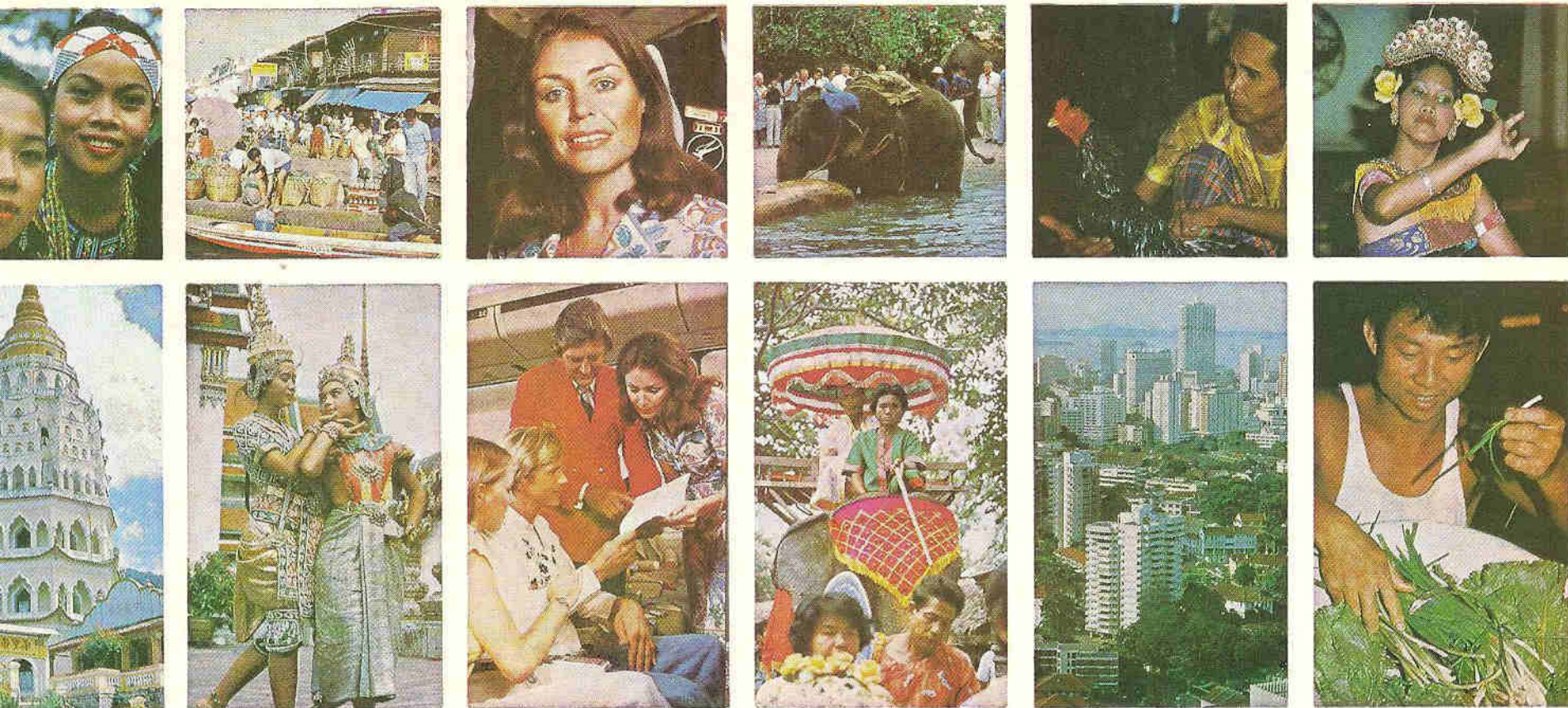
BRUCE ABRAHAMS

Convener, Marathon Organising
Committee.

P.S. Come to the next Training Forum:

29th July Medical Advice for Marathoners.

Includes a film featuring Dr. G. Sheehan & discussion by Dr J. Brotherhood.



QANTAS 

12th July, 1979

Dear Festival City Marathon Entrant,

The 7th Annual Honolulu Marathon is scheduled for Sunday 9th December, 1979.

The run is over the full Olympic distance of 26 miles 385 yards. It is a people and family race, while at the same time catering for the serious competitor.

Qantas in conjunction with Jetabout Holidays have arranged two special tours for people who wish to attend this race.

DEPARTING 5 December Holiday QH 302M 10 Days \$820.00 per person sharing twin.

DEPARTING 30 November Holiday QH 303M 15 Days \$954.00 per person sharing twin.

These two tours are designed to allow time in Honolulu before the race so that you can take part in the pre-race activities. There is also ample time after the race to enjoy yourself sight-seeing, getting a suntan and relaxing on Waikiki Beach. In Honolulu, your hotel is the Princess Kaiulani, which is ideally located for all activities.

Holiday 303 visits, Hilo, Kona and Maui as well as Honolulu.

Should you require further information on these special tours, please contact Peter Mead at Qantas, phone 51 7855 or Bruce Abrahams, Convenor Marathon Organising Committee. Phone 294 3248.

Entry forms are available from Qantas. 51 7855.

Best of luck in the Festival City Marathon, see you in Honolulu!

Prices quoted are from Melbourne and subject to change without notice.

The South Pacific Group inclusive tour fare applies to both packages. (\$50.00 deposit — balance 45 days prior to departure).

BOSTON — BOSTON!! Considered the ultimate for the Marathoner: we are also contemplating a group departure to coincide with this great event — are you interested?

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ROAD and CROSSCOUNTRY RUNNING

FESTIVAL CITY MARATHON,
P.O. BOX 388,
UNLEY. SA. 5061.

Dear Marathoner,

This letter confirms your entry to the first Annual FESTIVAL CITY MARATHON on Sunday, October, 7th, 1979.

Enclosed are :-

- i) a copy of FESTIVAL CITY RUNNER 1979 containing articles on training advice and information of local resources. Additional copies are available at a cost of \$1.
- ii) discount vouchers for your next 3 purchases at The Athlete's Foot.
- iii) a discount card worth 10% from all purchases at CITY BOOKS.

If you have bought a T-Shirt, it has been sent by separate package.

Please note the following details :-

1. RACE NUMBERS

All entrants must run with their race number pinned to their chest. Race numbers can be picked up at the Sports Administration Centre, 1 Goodwood Road, Wayville 9.00 - 5.00 from October 1st - 6th, the week prior to the Marathon or numbers can be collected at the start from 7.15 a.m. on October 7th.

2. TRAVEL TO GAWLER START

As noted on the entry form, entrants are expected to find their own way to Gawler Princes Park. If you indicated that you wished to use the limited transportation available from Adelaide please be at Victor Richardson Drive, (Adelaide Oval) ready to leave at 6.45 a.m. sharp.

3. TRAVEL FROM FINISH TO GAWLER

There will be limited transportation from the finish back to Gawler after the run leaving around 2.00 p.m. Please contact Phil Afford, 259812 as soon as possible if you require this.

4. TRANSPORT OF GEAR FROM START TO FINISH

There will be bags at the start for runners to have their gear transported from the start to the finish.

5. THE START

8.00 a.m.

To enable the minimum of congestion at the start, please place yourself in the start roughly according to the time you expect to finish, with 5 hour runners at the rear.

Experienced runners expecting to complete the run in less than 3 hours have been allocated low numbers and will be at the front of the start.

NOTE :

Aim to get to Gawler by 7.30 a.m. at the latest to enable yourself adequate time to park, collect numbers, warm-up, drink (water will be available), get to toilet (plenty available), change, pack gear, line up etc.

If you have your number, you do not need to sign in.

6. AID STATIONS

Drink stations will be placed every 5 km along the course with water and fruit juice drinks.

Sponge stations will be placed between drink stations.

St. John Ambulance will be located at each drink station, at the start, at the finish and in a mobile unit along the course.

7. Provision has been made for runners who drop out of the run to be transported to the finish area.

A vehicle will travel at the rear of the field until all runners have completed the run.

8. Times will be called every 5 km.

9. FINISH

All runners will pass through a chute to enable their time and competitor number to be recorded accurately.

The finish area will have :-

- i) St. John Ambulance and Medical Staff under supervision of Dr. John Brotherhood.
- ii) Podiatrists from the Australian Podiatrists Association to attend foot problems.
- iii) drink stalls.
- iv) toilets.

There is plenty of room for picnics. As well, in Elder Park there is an Asian Food Festival.

10. DRAWING OF PRIZES

The presentation of prizes to the first man and first woman and the drawing of major prizes will commence at 1.15 p.m.

Everyone who finishes in less than 5 hours has an equal chance to win the major QANTAS prizes and many other prizes randomly drawn.

11. QANTAS MAJOR PRIZES (Note Change)

2 prizes of :-

Overseas travel (not U. S. A) of \$835 each with interstate connection by ANSETT.

Other prizes include running shoes, sports bags, restaurant vouchers etc.

12. THE COURSE

A map of the course is printed in the FESTIVAL CITY RUNNER.

Runners must obey at all times the direction of South Australian Police who will be supervising traffic throughout the run.

Good running,

Bruce Abrahams

Bruce Abrahams,
CONVENOR, MARATHON ORGANISING COMMITTEE.



P.O. Box 388,
Unley, SA. 5061.

September 14th, 1979.

TWO GREAT PRE-EVENT ACTIVITIES

Sunday, September 30th.

7.00-8.30p.m. Final Training Forum, "The Week Before The Marathon. Don't Blow It Now!" Adelaide CAE, Kintore Ave., Room 1004 (10th Floor). Donation .50¢ Panel question/answer discussion with experienced marathoners.

Friday, October 5th.

From 6.30p.m. CARBOHYDRATE LOADING special dinner at Adelaide Juventus Sports and Social Club, Olympic Sports Field, Kensington Park.

Huge bowls of your choice of Spaghetti, Ravioli, Lasagna or Canneloni with bread rolls and salad. \$4.00 Adults, \$3.00 Children (Under 12) Drinks extra, available at the bar. Meals served 6.30 - 7.30p.m. and stay as long as you like.

Bring your family and friends for a great informal feast. But space is limited. So it is essential you ring the Sports Administration Centre 272 8844 by Wednesday, October 3rd to tell them if you are coming and how many. Pay at the door.

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DISTANCE RUNNERS CLUB OF S.A.

(Affiliated with the South Australian Amateur Athletic Association Inc.)

ROAD and CROSSCOUNTRY RUNNING

Festival City Marathon,
P.O. Box 388,
Unley, SA. 5061.

September, 14th 1979.

Dear Marathoner,

Enclosed is your runner number and sticky label for the first Annual FESTIVAL CITY MARATHON on Sunday, October 7th, 1979 of the Labor Day weekend. Please note carefully the following information :-

1. RUNNER NUMBER AND STICKY LABEL

The number is to be pinned by all 4 corners to the front of your T-shirt or singlet with the sticky label pinned to one corner. (The sticky label will be removed at the finish by finish officials). PLEASE ENSURE THAT YOU RUN WITH YOUR NUMBER AND STICKY LABEL.

2. THE STARTING AREA

Princes Park, Gawler, approximately 1 km due west of Murray Street, the main street. There is adequate parking in the vicinity, but make allowance for several hundred vehicles converging to the one spot.

3. ARRIVAL AT THE START

Please, aim to arrive at the start by 7.15a.m. There are adequate toilet and change facilities (but be prepared to wait a few minutes) THERE IS NO NEED TO CHECK IN AT THE START.

4. BUS TRANSPORT TO THE START

For those who indicated on their entry form, buses will leave Adelaide Oval, Victor Richardson Drive at 6.45a.m. sharp.

5. GEAR BAGS

Plastic bags will be available at the start to enable your clothes to be transported to the finish.

6. THE START. 8.00a.m. SHARP

Runners will be marshalled to the start at 7.45a.m. Runners with numbers less than 200 are aiming at times of less than 3 hours 10 minutes and will be placed at the front. All other runners ARE ASKED TO PLACE THEMSELVES IN THE STARTING PACK ACCORDING TO THEIR ESTIMATED FINISH TIMES with 5 hour runners at the rear. This will ensure an orderly start and will benefit all runners. (NOTE : Indications are that there will be from 800 to 1000 runners starting).

7. THE ROUTE

A map of the route is printed in the Festival City Runner. From the start, proceed north for a few hundred metres along Victoria Tce., to Murray Street at which turn right and run to Adelaide initially along Main North Road through Smithfield and Elizabeth to turn left at Smith Road, Salisbury to Bridge Road, Briens Road, Hampstead Road, Main North East Road, turn right along Nottage Tce., to join Main North Road again, O'Connell St., King William Road, Victor Richardson Drive, to finish at the gates of Adelaide Oval.

Runners will be running in a closed lane on the left side of the road until Smith Rd., at which they will run on the right side (against the traffic) until Nottage Tce., and Main North Rd., where again they will run on the left side. Runners will again run on right side from O'Connell St., to the finish.

Runners will be under direction of the S.A. Police at all times who will be supervising traffic throughout the event. Police will attempt to give runners priority at intersections, but all runners must take due care, in particular at unpoliced intersections and during the latter stages of the race when runners may be widely separated.

8. DRINK STATIONS

Drink stations will be placed every 5km at which water and dilute fruit juice are available in cups. DO NOT PASS A SINGLE DRINK STATION without stopping and drinking a cupful. This is vitally important on a warm day.

9. SPONGE STATIONS

These will be placed mid-way between drink stations.

10. TIME CALLS

Time will be called every 5km (just before each drink station). IT IS STRONGLY RECOMMENDED THAT YOU HAVE YOUR OWN PACING PLAN. (See the Festival City Runner for a pace chart).

11. MEDICAL AID

St. John Ambulance will be in attendance at the start, at each drink station and at the finish under the supervision of Dr. John Brotherhood, the Medical Director for the event.

IF YOU ARE BADLY DISTRESSED AT ANY TIME IN THE RUN, PLEASE PULL OUT. IT IS NO DISGRACE. THE MARATHON IS AN EVENT THAT EVEN SEASONED DISTANCE RUNNERS DO NOT FINISH ON OCCASIONS FOR ANY OF A SCORE OF REASONS. THERE IS ALWAYS NEXT YEAR!

Provision has been made for runners who pull out to be transported to the finish. As well, a bus will travel at the rear of the field from start to finish.

12. THE FINISH

The finish line is the Victor Richardson Gates of Adelaide Oval. Runners will pass into a chute before the finish. RUNNERS MUST REMAIN IN THE CHUTE AFTER THE FINISH UNTIL THEIR STICKY LABEL HAS BEEN REMOVED.

Times will be displayed continuously on a notice board in the finish area.

The S.A. Cricket Association have generously made available facilities for runners and spectators at the finish. Runners will have use of change and shower facilities in the grandstand area. A canteen will be open for food and drink. There will be a first aid tent near the finish. It is planned that all finishers will be photographed finishing and will be able to purchase photos later.

13. PRIZE PRESENTATION AND LOTTERY

This will commence at 1.15p.m. All runners finishing in less than 5 hrs. are eligible for the 2 major QANTAS prizes and many others donated (a list will be available on the day).

Finish certificates and race result booklets will be posted approximately one month after the event.

14. TRAVEL FROM FINISH TO GAWLER

There will be limited transportation from the finish back to Gawler after the run leaving around 2.00p.m. Please contact Phil Afford 259 812 as soon as possible if you require this.

Finally, some advice from the Honolulu Marathon Clinic which has trained around 10,000 people to finish their first marathon, "ALWAYS ALWAYS keep in mind that the two most debilitating mistakes runners make are running out too fast and ignoring water stops".

ALL THE BEST !!

Bruce Abrahams, Convenor, Marathon Organising Committee.

Phil Afford, President, Distance Runners' Club of S.A.

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MARATHONS ARE FOR YOU

By PETER HAYNES

Former Australian running star Alby Thomas believes anyone with a reasonable level of fitness should be able to complete a marathon run.

Thomas, 44, a former world champion middle distance runner, is one of the latest entrants in the inaugural "Festival City Marathon" from Gawler to Adelaide on October 7.

He said yesterday that marathons were not the "bogy" they were made out to be.

"With the recent upsurge in running, the mystique has gone from the marathon," he said.

"Anyone with a reasonable fitness program should get through, but it's still a good challenge."

Thomas once held world records for two and three mile events and represented Australia in the 1956, 1960 and 1964 Olympic Games.

He also was one of the early sub-four minute milers, with a best time of 3 minutes 58.3 seconds.

A keen advocate of community "fun-runs," he was an entrant in the Honolulu Marathon in December, running the 40 kilometres in two hours 49 minutes to finish 97th in a field of 5000.

"I wasn't prepared for that race, and I won't be prepared for the Adelaide run," he said.

"I've got past the stage of training hard and putting the necessary hours into it.

"If I can finish in under three hours, I will be happy."

He said he was running about 80 kilometres a week.

The Festival City Run has so far attracted more than 600 runners and organisers are confident about 800 will start.

The convenor of the Marathon Organising Committee, Bruce Abraham, said the run was already the second biggest of its type in Australia, behind Melbourne's "Big M" run.

The marathon will begin at Princes Park Gawler, and finish at the Victor Richardson Gates at the Adelaide Oval.



ALBY THOMAS

Qualifying times upset by rain

BATHURST — Rain at the tricky Mt. Panorama circuit at Bathurst yesterday caused qualifying for tomorrow's Hardie-Ferodo 1000 touring car race to degenerate into a desperate sliding match.

**MOTOR
SPORT
Edited
by Bob
Jennings**

As the light rain became heavier the track suddenly became even more difficult when yet another of Allan Moffat's Falcon engines blew, spreading oil over much of the track.

Moffat had an engine break during practice on Wednesday and another

His team manager John Sheppard was unhappy about the decision which means Harvey will start from 11th place on the grid and behind Moffat whose short practice qualified him only to be in 22nd spot.

Big field for 'fun' marathon

Almost 700 runners have nominated for the Festival City Marathon from Gawler to Adelaide on Sunday.

Organisers say this number could swell by as many as 200 before the inaugural 42.2 kilometre run starts.

Convenor of the marathon organising committee Bruce Abraham said last night he had been pleased but not surprised by the response.

"We based our estimates on what the Melbourne marathon attracted in its first year," he said.

"They had about 3000 in the first year, and we're about as third as big as Melbourne."

He said a disappointing aspect had been the lack of women runners of which only 24 had nominated so far.

The race will begin at Princes Park, Gawler, at 8 a.m. and late entries will be accepted from 7 a.m.

The run will follow the Main North Road, Bridge Road, Main North East Road and O'Connell Street to finish at the Victor Richardson Gates at the Adelaide Oval.

The event is being billed as the second biggest marathon in Australia, behind only Melbourne's "Big M" run.

Early favorite is Adelaide's Grenville Wood who is expected to finish in about 2½ hours.

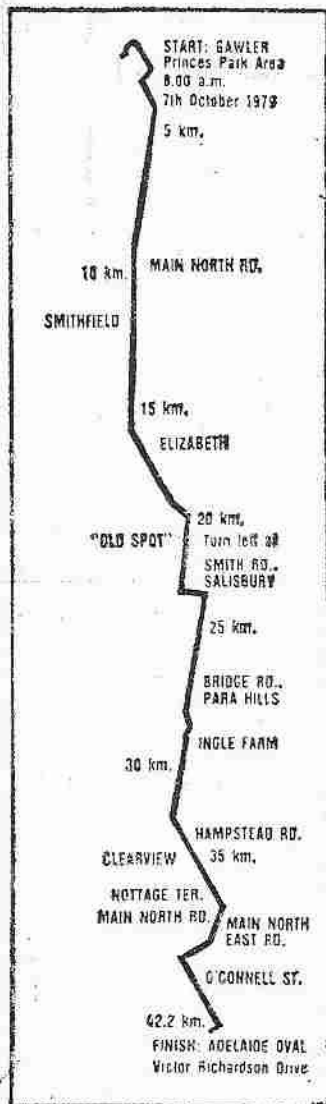
The first woman to finish is expected to be Jan Dobbie from Whyalla.

The outright winner will be presented with the Labor Day Festival City Marathon Perpetual Shield by the ACTU president Mr. Bob Hawke.

Special "thirst aid" stations have been set up at five kilometre intervals.

Buses have been provided to take runners to the start at Gawler. They will leave the Adelaide Oval from 6.30 a.m. on Sunday.

Baseball



the knee had been packed in ice, but it was too early to say how badly it had been damaged.

He said if Ketterling was unfit to play, Harvey Hicks would start as pitcher in the game against East Torrens.

Ketterling was imported from Oregon City, US, early this year to help overcome a lack of depth in the West Torrens attack.

East Torrens has named young Wayne Brooks as catcher in tomorrow's game.

He will fill the gap left

Adelaide has looked impressive in its pre-season trials under new coach and pitcher Ian Lobb, and will need to beat Central District if it is to get off the basement of the district competition.

Baseball gets underway with double headers over the weekend. The sides will play another full round on Monday.

Tomorrow's matches (home side first): Glenelg v. Woodville, Kensington v. Sturt, West Torrens v. East Torrens, Northern Districts v. Port Adelaide, Glenelg v. University, Adelaide v. Central District. — PETER HAYNES.

Cycling

Thirty-six riders will compete in the SA school-boy cycling championships at Regency Park on Sunday.

The cyclists, from about 20 SA schools, will compete in two finals — a 12 kilometre under 14 race and a 24 km under 16 race — beginning at 10 a.m.

Amateur cyclists will compete in the SA clubs' team premiership at Freezing at 2 p.m. tomorrow, and at Mount Crawford on Sunday in the Northern Districts championships.

On Sunday, seniors will begin at 9.30 a.m., juniors at 9.50 and juveniles at 10.

Kangarilla will be the venue for the Norwood club's graded mass start at 1.30 p.m. tomorrow.

Hockey

A group of SA hockey players will travel to Renmark at the weekend to compete in the October holiday tournament.

It will be the players' first taste of competition for a month, and clubs will be contesting senior men's senior women's and mixed titles.

The junior grand final matches also will be played tomorrow at the West Parklands, as last week's program was washed out.

Junior grand final — Tomorrow — 1.30 p.m. — U14B (Stn.), Forestville v. Burnside;

Weekend sport previews

Inaugural State championships at the weekend.

The teams will play at Edwards Park, between Keswick Bridge and West Terrace for \$3000 worth of perpetual trophies sponsored by Coca Cola Bottlers.

During the three-day carnival there will be a children's playground, hot air balloon, the Norwood Village Band and extensive catering.

Saturday's events will begin at 10.45 a.m. with a march of massed teams followed at 11 by the official opening by the Minister of Sport and Recreation, Mr. Wilson.

Matches will run until 5 p.m. Saturday, on Sunday 1-5 p.m., and Monday 9.30 a.m.-3.15 p.m., when trophies will be presented.

Surfing

Top Australian surf champion Wayne Lynch will be competing in an SA professional surfing championship at the weekend.

Lynch, rated tenth in the professional surfing world, is one of the 48 junior and open competitors who will surf the three days in either the Victor Harbor or Seaford area.

Victorian Morris Cole and SA's Gery Wedd also are expected to do well in the \$1400 titles.

Pinch-hit homer for victory

BALTIMORE, Thursday — A pinch-hit home run by John Lowenstein powered the Baltimore Orioles to an extra innings 6-3 victory over the California Angels last night in the first game of the American League baseball championship series.