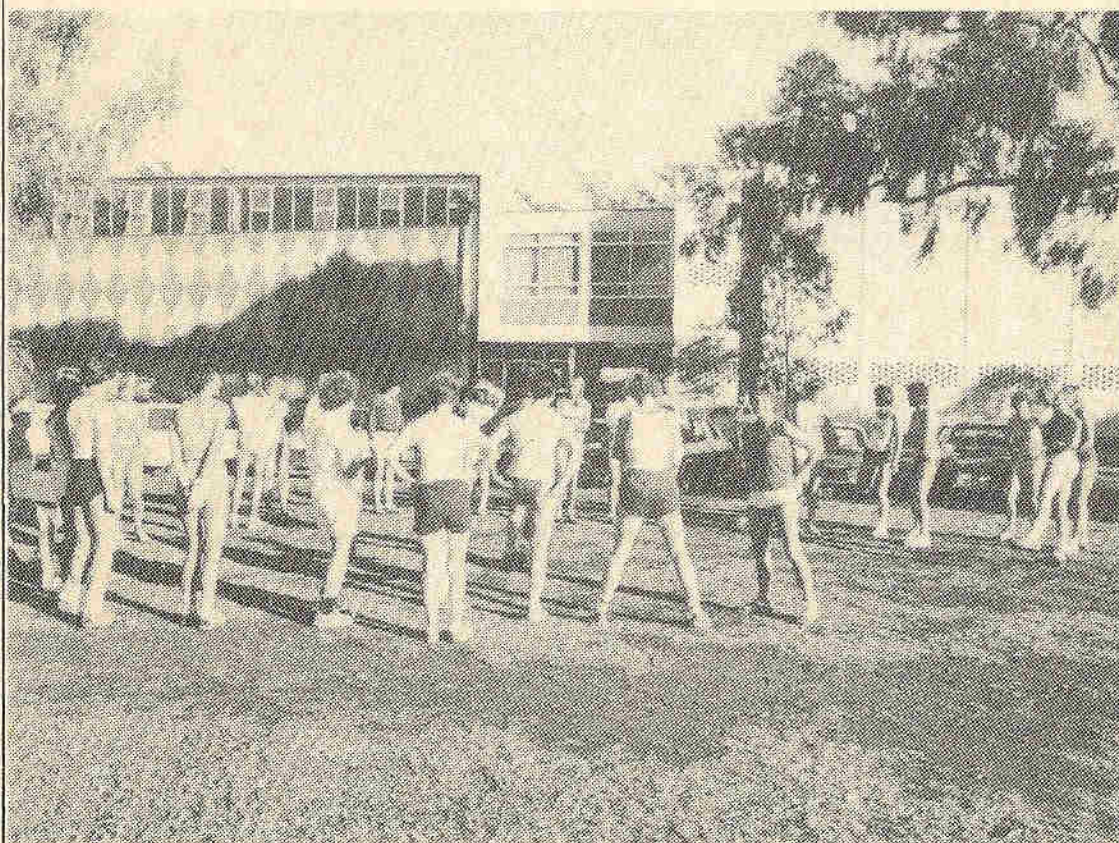


Festival City Runner

APRIL, 1981

JOURNAL OF
THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC.



SARRC Training Clinic Uni Gym Women's Marathon Group (Photo Sue Forth)

Registered for Posting as a periodical
— Category 'B'

CLUB NOTES

First Annual General Meeting

The first AGM of the S.A. Road Runners Club Inc. was held at the Uni Gym on Sunday, February 22 after the Sunday Training Clinics. 102 members attended the meeting which was preceded by a muesli and orange breakfast and ended with celebration drinks. Competition for elected positions was friendly and spirited. Three elections were held for Vice President, Board members and Auditor.

Membership

As at 15 March, 1981, 615 members (attained in 7 weeks). Already, we are one of the largest Road Runners Clubs in Australia.

Logo Competition

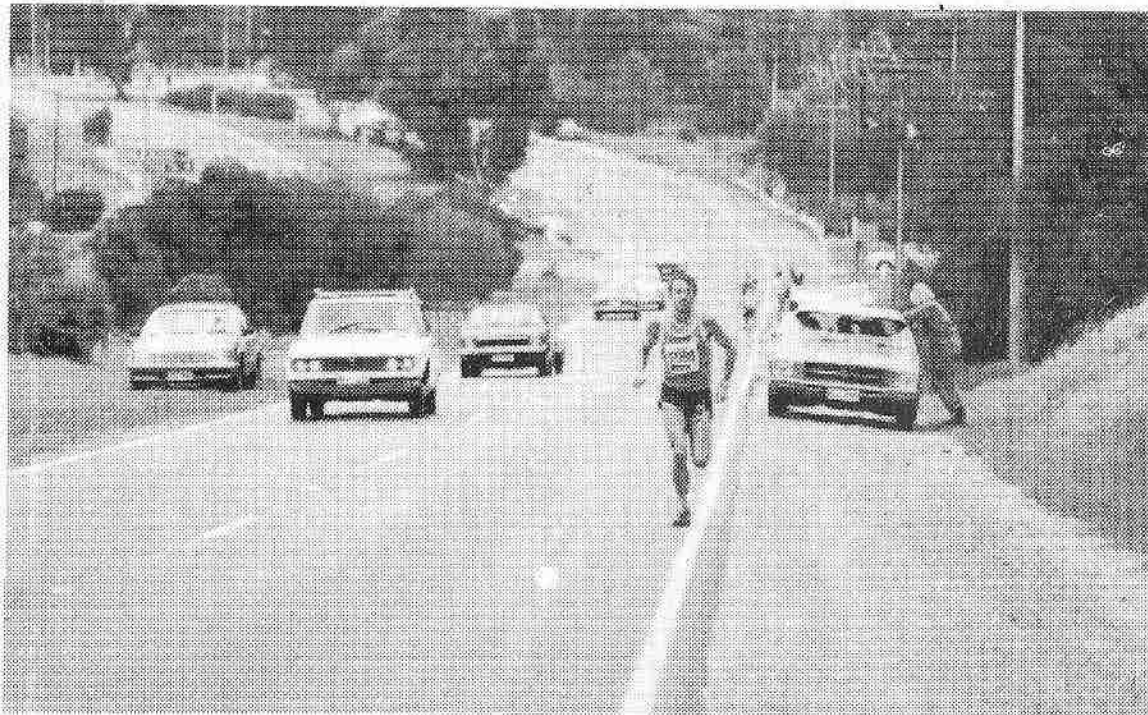
The Board at its first meeting on February 23 announced a competition for a club logo for T-Shirts, Stationery, Publicity etc. First prize is a track suit. Entries to Tony Ashwell, Secretary by April 17.

Instructors Training Course

The 1981 Running Instructors Training Course was conducted from February 4 to April 8, on Wednesday evenings each week. The main objectives of the course was to train more experienced runners to join the 1980 Instructors in helping to organize the Sunday Training Clinics. Twenty-five new instructors enrolled and many "old" instructors attended individual sessions. The course was self-funded and all lecturers gave their time free of charge. Lecturers included Martin Thompson (Exercise Physiologist and top distance coach), Roger Pedrick, Richard Amery, Bill Kutcher (Podiatrist) Bob Bernard, Elva Abrahams and Sue Forth (Community Health Nurses First Aid Instructors) and other runners. The course was organized by the Education and Training Committee co-ordinated by Helen Morris. All participants had to undertake one of three projects — either to help organize the course camp (set May 1 to 3), or to organize a fun run (the first "video" fun run on March 29) or to help set up local running groups.

SARRC Training Clinics

The weekly Training Clinics at the Uni Gym, Mackinnon Pde, North Adelaide recommenced on Sunday January 25. The Clinics are organised by the Education and Training Committee convened by Helen Morris. Several groups have formed: Long run



groups have met at 6.00am, 7.00am, and 8.00am and a womens marathon training group at 7.30am. These groups will meet at 8.00 am (unless otherwise planned) from April. The Beginners group meets at 9.00 am for a short talk followed by an hour's walk, walk/jog or run along the River Run or Park Lands Trails.

SARRC Local Running Groups

The club is encouraging local running clinics to form, particularly mid-week with the help of SARRC Instructors. The first local clinic to form meets at Christies East School Thursdays 5.30 pm. Contact: Helen Morris 381 4467.

First Aid for Runners at SARRC Training Clinics

There is a first aid kit at the front desk of the University Gym. Cold packs are also available for first aid treatment of muscle sprains and strains. First Aid coordinators are Sue Forth and Elva Abrahams who would appreciate hearing from other members who are currently registered first aiders.

Creche at SARRC

The Runners' Creche operates each Sunday at the North Adelaide Playground in the Uniting Church Brougham Place (church with the high tower at the top of the hill). Two capable student teachers are supervising. Hours 7.30 am to 10.15 am (or during the period of the runs). Cost \$2.00/child. Suitable for children under 6 years. Contact: Judy Smith 296 4306

Refreshments after the SARRC Clinic Runs

The Uni Gym sells drinks and muesli bars. Captain Jolly's boat shed sells magnificent donuts, coffee and cool drinks or there's Berties (off Grenfell street) for pancakes (try the buckwheat variety!) Occasionally, the Club will put on muesli and coffee. Any other ideas?

"Let's Go Running" Video

The Department of Further Education Multi-Media Centre have just produced a 25 minute video film plus a printed brochure "Let's Go Running. A Guide for Beginning Runners". It will be released in May and a premiere is being planned after the Sunday Training Clinics. Subsequently, it will be available to schools and community groups through local DFE colleges. Contact: John During 45 9055

Festival City Marathon 2 August 1981.

Race Director, Bruce Abrahams announced that the 1981 Festival City Marathon Course will remain Gawler to Adelaide. However, for the third time, the finish will be changed. This year, the Uni Gym ("home" of the SARRC) will be the finish, necessitating only a small change in the start. Runners will get to the finish from Main North Road just after Robe Tce and turn left into Le Fevre Tce, Brougham Place and then down Frome Rd to the Uni Gym.

The Uni Gym is an ideal place for the finish, with all facilities available. An innovation this year will be an Arnotts Bush Biscuit (uniquely South Australian) a cup of tea and/or Berri juice for all finishers.

Another new award will be "Boston Qualifier Certificates" for all finishers who achieve the 1982 Boston Marathon Standards. The 1981 Standards are:

Male Under 40 years 2:50.0., Male 40-49 years 3:10.00, Male 50-59 years 3:20.0., Male over 60 years 3:30.00, Female under 40 years 3:20.00, Female over 40 years 3:30.00 (1982 Boston standards may change).

Park Lands Trails Survey

The Trails are more than 40 km in length linking most parts of our beautiful Adelaide Park Lands. It is a joint project of the Division of Recreation and Sport and the Adelaide City Council who welcome constructive suggestions regarding the development of the Trails.

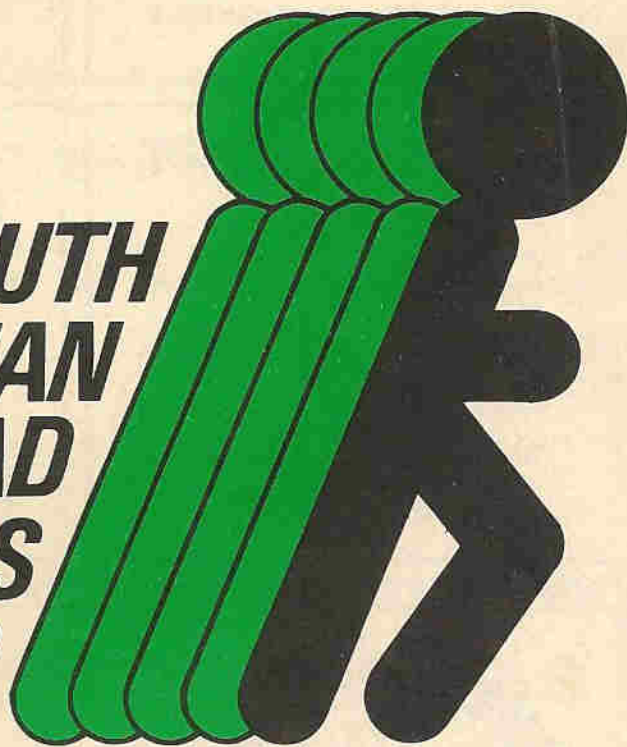
The Club has set up a Park Lands Trails Committee to coordinate use of the Trails by

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***SOUTH
AUSTRALIAN
ROAD
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The Official logo of the Club. Winning entry submitted by Phil Rogers. The full logo incorporates the 5 Olympic colours (red, yellow, green, blue, black)

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FESTIVAL CITY MARATHON

8.00 a.m. August 2, 1981

42.2.km Gawler to Adelaide

Closing Date of Entries July 13

Please don't leave your entry to the last minute. Around 1,000 entries are expected and each requires careful checking and processing. Bulk orders must be made for T-shirts and chest numbers well before August 2. Late entries are time consuming to administer and divert valuable organising time from the thousand-and-one essential tasks that need to be performed in the last few weeks.

Late entries attract a late fee and will only be accepted **in person** from July 14 at the Uni Gymnasium, 126 Mackinnon Pde, North Adelaide.

Pre-event Activities

- July 24 (Friday) **"Don't Blow it Now!"** Training Forum 7.00-9.00 pm. 46 Greenhill Rd, Wayville.
- July 26 (Sunday) **"Officials" Festival City Marathon.** 8.00 am. Gawler (officials only) and **Bus Run.** Bus leaving Uni Gym at 8.00 am. Tickets \$1.00 Annabel Warner by July 19 (see "What's On").
- July 31 (Friday) **SARRC Carbohydrate Loading Party.** 6.30 pm Uni Gym. Tickets \$5.00. Limited numbers. Separate form for booking. Details: Elva Abrahams 294 3248.
- August 1 (Saturday) **Runners' Get-Together** 2.30-4.00 pm Uni Gym. Film, Discussion, last minute info, welcome to interstate runners. Basket afternoon tea.

Volunteer Helpers Needed.

Around 200 volunteer helpers are needed for the start, 12 aid stations and the finish. Aid stations will be staffed by community and sporting organisations, but all will welcome assistance if available (at least 10 helpers are needed at each aid station).

A large number of helpers are required at the finish as crowd marshalls, recorders and officials in charge of T-shirts, gear bags, drinks, coffee etc.

If you can help with any of these functions, please contact Tony Ashwell 255 6588 as soon as possible.



Race Results and Report

The complete list of finishers and their times will be published as a special supplement to the next issue of the Festival City Runner. Note that this is sent to SA Road Runner Club members only.

1982 Festival City Marathon — Major Sponsor Needed

The Festival City Marathon is now an established community fitness event and could not be staged without the support and assistance of a wide range of government, private and voluntary organisations.

Even so, the event is largely self-funded; entrants in the main provide the funds for administering, co-ordinating and staging the event.

However what is needed is much more resources for promotion and publicity. This

includes advertisements in national running journals, newspapers and radio as well as special training guides. Such promotion is costly, but necessary if more people are to know of the event to give themselves time to train.

Potential sponsors are invited to contact: Bruce Abrahams, Race Director, Festival City Marathon, P.O. Box 96, Glenelg 5045 or phone 294 3248.

THOUGHTS OF A NOVICE RUNNER

I'm up and out at 6 a.m.
To greet the clean fresh dawn,
And join that band of fitness freaks
Who run in the early morn.
With wind on face and flying feet,
The miles just melt away.
I get home feeling fresh and fit
And eager to face the day.
But there are days when nought
seems right
And feet are made of lead,

With rubber legs and half-awake
And a 'morning-after' head.
I stumble through to the end of the run,
feeling tired and weak,
And pondering how else to serve
My masochistic streak.
And as I struggle homeward,
A thought comes to my head,
I'll stay in bed tomorrow morn
AND WHIP MYSELF INSTEAD!

Mary Hartley

RUNNING LOG

This is a short description of running events conducted since the last issue of the Festival City Runner. Organisers/Race Directors or SARRC members are invited to submit short items.

VIDEO FUN RUN MARCH 29

Thanks to all guinea pigs — over 100 — who ran in the Video Fun Run.

Why guinea pigs?

Because the run was organised by a group of "beginner instructors" from SARRC's Running Instructor Course with the aim of gaining experience in the organization of a fun run. Sorry to all those who thought they'd run their personal best. The course was short — Actual distances were 4.72km and 9.43km (not 5km and 10km).

CAA WALK AGAINST WANT APRIL 12.

Once again runners supported this popular event which is approximately 28km in length and winds along the Torrens Valley and eastern suburbs. The event was originally promoted as a walk, but has attracted an increasing number of runners each year. Perhaps the organisers could organise a separate runners' division in 1982?

STAWELL MARATHON APRIL 25

Sixteen South Australians entered in the second Stawell AAC Marathon held on a beautiful country course at the base of the Grampians. There were 355 entries. Conditions were ideal. SARRC runners Phil Fechner and Bruce Abrahams ran PB's. The event is strongly recommended for a 1982 tour.

BAROSSA FUN RUN APRIL 25

Stan Lowe (SARRC and Kaiser Stuhl), together with SARRC produced a well organised event which will surely become an annual feature. Two runs were conducted over 6km and 17km hilly courses. Bob Barnard and Desiree Letherby both showed their form to win the long event.

The long and winding road . . .

She is 37 years old, and sometimes thinks that's old enough to know better.

She began jogging 14 years ago in her first year of teaching as an alternative to alcoholism and insomnia. Since then she has run nearly every day, in a dozen different countries and in some most peculiar circumstances.

But this will be her first marathon.

"I figure that you're only here once and then you're a long time dead, so if there's anything you want to try, you may as well try it," she says.

"And I think that in their hearts all runners want to try the marathon."

So on Sunday at 8 am she will line up at Gawler with 90 other women and 820 men. Forty-two kilometres and about five hours later she will run across



**HELEN
MENZIES**

the finish in MacKinnon Parade — or walk, or stumble

She began training for this marathon on New Year's Eve with a midnight run through the broiling heat and beery revellers of Glenelg.

She has trained since then eight hours a week — the

equivalent of a whole working day — through one of Adelaide's hottest summers and coldest, wettest winters.

Her running shoes have the heel tabs hacked off because — along with every other leg injury known to medical science — she has had bruised achilles tendons.

She will wear her hair in a pigtail tied with green string, and on the front of her running singlet is the clenched fist symbol of women's liberation.

For the last fortnight she has trained through the tag-end of flu, her brain awash, her legs on automatic pilot.

She knows that when she finishes the marathon she will be proud enough to burst, but for the moment she is grouchy, exhausted and very, very scared.

She is me—wish me luck.

News, Tuesday 4 August 1981



Helen home

OUR columnist Helen Menzies (above) made it — she completed the Festival City Marathon from Gawler to Adelaide on Sunday in 4 hours 20 minutes, and is now on holidays — arranged before the marathon.

EARLY START TO MARATHON

By PETER HAYNES

The first four runners to finish this year's Festival City marathon will be known tomorrow — a week before the event.

But they will not necessarily be the first four place-getters.

Four of the marathon organisers are running the 42.2 kilometre course from Gawler to Adelaide tomorrow, a week ahead of the main event, and will have their results included with the rest of the field.

Race organiser Bruce Abrahams and finishing line officials Tim Anstey, Mike Bentley and Andrew Chit-

tleborough will be needed on the actual day, so they decided to run the course a week early.

The only difference will be that they will leave Gawler at 7 a.m., an hour earlier than the official race.

They will be joined by runners who are being bussed to various points along the marathon route as part of their training routine.

Nearly 1000 people are expected to run in the marathon.

Abrahams said yesterday there had been about a one-third increase in the number of women entrants this year. About 90 have entered.

Marathon feast before big run

By HUGH POLKINGHORNE

Who would think that two days before a marathon a group of runners would be filling themselves with massive amounts of spaghetti, cakes and ice-cream?

About 100 people at the University of Adelaide gymnasium last night held a "Carbohydrate Loading Party" — all to prime themselves for the annual 42.2 kilometre Festival City Marathon tomorrow.

Second serves were the order of the night as men and women of all ages chatted — between mouthfuls — about the prospects of tackling the third Gawler to Adelaide marathon.

The group believed, as scientific studies have indicated, that filling the body strictly with carbohydrates a few days prior to the run serves as a valuable build-up of energy.

Carbohydrates are the main source of fuel for marathon runners. As one man said last night,

after jogging about 30 kilometres all initial energy is used up and the storage of a carbohydrate known as glycogen in the body can be relied upon to carry the person through to the finish.

More than 900 runners will start from Princes Park, Gawler, at 8 a.m. tomorrow.

The marathon will proceed onto Main North Road, Smith Road, Bridge Road, Hampstead Road to LeFevre Terrace along Frome Road to finish on the parklands outside the University gym on MacKinnon Parade, North Adelaide.

Some will finish in 2½ hours, some 6½ hours but the aim for most is just to finish.

The marathon is being held two months earlier than last year to escape the October heat and so it does not clash with the Big M marathon in Melbourne, Australia's largest community marathon.

And whether the cooler month has anything to do with it, the average age of entrants has lifted to 35 with the eldest runner a 70-year-old.



Pam Bourne, 29, of Hallett Cove (left) and Graham Sutton, 42, of Salisbury Downs are about to tuck into a massive bowl of spaghetti prior to tomorrow's Festival City Marathon.