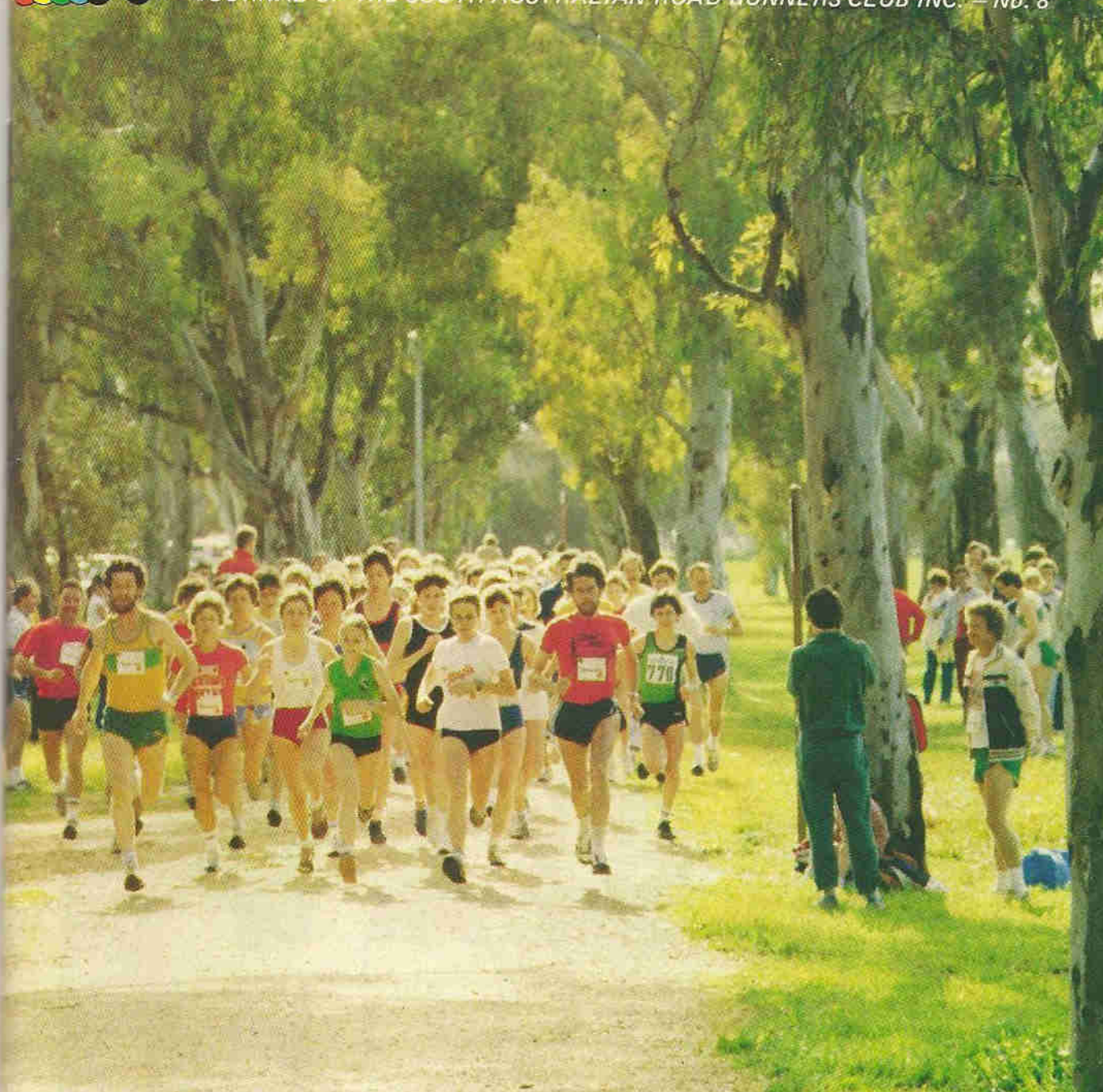




SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No. 8



Everyone Run

Festival City Marathon

Eyewitness Corporate Cup

SOUTH AUSTRALIA

RUNNING

A journal of the

**SOUTH
AUSTRALIAN
ROAD
RUNNERS
CLUB**



No. 8 NOV/DEC/JAN 1983-84

Journal Contributions: Fay Nichols, Bronte Turner, Jenny Dabinett, Barb Hanlon, Sue Forth, Mary Hartley, Bruce Abrahams. **Editor:** Malcolm Simes.

Advertising: SARRC Road Runners, Merry Pearce — 272 8844.

Acknowledgements: S.P. Photographics, Life. Be In It, Sports Promotion Services.

Next issue of South Australia Running is **February**. Deadline for contributions is December 24. Journal is mailed to each member (or family) of SARRC.

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No. SBO 1998.

Cover: The start of the YMCA Couples Fun Run in the picturesque parklands of Adelaide.

Editorial

This Special Christmas edition of *SA Running* is another forward step in the growth and development of SARRC. We intend in future to produce a colour annual each November as a feature of the year's highlights.

Our Journal will return to its normal format in February '84, but for this issue you will notice we have excluded a contacts guide, a medical page, opinion page, up front and other usual articles. I would like to sincerely thank our contributors throughout 1983 and record a special mention to the willing workers who carried the journal from its modest beginning to our present publication.

I hope a later issue can record our thanks more fully.

The Festival City Marathon through its outstanding success has grown to be the flagship of the SA Road Runners. We are justly very proud of the high standard of organisation, the friendly atmosphere, large field of runners and high percentage of finishers. A large content of this issue focusses on the marathon as a souvenir for 1983. It celebrates the last Gawler to Adelaide run; a new course announcement for 1984; and the giant 150th Jubilee planned for 1986.

A warm welcome to all our new members, local, country and interstate and each of the corporate cup runners. May your run into '84 be a pleasant one. Merry Christmas.

Several articles and letters could not be printed in this issue due to a lack of space. Thank you for your contributions.

PRESIDENT'S PAGE

OUR MARATHON JOINS THE WORLD'S BEST

The big news is the fantastic new course approved for the sixth Annual Sunday Mail Festival City Marathon next year. Why so?

There are several ingredients that make a marathon good — first class organisation and a friendly, caring race atmosphere; and the ingredient that makes a marathon great — a fast and spectacular course.

The new course moves the event to centre stage. We are literally taking over the city on the last Sunday in August. Major roads will be closed. The course is traffic-free, such is the goodwill and support for the event by the SA Police, Councils and sponsors. No other city in Australia can boast such a course which boldly takes in its highlights.

We can now join New York, London and the scores of big cities throughout the world that stage an annual traffic-free, centre-city marathon. Excuse our pride of Adelaide if we boast that our course is one of the most spectacular and beautiful — exactly like Adelaide itself!

The marathon has become the flagship of the long distance running and jogging. It represents the tip of the iceberg. Of an estimated 84,000 adult joggers in our State (population 1.3 million), only about 2,500 have ever run a marathon. However, the mass marathon movement both here and world-wide, has helped to raise the status of running and jogging in the community generally. To many people, finishing a marathon is just the inspiration needed to take on running as a sport and a means of healthy exercise.

When the New York City Marathon moved out of Central Park in 1975 to the city streets, it gave the marathon the extra dimensions of style, visibility and thoroughly international flavour. Who would have predicted that watching a marathon footrace would catch the imagination of millions of New Yorkers in such a way?

London Marathon Race Director and 1956 Olympic steeplechase gold medallist, Chris Brasher eloquently describes what makes the London Marathon an "absolutely magic day." In doing so, he gives us a set of ready-made objectives for our own event.

"First, it is a world-class sporting event for both men and women Second, it provides 'Sport for All' in an event that represents the spirit of the Family of Man Third, it mixes the elite with the rest of us in what makes it unique in the annals of sport"

Brasher asks, "Can you go out on to the pitch at Lord's and strike a ball in an England versus Australia match? Can you compete against Seb Coe and Steve Ovett at Crystal Palace? . . . No," he said, "but you can take part in the very same marathon race with the best in the world and add your unique colour and flavour."

With the Olympics now a battleground of ideology, Brasher proposes that the mass marathon movement has become the repository of Baron de Coubertin's great Olympic idea, ". . . the important thing is not to win, but to take part, just as the important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

Brasher was inspired by his own running in the 1979 New York City Marathon to write, ". . . millions of us, competitors and spectators alike had seen a vision of the human race, happy and united, willing their fellow human beings to a pointless but wonderful victory over mental doubt and human frailty." From this experience, the London Marathon was born.

And that is why our new course is so fantastic. Moving to centre stage will bring 100,000 or more spectators by 1986. It shifts our event into the category of Johnny's Christmas Pageant and Grand Final Day as an annual South Australian people's spectacle.

For spectators, it will be both dramatic and uplifting. There is no other running event quite like the marathon that brings such interaction between the crowd and competitors. And for us runners it will be both moving and activating — like kicking the winning goal on Grand Final Day.

No other sport can claim so many winners.

Bruce Abrahams

1984 MARATHON TRAINING CLINIC OFF AND RUNNING

If you think that marathons are only for Australia's international star, Robert De Castella, you're wrong! Believe it or not, finishing a 42.2 kilometre marathon is something almost anyone can do with proper training: and it's a fantastic feeling of achievement. Just ask the 1330 finishers in this year's Festival City Marathon.

On Sunday, October 16, the 1984 Sunday Mail Marathon Training Clinic opened. Already several hundred newcomers have joined.

This is a programme to complete the 6th Annual Sunday Mail Festival City Marathon on August 26, 1984.

The Clinic meets every Sunday morning at 7.45 am at the corner of Bunday's Road and Mackinnon Parade, North Adelaide. All runners are welcome, particularly beginners. The program follows the famous Honolulu Plan that has trained tens of thousands of runners to finish their first marathon.

Each week there will be a short talk on some aspect of training, followed by a walk, walk/jog or run (depending on your level of fitness). Experienced runners are available to help.

There are guest personalities at the clinic such as the Premier, Justice Millhouse, Ken Cunningham and Judith Barr (and Deek when he's in town). After the run, there's a muesli and coffee breakfast (60c) and plenty of chat.

Starting November 13, there will be the first of a series of 10.2 kilometre "Life. Be in it" River Runs. These will be part of the Marathon Clinic program. And don't miss Sunday, November 27 when we have a gala official "Nine Months to Go" launch with the Premier and K.G. Free Nordica products after the run.

The cost for the whole program is only \$10 (plus \$1 each extra family member), which includes membership of the SA Road Runners Club until December 31, 1984. In other words, it's free to SARRC members. That's value!



The end of '83 is in sight and to celebrate we invite you to:

END OF YEAR WINDUP
CABARET
at

LINDY LODGE

445 Torrens Road, Woodville Park
(opposite Arndale)

SUNDAY, DECEMBER 11 at 7 pm

Entertainment Plus — with Comedy Performer direct from England:

ALAN HARVEY

☆ DISC JOCKEY

☆ LUCKY SPOT

☆ 60/40 DANCING ☆

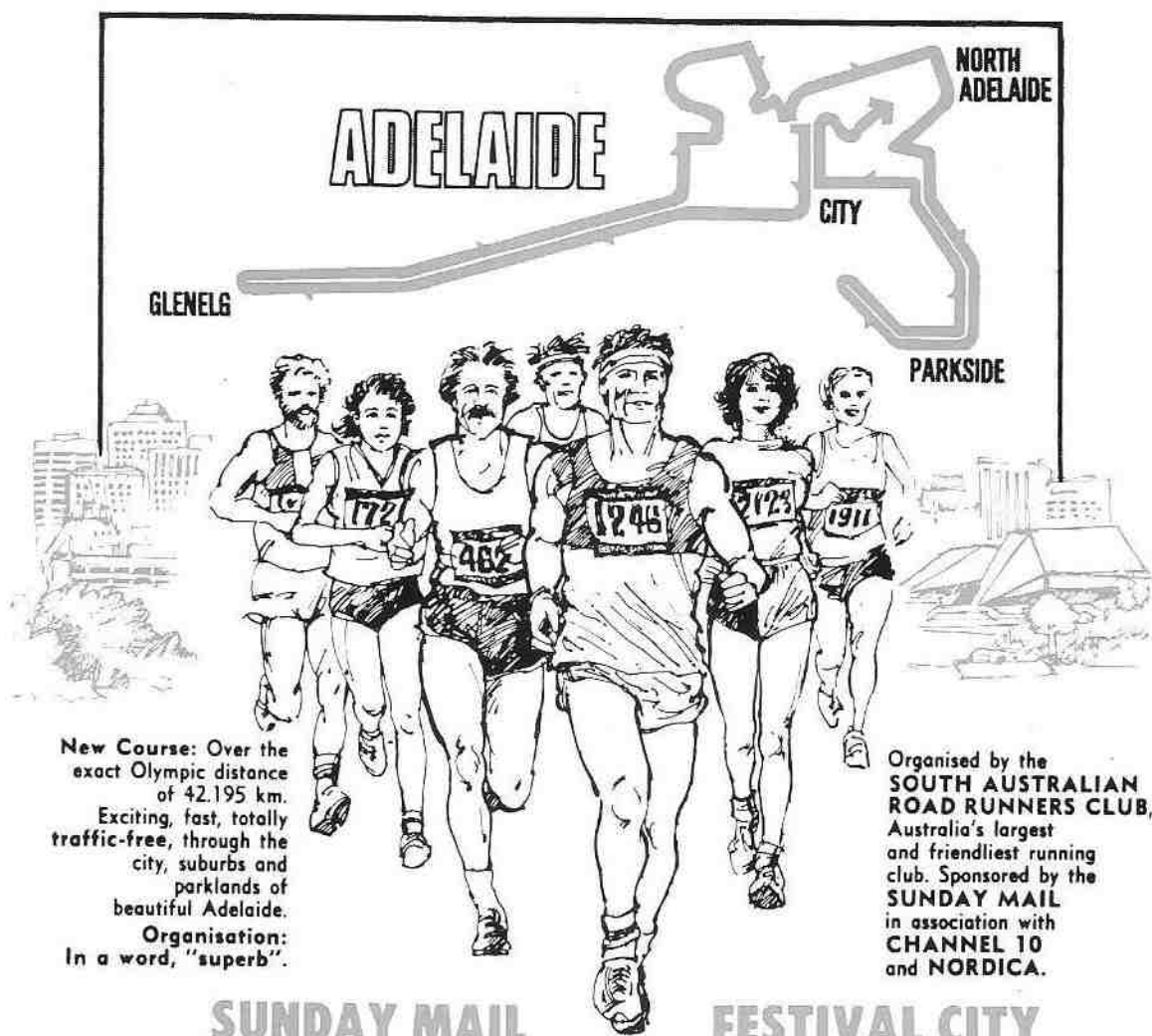
☆ TEST YOUR FLEXIBILITY UNDER THE LIMBO BAR ☆

DON'T MISS THIS ONE!

TICKETS \$10 EACH (drinks extra). BOOK EARLY. STRICTLY LIMITED NUMBER.
Send cheques to SARRC Social Committee, 24 Arthur Street, Darlington 5047 or Sunday Mornings at Sales tables.



AUSTRALIA'S FRIENDLIEST MARATHON COMES TO TOWN..



New Course: Over the exact Olympic distance of 42.195 km.

Exciting, fast, totally traffic-free, through the city, suburbs and parklands of beautiful Adelaide.

Organisation:
In a word, "superb".

Organised by the **SOUTH AUSTRALIAN ROAD RUNNERS CLUB**, Australia's largest and friendliest running club. Sponsored by the **SUNDAY MAIL** in association with **CHANNEL 10** and **NORDICA**.

SUNDAY MAIL

FESTIVAL CITY

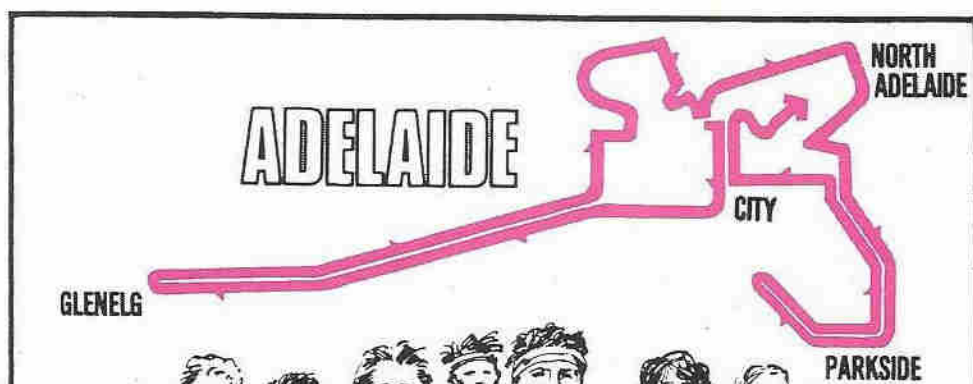
MARATHON

ADELAIDE — AUGUST 26 1984

ENQUIRIES: THE SUNDAY MAIL FESTIVAL CITY MARATHON, PROMOTIONS OFFICE,
110 NORTH TCE., ADELAIDE, 5000. PHONE (08) 51 0351.

Entry forms available from May 1984 printed in the Sunday Mail.

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Entry forms available from May 1984 printed in the Sunday Mail.

**NEW
TRAFFIC-
FREE
COURSE**

**SUNDAY MAIL FESTIVAL CITY
MARATHON**

Change from Gawler to Adelaide in 1984 in preparation for
1986 INTERNATIONAL

Expected: 5000 runners including 1000 interstate and
overseas, 100,000 spectators, 1000 officials.

**South Australia
hosts a Great
International
Standard Marathon
Highlighting
The Beautiful City
Of Adelaide**



SUNDAY
26 AUGUST 1984
25 AUGUST 1985



31 AUGUST 1986

COURSE NOTES

- *Start check-in area Adelaide Oval. Finish opposite Uni Gym.
- *The exact Olympic distance 42.195 km. Final course survey to International Amateur Athletic Federation standard. Kilometre marks as noted on map. *Course will be traffic-free. Road closure times based on Wheelchair 2.8 min/km (2.00.00 marathon) Back runners 7 min/km (5.00.00 marathon) *Local residents and motorists will be informed of road closure times by intensive media publicity, traffic signs and pamphlets.
- *Starting time 8.00 a.m. (Sunday)
- *Aid stations noted (A). There are 17 on-course plus at start and finish. *Approved by S.A. Police and Councils. *Organised by the South Australian Road Runners Club, Australia's largest and friendliest running club.



SOUTH AUSTRALIA

RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. - No. 9

Sat 3rd March GREAT ADELAIDE FUN RUN - 4.2km.

The fun run for everyone
through the city of Adelaide

START


adidas

at 8.00 a.m.
in **Victoria Square**

Finishers Certificate
for all runners

MYER

SPECIAL PRIZES

Adidas Sportswear.
Olympic Willy
Badges to the
largest School
group

SARRC




EVENT

Entries available from SARRC
or any Myer Sportslife Dept.

ENTRY FEE.
Adults \$2
Children \$1
Family \$5 max.

Part proceeds to the
Olympic Appeal.

**SUPPORTER
OF THE**



**1984
OLYMPIC
APPEAL**

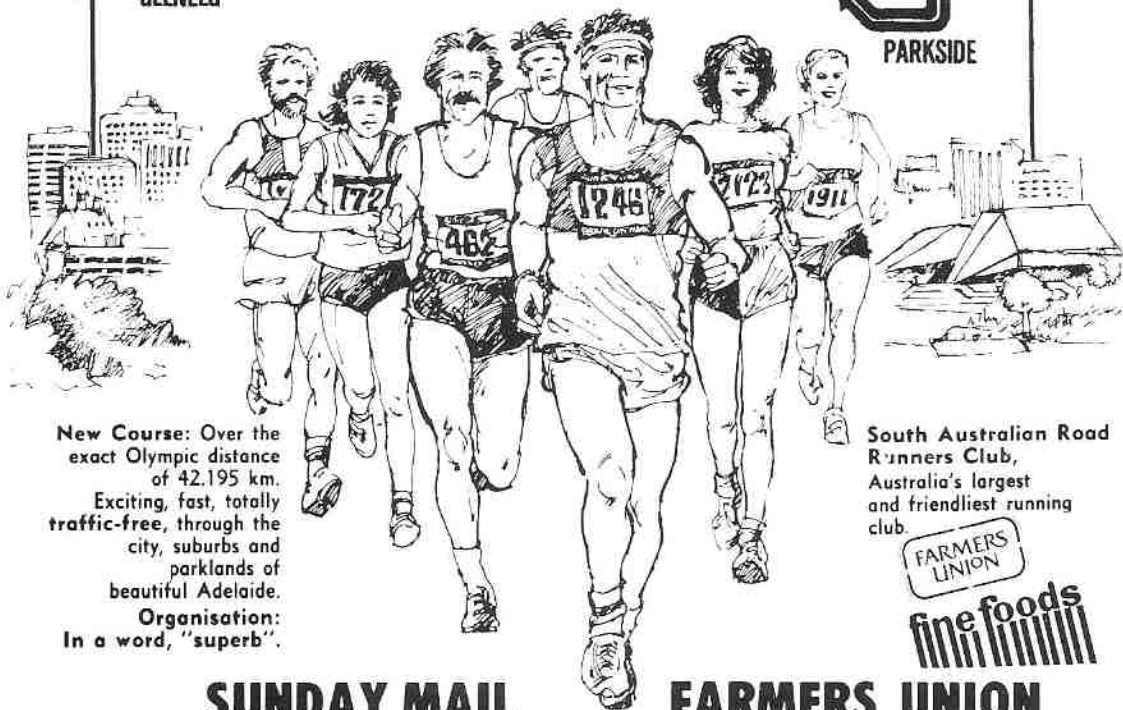
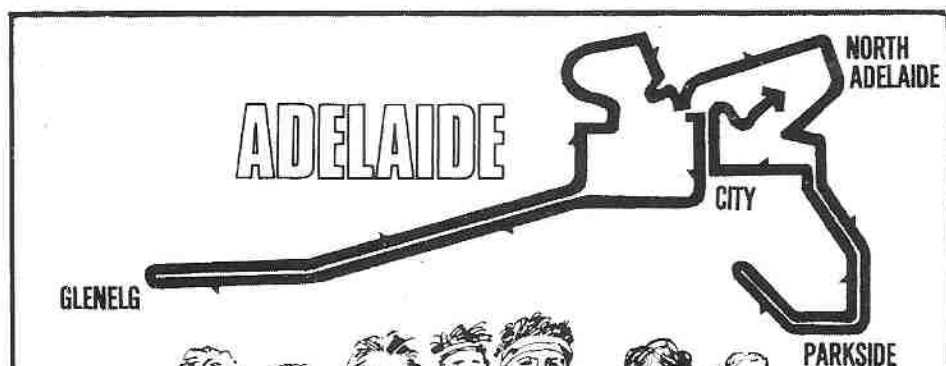


Association of International Marathons

AIMS



AUSTRALIA'S FRIENDLIEST MARATHON COMES TO TOWN . . .



New Course: Over the exact Olympic distance of 42.195 km.

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SUNDAY MAIL

FARMERS UNION

MARATHON

ADELAIDE — AUGUST 26 1984

ENQUIRIES: THE SUNDAY MAIL FESTIVAL CITY MARATHON, PROMOTIONS OFFICE, 110 NORTH TCE, ADELAIDE, 5000. PHONE (08) 51 0351.

Entry forms available from May 1984 printed in the Sunday Mail.

SARRC NEWS

MEMBERSHIP

As of January 1, 1984, we have a total financial membership of 1,987. Twenty-five per cent are family members which indicates the broad appeal of running in S.A. At our current rate of growth, we expect 3,000 members by the end of this year. We are currently the second largest running club in the world and can claim the highest percentage of female runners (31 per cent).

DON'T LOSE YOUR TAG – IT WILL COST \$1 TO REPLACE

Members who are financial to December 84, will have received their membership "tags". Please thread this on to your running shoe and use it to gain the benefits of discounts, reduced rates for SARRC events, free training clinics, free run calendars, etc. (See Sports Lover advertisement.) The 581 members whose expiry date is prior to December 84 will receive their number and Tag when they renew.

VOLUNTEERS

The club is always in need of volunteers for all sorts of skills and jobs. If you have time, or a talent, or both, let the secretary or administrator know.

AGM

The fourth Annual General Meeting of the SA Road Runners Club was held at the Flinders Medical Centre, Bedford Park at 7.30 p.m. on Wednesday, November 23, 1983. This was well attended by other Annual General Meeting standards, with 85 members present.

XMAS SOCIAL

The end of the year wind-up at the Lindy Lodge was a roaring success, with well over 100 members enjoying a night of food and fun. Special thanks to the members of the Social Committee for organising the event. Keep up the good work. We all appreciate it.

SOUTH AUSTRALIAN ROAD RUNNERS CLUB

Why is the Club so successful compared to interstate counterparts? Club President, Bruce Abrahams thinks it's because the club has managed to combine the leisure/life style side with the competitive side of running in such a way that everybody feels comfortable.

Thirty-one per cent of membership are female; in fact the second fastest member over the marathon is Lisa O'Dea-Martin at 2:32:23.

SA Road Runners Club President, Bruce Abrahams considers it's time for the formation of an Australian Road Runners organisation.

"I've written to the RRC of America for information of their body and I'll be pursuing the idea with leaders of State marathon and road running clubs this year by correspondence and meetings at the 'Big 4' marathons in Canberra, Sydney, Adelaide and Melbourne.

4th FESTIVAL CITY MARATHON (ADELAIDE) AUGUST 26

Australia's friendliest and third largest marathon moves into the big time in 1984.

With two major sponsors, the Sunday Mail and Farmers Union (milk and food), the flagship event of the giant SA Road Runners Club now has international status through its membership of the Association of International Marathons (AIMS) – one of three in Australia alongside the Wang and Big M.

Marathon Committee Chairman, Russell Paterson and State Premier, John Bannon (2:44 marathoner) reckon the new traffic-free course is the most spectacular in Australia.

"We are closing Adelaide down on Sunday morning August 26; people will be either running or watching the marathon, such is the enthusiasm and cooperation of the Police, Councils and community."

This year, the Club is making a special effort to attract interstate and overseas runners, so book your holidays now to be in Adelaide for the Sunday Mail/Farmers Union Festival City Marathon.

SOUTH AUSTRALIA



RUNNING

JOURNAL OF THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB INC. — No.10
JUNE/JULY/AUGUST 1984



Congratulations to the organisers of the recent coach trip to the Nike/Avon Marathon in Canberra; it was superbly organised as all the trips are. Unfortunately I was one of the few on the bus who had to pull out part way through the run due to injury. We were each presented with a bottle of champagne to ease the pain and disappointment and this was greatly appreciated by us.

The Road Runners have always catered for the slowest to the fastest, but must be the only running club to cater for non-runners too.

Brian Jones

ED: Well done Rhonda Acton, Bronte Turner and organisers.

I've just returned from Canberra after a most enjoyable trip away with SARRC Travel to the Nike Marathon. I commend the organisers who did everything possible to make the trip the great success it was.

As a suggestion for those who would like to experience one of these trips I direct your attention to the SARRC Travel trip to the Pichi-Richi Marathon in early July. Use the Marathon as a training run for the Festival City Marathon and because you can't expect a P. B. simply go for the wonderful experience of running in the picturesque Flinders Ranges.

Thank you again SARRC Travel, especially Rhonda Acton, Bronte Turner and Co.

Peter Kotsoglous
Port Pirie

Only arrived back from London yesterday and haven't yet had time to sort out my thoughts or details from the AIMS meeting there, but thought that I would just let you know that I brought up your thoughts on a marathon teams event in the Olympics and whilst there were some reservations, it will be discussed with the IAAF at a joint meeting between the IAAF and some AIMS Board Members in Los Angeles in August.

As soon as I have sorted out other meeting details I shall send out a newsletter and hopefully the latest statistics.

Andy Galloway
Association of International Marathons

I was interested to see your new SARRC Travel service particularly after my approach last year regarding the possibility of a tour to the National Panasonic.

Would you please give consideration to including our 1985 event (March) in your programme on a TAA package basis.

This year for instance we have managed to attract large numbers of runners from interstate and a tour group from New Zealand. So its apparent that runners will travel to a half marathon/middle distance event providing it has something unique to offer.

Philip Caldwell
Race Director

National Panasonic Half Marathon (Sydney)

(Copy of letter sent to Police Commissioner).

As a participant in the recent Half-marathon in Adelaide on May 6, I would like to express my appreciation for the co-operation of the members of the Police Force on that day.

The arrangements made by the Police with the Roadrunners Club to provide a route free of traffic made the event very enjoyable for those who participated. Obviously there must have been some inconvenience to traffic, but it seemed to be kept to a minimum. The ability to run down North Terrace, for example, without a car in sight was a rare experience and only goes to show that Adelaide has something to offer its inhabitants rather than an ordinary place to live and carry on business.

Kevin Lynch
Adelaide

ED: Thanks Kevin. We agree, the SA Police do a fantastic job and I am sure they appreciate your letter, and what a good idea for other runners to follow after the marathon.

The following pot-pourri of comment on "South Australian Running" (Journal No. 9) may be of interest.

1. I know of no better club magazine — it is indeed a great publication and a credit to all those involved.
2. My only criticism of issue No. 9 is the omission of a result list from the article "Running around the clock." This is disappointing, particularly for the first time "24 hour runners" who were not named in the report.
3. The anonymous author of the article "The right running shoe" has earned the thanks of many runners. At long last a person who is aware that not all runners have the same type of feet or running gait, has prepared sound guidelines for selection of the right

shoe (and presumably) the left shoe also). This approach is far superior to that of awarding points or stars which are likely to induce a runner to buy the highest rated shoes, rather than shoes which suit the individual. Obviously, if runners wear the most suitable shoes, they will minimise the frequency and severity of running injuries.

4. As a Victorian who has visited Adelaide on only three occasions, I still believe that I get full value from club membership. My wife and I have been made very welcome and have been well looked after by SARRC and Sri Chinmoy members on each occasion. I have now retired (from work) and we hope to visit and compete in South Australia more frequently in future.

Best wishes for the continued success of the Club.

Yours faithfully,

Stan Miskin
East Burwood

ED: Thanks for the comments Stan, we'll try to keep up the good work.

I've been training with the SARRC Sunday Morning runs and attending the training forums for 12 months. I completed the Canberra Olympic Marathon trail recently in 4.00.34 after not running a step for 15 years since school. I took SARRC's very important advice, which is start off very slowly. It really works! I found that I ran all the way through the 26 miles 385 yards without walking and passed a lot of runners in the later stages of the race. I think all other runners should take this advice too and they'll run a marathon with comfort.

Lots of thanks to Rhonda who did a lot of work towards the trip. Now I'm looking forward to the Festival City Marathon in August.

Charlie Rogers

The President, SARRC.

Recently I took part in the Greenbelt Half Marathon organised by your club. I would like to congratulate you and your organisa-

tion on such a marvellous event. It would be by far the best run I have ever taken part in, as was the opinion of several other people who took part. The success of this run was mainly due to the fine organisation of all involved and the excellent course. Undoubtedly, the perfect running conditions helped the success of the event, and I'm sure many personal bests were achieved by many runners.

Once again, congratulations on such fine organisation of a great run.

Peter Dougherty
Broken Hill

LONDON — HERE COMES SA

Dear Bruce,

I would love to come over to Adelaide in August but I shall have been away from home for a very long time because of the Olympics & indeed I only come back to London on August 13. So, another long trip at that time of year is really out of the question, especially as I have to be reporting the post Olympic meets for the Observer. But, nevertheless, many thanks for the invitation.

As far as London '85 is concerned, Adelaide, as an AIMS member, will have some guaranteed places. Shall I put you down for 40? Included in this would, I hope, be your State Premier. However, John Bannon will have to get training hard if he is to be the fastest politician in the race; Matthew Parris ran 2.37.

The date for 1985 is Sunday, April 21 and we shall have an exhibition which will open at the Royal Festival Hall on Wednesday, 17 April, and there will be an AIMS stand in the exhibition which will be publicising AIMS marathons.

May I wish you the very best of luck for your event in August.

Chris Brasher
Race Director, London Marathon

ED: SARRC No. 1 Member commented, "probably just a backbencher!"

We are proud to be associated with SARRC

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MARATHON UPDATE

1986 Key Event

Kym Bonython, Chairman of the SA Jubilee 150 Board, labels the marathon a "major event" of the 1986 celebrations. We reckon it will be the State's biggest sporting event by Jubilee time.

Course Planning

A key person in planning the enormous detail of our new traffic-free course is Sgt. Tom Jennings of the Police Traffic Branch, Tom, Graeme Young of the Adelaide Council and Warren Featherby (SARRC member and police officer) make up the expert course planning committee together with the Race Director. Altogether, there will be up to 100 police officers and over 200 marshalls controlling the course on August 26. The committee is also responsible for informing the public of road closure for our event which equals the dimension of a royal visit.

SARRC/Freedom from Hunger Link

Last year runners raised over \$10,000 for the Channel 10 Christmas Appeal. In 1984, our charity will be the Australian Freedom From Hunger Campaign. As previously, runners will be encouraged to obtain per kilometre sponsorships. This year, the money raised will be shared equally between SARRC Club Development and AFFHC whose State Chairman is Club member Mr. Justice Robin Millhouse. AFFHC will be providing several hundred volunteers to staff aid stations and other essential runner services. Executive Director, Dr. John Sandover, has been coopted onto the Marathon Organising Committee.

"Everyone Run" for Active Spectators on Marathon Day

The James Hardie/Life Be In It Everyone Run begins in Elder Park 30 minutes after the start of the Marathon. It's 4.2 km (that's one tenth of a marathon!) round the Weir Loop. The start will be continuous. It is a real fun run and ideal for marathon spectators, friends and family. The timing allows participants to watch the spectacular marathon start up King William St. run the "Everyone Run" and then watch the Marathon from several vantage points as they circuit the city. The SARRC Marathon Committee is the organiser; up to 3000 runners are expected.

The Oberoi Hotel Race Headquarters

From Friday, August 24 to Sunday, August 26, SARRC "takes over" the Oberoi Hotel in North Adelaide as Race Headquarters. The **Runners Expo** and Race Packet collection point begins 12 noon Friday and continues all day Saturday. After the Award Ceremony (from 4.00 p.m.), come back to the Oberoi to view the finish proof photos and if you can cope, stay for the Post Race Dinner!

Farmers Union International Marathon Teams Cup

The Club has invited 32 top male and female athletes representing all States and New Zealand to compete in the inaugural "Farmers Union International Marathon Teams Cup." They will all be at the Oberoi and you can meet them at the Expo and Carbo Party. On the course, they will be identified by their distinctive adidas State singlets. We thank TAA and Pan Am for their generous assistance.

Southwark Carbo Loading Party

This year, the Clubs grand Carbo Loading Party will be at the Torrens Parade Ground Hall. The food is being catered by well known "Hackney Hare," Noel Allen of the Hackney Hotel. Noel hasn't been eaten out yet! Cost \$8, \$4 children includes all the carbohydrate you can eat and drink. Book with Janice Graves at SARRC office.

Training Continues...

Forums at the Flinders Medical Centre Lecture Theatre No. 3,
7.30 p.m. July 17 (Tues)...Pacing Yourself
August 14 (Tues)...Don't Blow it Now!

Women's Marathon Support Group meets as SARRC Office Conference Room, Cnr. Sturt Street, and King William Street, 5.30 p.m. Fridays, June 29, July 27 and August 17.

And of course, every Sunday 7.45 a.m. Cnr. Bundys Road and Mackinnon Parade.

Women Marathon Support Group

The Women Marathon Runners' Support Group first met in January this year and monthly meetings since then have proven popular. Among topics discussed have been running alone, clothing, running and family commitments, menstrual problems, change in lifestyle as a result of running, safety, and most recently we were fortunate to have Helen Sando talk about self defence for women runners.

Keynote of these meetings is informality, getting to know each other, and support. They are complementary to the more structured informational monthly Training Forums held at Flinders Medical Centre and the Sunday morning training clinics.

The next meeting will be held in the new SARRC Running Centre at 5.45 p.m. on Friday, June 29. Come along to discuss informally over a cup of coffee how your training is going, how we might help, support and sharing generally.

Subsequent meetings will be held at 5.45 p.m. on the last Friday of each month at SARRC Running Centre, Cnr., King William Street and Sturt Street.

Marathon on Air

Adelaide radio is really getting behind the Marathon this year. 5DN Ken Cunningham's top rating drive show every Friday at 4.35 p.m. features an interview with Race Director, Bruce Abrahams. The talk covers what's on in fun runs and training runs, latest marathon news and general road racing highlights.

5DN will be "counting down" to the start on race day from 6 a.m. and will be covering the race live from the lead car and along the course — sending reports back to air at regular intervals. One of the reports will be how KG is featuring.

ABC Radio 5AN will have the "Big Bus" at the finish area and will be broadcasting their usual Sunday programmes from 10.15 a.m. to 3.30 p.m. from the bus. The programmes will be interspersed with interviews and descriptions of the race and will do much to capture the exciting atmosphere of the event. 5AN and Channel 2 will be advertising their involvement in the two weeks lead-up to the race.

Public Radio 5PBA-FM (89.7 MHZ) is broadcasting a weekly training guide Tuesdays at 7.20 a.m. and Wednesdays between 6 p.m. and 7 p.m. 5PBA can be heard best in the Salisbury — Elizabeth area.

Support the Spectators

As a consequence of the involvement of 5AN and 5DN in particular, many more spectators should line the route cheering the runners. We're aiming at 100,000 by 1986.

Help the spectators by displaying your name, your club, or your message clearly on your singlet. It's great to have 42.2 kilometre long cheer squad!


We've Got the Army Behind Us

Great news. The Army in SA has backed the event. We now have the use of the Torrens Parade Ground Hall for our "Carbo Party". It's as good a location as Honolulu's — and that's quite a standard.

As well, the Army will be staffing an aid station and providing volunteers for an outside shower (hot) facility at the finish.

- Sept. 2 MARATHON PRESENTATIONS 9.30am Bundeys Rd.
- Sept 16 NIKE/YMCA Couples fun run.
Uni Loop, 9.30 a.m., combined distance 10 kilometre.
Contact YMCA, Glenn Powell, 223 1611
- Sept 23 CITY BAY FUN RUN. Contact AASA 332 8022
- Sept 30 VETERANS FUN RUN. Contact Margaret Cahill 49 9539.

PETER EMES – A TORTOISE ON THE TRACK, BUT A HARE AT SELLING HOUSES.



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What's in a name *by Mary Hartley*

It is with a deep sadness that I note the demise of the title “Festival City” for our beloved marathon!

Although as an employee of Flinders Medical Centre, I used to get my FCM and FMC confused, nevertheless the name “Festival City Marathon” has already become a part of the running jargon of Adelaide.

With all due respect to our worthy sponsors, the Sunday Mail and Farmers Union, the title of “SMFU Marathon” just does not lend itself to the kind of stuff on which legends are made. It certainly doesn't roll off the tongue, nor does it denote any geographical attachment to our beautiful city.

The well-known marathons of Australia, and indeed the world, by their very names conjure certain pictures in the mind, whenever they are mentioned.

Melbourne's “Big M,” the very sound of an event of gigantic human achievement The “London”... the “New York”... the “Boston”... all stir the imagination!

The Sydney “Wang,” it's easy to say, and has a gutsy, ribald sound to it! Even the “Stawell” gives an impression of strength and permanence But the “SMFU” — alas, it only leaves me feeling bereft and tongue-tied. It sounds like a toothless inebriate ordering lunch!

The “Festival City” gave a picture of enjoyment, hospitality and fun. We know it is the world's friendliest marathon, and its title of “Festival City Marathon” lets everyone else know, too. It sounded friendly!

So what can be done? To transpose the order of the Sponsors would not help! The “FUSM” Marathon is not particularly pleasing to the ear, and could possibly be mistaken as a run exclusively for stuttering policemen.

Perhaps a solution would be to persuade our sponsors to alter their names slightly to Farmers Association and the Sunday Telegraph. The very title would set a unique challenge to the “Deeks” and “Salazars,” and just think to be able to say “I completed the Adelaide FAST Marathon, what an ego booster for the likes of the *2 hrs 181 min marathoners such as myself!

* For the benefit of the pedantic — 5 hrs 1 min.

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