



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,
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NEWSLETTER No. 85

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MARCH 1994

SARRC COMMITTEE 1994

President.	Helen O'Connor	
Vice Pres.	Sue Tyson.	
Secretary	Graham Pring	Race committee
Treasurer.	Nick Birdseye.	
	Josie Borg	Race committee
	Jill Denny	Footnotes
	Simon Fry.	
	Ian Richardson.	
	Chris Romanowicz.	PR & Advertising
	Richard Sjoerdsma.	
	John Twartz.	Race committee
	Michael Ward.	Race committee

PRESIDENT'S BRIEF

Since 1985 SARRC membership has dropped from 2,756 to around 750 financial members. "Sure", I can hear you saying, "but the running boom is over." It's a funny thing though, I was there, like many of our members, during the running boom between 1978 and 1986 and then through to the running wane in the late '80's and I observed that there are far more people out on the roads now, than ever before. However, they are no longer just running and they've changed a bit from the "mid life", "born again", mainly male runners of the early 80's. Many of these new roadies are women and men, of all ages, walking and jogging and they no longer look as if they're really suffering (you hardly ever see them jogging on the spot at stop lights, while they wait to start their stop watches again.) If my perception, that there are far more people out on the roads, is correct, why is our club membership shrinking?

Ever since the club's inception, we have talked about club rooms - a place where runners could meet, purchase running merchandise, where the SARRC office could be located and SARRC headquarters. As our membership has shrunk, so too has this dream. Lower participation rates in SARRC events along with lower membership numbers, has meant less money to fund this dream.

I believe it's time, in 1994, for the club to re-assess its objectives, to set new priorities for the late 90's and beyond and then to draw up a new strategic plan for achieving these priorities. I

believe for example that if one of our objectives, is to establish a SARRC headquarters, then increased membership or recruitment should become a priority activity for the club. Some of the strategies for achieving this objective could include a plan to make the club more inclusive by targeting all groups including youth, women, walkers, as well as runners of all abilities. Such an increase in membership should help the club to attract a greater level of sponsorship and so club funds should be increased and the club headquarters could become a reality.

Recently, the City Mazda Women's run attracted 618 participants, most of whom were not club members, nor were they regular participants in club events. Many of these women would probably have partners and offspring, who might also, with the right incentives, be attracted to events. I am convinced that, with the right promotion and appropriate incentives, we could double our club membership over the next two years. Admittedly, the club would no longer be the cosy little who's who group that it is today, but the benefits, I believe, would far outweigh the disadvantages. A larger club should be able to attract more volunteers, as well as sponsors and this alone, should result in a greater range of events, more variety in running and walking, training groups, and possibly even cheaper membership fees, or at the very least, more value for the fees we pay.

My feeling is, we've survived some rocky times, we've proven that we're here to stay; it's now time to halt the shrinkage and plan for a big, new future - the running recession is over. However, this new future can only happen if you, as members, want it to happen and help to make it happen. I say let's go for it and build a great club for everyone.

Yours in running,
HELEN O'CONNOR
SARRC President.





THE "S AND M" HILLS RUN

(The Saturday Morning Sighers and Moaners??)

One of the most scenic of the small group runs is The Hills run, leaving Hazelwood Park car park on Saturday mornings at 7.30am. The S and M'ers run up the Waterfall Gully Road, through Chambers Gully Reserve up to Cleland Park. From there, depending on just how much S and M you really want, you have a choice of different routes back, or just heading down again. Allow about 2 hours for the basic run.

The run is enjoyed by many including Sue Tyson, Barbara Hill, Jill Denny, Heather Paynter, Alan Morton, John Halifax, Mike Pascoe and Peter Allmand, who has been known to use his pruning shears to keep the track clear of briars and brambles, though unlike Prince Charming, his only reward at the top is the same old sweaty faces! The track is through beautiful bushland, opening out in places to great views over Adelaide. Running commentary is provided by Euan Downing. **WARNING:** don't follow too closely behind Euan. He has a habit of stopping dead, to point out some wonderful natural feature such as the sun glinting on the rock just above your head. As you will no doubt have been concentrating on watching the rock-strewn ground in front of you, this may come as a shock, and result in you running smack into him. This is the origin of the phrase "hitting the wall"!

After communing with nature in this way, you will probably feel uplifted enough to continue in true S and M fashion to the top, where you can have a long drink or shower from the fire hose, while debating whether to go down by the Wine Shanty track, around the periphery of Cleland Reserve to say "Hi" to the dingoes, or even up to Eagle-on-the-Hill. But don't get too carried away.

Remember, the fat lady doesn't sing until you are back in Hazelwood Park, and she may not be fat enough by that time to sing a note! Also beware the blithe cries of "It's all downhill from here."

There are some runners with a very poorly developed sense of spatial relationships! However, it is mostly downhill and extremely enjoyable running.

Don't try this run if you:

- 1) like the smelly shut-in feel of normal toilets
- 2) will miss the roar and fumes of cars
- 3) believe that only smooth, level surfaces are good for the sole.

Do try this run if you:

- 1) enjoy good company
- 2) prefer running between trees and ferns to stobie poles and traffic lights
- 3) like to feel on top of things.

ALANA DARE.

NEW MEMBERS

PENELOPE ARTHUR, PAUL BARRY,
SUSAN CAMERON, MARK CHEHADE,
CAROLINE CLELAND, DIANA DELLO,
HUGH DEVINE, ASHLEY DOHSE,
STEPHEN DUNN, GORDON FAGAN,
TREVOR FITZGERALD, MARY GRAHAM,
CHERIE GREGORY, MAX GRIGUOL,
CHRISTINE GROEMER,
MEGAN HEITMANN, HELEN HENBEST
MICHAEL HODGKISON,
SIMON HUNT, ELIZABETH JONES,
ROBERT KALSBECK, LINDA-JANE KELLY,
ANNA LYNCH, PETE MARCUS,
BRIAN MCCLAREN, VINCE PAGLIARULO,
JOHN PEDERICK, MICHAEL RASMUSSEN,
CATHERINE REDDEN, TREVOR ROGERS,
PETER SAUER, PETER SMITH,
JENNIFER SPARREBOOM,
RICK STARKIE, STEVEN THOMSON,
ANGELO TULLIO, JEAN TURNER,
ROBERT WASTELL, TIMOTHY WHEATON,
DAVID WILLIAMS, DOUGLAS WILSON,
KAREN WILSON, SARAH WISE,
A warm welcome to you all.

ALTERATIONS TO CALENDAR

May 21st - Mount Beauty 10k , 1/2 & full Marathon
Contact: Gerry V.D. Ploeg - (057) 575234

October 16 - Multiple Sclerosis 5/10k Fun Run

October 30 - FAC Airport 5/10k Fun Run

October 30- Yorketown Various distances 6Km -
full marathon. Run/Walk/Bike
Contact: Harold Twartz - (088) 521250

FITNESS FOODS

DIETER'S DELIGHT

Puree two punnets of washed and hulled strawberries in a blender and chill thoroughly. Gradually beat 1 cup skim milk powder into 1/2 cup fruit juice until mixture thickens. Add strawberry puree and continue beating until well combined. Fold in 2 stiffly beaten egg whites. Sweeten to taste if necessary. Pour into plastic container and freeze until mushy. Return to basin and beat until ice cream is double in volume. Return to container and freeze again until just firm.

BIG 3 CHALLENGE

Entry forms are now available so you can enter the big three races on the one entry and become eligible for thousands of valuable random draw prizes. The Big three races are:

CITY PORT 10TH APRIL

SARRC CHALLENGE 10 (date to be advised)

CITY BAY 18TH SEPT

Through our involvement with these 3 races, it is hoped to raise the profile of SARRC and attract new members so please mention it to your friends and colleagues. Sponsors are Saucony, Hungry Jacks and FIVE AA Sport 1395AM.

CHANGE OF VENUE TO HUTT ROAD FROM LINDEN PARK

The former Parkside/Linden Park group now runs/walks from our new Hutt Road complex every Wednesday at 5:30pm. Everyone is welcome.

MELBOURNE MARATHON

It seems that around 40 members are planning to go to Melbourne on the 5th June for the full or half marathon. If you are interested in travelling by chartered bus, please advise the office urgently as bookings are becoming difficult.

CLASSIFIED ADS

Furnished bedsitter for rent in Joslin. Seperate bathroom, washing machine, phone, undercover parking. \$80 pw + elec.

Pat Venning bh 303 5401 ah 362 9559

Young couple in the Mitcham, Col Light Gardens, Edwardstown area are looking for morning running partners.. Phone Marita or Terry Aldridge on 272 2767



Reproduced from the "Crazy World of Jogging" with the kind permission of the publisher, Exley Publications.

SUNDAY TRAINING RUNS

8 a.m. from Bundys Road.

March

27 Stoneyfell 22 Gilberton

April

3 Darley Road 20 Marden
10 Lower Mitcham 21 Greenhill Rd
also CITY PORT

17 Round Town 21 Round Town
also Heysen Trail 6

24 Brownhill Creek Reserve 22 Victoria Park

May

1 GREENBELT 1/2 MARATHON & 10 K
EVENT

8 Top of the Town 22 Glenunga Reserve

15 Paradise 24 St Peters

22 Henley Beach Rd 25 Port Rd
also Heysen Trail 7

29 Waterfall Gully 26 Alexandra Ave

COURSE MEASURING COURSE.

For those people who like getting up early and roaming the streets there is an opportunity awaiting you in June.

Over the weekend of June 11 and 12 there will be a Course to measure all Courses by.

It will involve some theory training on the Friday night, followed by some practical assignments on the Saturday and the Sunday.

It will involve using a push-bike you own, have borrowed, begged or stolen and learning to measure courses for the Club, or anyone else who needs your services if you wish.

Athletics Australia will run a course for us for all those people who are interested, so let Graham Pring know who is interested and find out what is involved. You can ring him on 384 1155 during working hours or 297 3269 after hours.

There may be a small investment for you in purchasing a measuring device, however there will be no fee for the course if you are a Club Member. On your bike and give him a bell!

PICCADILLY SPRINGS WATER BOTTLES.

A short note to let you know that the Club now pays for all bottles supplied by Piccadilly Natural Springs which are not returned to them. In the last three weeks' we have had four bottles "disappear", which means that you and I will have to pay for them. If you know where some have been "misplaced" you might like to see that they get back into the Club van or are somehow "found".

Please keep an eye out for your property at all our events.
Graham Pring.



Feroza – Iron man tough

DAIHATSU ADELAIDE MARATHON

Just over 5 months to go for this event on 28th August. Race director, Tony Ashwell is busy with his plans and intends to pass on a series of training tips on Sunday mornings. If you intend to compete this year, you should be in training now and preferably following a structured plan. One such plan is "The Adelaide Plan" available from the office (free to members) Our Sunday runs are based on the plan, so at least, your long run requirements should be met by completing these.

HEYSEN TRAIL RUNS

Last year, we covered the 130 km section of the Heysen Trail from Cape Jervis to Myponga. We commence this years series of runs on 17th April. These runs are suitable for any reasonably fit runner or walker but keep in mind that they are harder than flat city runs and water needs to be carried. Runners can normally complete each section in 2.5 to 3.5 hours while walkers take 4 to 5 hours

April 17	Myponga to Mt Compass	24k
May 22	Mt Compass to Kyeema	22k
June 19	Kyeema to Jupiter Creek	23k

By the end of October 94, we hope to be past Mt Lofty and close to Cudlee Creek !

Interested in joining us on these bush runs ???
Contact Peter Allmand for details. 362 5463

ON THE TRACK

- ◆ Rob Freak was 'clean bowled' by a dog during a recent Wednesday run and has suffered a crack in the knee joint and torn ligaments. Get back on the track soon. Incidentally, we still have a few Sports raffle books to sell which bring in a healthy profit to the club. Contact Rob on 271 8838 Sold books and money to the office please.
- ◆ This Wednesday group is a bit of a worry...the week after Rob's incident, Jenny Prider locked the clubrooms and went home..with Craig still in the shower!! Two and a half hours later, the alarm was raised and Craig released....so if there is anything you would like to know about the new clubrooms....he's the expert.
- ◆ Rod Martin and his Athelstone group were popular last week as 60 runners emerged from the bush eager for a drink after the 7k run from Cherryville. Thanks guys. More of the famous Hills hospitality will be found at the Good Friday run starting 8am from the Athelstone Junior Primary School in Brookside Drive.
- ◆ Random draws from the Twilight series this year were "floats" from the Unley Float Centre and from all accounts they are a real floating experience. Extremely relaxing and just the thing the day before or after a long, hard run.



ROBERT CHARLES

B. App. Sc. (Ex & Sp Sc)

BIOMECHANICS PRACTITIONER.

YOU CAN AVOID:

**RUNNING/WALKING PROBLEMS
OSTEOARTHRITIS
MUSCLE OR JOINT INJURY
BACK PROBLEMS**

They are caused by inherited faults in skeletal structure which results in problems with posture & body mechanics. Up-dated theories in Biomechanics has produced a totally new concept in individually prescribed correction devices achieving healthy movement eliminating excessive wear, to allow the body to heal.

49a Stephens Tce
St Peters SA 5069

Phone 363 2037
Mobile 018 844 640

OFFICE CO-ORDINATORS REPORT TO THE BOARD

2nd May, 1994

MEMBERSHIP

Membership as at 27th April, stands at 693. The 64 members (this includes associates and family) whose memberships are due as at 30th April, amount to a total of \$2,015.00. There have been 22 new members during March. Information elsewhere in report.

Current membership is

460 Full members
042 Associates
012 Junior
097 Country
061 Pensioners & Students
021 Family

OBSERVATIONS FROM THE MINUTES

7. Course Measuring. At present I have received the names of three members who have shown interest in taking this course. They are: Peter Allmand, Ian Kennett and Roger Dunn.

32. Advertising in Footnotes. The advert. for Robert Charles seems to have caused some controversy. This advert was approved by Rob Freak, and a charge of \$150 made. This money has since been received by me. Generally speaking, we have enclosed leaflets etc. from outsiders, and a charge made depending on whether they are businesses or charities, and what is involved. For instance a mailout for Joggers World last year netted us over \$500 - and it did not cost us that in extra postage.

EVENTS

Marathon - 1994. At present I have received 4 entries from overseas. These entry forms were sent overseas early in the year when it was not known that entry fees would be increased. I have had a number of indications that more will be forthcoming. For example, at least 13 from Reisen, in Germany. They requested 20 entry forms, as they anticipate more possible entrants. I believe the prestige and publicity we can receive for the entrants will more than justify the \$5 difference. Entry forms have not yet gone to the printer, but hopefully will, within the next week. I suggest that a poster be made of the front page, A3 size, so that they can be sent round to Fitness Clubs etc. Also, all Daihatsu dealerships could have a copy in their premises. Sample enclosed.

Greenbelt. At the time of writing, we have received 276 entries. All arrangements seem to be going according to plan.

CityMazda 121 Suffrage Run Direct donations to the Daughters of Charity, totalling \$157 has been sent to the Charity. A cheque for \$1660-00 has been written for the monies made, as per the enclosed draft trial balance. Chris Romanowicz is arranging a suitable presentation.

OFFICE CO-ORDINATORS REPORT TO THE BOARD

6th June, 1994

MEMBERSHIP

Membership as at 31st May, stands at 716. The 74 members (this includes associates and family) whose memberships are due as at 31st May, amount to a total of \$2,320.00. There have been 16 new members during May*. Information elsewhere in report.

Current membership is

- 475 Full members
- 046 Associates
- 013 Junior
- 099 Country
- 060 Pensioners & Students
- 023 Family

Several of our recently lapsed members, who were not included in the count last month have rejoined, and they have been counted as renewals.

One of our members, Tom Ostile died at the Whyalla Half Marathon, and I have therefore refunded his remaining student membership (\$7-50) to his widow.

EVENTS

Marathon - 1994. Entry forms have now been received, copy herewith. A mailing list of some 800 has been compiled of all the entrants from last year, plus those who entered the Greenbelt this year, to which at least two entry forms will be posted. Some people have actually asked for more, and in these cases, an A4 size poster will be included.

I have received a Statement of Renewal of a Business Name for the Daihatsu Adelaide Marathon, (copy with Secretary). Do you wish me to re-register this name? I do not know the story behind why it was registered in the first place.

On request from Helen I have ascertained that to have 1000 envelopes supplied and printed for Reply Paid Post, will cost approximately \$62-00 inclusive of Tax (this is the cheapest quote I could get), and postage will be 47 cents for each envelope returned (normal postage plus 2 cents).

Greenbelt. A report on this event is being tendered by the Race Director.

GENERAL

The local branch of the State Bank with whom our account was held, has closed and our account transferred to Gouger Street. On Graham's suggestion, I have made enquiries to open an account with the ANZ Bank which is immediately opposite this building. This would be more convenient around race-time especially, as I could have a couple of thousand dollars to bank, and there would be no security walking up to Gouger Street.

STOCK AT NICK'S

Value of stock of Club merchandise held at Nick's house/office totals \$5712-00 (cost). This is made up of 20 singlets, 313 tee shirts and 351 windcheaters.

OFFICE CO-ORDINATORS REPORT TO THE BOARD

4th July, 1994

MEMBERSHIP

Membership as at 29th June, stands at 709. The 64 members (this includes associates and family) whose memberships are due as at 29th June, amount to a total of \$2,095.00. There have been 12 new members during June. Information elsewhere in report.

Current membership is

472 Full members
047 Associates
010 Junior
098 Country
056 Pensioners & Students
026 Family

EVENTS

10/25K Fun Run /Walk

Entry forms for this event were sent out with the Marathon entry forms, some 800+ of them, plus all the usual sports stores and health centres. According to our records, we received a total of 228 entrants, with 188 finishers, this includes the triple entrants.

I do not think we should consider having another Triple Challenge. The extra work and telephone calls it has entailed really does not warrant it. Malcolm Symes, the City-Port/Bay promotions officer appears very disorganised so far as this year's triple is concerned. We had people running on Sunday who said they had entered but had no numbers and were told by Malcolm they would be at the start, but weren't. This gave our late entry personnel extra problems - I'm sure Richard will be able to tell you of these. As it was, I did not get a list of triples until Friday, and then it was incomplete. I still do not have a complete list. I also determined that some of our members who are on the list, never entered the triple, just the City-Port!!

Linear Park

Entry forms have been sent to all the Sports Stores/Health Clubs, and they will also be included with the next Footnotes.

Marathon/Half Marathon/10k - 1994.

At the time of writing this report, definite paid overseas entries had been received as follows: Germany - 2, Spain - 1, Holland - 3, U.S.A. - 3. Apart from these, I have been notified by Ali Schneider, Marathon Reisen (Germany), that there will be 13 runners (and 10 'cheerers') coming. Flights and accommodation have already been arranged. Also, there is an Austrian team of 7 or 8 complete with camera team and journalists who have indicated they will attend. There are also the 3 Ethiopian runners who have sent entry forms, but no money. I have not heard back from the Ethiopian Athletics Federation on these proposed entrants. So far as interstate is concerned, there are 7 from Victoria, 2 from N.S.W. although it is early days yet for these.



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JUNE 1994

SARRC COMMITTEE 1994

President	Helen O'Connor	Editorial & Promotions
Vice Pres.	Sue Tyson	Training & Educ.
Secretary	Graham Pring	Ch. Runs Comm.
Treasurer	Nick Birdseye	
	Josie Borg	Runs Comm.
	Jill Denney	Ch. Editorial
	Simon Fry	Promotions Comm.
	Ian Richardson	Sunday Co-ord.
	Chris Romanowicz	Ch. Promotions
	Richard Sjoerdsma	Office Liaison
	John Twartz	Runs Comm.
	Michael Ward	Runs Comm.

PRESIDENT'S BRIEF

I would like to take this opportunity to tell members about some of the changes which have taken place since the election of the new Board in February of this year. Last month I referred to the new committees established to assist the Board in the achievement of its aims and objectives over the next two years. The Promotions Committee, chaired by Board Member, Chris Romanowicz, has been very active in two areas of promotion; namely developing and promoting a "new look" Adelaide Daihatsu Marathon for 1994 and seeking registration and assistance for Local Running Groups.

Earlier this year, members of the Promotions Committee met with Daihatsu, the Muscular Dystrophy Association and the Marathon Committee to design a marathon likely to attract more participants and increased publicity while assisting a very worthy cause, the Muscular Dystrophy Association. It was agreed that those things about the marathon which had worked well, would remain unchanged. For example, Race Director, Tony Ashwell, will once again, conduct a marathon over the excellent course used in recent years. However, all parties involved, agreed that the event needed far more publicity as well as to be made more attractive to average runners and walkers. The result is a new look "Marathon Festival" for 1994 consisting of 3 races in one, i.e. Marathon, half-marathon and 10km run/walk, all finishing at Elder Park, where musical entertainment and a wide range of food will be available for participants and onlookers. Prizes this year, apart from the usual winners trophies, will be a major attraction, as random draw prizes will include a return trip to London, \$1000 and \$500 cash. This random draw will be conducted in Elder Park at 11.30 am on race day, thus providing plenty of incentive for early finishers to stick around and enjoy the atmosphere. For the first time all entrants in any of the 3 Marathon Festival events, will be 'running or walking for someone who can't', because part of the entry fee will be donated directly to the Muscular Dystrophy Association, thus ensuring that each entrant is

eligible for the Qantas Muscle Team random draw prize of the return trip to London. In addition to this, entrants who wish to raise further money for the Muscular Dystrophy Association, will be encouraged to seek sponsorship, with a separate random draw for all participants who raise \$50 or more, and special incentive prizes for entrants who raise specific amounts. This special random draw will also include a return trip to London plus entry in the London Marathon, as well as other trips and great sporting prizes from Joggers World. Finally, one other aspect of this new look Marathon Festival, is the fact that all marshals and volunteers for the event will be invited to donate \$5 to the Muscular Dystrophy Association in order to become an official 'member' of the Qantas Muscle Team and eligible for the great random draw prizes which are available for participants. These changes are designed to raise the profile of the Adelaide Daihatsu Marathon, by increasing participation and media interest. It is believed that most club members in the metropolitan area could be involved in this event either as participants or volunteers. This event is the Club's biggest fund-raiser and it will be a great opportunity for members to assist the club in one way or another.

The other aspect of promotion, derived mainly at recruitment of new members and the provision of better services for existing members, is the registration of Local Running Groups. Recently each local running group was invited to register as an official SARRC Local Running Group in order to be eligible for a small funding grant, as well as the full benefit of SARRC insurance cover, assistance with events, including publicity of training runs and information about SARRC Board decisions, including copies of minutes of all Board meetings (on request). Hopefully this will assist our club to grow and become the club intended by its founding mothers and fathers, that is, a "South Australian" Club rather than merely an Adelaide Club.

Thank you for your assistance with these projects. The Board has really appreciated your suggestions and advice. With such keen and enthusiastic membership this club should hopefully grow beyond 1000 members by the end of this year. However, we still need a few more fanatics to join the Promotions Committee, so if you have the ideas and commitment please contact Chris Romanowicz on 369 1552 or speak to Simon Fry or myself Sunday morning.

Helen O'Connor



CITY MAZDA WOMEN'S FUN RUN/WALK

On Tuesday 31st May a morning tea and presentation was held at the Daughters of Charity in Hutt Street, to hand over the proceeds of the Fun Run/Walk.

The Lady Mayoress, Mrs. Lynette Ninio presented the cheques of approx. \$3,800 to Sister Veronica from the Centre. Present were John Rickus and Suzi Burford from City Mazda, Sue Tyson and of course myself, Robin Devine from St. Andrews Primary School, Walkerville. The Sunday Mail and Messenger were also represented, and many other voluntary staff and clients.

It was an emotional and exciting morning. When Sister Veronica made her speech of thanks, I felt proud to be associated with SARRC, and would like to take this opportunity to say thank you to my fellow committee members, Sue Tyson, Helen O'Connor, Sue Bardy and Josie Borg. Our empathy for each other worked well to organise this event, we shared lots of laughter and it was certainly worthwhile. A big thank you to all the volunteers. We would not have been able to run this event without your help. It was greatly appreciated. Congratulations a job well done.....Chris Romanowicz.

COMING EVENTS

Sunday 17th July - 15/30Km Linear Park.

A new starting point this year for this event - a traffic free one, running along the Linear Park. Use this event as a lead up to the Daihatsu Adelaide Marathon Festival. Great News - Joggers World are providing random draw prizes for this event. Also every entrant will receive a free PowerBar.

Anyone wishing to volunteer to help with the running of this event, see race director John Twarz 365 1825

Sunday 31st July - Mildura 1/2 marathon/marathon
Contact Peter Allmand if you are interested.

Sunday 31st July - Cleve to Cowell Jade marathon.
Please note change of date.

Sunday 14th August - Murray Pioneer 6/12k fun run.
Please note change of date and distances.

Sunday 21st August - Col.Light Gdns.Fun Run.
5/10/15km. Contact: 276 1523

Sunday 28th August - Daihatsu Adelaide Marathon/half marathon/10km.
Please note extra 10k event. How is your training going for the marathon? Are you well on the way? Counting off the weeks! See you out there. Best of luck from the race director, Tony Ashwell.

Sunday 4th September - Cleanaway 10kTime trial.

DAIHATSU ADELAIDE MERCHANDISE

All tee shirts and wind cheaters are available in green/yellow/blue/red and grey colours. Singlets in white only. Available only by ordering - order forms available from office.

OVERSEAS ENTRANTS

We have a number of overseas entrants for our Daihatsu Adelaide Marathon, including some from Ethiopia, Spain, Holland, Germany and U.S.A. Are there any members who would like to host these entrants in any way? If so, please ring the office as quickly as possible, or Chris Romanowicz on 369 1552

EQUIPMENT

Your most important item will be shoes. Obtaining the right shoes may influence your enjoyment of running. There is no one running shoe that is correct for everyone. This is because individual foot shapes differ. Your job is to select the shoe that best fits your foot. Go to a sports store that specialises in running, tell them what you need the shoe for, and they will advise you accordingly. Always try both shoes on with the socks you will run in, lace the shoes up and then walk around in them. You should have space between your big toe and the end of the shoe as this allows room for the foot to expand when you start running. Remember, choose the feels good rather than the one that looks good.

Adelaide's temperate climate means that you should not have to wear a tracksuit when running for more than 15 minutes. However cold it seems initially you will be comfortably warm in a T-shirt and shorts once you have covered a mile.

Do not wear tracksuits or tights during hot weather. You will not lose weight permanently, but will raise your body temperature to a dangerous degree.

In hot weather, wear clothes of a light colour as they will reflect the heat. T-shirts should be cotton as cotton absorbs moisture or, wear mesh singlets. Shorts should provide ample room for free movement if chafing is to be avoided. Vaseline is the runners first protection against chafing and blisters. It should be liberally applied at the top of the legs, and on the feet if you suffer from blisters. Protection for the head in hot weather is cheaply and easily achieved by using a handkerchief knotted at each corner. If this fashion does not appeal, wear a peaked cap with adequate ventilation.

Reproduced from the Start Running Manual published by the SARRC Education and training committee.

THE MELBOURNE MARATHON

On the weekend of the 5th June there was a mass exodus across the border for the 17th Melbourne marathon, the largest and longest in Australia (? - just ask those who ran it!). Many chose to arrive a few days prior to the event, to give themselves time to acclimatise to the Victorian beer.

As the crow flies was not the shortest route to the starting line, but that didn't stop many of us from being at Victoria Park on Saturday afternoon. We left with little to crow about, and one well-known Epicurean runner was lucky not to have to run the next day with a black eye, after giving a Collingwood supporter a calm but frank appraisal of her lack of charms! She was obviously not a Moet drinker, Peter!.

The next morning was perfect for the race, dry, still and not even cold. During the walk to the start line the numbers were swelled by the ranks of Japanese participants arriving by the coach load, with matching tracksuits and running shoes that looked as though the feet in them might be peripheral. If any stiffening of resolve was needed, it was there in their banners, which exhorted in English and Japanese such things as "Run to Goal", and even more inspiring, "100m to Toilet". Then came the parting of the ways, as the Half Marathon runners trotted 1/2 km down the road to their starting point, while the "real" runners, or those of them who weren't still waiting pale-faced in the queue for toilets, jostled for starting positions.

The weather remained perfect for the whole race, a real incentive to try for a P.B., and a headache for those of us who rely on the perennial "wind", "rain", "cold" excuses. Heck if you can't even rely on the Melbourne weather for a cast-iron excuse, what can you rely on? After looping around and back (and around and back) through the city, the course goes down to the beach through Albert Park. We looked in vain for the palm trees and colourful wind surfers skimming across the lake, which were depicted on the official Melbourne Marathon logo. Still, why not? If you can 'borrow' a Grand Prix from one State, why not a balmy, tropical scene from another? After this, the course hits the beach at St.Kilda and keeps going along the beach front, and going and..... If it weren't for the elite runners powering back in the other direction, the turn around point might seem as mythical as the tropical fish of Lake Albert. At this stage there is great support from the Melbourne public, who hand out jelly beans and



make plenty of noise with improvised bands on balconies along the esplanade. Even so, by the time you turn to head back into the city, no-one is singing "Oh, I do like to be beside the seaside".

The last part of the race has often been described as "indescribable", and is best left at that, except, of course, for the finish line, where some of our runners recorded PB's, and all had the wonderful feeling of having completed the distance. Among these were Peter Allmand (great run Pete), Tony & Annie Ashwell (wot - no more toe-tips with Tony?), Kate Buckley (congrats on your first one Kate), John Davy, Euan Downing, Viv Edwards (Oh to be that young and fast!), Piet Crosby (still speed training at the end!), John Pitcher, Alf Ryan (amazing at 80!), Tom Naylor (the flying granddad), John Welford, Graham Venus, Ray Holt, Terry Buxton, John Grice (a hard training programme really paid off, John!), Kym Roads, Peter Deacon, Ian Bell, Barbara Hill, (finishing remark "Good morning everyone"), Michael Slagter, Jacky Whitting, Marty Walker, Sue (tired - what's that?) Tyson, and Bob Weiss became a Spartan this year (10 Melbourne marathons). Great stuff Bob!

A special thanks to Euan Downing's daughter Michelle, who provided tea and coffee for the S.A. contingent from a table set up near the finish. A great touch which was very much appreciated.

The half-marathoners (they also only run half way) really enjoyed the marathon, especially the second half, and provided an enthusiastic and empathetic reception committee for the marathoners. Among these were Di and Chris Dutton, John Hallifax (great time John!), Ross Haslam, Heather Paynter, Peter Tyson, and our Victorian chapter headed by Rob and Karen Janiszewski and Tonita Swan. For all those who made the trip, it was a great weekend. See you again next year when the pasta palaces of Lygon Street have restocked.....A.King.

Another Aspect

To my fellow SARRC members. Just a short letter to fill you in on my first marathon. I would like to thank you all for the support and guidance I received from the moment I joined (8-9 weeks ago). Most notably from the Athelstone Mob and the inspirational Rod. I could never have achieved my level of readiness? without the motivation and general good advice I received from all the experienced members and I highly recommend any new runners, especially those setting for 1/2 or full marathon to put themselves into their hands with every confidence. On the Marathon front I had set myself a time between 3 hrs 30 and 4 hrs. for my first. I had been running since Feb. but due to injuries my last 9 weeks were really the most serious (I suggest definitely longer prep.) But a perfect day and lots of good advice before I left set me up for a great run. I didn't get dragged along, ran my own race, and drank plenty along the way. the first 1 km took almost 7 mins. due to the crowd so between 5km and 15km I slowly got back to the splits I needed. I finished the race with an official time of 3 hr.29m 45 sec. which is 2 secs. better than the best time I had set out for using the split times from 'The Adelaide Plan'. My personal watch read 3 hrs. 28m 35 sec but I don't care. under 3:30 in my first marathon and still alive. YEAH! The next 2 days were hell; obviously due to lack of prep, but I rode my bike Monday and have just done 5-6 km run on St.Kilda Beach (Wed). Once again thanks to everyone. It's a great club and if anyone is in Falls Creek skiing, drop in and say Hi. Please give this to Rod as some of the Athelstone crew wanted to know how I went. I hope everyone else who ran had a great time especially you first timers. YE! HA! WELL-DONE. Yours in running,Ian Bell.

THE ANONYMOUS ATHLETE

Most of us who went to the Melbourne marathon, would have seen a runner who was dressed as a ghost. This was a rather crazy but loveable Frenchman called Geff Fantomer who is half way through a world tour which includes running 5 marathons in different countries. All are run in the "ghost" outfit in times that have so far averaged 3hrs 25min. Geff's marathon schedule is:Feb,Las Vegas. Mar, Hong Kong. June Melbourne, Sept, Moscow. Nov, Abidjan.

Peter Allmand

COURSE MEASUREMENT SEMINAR

Over the Queens Birthday long weekend, 7 of our members completed the Athletics Australia, Course Measurement Seminar. This extensive theory and practical course was run by Dave Cundy from Canberra who administers the scheme for AA. and is an IOOF accredited course measurer. This now means that our club has 7 accredited course measurers which should fulfil our needs well into the future and ensure that we are able to compete on accurate courses. Over the next year we will re-measure and document all our event courses and ensure they all have AA certification. A course

measuring service will also be offered to other event organizers. Successful attendees were: Peter Allmand, Tony Ashwell, Ian Kennett, Rod Martin, John Sheer, Michael Slagter and John Twartz. Peter Allmand

SPORTS PERFORMANCE SEMINAR

A seminar is being run by the Division of Sport on Sports Performance and the Female Athlete on 14th July, at 7.00 p.m. Interested persons can telephone the Women's Unit on 416 6633.

BAROSSA HALF MARATHON & 5KM

This event, incorporating the State Half Marathon Champs. was held on 29th May. The weather conditions were cool, very little wind and some sun towards the end of the race. There was a relatively small, but strong field of about 80 runners taking part. The honours went to David Dowd, overall men's winner, Joe Petkovic, men's veteran winner and Marcia Sheer overall women's and veteran's winner. A notable medal winner was Barb Hill finishing 2nd in the State half and veteran's winner in the fun run. Barb incidentally refused to accept the 'over 50's' medal when her name was called!! Could have fooled me Barb! Overall a good day, but the idea of passing the finish line three times is not good for a runner like myself, who was wishing like hell I hadn't started.....John Hallifax

HEYSEN TRAIL

If you have had some thought of running or walking a section of the Heysen Trail, well now is your chance. We have reduced the average length of each section to around 19k, as we get closer to Adelaide the travel arrangements are becoming easier and the next few sections are through the Kuitpo Forest

31st July - Meadows to Mylor

11th Sept- Mylor to Piccadilly

At least 6 walkers and 14 runners have done the last few sections so come and join us. Ring Peter Allmand on 362 5463 ah for details.

Your Heart... Nothing is more important.

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Take Regular Exercise



THANK YOU

A big THANK YOU to all those members and friends who took and sold lottery books for the Australian Central Credit Union.

LETTERS TO THE EDITOR

Dear Editor,

re: Marathon & Half Marathon 28.08.94.

Several members have noted the substantial increase in entry fees this year compared with 1993 and are concerned that this could have a significant impact on the number of entries received for the above events.

Notwithstanding the statement that part of the proceeds from the events will go directly to charity, would the Management please explain why entry fees for SARRC members have increased by 20% for the Marathon and 50% for the half marathon and those for non-members by 14.3% and 33.3% respectively, whilst the National inflation rate is stated to be 4%. Yours sincerely, J.A.Whitting.

ON THE TRACK

Mike Pascoe is at long last back running after being out for an injury after 7 months. Hope you are soon counting off the days to your next marathon, Mike.

Two other club members who have had to take to the swimming pool and riding their bikes, because of injury are Ray Paynter and Andrew McKay. Hope you are both soon back on the track.

If you are looking for a group to run hills, walk, cycle because of injury, do speedwork, triathlon train with etc. please contact, Jill Denney on 356 0928(home) or 43 5544(work). I will be able to tell you when and where.

We now have a new van roster co-ordinator, Sue Bardy, (home tel: 362 6855) If anyone wishes to help with driving the van in on a Sunday morning see Sue. Thanks to Sally Piccinato who did a great job of looking after the van until now.

TIP OF THE MONTH

Did you miss Tony's session on feet - how to get them ready for the Daihatsu Adelaide Marathon. Tony demonstrated how you use vinegar & vaseline on his own feet, and you wear your socks inside out. You might also have to wear a peg on your nose!



NEW MEMBERS

Marilyn Bevan	Nicholas Bluhm
Keith Bowling	Linda Bowling
Michael Bowling	David Bowling
Karen Bowling	John Collins
Grace Duffield	Victor Hepworth
Terry Leach	Ian Leader-Elliott
Sonia Neumann	David Robertson
Elaine Smale	Catherine Wheadon
Rod Williams	Klaus Wowk
Susan Wowk	

NATIONAL CHAMPS FOR BLIND

AND VISION IMPAIRED. One of our members, 16 year old Marcus McKuen-Taylor has been selected to represent South Australia at the above championships in Darwin in August. He will be competing in the 3,000 - 5,000 - and 10,000m.

We all wish him health, good weather, and plenty of luck.

IDEAS, SUGGESTIONS & COMMENTS

If you have any ideas or suggestions for the promotion of our club see Chris Romanowicz who is chairperson of the Promotions Committee.

Do you have anything you would like to comment on in the next FOOTNOTES. See Jill Denney, or leave at the office by August 7th.

New Look to Sunday Mornings

The Promotions Committee is in the process of purchasing display boards and leaflet stands for displaying entry forms and membership forms, promotional brochures, photos etc. Look out for this new look. If at any time you cannot find an entry form see a board member, or office volunteer - Richard Sjoerdsma, Viv Edwards, Jackie Whitting, Marita Aldridge, Jenny Prider.

Local Running Groups

Local Running Groups (LRG's) of 10 or more financial full members will be eligible to register as a SARRC LRG, enabling them to be covered by SARRC insurance and to ensure that as a part of the Incorporated body of SARRC, individuals will be covered by Club insurance if they or their group are sued. All registered LRG's will be advertised in Footnotes. They may nominate a secretary to their LRG in order to ensure they receive Board minutes if requested, plus receive any correspondence as required.

LRG's may claim for funding consisting of a \$50 grant (after registration) plus \$2 for each additional financial SARRC member in excess of the original 10 financial full members. They may also seek assistance from the Board for establishing Start Running Classes, holding special events and publicising activities including training runs.

ENFIELD HARRIERS

AMATEUR ATHLETICS CLUB



Welcomes new members

Give us a try



YEAR ROUND ACTIVITIES

SUMMER: Track and Field

Including a Veterans Competition for 1994/95

WINTER: Cross Country running and Walks

COACHING AVAILABLE

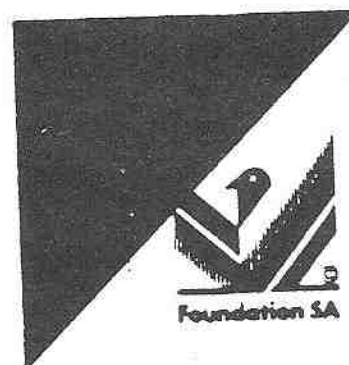
Training is Conducted at Various Venues

**Speed Sessions: St. Albans Reserve Clearview - Monday, Tuesday and Thursday
6.00 p.m.**

AND

McKinnon Parade - near North West Shed - Tuesday - 6.00 p.m.

For more details ring JOHN PEARCE on 344-2513 or ANDREW MCKAY ON 345-5375





FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,
Cnr. King William,
1 Sturt Street
Adelaide. 5001
Ph: 213 0615

NEWSLETTER No. 88

PRINT POST APPROVED No. PP565001/25

AUGUST 1994

SARRC COMMITTEE 1994

President	Helen O'Connor	Editorial & Promotions
Vice Pres.	Sue Tyson	Training & Educ.
Secretary	Graham Pring	Ch. Runs Comm.
Treasurer	Nick Birdseye	
	Josie Borg	Runs Comm.
	Jill Denney	Ch. Editorial
	Simon Fry	Promotions Comm.
	Ian Richardson	Sunday Co-ord.
	Chris Romanowicz	Ch. Promotions
	Richard Sjoerdsma	Office Liaison
	John Twartz	Runs Comm.
	Michael Ward	Runs Comm.

PRESIDENT'S BRIEF

Mutually Beneficial Partnerships

Last year Daihatsu, the major sponsor of the Marathon, informed the previous SARRC board that the sponsorship money for the 1994 Marathon was to be reduced by more than 25%. In addition to this reduction, the sponsor sought increased promotion of the event (and the sponsor's name) and generally an increased level of accountability for the funding.

This meant that things had to change. Therefore the new SARRC Board decided to strengthen links with our major charity for the marathon- Muscular Dystrophy Association. The board negotiated a deal with the MDA in which they would assist the club to publicise the event and generally increase its profile. In return for a small set donation per participant, Muscular Dystrophy Association has agreed to conduct a marathon launch in August, to which media will be invited, host a marathon awards presentation in September (with media invited) and arrange an extra trip to London (return) for the random draw, as well as be involved in other promotional activities. The Board itself agreed to an increase the prize money and ensure equitable access to this prize money for all participants by making it a random draw rather than the fastest runner takes all. In fact a mutually beneficial partnership was formed between SARRC, MDA and Daihatsu.

Increased Media Involvement

A media challenge section has been added to the Marathon and for this, a beautiful piece of South Australian artwork has been donated by L'Unique to become a perpetual trophy to be awarded to the winning media team. Several media teams have expressed interest and at the moment negotiations are underway with Bazz & Pilko to open the Marathon Festival by firing the starting gun. Hopefully media interest in our event will be increased this year through this deliberate media involvement.

By the end of July the SARRC office had received more than thirty entries from overseas countries including Germany, Spain, Holland, New Zealand, Turkey and the USA. Apart from this we have also had an Austrian group

of 7 or 8 ex-Olympians, who wish to participate in the marathon, with their own camera crew and journalists to accompany them and record this event for a documentary in their own country.

Tony Ashwell (Race Director) and Chris Romanowicz (Promotions Officer) have been working flat out since May this year, to ensure that this year's Marathon is a high quality event, that more people know about it and that participation levels are increased. This year volunteer marshals will be eligible to enter the random draw, simply by paying \$5 donation which will go directly to Muscular Dystrophy Association. It is expected that the addition of a 10km event ensure that more people can participate in the event itself.

More Creative Approach

The Marathon Festival will help to increase the club's profile in the community and since it is the club's major fund-raiser and biggest event of the year, I ask that all metropolitan club members try to be involved, either as volunteer marshals or as participants.

Reduced funding from Foundation SA over the past few years, as well as reductions in the level of club sponsorship, reduced club membership levels and increases in road closure fees by the Adelaide City Council, have meant that the club has been forced to do more with less money. This means that we've all had to try a bit harder and be a bit more creative in order to continue to conduct high quality events at an affordable and competitive price.

Despite funding cut backs the board has decided not to skimp on the Marathon Festival. Everything has been done to ensure that each participant will get value for money this year's running calendar and certainly I look forward to seeing you and your friends and families at the 1994 Daihatsu Adelaide Marathon Festival.

HELEN O'CONNOR



DAIHATSU ADELAIDE Marathon/half marathon/10 km Sunday 28th August

Have you entered yet? Every entrant will be helping to raise funds for the Muscular Dystrophy Association. If you are not entering, have you volunteered to Marshall or be on a drink stand? To volunteer ring Sally Piccinato 363 2528, SARRC office 2130615 or fill in a volunteer form available Sunday mornings. Random draw cash prizes donated by DAIHATSU of \$1,000 and \$500. Bazz and Pilko will be there to start the run.

Daihatsu Adelaide merchandise can be ordered in the office. Available in green/yellow/blue/red & grey Singlets-white. Don't forget to book in to the pre-race Pasta Party on Friday 26th August-6.30 p.m. at the Travelodge. Seats are limited. Also there is a post race Party at Naiiar's Cafe

, North Adelaide (the Race Director's favourite eating place) on 28th August at 6.30 p.m.

Also there are 2 Relay Teams for the Media Challenge perpetual trophy -channel 9 and 5AA. For the finish club members are working towards a carnival atmosphere with live music entertainment and different foods available. So make sure you are there.

To those running or walking may it all go well for you.

MARATHON LAUNCH

The Marathon Launch conducted by Muscular Dystrophy Association was attended by approx. 40 people. Sue Tyson (Club Vice President) launched the 1994 Daihatsu Marathon and spoke to those present about the mutually beneficial partnership between Muscular Dystrophy Assoc., Daihatsu and SARRC. She then unveiled the beautiful hand crafted piece of pottery by an S.A. artist Peter Anderson which was kindly donated by L'Unique. All stake holders expressed their appreciation of this event as a very worthwhile demonstration of this unique partnership.

THE RUNNING COUPLE

Interview with Daihatsu Marathon Race director Tony and his wife Annie Ashwell.

Being a married couple is it good that you are both runners?

Tony: Groan

Annie: More groans. !! Who cooks tea if you are both exhausted?

Why did you start running?

T: To run away from stress.

A: When Tony first became an instructor, he needed a victim. He coerced me.

T: There is no way I can coerce her.

When did you join SARRC and what was it like then?

T: When it started in 1980. I was one of the cofounders. The first marathon was in 1979 run by Distance Running Club. They formed Run S.A. Run. They were all instructors from the 1979 marathon and they met at the Uni. gym. D.R.C. handed over the responsibility of the marathon to SARRC, which had been formed in October 1980.

A: I was on the steering committee. Membership fees were \$2. I was very much for keeping the fees low.

What was your most memorable marathon?

T: The 1985 Pichi Richi marathon, when I beat Helen O'Connor. (Aside Helen- I still have a better time than him) This year I caught her sitting in an ambulance with an oxygen mask. The pressure was too much for her. Dave O'Donnell wanted to know why I was having my blood pressure taken.

A: The Veteran Games Marathon in Melbourne. I was so ahead of my time halfway, that I sat down and had a tea break because people told me that I must stick to my time, and the Fanatics Marathon when Greg Coulter got lost, ran backwards as I wouldn't give him a lift home if he didn't let me win. So I won!!!!

What is your worst nightmare organising a marathon?

T: (1) No-one entering the race. (2) Not waking up for the marathon. (3) People borrowing someone else's number especially if they are the wrong sex. Annie and I spent 2 hrs. trying to work out whether a runner was a male or a female on the video of the finish. In the end we recognised his dog. I find running a marathon easier than being a race director of one.

A: Listening to Tony worrying about the finish system (even in his sleep).

What are your personal achievements?

A: Living with Tony. As I continue to run it encourages older women to run. I enter races so other people don't have to come last. I am looking forward to being 55 in Nov. as I go up into the next running age group.

T: 178km in a 24hr run, 3hr 16min in a marathon, 1hr 26min 40sec for a half marathon (Tony once finished a

24hr run in his pyjamas after being in hospital) I was one of the first runners arrested and put in jail for running on the road.

A: I had to go and bail him out. Tony was let out in my care. The police put it down to stress. Tony has been a club secretary, board member twice, race director of the marathon 3 times and 2 half marathons, worked on numerous finish systems, the computer system for the 24hr and an instructor for the club. Annie has supported Tony through all his directorships and has been an instructor for the Advanced Beginner courses with Ted Trojanowski. Where are you now Ted? Annie wants to know. Well thanks Tony and Annie for the great job you are doing for the club.

Apparently there are some very amusing stories about Tony's coaching. Please send to the editor. They will appear in a future edition of Footnotes.



15/30 K LINEAR PARK EVENT

After a cold start (4 degrees) competitors warmed up the track and perfect weather was enjoyed by all. All the competitors gained a PB as it was the first time this track was used. I am sure you will want to continue this next year. Some competitors, however, did not like the little uphill 'teaser' to the clock at the finish. We have decided to use the same track next year for the event and hope more people join the happy group. Yes! it is a little crowded at the start, giving you the experience of a big event. I hope slower competitors would start at the back of the field. I thought the atmosphere at the finish was also good with competitors being encouraged to finish well. It was pleasing to see the increasing number of 15K walkers. Enter early next year and more medallions may be awarded.

There are many supporters to thank for making it a very successful event.

-The PowerBar to all the finishers and helpers.

-Joggers World for the random draw prizes.

-Scaffold Hirers for the clock stand.

-Adam's Apple for the fruit (Thank you Max, who did exceptionally well at short notice)

The excellent group of helpers deserve many thanks; including board members Graham, Ian, Jill, Richard and Simon; Barb and Sally and their helpers at the drink stations; Ray Paynter our lead cyclist; Peter Tyson for many jobs; marshals Sheena Backhouse, Vivienne Pring and Brian Goodhind and Ian Hill recording everyone's times and handing out the PowerBars and finisher certificates. Alan had the Daihatsu tent on standby.

Remember the more you run along the linear park track, the better runner you become. The 1992 first female did very well in the Gold Coast marathon this year.

Keep those PB's coming in. John Twartz.

P.S. The start was cold and frosty, but the run was very well organised. The new starting & finishing point for the event was a great success, amongst the trees by the River Torrens. Euan Downing, pushing along at his best was asked by Barb Hill if he started late. Not to be deterred, Euan still finished. Everyone looked like they enjoyed the event. Well done to the race director-John Twartz. Ed.

15KM RESULTS

FEMALE

1. Cherylyn Skewes

2. Christina Smith

3. Nicole Ellis

Walk-Sandra Roffey

MALE

1. Tony Neill

2. Malcolm Robertson

3. Tony McCool

Walk-Klaus Wowk

30Km RESULTS

FEMALE

1. Christine Lubcke
2. Jane Bennett
3. Lee Clayfield

MALE

1. Tony Symons
 2. Glen Harvey
 3. Steven Thomson
- Walk- Des Rowe

NAT. CHAMPS FOR BLIND & VISION IMPAIRED

Congratulations to Marcus McKuen-Taylor who really did the State and us proud at the above Champs. Although only 16 he won gold medals in the junior 3000m, open 5,000m and open 10,000m. Then to cap it all, a bronze in the 4 x 400m relay.

WELL DONE.



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PICHI RICHI MARATHON & HALF MARATHON

The 13th Annual Pichi Richi Marathon was held on Sunday 10th July, starting at 8.00am with the half-marathon starting at Saltia Creek at 9.30 a. m. A rowdy group of runners and walkers travelled to Port Augusta by mini-bus, piloted by the very capable David O'Donnell. The bus left Adelaide at approx. 10.15am almost without Dianne and Margaret who arrived as the bus was about to leave. After a leisurely lunch at Clare, we stopped at Laura for ice-creams (good carbo building so they tell me) and eventually found our way into Port Augusta at around 4.15pm. The Lions club provided a hearty meal of pasta, bread, salad and sweets, which was well received by all. Like all good runners, we had an early night, to be ready for the big day on Sunday.

Cold but fine, sunny weather greeted us on race day, with approximately 25 runners starting the marathon. A notable late inclusion in the marathon was our 'Gal Sal' (Sally Piccinato), who decided the night before to do the 42.2k run to Quorn. Sally was asked what her training schedule had been lately, her reply was " Oh, about 10kms /week, we all groaned with dismay. But if you know Sally (and most people in Adelaide do) with her determined spirit, she kept Alf Ryan company most of the way and arrived at Quorn in 5.53.06, winning the 40-49 age group.....(are you that old, Sally?)

Other notable performances in the marathon were; A fine overall win by Michael Slagter in 3.01.16, top effort Michael. The women's winner was Marilyn Bevan in 3.54.11, who found the last few k's very tough, well done Marilyn. Sue Bardy took out the women's 50-59 age group in 5.49.00. Some of the half marathon stars were Greg Coulter who finished in 1.21.12 and Alan Morton in 1.34.34. The half marathon walkers ,were led by Diane Davies who was 5th overall in the very good time of 2.34.36 closely followed by Margaret Miranda in 2.39.45 who was 11th overall.

The bus trip home was full of good cheer, and I, particularly enjoyed my stint at the front of the bus with Sally, David, Alan, Dianne and Margaret. See you all at next year's run.

ON THE TRACK

Further to last Footnote's Melbourne Marathon report both Viv Edwards and Jacky Whitting came first in their age groups, and Terry Ellis was the first interstate runner. Well done all of you.

Update to Melbourne Marathon 1995. They are now not moving it to another time, so it will be on the 5th of June. They are thinking of changing the course, to reduce their cost of the police.

Can you run in the snow? Sally Piccinato is going to find out. She is travelling with her family to Vancouver on an exchange scholarship. Hope you have a great time, Sally. She is exchanging with a walker.

Congratulations to Leah and Lisa Wright who ran in the Gold Coast Marathon. Leah came 4th female and Lisa came 5th female. Well done girls! They are also in the state team for the Sydney Marathon.

HEYSEN TRAIL-Run and walk

The Heysen Trail run/walk is an excellent opportunity to see South Australia from perspective. The scenery is always changing and the company very convivial. Speaking as one of the recent walkers to join the trail(at Mount Compass) I now want to walk from Mount Jervis to Arkaroola as it is such a wonderful asset here in S.A. The walks are challenging but we stop and have drink and rest stops regularly(some of us enjoy a Mars bar or two.) We have now grown to a group of up to 12 walkers and hopefully now distances are closer to Adelaide we will get some more recruits. One of the highlights is reaching the end and seeing the cars and somewhere to sit down and have a hearty lunch with cake and champagne. We are very proud of Sandy Hadley the only walker to have walked every section so far-an inspiration to us all. See you next time.

Jill Ward

COMING EVENTS

Sat. 27th. Aug. Veterans Host Day 5/10 km. 2.00p.m.
Greenmail and King William Rd. Marcia Sheer 263 3396

Sun. 28th Aug. Daihatsu Festival of Running
Marathon, Half & 10Km SARRC 2130615

Sun. 4th Sept Cleanaway Time Trial 10km Race
Director Rob. Freak. SARRC 2130615

Sun. 11th Sept. Heysen Trail Mylor to Piccadilly

Sun. 18th Sept City to Bay Fun Run 9.00am Start Festival Theatre Adelaide PH 3328022

Sun. 25th Sept Enfield A.C. Fun Run-Walk 9.00am k TAFE College Regency Rd Andrew McKay 3455375

Sun. 2nd Oct. D.R.C. Ultra Marathon Adelaide /Victor Harbor Des Paul 298 5005

Sun. 9th Oct. Sri Chinmoy Peace Run 3.2km Sipra Lloyd 2390690

Oct. 15th-23rd Masters Games Alice Springs Some SARRC Members are travelling up to these Games by car. Oct 30th - FAC Airport 5/10k. SARRC 213 0615

HELP WANTED

Sydney is to run a marathon each year on the same date as the Adelaide marathon. If you have any constructive suggestions on a date for our event next year, see the runs committee John Twartz, Michael Ward, Josie Borg or Graham Pring(w 384 1155 h 297 3269)

Sports Lottery

The Sports Lottery is conducted every year and has proven to be a good fund raiser for the Club. A significant amount of effort is required to organise this. Would any members who are willing to assist in the organisation and co-ordination of the distribution and follow-up of the ticket books, please register with SARRC office. When the books are distributed, the co-operation of members in selling the tickets will be much appreciated.

NEW EVENT

Keep the 4th of Dec. free for a new event. A 5/10 km Family Frolic on the linear park track to commemorate the international year of the family.

NEW RUNNER'S MART

To any club member who wishes to put in a short advertisement, in the Runner's Mart it is free.

Rob Freak's phone number has now changed to 373 4141.

START RUNNING CLASSES

Our start running classes return in September at the following locations:

Bundays Road, Nth. Adelaide Sundays 8.00a.m.

Hutt Road, South Parklands, Wednesdays 5.30 p.m.

Candys Road O'Halloran Hill Wednesdays 5.30 p.m.

If you're out of touch these classes represent the ideal way to get "back on the track"

QUICK TIPS(by Gary Pearce)

Quick Tips is a new column that suggests practical solutions to common running problems and answers your specific questions. Please send your tips or questions to Quick Tips SARRC, 1Sturt Street Adelaide SA 5000
SWEATY EYES AND FRICTION BURNS-Smearing vaseline on the eyebrows will prevent perspiration running into the eyes. It is also useful in preventing nipple chaffing and chaffing caused by clothing seams or friction burns on the inner thighs and armpits.

GETTING STARTED

If you have never run before or if you have had a layoff for a few years, don't try and achieve quick results. Initially your lower legs will be the limiting factor as you will be stretching muscles that have not been stretched for some time.

Start by going for 15 to 20 minutes by alternating runs of 50 paces with walks of 50 paces - do this 3 times a week. The combination of walking and running every other day will give your legs a chance to recover. Follow this programme for two weeks and then gradually increase the running distance run whilst keeping the walks to 50 paces. Your rate of progress will be governed by how your legs feel the following day. You should not hurry this stage, because if running is associated with pain it is unlikely that you will persevere. Run only for a set time rather than timing yourself over a set distance - this leads to running far too fast unnecessarily. Make sure that the pace is such that you are able to talk comfortably. This is known as the "talk test".

STYLE

Running is a natural activity, however the natural style of running becomes eroded, as muscles and joints become less flexible with the ageing process. Watch the action of a young child running freely - this is generally the ideal. Here are some pointers that will enable you to run comfortably and efficiently:-

1. Breathing should be through both the nose and mouth. A runner needs as much air as possible. Involve the stomach by concentrating on breathing out using the abdominal muscles, and let the in breath take care of itself. You may find it helpful if you establish a rhythm, for example, breathe out for two steps and breathe in for two steps, or whatever rhythm is comfortable for you.
2. Do not run on your toes because it throws a great strain upon the calf muscles causing them to tire very quickly. Landing should be either heel first, or with a flat foot landing on the outside of the foot and rolling inwards. Make sure that the foot does not land in front of the knee; it should land just in front of the hip with the knee slightly bent to absorb the shock of landing. Progression should be as smooth as possible - this is only developed with constant practice. The feet should "kiss the ground" without a sound.
3. The arms should be carried low, between the top of your shorts and your chest. On the forward swing, the forearm moves slightly up and inward, and on the back swing it moves slightly down and outward. Concentrate on relaxing the shoulders, elbows, wrists and hands. Tension often begins in the hands and this can result in a chain reaction of problems.
4. "Run tall" without any abnormal body lean and do not look down at your feet.

WHERE TO RUN

One advantage with running is that you can run anywhere and at any-time. During the first few weeks you may feel more comfortable running around an oval or around the block, but once you are running 20 minutes or more, lapping an oval can become monotonous. Try and pick areas that are pleasant to run in and provide visual stimulation. Adelaide is well blessed with parklands, the River Torrens, and the Adelaide hills all of which provide an excellent running environment. If you run on the road avoid roads with a camber as this may cause injury.

Reproduced from the Start Running Manual published by the SARRC Education and training committee.

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Marathon's just a breeze

By TANYA LEWIS

For Frenchman Jamel Balhi, the first man to run around the world, Sunday's Adelaide Marathon will seem like a stroll in the park.

Between 1987 and 1989, Balhi crossed the globe on a 25,000km odyssey of adventure. The feat, which led him to run through bustling Indian streets, among Himalayan mountains, along the Great Wall Of China and back to Europe, via the major cities of the United States, earned Balhi, 31, a place in Europe's Guinness Book Of Records.

Following that journey he has continued his passions for discovery and running on long-distance endeavors in 65 countries.

Most recently the lengthy expeditions have been in Europe — including a run through war-torn Yugoslavia — and as a regular entrant in the annual Marathon of the Sand in Morocco where competitors run 250km, carrying a backpack containing all the food they require for the five-day race.

Balhi, a freelance photographer, already has come to know Australia's roadways, running from Perth to Adelaide. Along the way, motorists stopped to offer water, accommodation and even a ride.

"Australia is one of the easiest countries for me to travel in," Balhi said. "I have a good feeling for here, the people are really hospitable with me."

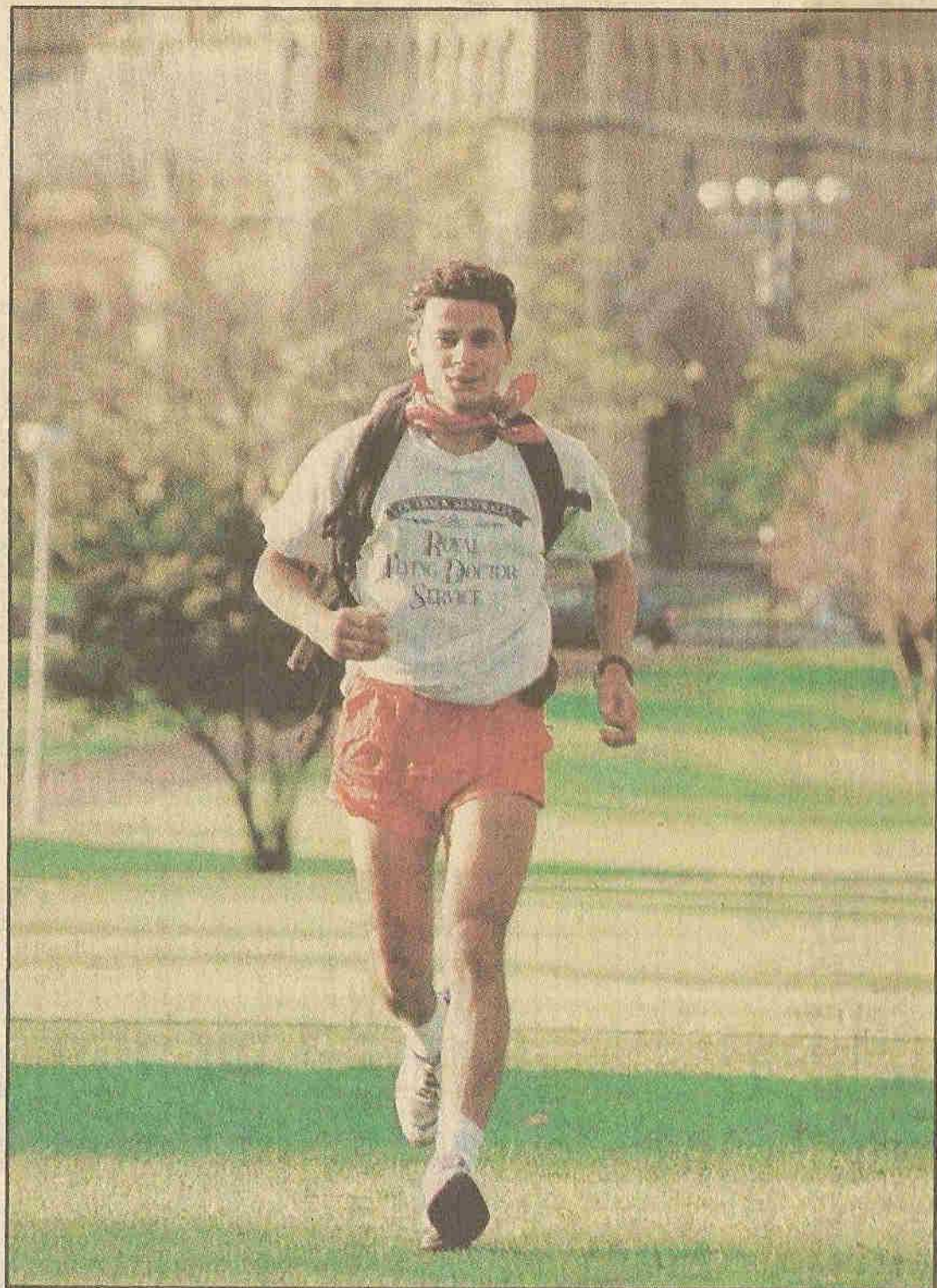
Balhi's only misfortune arose in Kalgoorlie when his running shoes were stolen. A local sports store came to the fore and offered the runner a new pair if he would compete as its one-man team in a 37km relay race from Coolgardie to Kalgoorlie.

In Adelaide, Balhi will join a field of approximately 700 runners — including 44 from overseas — in Sunday's Daihatsu Adelaide Marathon.

The field is the Adelaide event's largest and has been bolstered by the inclusion of a half marathon, a marathon relay and a 10km event for runners and walkers. Former winner Joe Petrovic will run the marathon with leading State triathlete Trudy Penton in the half marathon.

Journeyman Balhi, who has been encouraged to enter by an Adelaide friend, has no intention of racing to win. "I don't want to be serious about it, I just want to run," he said.

When he leaves Adelaide he will run to Sydney and then fly out to another unknown destination. "It might be New Zealand or it might be Paris," he said. "I don't really like to know what I'm going to be doing."



NICE AND EASY... Journeyman Jamel Balhi limbers up by sampling the delights of the city parklands.

Picture: PIP BLACKWOOD.