



FITNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

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

NEWSLETTER NO.90

PRINT POST APPROVED NO.PP565001/25

December 1994

SARRC BOARD 1994

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

Marathon Coach Wanted Urgently

The Club is seeking a marathon coach preferably with an instructor certificate or other similar qualification, to coach first time marathon runners. The job will involve (1) regular attendance at 8 a.m. on Sunday mornings; (2) assisting first time marathon runners to follow the Adelaide Plan by suggesting runs and giving training tips each week. (3) Liaising with the runs co-ordinator for Sunday mornings- Ian Richardson. Unfortunately this will be an unpaid position but the Club will endeavour to provide any assistance required. Please ring Helen - 3791252 (ah)

PRESIDENT'S BRIEF

"Times, they are a changing" according to the well-known song. The growth and survival of our Club depends on it's ability to adapt to the changing needs of it's membership and the community it serves. Changes which have already been implemented by the new SARRC Board are now becoming increasingly obvious to grass-roots members. These include:

- the new look, 3-in-1 carnival type Marathon,
- the revamped Footnotes, with it's more informative and educational approach, as well as the addition of photos and improved layout,
- Registration and financial assistance for local running groups.
- Changes to the Club's recruitment brochure, designed to make it more attractive to walkers and recreational joggers as well as road runners.

These indications of change are just the tip of the iceberg and it is expected that this process of change will continue throughout 1995.

One area targetted for more change is the Marathon itself. for the past 3 years, police claim that they have complained to the previous SARRC Board about the Club's over-use of police resources for what they see as a relatively small event (in terms of participants). they have finally 'pulled the plug' and are now even talking about 'user pays' service provision.

Unfortunately the Club is currently in a position where, within a very short time frame, we are being forced to change the Marathon course, completely. Our options seem to be either to take the Marathon well away from the Adelaide

Cont.....P.2.

NEW YEAR'S RESOLUTION

RUN OR WALK THE
ADELAIDE MARATHON
Sunday 6 August 1995

- * Training sessions available weekly
- * Marathon seminars monthly (Sat.mornings)
- * Marathon Training Plan booklet available.

WHY NOT?

Did you know that less than 1% of the population has completed the marathon (42.2 km)?

Phone: Helen 379 1252 or Josie 266 1580

Proudly sponsored by Foundation S.A
and the
South Australian Road Runners Club
SARRC Office: Tel. 213 0615
(Closed for Christmas
break from
19/12/94 - 16/01/95)



*A very surprised Jane Bennett
after winning the Marathon
Qantas trip to London*

**A VERY HAPPY CHRISTMAS
AND A SUCCESSFUL NEW YEAR
TO YOU ALL**

DATES FOR YOUR DIARY

- 27/12/94 Two Jetties Fun Run.
Contact Des Paul 298 5005
- 15/01/95 Whalers Inn Classic
Contact Richard Joy 085 542523
- 26/01/95 Meningie Australia Day
Breakfast Fun Run. Lesley Fischer
085 754214
- 31/01/95 Twilight Run 4.5 km SARRC
- 07/02/95 Twilight Run 6 km SARRC
- 14/02/95 Twilight Run 9 km SARRC
- 19/02/95 Piccadilly Natural Springs
Glenelg 10Km Classic. SARRC
- 05/03/95 International Women's Day
Fun Run/Walk SARRC
- 12/03/95 Hub-a-Dash 4/10Km
Peter Gilkes 370 6628
- 19/03/95 Happy Valley 5/10k Fun
Run/Walk Lyn Alexander 270 3427
- 26/03/95 Cherry Gardens Ridge Run
& Walk 7k. Nigel Turner 278 7387



area or to get it off the main roads. With this criteria in mind, SARRC's Runs Committee are carefully considering several options, including taking the event to West Lakes (the old State Marathon Course), taking it to Glenelg, with a two-way, out and back, coastal runs, as well as the option of keeping the "Adelaide" Marathon with a decreased use of the roads. The latter option seems to be the favourite so far. For this Marathon course runners would start and finish in the same area as the current Adelaide Marathon. Participants would however run/walk west, probably along Burbridge Road to Tapley's Hill Road and then south to the Glenelg boat haven and return along Tapley's Hill Road to the River Torrens. Runners and walkers would then turn left at the river and head west to the river mouth at West Beach where they would cross to the northern side of the river and return to the City along the linear park to the Weir. Participants would then complete a loop out along Memorial Drive to Park Terrace and back to Hackney Road, then into Botanic Park, then south to Botanic Road vic Hackney Road and through Frome Road and then on to finish on the 'old' Marathon course.

If you can think of a better alternative, that takes runners off the city streets, please let us know. We're still working on the course along with other aspects of the Marathon which will need to change.

Daihatsu has recently informed the Club that due to financial constraints, they can no longer afford to sponsor the Marathon (See Letters to Editor section). The South Australian Road Runners Club thanks Daihatsu and especially Alan Morton, the State Manager, for their involvement over the past four years. However, this means that, as well as finding a new course (and a new race director), we will also need to find a new sponsor.

In fact, this may be an opportunity to be really bold and create an entirely different Adelaide Marathon. Suggestions from members include a twilight Marathon, to be held on a Saturday evening towards the end of daylight saving (in March) commencing in 1996 or even 1997. Perhaps this might be a bit too radical, but at this stage, I feel that we must not limit our options.

I feel quite confident that we will improve the Marathon by firstly increasing the level of sponsorship funding, by improving the course, and of course we are still seeking a person with excellent leadership qualities and organising skills to co-ordinate the 1995 Marathon. This is the sort of challenge

that our Club has faced very well in the past and I have no doubt will continue to face in the future. The Board is working very hard to ensure that all of these changes will mean improvements for Club members and race participants. I know that you, as Club members, will continue to support the Board in its endeavours. We were elected by you to do a job, but unfortunately, we can't possibly do it on our own. Thank you for your support and assistance throughout 1994. I wish you all a very happy Christmas and a positive new year in 1995.

I look forward to hearing more great suggestions from you next year, as well as seeing many of you out giving a hand to organise events. Thank you. OOPS! I owe an apology to the following people, Sue Tyson, Chris Romanowicz and Rob Freak who did a great job organising the carbo-loading party and whom I forgot to thank in the last edition of 'Footnotes'.

Helen O'Connor



1990 NEW YEAR'S RESOLUTIONS

These interesting resolutions have been taken from a 1990 SARRC Journal:

David Bridges - "To do a PB in every event I enter".

David O'Donnell - "To lose 5 kilos".

Richard Sjoerdsma - "To stop eating biscuits".

I wonder how these New Year's Resolutions went. How about it guys? Anyone willing to say?

ON THE TRACK

Warning - Just be aware that when running with the Hutt Road Group that they do not scare away the snakes for you! Editor.



Are you sure this isn't what you saw?

Any other groups have some funny tales to tell?

FAMILY FROLIC by John Twartz
(To Bob Dylan's famous tune)
Their ages ranged over 80 years
Coming from as far away as Pt. Augusta
They ran, they jogged and walked
Most of all they frolicked.

Original lead cyclist Tim was unable to do it
Dad Peter filled in but wrecked poor son's cycle
Road Runner Graham happened to cycle past
He got conscripted: a lead cyclist at last.

They competed under many team names
From 'Jaffa' and 'Socs' to 'JenBarCat' and
'Kentucky' 'Triple G's', 'Free Spirits', and 9
'Sykes' without Eric, 'Huffed Puffed and staffed'
belied their name
9 of the 10 'Fresh People' did the same.

Piccadilly, as usual supplied the water
Much needed under the conditions, near
century heat.

Plenty of fruit from Adam's Apple (Thanks Max)
Some to take home and plenty to eat.

There were bookmarks and balloons to take
A commemorative glass to each team of 3 or
more, Children a plenty, certainly looked great.
In fact each finished received a glass, SARRC
singlet or PowerBar.

They enjoyed the frolic, the fruit and the fun
Many saying they will be back next year for the
run. Yes it will be on; hopefully not as hot
Thank our sponsor 'International Year of the
Family'.

Thanks also to all helpers, many Board
members. Josie and her helpers gave you
drinks on the way. You must have also been
glad to see Ian telling you to turn around -
you've reached half way.

P.S. There are 2 glasses to each team of 3 or
more unable to complete on the day, available
from the office.

Another well organised run John. It was great
to see a SARRC run encouraging children to
run. Editor.

VOLUNTEERS REQUIRED

Sue Bardy is in the process of finalising the new Van Roster for 1995, and is seeking volunteers. Please ring Sue on 362 6855 if you can assist.

Stella would also like some willing volunteers in the office, as next year the office will be open for 5 days a week from 10am - 4pm, and it helps spread the load. If you are able to spare a couple of hours a week, answering the phone and other 'odd jobs' please ring Stella on 213 0636.

Office will be closed from 4pm on 16/12/94 and reopen 16/01/95

A N INSIDE VIEW OF THE ULTRA MARATHON

There's always an eerie silence at the beginning of the 24 hour run, which descends on participants long before the one minute silence requested by the Organisers, the Sri Chin Moy. It is as if the runners themselves are slightly overawed by the concept of what they are about to embark upon - 24 hours of running and/or walking continuously around a 400 metre track.

The line up on October 22nd consisted of 21 runners and walkers, including Cliffy and other 'old favourites' like Ross Martin and Sue Worley. It was anyone's race this year, because David Standeven was out, recovering from a groin operation.

However, no one expected that by the half way mark, the race would be led by Lorraine Lees-McGeough, an exchange teacher from Canada who had never actually done a 24-hour event before.

Sue Bardy, club member and Australian record holder (in the 60+ Women's group) had decided to walk it this year because of a bout of the flu in the week preceding the event. Board member, John Twartz was competing for the first time along with his brother Peter (also a novice).

Throughout the surprisingly warm day participants fought their own inner battles, while continuing to progress slowly towards their personal goals, in their race against the clock. The score board gave little, if any, indication of the heroic struggles that each individual undergoes. The 24-hour event is more an achievement of the mind than any physical challenge, because one's tolerance for discomfort decreases as fatigue levels rise. Added to this, low blood sugar levels tend to play havoc with one's commitment and determination. Such inner struggles are not always obvious to onlookers who see no physical manifestations of pain or injury. Sometimes only the participants themselves can truly understand the blackness of their fellow runners' moods as they move into the darkness of the night, with hours to go and an overwhelming urge to stop and lie down to sleep.

Finally, that early glimpse of the sun on the horizon is the first indication that the end is in sight and the worst is over. It's not the final distance achieved that bonds these ultra runners together, but that shared elation gained from the indescribable achievement of conquering doubts and despair, to force that bit more from muscles and tendons that have nothing

more to give.

In fact some describe it as a spiritual bonding that transcends the physical and links this small group of hard core fanatics and brings them back time after time to do it all again.

Winners:

Joe Skrobalak 198.423km (m)

Lorraine Lees-McGeough 172.741km (f)

By: One who should know better!



Brothers John & Peter Twartz after the presentation at the Sri Chinmoy 24 hr run



Sue Bardy takes a refreshing drink of Piccadilly Spring water during her 24hr run.



NOTICE BOARD

THANK YOU to Reg Ayliffe, Greg Coulter, Rae Haese, Janet Lau, Rod Martin, and Jenny Prider for the sterling work they have undertaken during the year with the Start Running Classes.

Also to Sue Bardy and Graeme Southern for organising, collecting and storing the Piccadilly Spring Water enjoyed by the members.

The CSIRO are seeking volunteers to take part in their diet and physical fitness study into the effect of fibre-modified diets. Athletes wishing to take part will have an initial physical performance assessment at Underdale, then for the following 4-6 weeks will eat and train as usual but bread, breakfast cereals and pasta will be supplied by the CSIRO. This will be followed by another test, and a further 4-6 weeks before a final assessment. Members interested should contact Dr. P.A. Baghust, or Kay Pender on 303 8876.

Hutt Road Group gave Cheryl Zeuner (nee Tilley) a toast prior to her recent wedding. Congratulations Cheryl.

Hope the two SARRC Groups going away to Thredbo and Milford Sound, N.Z. have a great time.

Photos We are having photographs put in Footnotes on a regular basis. If you have any suitable photos of SARRC events, or members running or running groups, please hand them to Jill Denney.



S PONSORSHIP INFORMATION URGENTLY NEEDED

SARRC is seeking the following information from Club members or friends who may have purchased a Daihatsu vehicle over the past four years.

1. Which vehicle type/make did you purchase?
2. Approximate date of purchase.
3. Which dealer did you go to?
4. Registration number of vehicle.
5. Write a short statement no more than 1 paragraph on why you decided to buy a Daihatsu vehicle.

A free Club tee shirt will be given to each person who responds to this advertisement and provides this urgently needed information before the end of January. Please include your name and address and send the information to Helen O'Connor C/o SARRC, 1 Sturt Street, Adelaide, S.A. 5000.



Piccadilly Natural Springs
Tel: 43 3155

MASTERS GAMES ALICE SPRINGS

Some SARRC members recently travelled to the above. They competed in all different events from 100 metres to the 1/2 marathon. There were lots of medals won by our members. Eric Fazackerley must have also lost count of how many medals he won. The Masters Games have events where you are running with other runners of your own age group in a very uniquely Australian setting. Some members toured around the outback countryside together and slept out under the stars. So if you want to join in the fun and see Uluru under the sunset, go up to the Alice Springs Masters Games in 1996. I am sure there will be some SARRC members participating there.

This is a photograph of some of the Members who won medals for the 10km.



The Foundation S.A.'s Women's 5/10Km Classic was held on Sunday 20th November in overcast and windy conditions.

Some two hundred and thirty women, and one man braved the elements to compete, supported by a contingent of enthusiastic male volunteers. Bev Lucas once again won the Pat Edwards Memorial trophy and cash prize which was kindly donated by the Fireplace & Slate Centre, whilst Josie Borg won the inaugural May Fazackerley trophy for the first SARRC woman member in the 10km walk.

Generous sponsorship was received from Coca Cola, Max Griguol and Adams Apple, and the Piccadilly Natural Springs Water company.

I would like to remind members that the object of holding these events is to raise revenue for the Club. It is therefore disappointing to see a low proportion of members participating. To guarantee continuity, it is essential that members, male and female, support these Club events where possible. Peter and Sue Tyson are to be congratulated on directing/organising an excellent event.



Josie Borg on her way to winning the inaugural May Fazackerley trophy for the first SARRC woman member to finish the 10km walk.



Before the start of the FAC Airport 10km Fun Run

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the South Australian Road Runners Club will be held on the 1st February, 1995, at 6.30 p.m. in the Hutt Road premises, between South Terrace and Glen Osmond Road in the South Parklands. It is a red brick building, which was formerly the Croquet Clubrooms.

There are a number of amendments to the Constitution to be voted upon, all of which are listed on the notice enclosed with this 'Footnotes'. Remember, this is your Club, and this is the time for your vote to count. There will be a video of the London Marathon, and light refreshments will be served.

LETTERS TO THE EDITOR

From Daihatsu Australia Pty. Ltd.

Dear Helen,

Firstly due to company budget considerations, I would like to apologise for not being able to respond to your letters of the 8 August and the 26 September 1994. However, I can now advise that, unfortunately Daihatsu Australia is not able to continue its sponsorship of the Adelaide Marathon.

Daihatsu Australia has been pleased to be part of the Adelaide marathon for the last 4 years and would like to thank the South Australian Road Runners Club for its effort in making the marathon a success each year.

Yours faithfully,

Alan Morton, State Manager





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NEWSLETTER NO.91

PRINT POST APPROVED NO.PP565001/25

February, 1995

SARRC BOARD 1995

President	Helen O'Connor	Editorial & Promotions
Vice Pres.	Sue Tyson	SARRC Objects Working party.
Secretary		Training & Education
Treasurer	Simon Fry	Finance Committee
	Josie Borg	Walkers Committee
	Jill Denney	Chr. Editorial Comm.
	Robert Freak	
	Chris Romanowicz	Chr. Promotions
	Richard Sjoerdsma	Office Liaison
	Michael Slagter	Runs Committee
	John Twartz	Runs Committee
	Michael Ward	Chair Runs Committee

Congratulations to Rodney and Tony on receiving their Club's greatest award (i.e. that of Life Membership). Both of these guys have worked very hard for the Club since it's establishment in 1980. They are each far too valuable to lose and so we've made sure that they will always be members of the Club. The two decisions were carried unanimously (with acclamation) at the A.G.M. by more than 100 members. I think that says it all.

Helen

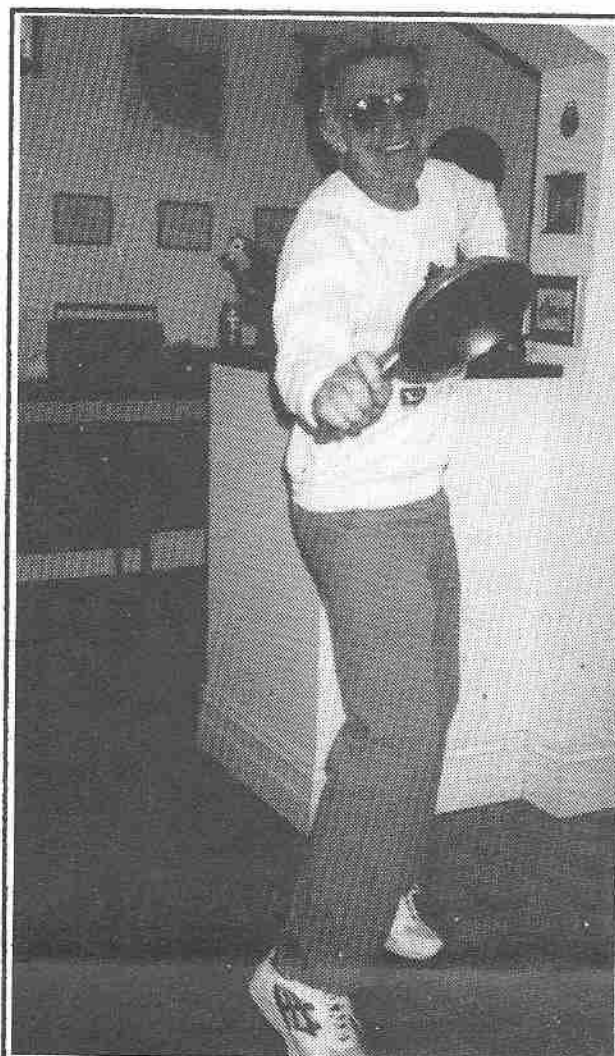
PRESIDENT'S BRIEF

1995 has brought with it many, very positive prospects for the South Australian Road Runners Club.

New sponsorship for the Adelaide Marathon has been negotiated with GIO Australia. Bernard Carney - General Manager (and marathon runner) has already been involved in meetings with the Club and with Muscular Dystrophy Association to plan the 1995 GIO Australia Adelaide Marathon. The new course which is very similar to the one outlined in the previous edition of Footnotes, has been approved by the Police and is already being measured and appraised by SARRC members. The map has been on display each Sunday at training sessions. Comments so far are quite positive and factors such as the relatively flat course, with very little repetition and plenty of interesting scenery seem to be factors appreciated by most runners and walkers. New features for the 1995 event will include a value-packed ground package for overseas and interstate visitors including food, entertainment and marathon entry etc. for 3 days. Heavily discounted (50% off) air fares for domestic travellers and good deals for overseas groups have been negotiated to attract as many visitors as possible to our event.

The Marathon Festival will consist of the marathon, a half marathon and a fun run (12 Km). A Marathon Festival tee shirt featuring the new course will be out soon and every finisher of any of the 3 events in the Marathon Festival, will receive a flock iron-on "Finisher" badge to be ironed on next to the appropriate race named on the tee shirt, effectively making it a finisher tee shirt.

Cont.....P.2.



New life member of SARRC, Tony Ashwell finding the course of the frying pan

LOTTERY TICKETS

We urgently need to sell more lottery tickets. There are only 10 to a book at \$1 each, but more importantly, for every ticket sold, the Club will receive 75c! A major fund-raiser for SARRC. There are 12 great prizes, including two cars. Please get behind us and support this lottery, which is the only one we support each year.

Contact Rob Freak NOW on 373 4141, or see him at the Saturday speed training, Sunday mornings at North Adelaide or Wednesday evenings at Hutt Road

DATES FOR YOUR DIARY

- 05/03/95 IWD Womens Day Fun Run/Walk SARRC
- 12/03/95 Hub-a-Dash 4/10 Km Fun Run/Walk
Contact Peter Gilkes 370 6628
- 19/03/95 Happy Valley 5/10k Fun Run/Walk Lyn Alexander 270 3427
- 26/03/95 Cherry Gardens 7 Km Ridge Run/Walk
Contact Nigel Turner 278 7387
- 02/04/95 City to Port 10K walk and 14K run.
Contact Glen Powell 233 1611
- 09/04/95 Hills Athletics 10K Fun Run.
Contact HAC 337 4103
- 09/04/95 Walkerville YMCA River Run/Walk.
Contact YMCA 344 3811
- PLEASE NOTE CHANGE OF DATE
- 22/04/95 Cross Country Host Day
Contact Enfield Harriers 345 5375
- 24/04/95 Nacos-Whyalla New Fun Run
Contact Robert Ziegler 086 457095
- 25/04/95 Anzac Miles
Contact 298 5005
- 07/05/95 GREENBELT HALF MARATHON
SARRC



President's Brief Continued.....

As with last year's event, cash random draw prizes and a return trip to London (ex. Adelaide) is a feature of the Marathon Festival in 1995. A range of promotional give-aways will be provided by GIO to participants and course marshals, and once again, marshals will be offered the opportunity of entering the random draw for a donation of \$5 to Muscular Dystrophy. The carnival type finish will again be a feature of this year's event, with food, drinks for sale, free massage and live entertainment being provided on the day.

Rodney Martin, Tony Ashwell and Michael Slagter have been out measuring the course to ensure that it complies with AIMS and Athletics Australia Standards for accuracy.

Each week leading up to the event there will be a count down and advice and tips given by the Club's two newly appointed marathon coaches, Sue Bardy and Rodney Martin. Sunday morning runs will be programmed to meet the long run requirements of the Adelaide Plan and of course the series of Marathon Seminars, funded by Foundation S.A. should help to prepare runners and walkers to go all the way without pain.

This year's event promises to be bigger and better than ever and of course many participants will be looking for marathon P.B.'s on the new flatter course. This might just be the year to forget about Melbourne and run the GIO Australia Adelaide Marathon on Sunday August 6th. See you there.

Helen O'Connor

P.S.

The AGM attendance by members was excellent (more than 100 members). The following Board members were elected for 1995:

Josie Borg, Robert Freak, Chris Romanowicz, Michael Slagter, John Twartz, and Michael Ward. Sue Tyson was elected to the position of Vice President and Simon Fry was elected unopposed to the position of Treasurer. Congratulations to members who were elected and I hope that those who did not succeed this time will try again next year.

CHRISTMAS BREAKFAST RUN

Hats off to Peter Allmand for a well organised hills run/walk on 11th December. There were 6, 10 and 14 Km routes to follow, starting and finishing at Waterfall Gully. It was so inspiring that even Bill Hennessy came and ran. There were butterflies, kangaroos, dingos, lorikeets, magnificent views and

waterfalls to see but not a snake this time. We finished with a delicious breakfast at the Waterfall Gully restaurant balcony in the fresh air, overlooking the beautiful green scenery. Members were going around saying "We must do it more often". As part of the breakfast, we farewelled Sally Piccinato who is off to Vancouver, Canada for a year. All the best for your time overseas Sally, and a big thank-you to Peter Allmand who organised the run, and to the Saturday morning runners who put out the water for us and led the different runs. Let's get behind Peter to organise more runs like this.



New life member of SARRC, Rod Martin breaking 3 hours in a Festival City Marathon.

TWILIGHT RUNS

The Twilight series of three runs once again turned out to be an outstandingly successful event, firstly as ideal race preparation leading up to the Piccadilly Springs 10 Km event, and as a fundraiser for the Club.

The first two races were run in almost ideal conditions, given the time of the year, but unfortunately, the third run had to be postponed by virtue of inclement weather. As it turned out, the temperature on the day of the race did not reach the estimated maximum of 38°C, but in fairness to all competitors race rules clearly state that in the event of a forecast maximum temperature of 38°C being published in The Advertiser on the morning of the event, the race will

be postponed or cancelled.

Generous sponsorship was forthcoming from Coca-Cola, Joggers World, Sizzlers, Float Tank, Piccadilly Natural Springs and Foundation S.A. The goods and services donated by these Companies were distributed by way of random draw prizes at the completion of the final race. Some 110 runners participated. Medals were awarded to the first three finishers for male and female; the basis of these awards being the lowest aggregate times of the three races. I would like to express my appreciation of the work put in over these three weeks by the marshals, drink station attendants and helpers. Thank you to you all.

Sue Tyson, V.P.

RESULTS**Male**

1 - Andrew Burns	70.06
2 - Rob Altschwager	72.44
3 - Bruce Arthur	73.54

Female

1 - Sandra Boots	81.37
2 - Rosalind Weaver	85.21
3 - Barbara Hill	98.54



Piccadilly Natural Springs

Tel: 43 3155

REPORT ON ELECTION OF BOARD MEMBERS

The agenda for the AGM indicated that a ballot was to be conducted for 7 Board Members, 4 to be elected as required by the Constitution and the next 3 were to be considered for appointment by the Board to fill casual vacancies.

104 votes were cast in the election, giving a quota of 14 for election of 7 members under the proportional representation system. The following candidates were elected to the Board, as required by the Constitution, on the basis of their having polled more than a quota of first preference votes:

Chris Romanowicz	Rob Freak,
Michael Ward	John Twartz.

The Board had indicated that it intended to use the result of the election to decide which of the remaining candidates to appoint to casual vacancies on the Board and it was therefore necessary to proceed to distribution of preferences.

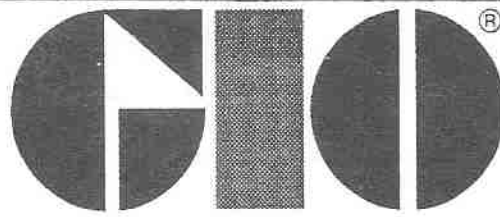
This was done by allocating the 'excess' votes above the quota of the candidates already elected at a 'Transfer Value' determined by

BERNARD CARNEY LEADS THE WAY BY EXAMPLE

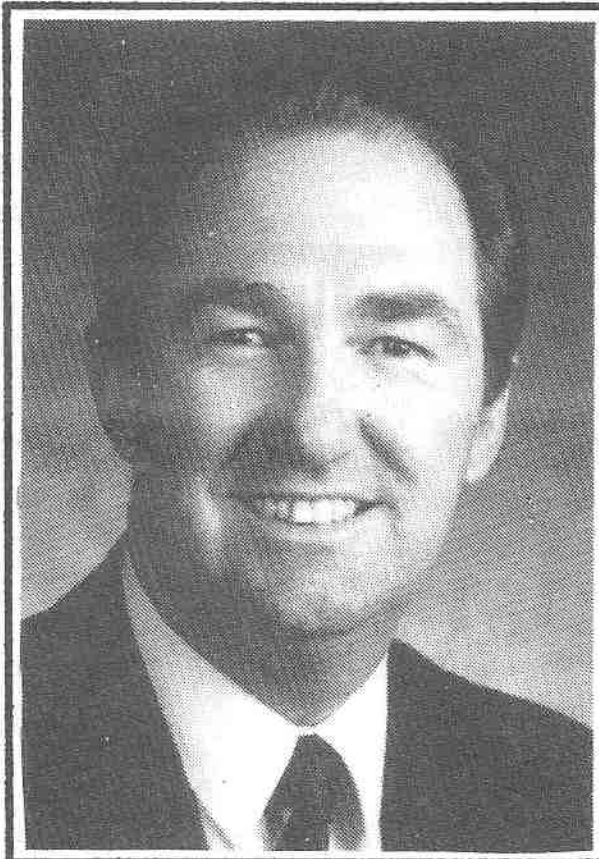
Bernard Carney, General Manager S.A. of GIO Australia, Sponsor of the 1995 Adelaide Marathon Festival of Running, is showing not only that he believes in being supportive of a local S.A. event for the community, but also he believes in participating in the marathon, to show people by example.

He is being an active sponsor, by completing the marathon or dying in the attempt. As the marathon course passes the Hindmarsh cemetery, he says he may be able to lie down in dignity! But, if past records are to go by, he will do well.

He has completed two Melbourne Marathons and a very memorable marathon in 1986 at the Gold Coast where he took off over 15 minutes, to complete it in 3 hours 19 minutes. He always makes his resolutions to run marathons on New Year's Day.



AUSTRALIA



*Bernard Carney
General Manager SA, GIO Australia*

So, in 1986 on New Year's Day he coerced his neighbour to run 5 Km with him. He so inspired his neighbour, that the neighbour also completed the 1986 Gold Coast Marathon.

Bernard's original reason for taking up running was to give up smoking, but he now runs to maintain and enjoy health and fitness. He likes to conquer distance, therefore he runs marathons.

He is presently training 6 days a week, slowly increasing his weekend runs. Before the marathon, he will have run 3 x 30 Km training runs. He prefers to run these longer runs with a group, so he is running with SARRC Sunday mornings.

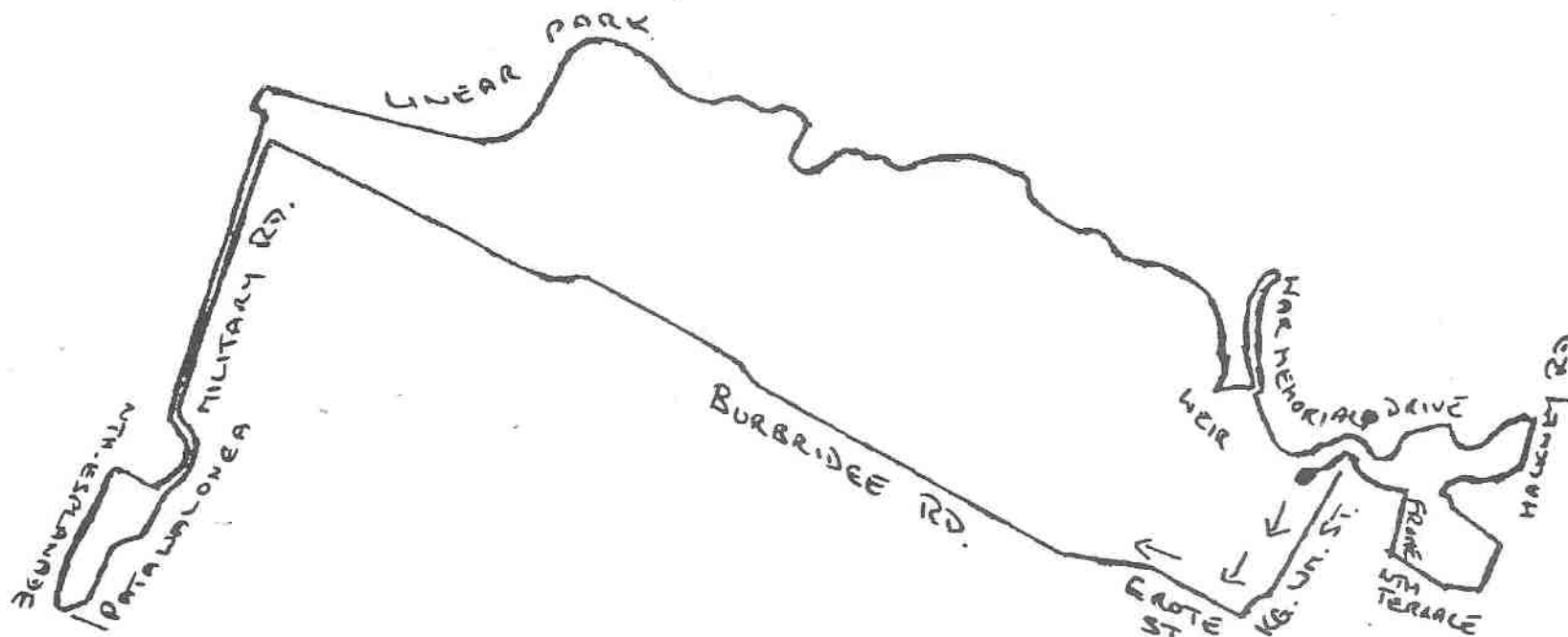
Wife, Christine is very supportive of his efforts.

We all look forward to Bernard crossing the finish line.

THANK YOU Bernard and GIO Australia, for getting behind our Marathon. They both believe in supporting a South Australian community event that promotes health and fitness.

CLOSING DATE FOR INCLUSION IN THE NEXT 'FOOTNOTES' IS THE 19TH MARCH, 1995

ROUTE OF THE 1995 GIO AUSTRALIA ADELAIDE MARATHON





FOOTNOTES

AUSTRALIA'S LARGEST RUNNERS CLUB

SARRC Office,
Cnr. King William,
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NEWSLETTER NO.92

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April 1995

SARRC BOARD 1995

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Vice Pres.	Sue Tyson	
Secretary	Brian Goodhind	
Treasurer	Simon Fry	Finance Committee Walkers Committee Chr. Editorial Comm. Runs & Editorial Comm. Chr. Promotions Comm. Office Liaison Runs Committee Runs Committee Chair Runs Committee
	Josie Borg	
	Jill Denney	
	Robert Freak	
	Chris Romanowicz	
	Richard Sjoerdsma	
	Michael Slagter	
	John Twartz	
	Michael Ward	

I.W.D. FUN RUN/WALK - 6TH MARCH, 1995
This event attracted over 200 women, most of whom don't enter any other SARRC event. The majority of participants walked and enjoyed the non-competitive nature of the event. Sister Veronica, a nun from the Order of the Daughters of Charity, thanked participants for their help in raising money for the Women's Room Project at the Hutt Street Centre. The South Australian Road Runners Club has been a supporter of this special project for two years. This year's event was not sponsored and so it had to be entirely self-funded. However, it still managed to raise nearly \$900 for the Women's Room Project. The money was raised through donations and individual sponsorship of participants. Cont. P.3.....

PRESIDENT'S BRIEF

In keeping with the commitment I expressed to members at this year's AGM, the Club is actively seeking to increase its sponsorship levels. The good news is that the **Adelaide Fresh Fruiterers** have agreed to sponsor the half marathon in 1995 and have indicated a genuine interest in continuing this sponsorship in 1996. It is many years since the Adelaide half marathon (formerly known as the Greenbelt half marathon) has had a major sponsor. The race director for this event in 1995 is Graham Pring, SARRC's former secretary and regular organiser of SARRC events.

Graham, Rodney Martin, Michael Slagter and Tony Ashwell have spent much of their spare time, over the past couple of months, devising a new, traffic free course that will be acceptable to half marathon runners. Adelaide City Council fees for road closure have been somewhere in the vicinity of two thousand dollars per run over the past couple of years and this is an expense that the Club could well do without.

At the time of my writing this brief, the 'new course' is still the subject of negotiation and agreement with the S.A. Police. Therefore, I am not really in a position to reveal the proposed route. However, this will be made available to members as soon as possible.

Membership Cards

Membership cards, fully funded by Joggers World, have now been finalised and should be distributed to members with this edition of 'Footnotes'. Please keep your membership card and use it to claim your free gift, when purchasing your running gear from Joggers World.

Cont. on P.2.....

SRI CHINMOY ONENESS-HOME PEACE RUN -AUSTRALIA 1995

The Australian Chapter of the 1995 Sri Chinmoy Oneness-Home is scheduled to start in Adelaide on Friday 19th May. An opening ceremony will be held at 1pm in the Rundle Mall for those who wish to participate and carry the flaming PeaceTorch to the outskirts of Adelaide. On Sunday 21st May at 8am runners from the Sri Chinmoy Marathon Team will begin their journey carrying the Peace Torch from the Toll Gate through the Adelaide Hills to Hahndorf. Members, families and friends are most welcome to join with the Peace Runners to run some/all of the proposed route and to be part of this global initiative for world peace. The Sri Chinmoy Oneness-Home Peace Run is a biennial event held in over 70 countries throughout the world. Runners in all 7 continents-passing a Peace Torch from hand to hand-will join the Peace Run as it travels through all States on a 5,000Km journey during May and June.

The idea behind the Peace Run is simple - world peace begins with each individual's quest for peace. If people from all nations can run side by side in harmony, then it's but a small step for all people to live in harmony. Peace Run 95 coincides with and celebrates the 50th anniversary of the formation of the United Nations.

For more information, please ring the Peace Run on 269 1985 or contact Peter Allmand re. the Sunday Peace Run on 362 5463.

Yours in Peace, Prabuddha

DATES FOR YOUR DIARY

- 16/04/95 SARRC Bus Run.
Mut.Lofty-Chambers Gully-Hutt Street. Contact Peter Allmand on 362 5463 (h)
- 24/04/95 Nacos-Whyalla News Fun Run.
Contact Robert Ziegler 086 457095
- 07/05/95 Adelaide Fresh Fruiterers Half Marathon & 12Km Run/Walk.
Contact: SARRC 213 0615
- 21/05/95 Sri Chinmoy Peace Run
Contact Peter Allmand 362 5463
- 21/05/95 Ashford Hospital Fun Run.
Contact: Don Komer 231 1754
- 21/05/95 Santos Whyalla Marathon/Half Marathon.
Contact: John 086 491513 (h)
- 27/05/95 W.D.Wilson Memorial 5K.
Contact: M.Jones 298 3489
- 28/05/95 Barossa & Light Half Marathon + 5/10Km Fun Runs.
Contact: 085 642324 (a/h)
- 04/06/95 Melbourne Marathon.
Contact: 03 4295105
- 25/06/95 10/25KM Run/Walk. Contact: SARRC 213 0615



Brothers Joe and Sam sponsor Adelaide Fresh Half Marathon

Joe & Sam Schinella are very happy to be associated with SARRC and the sponsorship of the Adelaide Fresh 1/2 Marathon. Joe & Sam are brothers and partners in the Adelaide Fresh Fruit and Vegetable shops at Prospect, Golden Grove, West Lakes, Newton and Glenelg.

Joe has been running for about 18 years, for fitness and enjoyment. He finds running a great way to unwind from the business. He has run Festival City and Pichi Richi marathons. Now he enjoys Fun Running. Four years ago he encouraged his brother Sam to start running with him, and they both completed the 50 mile Salisbury Track Run.

If you want to run with Joe and Sam on a Sunday morning, you will have to get up at 4 o'clock, because that is the time they enjoy their running. On these early mornings they run with their friend, Max Griguol for about 2 to 3 hours through the beautiful fire tracks of the Adelaide Hills. Joe and Sam are into long, slow running. We may see them on the starting line of the 1/2 marathon. So keep up your training Sam and Joe, and a big **THANK YOU** for your support and sponsorship of our 1/2 marathon, which this year is going along the linear track. See enclosed entry form for more information. Random draw prize of \$500-00, donated by the Sponsor **Adelaide Fresh Fruiterers**.



SARRC members enjoying breakfast at the Waterfall Gully Restaurant after the run on Sunday 19th March.

PLAY SAFE SPORT

Start Running Classes About 17 to 18 people have been involved in this SARRC running group. They are 9 weeks into a 12 week course, and are now able to complete a 7 Km run/walk. For the first session they all run a 2.2 Km loop to assess their fitness. On the last week they then run the same course and most people have improved dramatically. The main aim of the classes is that by the finish the participants are able to run or run/walk 10Km. Participants join the classes to increase their general fitness or to gain extra fitness for the sports, (hockey, soccer etc.) that they play. Some participants are coming back to Start Running again. During the week participants are asked to run twice a week (preferably Tuesday and Thursday) starting these sessions at 20 mins. and building up to 30 mins. or 3 x 20 minute sessions.

At the end of the course, they have a social get-together and presentation of certificates. They are also introduced to SARRC members so they get to know other Club members with whom they can run. There have been people who have gone on from these classes to run marathons and ultramarathons - David Standeven being one of these.

These start running classes are a very important part of our Club. Thanks to the qualified instructors of Rod Martin, Jenny Prider, Ray Haese, Reg Ayliffe and Janet Lau who organise and help with the classes.



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FOOTNOTES

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

NEWSLETTER NO.93

PRINT POST APPROVED NO.PP565001/25

June 1994/5

SARRC BOARD 1995

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ADELAIDE FRESH FRUITERERS HALF MARATHON RESULTS

	MALE	RUNNERS	FEMALE
1st	Andrew Burns	1.12.59	Robyn Rooke 1.20.32
2nd	Joe Petkovic	1.14.47	Bev Lucas 1.21.30
3rd	Terry Ellis	1.15.11	Kerry Lucas 1.25.31

WALKERS

1st	Merv Lockyer	2.25.18	Sandra Kramer 2.25.18
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ADELAIDE FRESH FRUITERERS 12 KM RESULTS

	MALE	RUNNERS	FEMALE
1st	Mal. Robertson	0.45.02	Maureen Moyle 0.47.49
2nd	Vince Cullinan	0.46.06	Susan Peter 0.49.26
3rd	Jeff Leach	0.46.14	Lisa Albinus 0.51.50

WALKERS

1st	Wayne Russell	1.19.30	Dian Goodger 1.25.59
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PRESIDENT'S BRIEF

I have had a few very interesting responses to the suggestions in my previous President's Brief, on the issue of rewarding volunteers through our club fee structure. Responses have ranged from the horror, expressed by one volunteer at the idea of rewarding volunteerism in such a way, to comments like "it's about time". Some expressed reservations about monitoring such a scheme or equating different voluntary tasks performed, e.g. how does one equate such roles as office work with one off events such as coning the marathon course at 4 a.m. on Marathon day. One volunteer expressed concern that the Board might actually make such a decision 'without first consulting volunteers'. I assured her that the Board itself consists entirely of volunteers, who have been democratically elected to make decisions on behalf of the membership, but despite this power, we are inviting members to express their views, in oral or written form to me or any other Board member in order to help us make some difficult decisions. However, the facts are these:

- SARRC's pool of volunteers are continually being called upon (or expected) to continue performing services for our Club.
- Volunteers perform the following functions:
- Duties & functions of the SARRC Board
- Race Directing
- Start Running Instruction
- Coaching - speed training etc.
- Marshalling and aid stations in events
- Van duties each Sunday
- Collection and transport of water
- Co-ordination of training programmes
- Office duties (SARRC employs 1 paid office worker for 20 hours per week, the rest is voluntary)
- Course measuring
- Editing "Footnotes"
- Organising and conducting workshops, seminars etc.



Alf Ryan, one of our oldest members, at 81 years, competing in this year's Piccadilly Natural Springs Glenelg 10Km.



MARATHON COUNTDOWN

- June 4 Week 9
- Total weekly mileage 75-103 Km
- Henley Beach Road 25 Km
- June 11 Week 8
- Total weekly mileage 75-103 Km
- Panorama 26 Km or Heysen Trail
- Kersbrook-Mt. Crawford.
- June 18 Week 7
- Total weekly mileage 76-103 Km
- Darley Road/Port Road 30 Km
- June 25 Week 6
- Total weekly mileage 76-105 Km
- SARRC 10/25 Km Event
- July 2 Week 5
- Total weekly mileage 78-105 Km
- Morialta 28 Km
- July 9 Week 4
- Total weekly mileage 73-105 Km
- Brownhill Creek 29 Km
- July 16 Week 3
- Total weekly mileage 73-98 Km
- SAARC 6/15/30 Km River Run
- July 23 Week 2
- Total weekly mileage 46-77 Km
- Tea Tree Plaza 32 Km
- July 30 Week 1
- Total weekly mileage 21-35 Km
- Lower Mitcham 21 Km
- AUGUST 6
- GIO AUSTRALIA
- ADELAIDE FESTIVAL
- OF RUNNING AND
- WALKING



Cont on Page 2.....

President's Brief Cont.....

- Managing local Running Groups
- Organising club functions, e.g. pasta party, special breakfasts etc.
- Organising calendar of events
- Liaising with other Organisations, Police, Council, St. John etc.

Some Club members have never volunteered to help out in any capacity but they pay the same membership fees as those few members who regularly work for their club.

Apart from recognition through the fee structure, other ways of acknowledging volunteers are continuously being considered by the Board. These include automatic entry into the random draws which are conducted for race participants, free tea and coffee being provided for race officials at the finish area of events, give-aways or goodie bags for volunteers (currently being looked at for the marathon festival) and free entry into other SARRC events. It has been suggested that we could have a 'focus year' on volunteerism in 1996 and seek new and innovative ways of acknowledging our volunteers.

So far volunteers have enabled the South

Australian Road Runners Club to keep its fees at a reasonable level and to provide cost effective events. However, with the introduction of 'user pays' police charges and because of diminishing numbers of volunteers, we have to decide as a club, do we put the fees up in order to pay outsiders to perform more of these services or do we give members the choice of paying or helping out? If we don't continue to provide the services we do now, we know from experience that the membership will fall, and so too will government funding and sponsorship levels. This issue of diminishing numbers of volunteers is not a new one. It has been an issue for many years but it won't just go away and we cannot afford to leave this issue unresolved.

Helen O'Connor

LETTERS TO THE EDITOR

Dear Jill

I need to clarify matters in regard to correspondence (April Footnotes) from Andrew Burns who I imagine is the podiatrist of that name.

I have a provider number, granted because patients demanded it. I solved problems that others couldn't. I am an Exercise Scientist and five sets of Podiatrists hard arch supports failed to work for me. In my first year of University, I developed an Orthosis so advanced that it achieves results that Podiatrists consider "exaggerated", because they cannot achieve it. My Concept is so different that I have been granted a Patent. Patients include interstate elite runners, triathletes and Doctors, Physiotherapists and Chiropractors (and families) who refer patients. They consider traditional devices are out the dark ages. I have been approached by Podiatrists who acknowledged that I have something very significant and have graciously wished me luck. A very prominent Podiatrist was desperate to pick my brains, another told me they had been frightened for some time.

Traditional rigid devices are mainly only arch supports and do not realign the skeleton to correct postural faults. I believe new input is required in any science and one cannot expect to keep doing what they have always done, especially if it has limited success.

Yours faithfully, Robert Charles B.App.Sc.(Exercise & Sport Science)

Dear SARRC race team,

Thanks for organising a very enjoyable Half Marathon today. Congratulations to all involved in running the event and congratulations to all who ran in the event thus setting PB's for the new course!

Cheers, Martin and Marion Burke

Dear Sir/Madam

I write to thank Piet Crosby for the kind comments made in his/her letter (February Footnotes) concerning my behaviour at the AGM after having my request for status in the 1992 marathon rejected. Makes a pleasant change for good behaviour to be noticed rather than bad!.....I know the majority of the few who have run all the marathons feel I should still be included in their number, and to them particularly, but all others in general, I wish the very best for future marathons. Now that I've decided to retire from marathon running, I do so with many fond memories, no hard feelings, but perhaps a little sadness. My legs probably disagree with the last sentiment!.....

Thanking you sincerely, Terry Boswell.

Dear Walkers,

Well done! It was great to see so many of you participating in the recent Adelaide Fresh Fruiterers Half Marathon/12 Km Run/Walk. You were a marvellous sight in War Memorial Drive: I saw many friendly faces before the turnaround point and when I caught up to you after the turnaround point. Please spare a thought for us runners by not blocking the whole track and leave a path for us. This is especially necessary along the Linear Park track.

Keep supporting the events and enter early so more trophies or medallions can be given out to walkers.

Thanking you, in advance, John Twartz

Dear John,

Yes, it was great to see so many walkers in the half marathon and 12km events. I know the organisers of the event are aware of the congestion that occurred, and are going to alter the starting time to relieve the problem.

Jill Denney, Editor

EXERCISES

WARMING UP

The different systems of your body adjust to running at different rates. Warming up first, can get them all into gear without a sudden big demand on them. If we can get nerves, muscles, heart and lungs all primed and ready to go we'll be running with better co-ordination and moving more efficiently from the start.

One good way to warm up is to jog very slowly for the first 5 minutes or so, of a run, however if anything the temptation is to "take off" and run too fast. Now that's asking for injuries. A slow, steady plod for 5 minutes (even 10) until all systems "are go" is a much better approach. By then the increases in blood and muscle temperature mean that the muscles are contracting and relaxing well, haemoglobin in your blood will be giving up oxygen to muscles faster and the conversion of fuel to energy will be happening more quickly. Everything will be ticking over nicely and you will have arrived at a state of aerobic metabolism that you'll need for running. Now you can put in some more effort if you like.

You can warm up with exercises too of course. But NOT stretching exercises. "What?" I heard you say, "that's what everybody does!" Well, stretching does very little good before you are warm and is even potentially harmful at that time. Before a run you need to raise the temperature of your muscles and blood and get the heart and lungs working. How does stretching do any of that? It doesn't. Stretching is for after warm up and during and after running - when your muscles are already warm. Cold muscles are resistant to stretching and over-stretching cold muscles is a common cause of injury. Stretching exercises are ideal for 'warming down', for slowly unwinding the body after a vigorous run. It re-establishes muscle balance and makes sure you retain the flexibility and joint mobility you need for efficient running movements.

Well what exercises are good for warming up? There are a great many to choose from so you can afford to be selective. For our purposes in these classes, the best warm-up is to walk or run very slowly for the first few hundred meters.

WARMING DOWN

Just as it is a good idea to get the body slowly accommodated to work, so it is important to let it slowly wind down and readjust afterwards. Taper off at the end of the run. If you must fly home, then keep running after that, just slowly, quietly jogging for a few minutes, then do some stretching. Warming down will help your body dissipate heat efficiently, will maintain proper blood return to the heart, will get rid of waste products from your muscles and will re-establish balances. So right now, after the run some slow, careful stretching is a good idea. Each stretch is a movement of a muscle group to the end of its range (not beyond it), held for about 15-20 seconds, with no bouncing.

Zeuner and Hill dangers to Kent

LOCAL ROUND-UP

Queenslander Ian Kent is the favorite for tomorrow's 17th Adelaide marathon, nominating a time of two hours, 22-minutes to beat the classy field.

But Kent, a veteran of 30 marathons, should face stiff opposition over the 42.5km from Adelaide's Gary Zeuner and Ian Hill.

Although Zeuner still is regarded as a marathon novice, running just three in his career, the Brighton runner, 30, has won numerous distance titles and should feature in the placings.

And with 37 marathons to his credit, Hill, 41, cannot be discounted.

In the women's title, Helen Bridges from Klemzig is favorite, nominating a time of 3:20.

Advertiser

Saturday 5 August 1995