



The Bushrunner

JULY 2011

BBR CALENDAR

3rd July—BBR Handicap Reverse

10 July— Ferry Run via Alston-Currawong

17 July—BBR Christmas in July Relay and Breaky

24 July—Cowan via Bush (Turner to Glendale)

31 July—Ferry Run via Berkeley

BETH CARDELI—Western States 100mile Endurance Run

Beth Cardelli as most of you would know is always training for something, but this year was the real thing.. Heading over to the USA (first time overseas!) to run the Western States 100mile Endurance Run! Beth was training at any time she could. You would always see her running as you drove the streets of Berowra.

Suffering from an injury in April, we were all concerned that her run was finished, but not in your life! Beth rested, did light training and was back on her feet in no time.. Now, having just watched her run over the finish line in Auburn California with a sensational time of

22:16:30 and running in as the 12th female across the line, we can all say Well done Beth!

Exceptional! Brilliant! And Sensational were all words that came from the club members on her finishing time! We can all hope that she now gets a well deserved rest then an amazing holiday for the next couple of weeks..



BETH CARDELLI
22:16:30

UPCOMING RACES

3rd July 2011

Berowra Bush Runners
5km or 10km Time trial

17th July 2011

Hunter Valley Marathon,
Half or 10Km

14th August 2011

City 2 Surf

26th August 2011

Oxfam Trail walker
(100km)

27th August 2011

Mt Wilson to Bilpin
(35km)

CALLING ALL RUNNERS

Know someone that would love to join us for a run? Then bring them along no matter how fast or slow they are. Give them a taste of the Bush Runners friendly spirit whilst they enjoy the spectacular surroundings that Berowra offers.

WOODFORD TO GLENBROOK

Well done to our Bushrunners who took the longer version last weekend. W2G a 25km course.

With a field of 303 finishers we made our BBR presence known:

- Noel Annett 1:44 (26th)
 - Jeff Hodder 2:05 (125th)
 - Lachlan Hodder 2:12 (165th)
 - Peter Nuttall 2:21 (205th)
- Great results!

DID YOU KNOW?

- Berowra Bush Runners was first established in 1987 by Dave McMahon, Paul Gunning and Bob McCreath!
- BBR hosted the annual Fun Run in Berowra "Berowra Bush Bash" for many years
- The Berowra Bush Runners newsletter was originally called "The Bushrunner" back in 1994. So.. We kept the name

LOGO TO BE ADVISED...

In 1987 Mick Joffe designed a fantastic logo for the Berowra Bush Runners. Now in 2011 we are looking at re-vamping our image and the logo is our first thought.

Official vote for the change of logo will be conducted at this upcoming handicap (3 July). All paid members attending the July handicap are able to vote (sorry no absentee voting) and the majority decision will apply. An

announcement of the result will be posted on the BBR website soon after.



If the votes are in favour of a change of logo we will be back to you for inspiration and ideas for the new logo.....watch the website and emails for updates

BAY TO BAY RESULTS

What a stunning day for a 12km run.

A great effort by our Bush Runners with some great results.

- Stephen Mills 00:47:02
- Sarah Trehy 00:50:51
- Mark Peterson 00:57:47
- Rebekah and Gavin Markey 01:05:29

NEW 5KM TIME TRIAL COURSE

We have implemented a new 5km course for our new and younger runners.. This course will be available at the July time trials so please feel free to bring your friends and family.

Top Ten Running Blogs? By Paul Rhodes (our newest BBR!)

In the United States there is a basic rule about running.....if you run more than 5kms it not worth doing unless you blog about it. From the beginner to the elite everyone is posting their photos online, posting their tips and training routes, plans and achievements.....there are literally thousands. So how do you tell the good from the bad? I'm sure you've got your own but here's my top ten sites for the uninitiated, with a few Aussie and British sites thrown in.

1. Riding the Wind

www.antonkrupicka.blogspot.com

This provides a direct personal insight into the life and training of ultra-running minimalist legend Anton Krupicka. See nature (and Anton) in all it's glory.

2. The Boring Runner

www.theboringrunner.com

Definitely the funniest blog on the net detailing the life, times and 'pooping' habits of this weekend warrior. He's a natural comedian at work.

3. Running Shoes Guru www.runningshoesguru.com

It's not all shoe-porn, not that shoe-porn is a bad thing.....it's chocabloc full of tips, technology and product reviews in a very accessible form.

4. Running Fox: Diary of a Septuagenarian Runner

www.olderunningfox.blogspot.com

Diary of a 79 year old Yorkshire runner, still training and racing. Testament to the saying "You don't stop running because you get old, you get old because you stop running".

5. Shut Up and Run

www.shutupandrun.net

The tales of a crude and rude American 'Mom', including hilarious explorations of every kind of excretion and body part you can imagine!

6. Ultra Marathon Running

www.ultramarathonrunning.com.au

Yes, an Australian site, from Andy Bowen of Noosa, a fantastic practical look at Ultra-Running, ideal if your embarking on your first ultra and looking for common sense advice and experiences. If you need to know how to calculate sweat-rates he's your man.

7. Sweat Once a Day

www.sweatonceaday.com

Most blogs work because of the personal touch. Here you just get to know loveable Emily, American runner and her boyfriend 'The Rocketship' in an ongoing reality-tv-style blog about her marathon and triathlon training.

8. Sarah's Blog of Running

www.sarzmountainrun.blogspot.com

An Aussie running tour guide in the mountains of Snowdonia, Wales. Posts the best trail running (and 'Wild Swimming') photos you will ever see...what a holiday!!!

9. I Run Because I Love Food

www.irunbecauseilovefood.wordpress.com

Enough said...pictures of running adventures and all the glorious carbs and deserts that fuel them.

10. Show No Weakness www.davidgoggins.blogspot.com

Blog site of Ultra-madman David Goggins, a true philosopher runner. He hasn't posted in a long while but he is so intense and full-on about running it's worth a look so long as you have a good rest afterwards!

REMEMBER..
"No matter how slow you run
it is still faster than someone
sitting on a couch"

A RUNNER IN PERSPECTIVE—Paul Rhodes

When and Why did you join the

Bushrunners? Two weeks ago. Over the last 2 years Ive lost 20kg running on the road and gave up a lifetime 20-a-day habit. I worked my way up to my first Marathon (Canberra) this year (I was slow and it was flat) and am looking for new challenges. Running bush seems so much better than the road-slog, for my legs and ankles, but also because of the beauty of the bush.

What is the best part of being a

bush runner with BBR? Meeting inspirational runners who have tackled some daunting distances. Not getting lost (in the past I've lost maps, got lost, hitched home, lost my front tooth, etc). I'm hoping BBR will gradually drive me on to bigger and better things (emphasis on



Our newest BBR!

gradually).

What is your biggest BBR challenge? I very tentatively say the 6-Foot Track, although after walking/camping it this May it seems a ridiculous goal.

What is your goal/motivation? To keep running for life. I would never have imagined that Id love running so much, I just want to look after myself while I do it and keep setting new goals.

What is your running highlight? Crossing the line in Canberra? Making some great

A RUNNER IN PERSPECTIVE —Paul Rhodes cont'

Continued from page 2..

friends? Discovering the Great North Walk?

What are you currently training for? Jubalani Challenge (August 8 Half Marathon: Bush) and Blackmore's Half. I've been told to try Mt Wilson to Bilpin but Ill wait until next year!

What's your best running tip? Don't take yourself too seriously, enjoy it, pack a camera and chocolate, look around every now and then?

Interests/Hobbies? Definitely music (which I sometimes run with), but only if it's Prog Rock.....

SUGGESTED WWW SITES

Here are some recommended sites: We love having your suggestions so please send them in..

www.wiggle.co.uk

www.eastbay.com

www.eliterus.com.au

www.roadrunnersports.com

REMEMBER..
"Preventing running injuries is easier than curing them"

TEAM—WRIGLEY WARRIORS OXFAM BRISBANE

Huge congratulations to Team **Wrigley Warriors**—George Munro BBR, Warwick Johnson BBR and fellow team mates Ben Simpson and Ross Hannaford who completed the Brisbane 100km Trail walker in **23hr 52mins!** AND raised a huge \$1700 for the Oxfam Charity..

All this as a training exercise for Sydney Oxfam 100km on 26th/27th August.

Well done guys! Recover well..



A RUNNER IN PERSPECTIVE— Justine Laughton

When and Why did you join the Bushrunners? Joined March 2010 to get back into shape and to meet people.

What is the best part of being a bush runner with BBR?

Having members encouragement and support together with helping me train.

What is your biggest BBR challenge? Trying to beat my handicap time each month.

What is your goal/motivation?

My goal is to do a 100km race solo. My motivation is the improvement I am seeing and of course the finish line.

What is your running highlight? 6ft track

What are you currently training for?

Oxfam in August

What's your best running tip?

When you think you cannot go any faster you need to think again.. Its always possible.

Interests/Hobbies? Gym, Touch football, camping

1 year from today I will..... be as fast as Beth (ha ha ha ha maybe not) hopefully still celebrating my 100km north face result

WATCH OUT BBR's, this could be our next Beth!



A RUNNER IN PERSPECTIVE— George Munro

When and Why did you join the Bushrunners?

I joined BBR about five years ago in a bid to keep weight off, lost 30KG during a weight watchers program.

What is the best part of being a bush runner with BBR?

Encouragement to run on a Sunday morning and being with friends.

What is your biggest BBR challenge?

Set me up for competing in all the extreme challenges I do like Trail walker.

What is your goal/motivation?

Simple just to run quicker than Rebekah Markey, so she can be the bunny for handicap.

What is your running highlight?

SMH Half Marathon in 2007 completed in just under two hours

What are you currently training for? Sydney Trailwalker

What's your best running tip?

Don't stop

Interests/Hobbies?

Possibly work too hard so have very few hobbies apart from running.

1 year from today I will..... be well and truly retired from Trail walker events..... hang on a minute I said that last week after suffering in the Brisbane event.



**GET YOUR SHORTS ON
AND MEET US SUNDAY
MORNING 7.15am
WARRINA OVAL,
BEROWRA**

LETTERS TO THE EDITOR
should be sent to
info@australiancharters.com.au.

All submissions, tips, blogs,
photos or articles are to be
received by 20th July for the
August newsletter. Thanks
We look forward to hearing from
you.

WE ARE ON THE WEB!
www.berowrabushrunners.com



Its your club and your voice.. So lets hear it!

THE BEROWRA BUSH RUNNERS was first founded in 1987 by a local group of friends for a regular run together.

Now, in 2011...

BBR aim is to promote fitness through running and walking in Berowra and surrounding districts. To provide an awareness of the value of physical fitness through the local community. To provide an opportunity for members of the Berowra Bush Runners to meet and run/walk together as a group. To provide an opportunity for members of the BBR to improve there fitness through participation in handicap runs and to compete as a team in applicable fun runs.

Membership is open to all, this includes Juniors (under 18)



Brian
Cardelli

President



Jackie
Watts

**Secretary/
Treasurer**



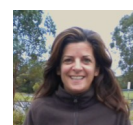
Peter
Fallows

Web Master



Chris
Graham

Handicapper



Rebekah
Markey

**Sponsorship/
Publicity**

THE BEROWRA BUSH RUNNERS COMITTEE

Stretching... Has its benefits



CALF STRETCH:
the calf is a major
circulation area in
the push off phase
of the running motion.
To stretch out the calf,
lean

against a wall with your
forearms in front of you.
Position your forward leg
with your toe close to the
wall. Bend the knee of your
forward leg and slowly move
your hips forward, keeping
your lower back flat and the
heel of your straight leg on
the ground. Hold and repeat,
then do the other leg.

LOWER BACK, HIP, GROIN and HAMSTRING STRETCH:

This exercise is a simple but
great stretch for a runner—you
have probably done it a thousand
times!

Stand with your feet about
shoulder width apart and
pointed straight ahead. Slowly
bend forward, keeping the knees
"soft" (slightly bent)

If you can touch your toes—

great! But know that not everyone
can.. Its about feeling the stretch
in your hamstrings and the lower
back—this is the key to this
stretch



QUADRICEPS

STRETCH: To do this
stretch correctly, take your
left foot with your right
hand, while using your left
hand to support your body
against a wall. Gently pull
your heel towards your

backside, keeping the rest of
the body straight. Feel the
stretch in the quadriceps
(thigh) muscles. Repeat
with the other side taking
your right foot with your
left hand.

HAMSTRING STRETCH:
A runners hamstrings tend
to get tight so loosen them
up with this great stretch.
From a seated position,
extend your right leg and
bend your left leg, touching



the inside of your right thigh
with the sole of the left foot.
Grasp the part of your
extended leg that you can
comfortably reach.. Some
can touch the foot, others
may not be able to touch
past the knee. Focus on
touching your chest to your
knee. go as comfortably as
you can.

SHOULDERS AND NECK

STRETCH: your upper
body can get tense while
you run, and it will definitely
get tense if you sit in front
of a computer or TV at other
times. So a little shoulder
and neck stretch will help
you loosen up all round.

Raise the top of your
shoulders towards your ears
until you feel a slight tension
in your neck and shoulders.
Hold for 3-5 seconds then
relax your shoulders.. Repeat
several times.

REMEMBER! - Stretching
is not a contest. Some people
are naturally more flexible
than others.. But everybody
can improve!