



THE BUSHRUNNER

AUGUST 2011

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.

**THE VIEW ON OUR BUSH RUNS!
BEROWRA IS THE PLACE TO RUN**



These photos are a glimpse of the spectacular beauty that can be seen on the various Sunday morning **B u s h R u n s**. This is why we do it...

Spectacular!

RACE RESULTS

10K HANDICAP

1st Leo Peterson	36:51
2nd Ievan Theron	46:23
3rd Mark Peterson	49:50

2011 POINTS TABLE

George Munro	11pts
Michael Sims	10 pts
Rebekah Markey	10 pts
Sarah Trehy	10 pts

BBR CHRISTMAS IN JULY RELAY

After a confused start where the slow runners were following the fast runners on this cold and wintery day; it was a welcome relief to be running and slowly warming up. Well done and congratulations to **Beth Cardelli** and **Jodi Gallagher** on their win.

HUNTER VALLEY MARATHON

Well done to our Bushrunners who made the effort to get to the Hunter Valley on the 17th July
RESULTS:

MARATHON
Kevin Heaton
15th Overall
4th in (40-49) age group
Time: 3:25:56

RELAY MARATHON
Lachlan Hodder and Jeff Hodder
Time: 3:38:25

WOODFORD TO GLENBROOK

Kevin Heaton
Overall position 45th
Age position (40-49) 13th
Time: 1:49:07

DID YOU KNOW?

- ◆ Core strength training reduces your chance of injury
- ◆ BBR in 1990 was accepted as a sub club of the Berowra RSL and is now in 2011 an independent club
- ◆ You can always bring a friend to BBR runs.

SHOALHAVEN King of the Mountain 32km Long Distance event

Peter Nuttall
Time: 3:15:38

West link M7 Cities Marathon

Chris Graham - 3:08:57
Noel Annett - 3:23:32
Kevin Heaton - 3:29:45 (3:30:00 Pacer)

UPCOMING RACES

7th August
Jubulani Challenge

14th August
City 2 Surf

21st August-
Wagga Wagga Trail Marathon

21st August
Mudgee half Marathon and Marathon

26th August 2011
Oxfam Trailwalker (100km)

27th August 2011
Mt Wilson to Bilpin (35km)

August 2011

BBR AUGUST CALENDAR OF EVENTS

Mo	Tu	W	Th	Fri	Sat	Sun
1	2	3	4	5	6	7 BBR 5 + 10Km Handicap Jubulani Challenge
8	9	10	11	12	13	14 BBR 7:15am Cowan via Hwy (Glendale to Turner) City to Surf
15	16	17	18	19	20	21 BBR 6:30am—all fire trails then (7:15am)Bush Run (reverse) Mudgee Half Marathon and Marathon
22	23	24	25	26 TW	27 TW	28 BBR Sam's Creek Oxfam TW (trailwalkers) TW
29	30	31				

- **7 August**—BBR Handicap Traditional 10Km and 5k

NEW 5km course

- **14 August**—Cowan via Highway (Glendale to Turner)
- **21 August**—6:30am (optional extra) All the fire trails (meet at Warrina) 7:15—Bush Run (reverse)
- **28 August**—Sam's Creek

NEW 5KM TIME TRIAL COURSE

The new **5km** course will start this month at the August handicap event—Sunday 7th August @ 7:15am Warrina Oval Berowra.

Feel free to invite your friends and family to try the new course

THE STORY CONTINUES—Beth Cardelli Western States Endurance Run. 100mile in 22:16:30



To have the stamina and determination to travel to the other side of the world and run in terrain that she had not experienced before, this takes courage and plenty of mental strength. The Western States Endurance Run, is a 100 mile (161km) ultra marathon that

takes place on the trails in California's Sierra Nevada Mountains annually on the last full weekend of June. The race starts at the base of the Squaw Valley ski resort and finishes at the Placer High School track in Auburn, California. Runners climb a cumulative total of 5500m and descends a total of 7000m of mountain trails before reaching the finish. The race starts at 5am and continues through the day and night.

Runners finishing before the 30 hour overall time limit for the race receive a bronze belt buckle, while

runners finishing in under the 24hours receive a silver belt buckle.

Enjoy some words from Beth Cardelli on her recent achievement of the silver belt buckle and her running history.

When and why did you start trail running? Have you always been an athlete?

I started running in 2007 in preparation for Trailwalker '07. Before that I used to play indoor netball.

What inspires you to run, and to keep up the training? To go further and faster.

How do you balance your training and work?

I work morning and afternoon shifts, so I fit training around these sometimes running three times a day. Plus I get the added benefit of not having to work during school holidays.

What draws a runner to compete on the other side of the world in

terrain and even air that's totally different to what they know?

For me WS was an opportunity to combine both travel and racing. To compete at WS was an opportunity



to race against top international runners and to test myself in an unfamiliar environment. The race has a long history which I am now a part of. A week before the race I also managed to fit in a Half Marathon in San Francisco, just because I could. It

turned out be an easy run to stretch the legs and I was rewarded with spectacular views of the bay, Golden Gate Bridge and the Pacific Coast.

How do you prepare for an international race in unfamiliar terrain?

Brian studies all the courses for me

WESTERN STATES ENDURANCE cont

then we discuss which training runs would best replicate those conditions that I am expected to encounter. However, nothing compares to being on the actual trail, even if it is just for a recce walk.

What is typical training schedule in a week for a 100mile race? Do you include any speed work? For a 100mile race I up my training to 100-160km per week in the month leading up to the race.

This is a combination of walking, jogging, running and speed work. I mix it all up to keep it interesting.

What nutrition do you advise on a race like this? Prior and during?

I don't change my diet leading up to races. During the race I just eat, often. Even if I don't like the food I have I still eat it because my body needs it.

What advice would you give someone that is about to do 100mile run?

Anyone can do the distance, it's just that it takes some people longer than others. It's also important to pace yourself as it is a long distance which takes a long time and during a race anything can happen.

What are your best and worst memories of the Western States?

Best is seeing the finish line. Worst is chucking up and feeling sick. **I know that you had had some injury hassles and disrupted training through May. How were you doing by race day? (big niggles? no niggles? 130%? 90%?)**



I really only had one weekend where I did the desired amount of training, about two weekends before the run. Due to injury I pretty much stopped running back in April, so my biggest challenge leading up to this event was how to train for a 100mile trail race without running. I found that the gym and cycling helped, although I couldn't do much of either. By race day I was a little sceptical about how I would do, however I was full of built up

energy which I had been storing since April. The further I got into the race the more my body noticed the lack of training but I knew that if I ran within my ability I should be able to see it through, so I was pretty happy to finish.

Was Western States the toughest race of your life so far and has it made you ferociously hungry to step it up a level?

GNW100 miles is definitely the toughest event I have done so far, but WS is still tough. I now also know how much harder I have to train to close the gap to the top girls.

How do you think you'll remember the experience? Was there a particular moment or incident that you'll never forget?

I managed to keep my head up for a lot of the run, but the snow definitely stands out as it is a surface which I had never experienced before WS. After running in 10 miles of it I now know that all you get is wet feet.

What are your future ambitions now, in terms of total recovery,

upcoming races, and goals?

I have recovered pretty well following WS. Calendar of races for the

rest of 2011 is:

Willy to Billy
Fitzroy Falls Fire
Trail Marathon
GNW100

Kepler New Zealand

***This interview is a mixture of Roger Hanney and Rebekah Markey questions. For Roger's full article see the August/September issue of

Outer Edge looking at the Western States.



Think you have what it takes..

Then why don't you enter into THE GREAT NORTH WALK 100s (GNW100s) This year it takes place on the 12/13 November 2011.

The Great North Walk is a 250 km walking track running between Sydney and Newcastle and sets you amongst some of Australia's most inspiring scenery.

GNW 100's encompasses foot tracks and fire trails and finishes at Patonga on Broken Bay for the 100 mile and Teralba on Lake Macquarie for the 100km.

See www.terragaltrotters.com.au for further information and remember the good old Aussie saying.. **You have to be in it to win it!**

If it was easy, everybody would be a runner

A RUNNER IN PERSPECTIVE—MICHAEL SIMS



When and Why did you join the Bushrunners?

I joined in January 2011. I have always enjoyed running but never ventured into bush running until I was asked to join a team for Oxfam last year. Like many I was a bit hesitant to run in the bush due to the perception of getting ankle/knee injuries,

soon did I find out that bush running actually strengthens your legs. I really enjoyed the bush running and knew about Berowra Bush runners but never thought of joining.

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

Like joining any group, you join because you have a common interest. In this case it is running. But to stay with a group there has to be a reason, the members of Berowra Bush runners are friendly and there is a great cross section of people from all walks of life and all running abilities. And most of all trying to see how long a run I can get in before the Sunday morning run.

What is your biggest BBR challenge?

I will always remember my first run with BBR, it was the longest run I had done for some time and I was stuffed for days after. I did the Glendale road run and then decided to join Pete Fallows and Dave Gallagher for an extended run to Bujwa Bay Cowan. It was an amazing run, especially since I grew up in the area and had never been down there. Mind you I have never been back since.

What is your goal/motivation?

A great quote I heard "A Goal is a dream with a plan". I love exercise and I what I love even more is a challenge. I

have always wanted to do an Ironman and I was stupid enough to enter the race in Port Macquarie next May. The only problem is that I cannot swim so this will be my challenge, and trying to fit in more time to train.

What is your running highlight?

I would have to say running into the MCG with a few hundred meters to go in the 2010 Melbourne Marathon knowing if I just ran the same pace to the finish line I would break 3hours 30minutes. I have never felt my heart rate increase so much; I thought I was going to have a heart attack.

What are you currently training for?

I have entered a few races in coming months. On 13th August I am on Holidays in Hawaii and found a 22mile trail run so thought I might have a go, the group is called H.U.R.T (Hawaiian Ultra Running Team) and they sound crazy but may as well do something different while on holidays. Then I plan to do the Willy to Billy on 27th August and Sydney Marathon on 18th September. Going to be a busy few months.

What's your best running tip?

A great motto "If you fail to prepare then you are preparing to fail.", easier to say than follow as I always go into a race wishing I did more training.

I always have a high protein meal after training to help aid recovery for the next training session.

Interests/Hobbies?

Spending time with my family and watching my 2 daughters grow up. Camping, travelling and of course going to work.

1 year from today I will.....

still be running with BBR

REMEMBER..

"Walking out the door is often the toughest part of a run"

A RUNNER IN PERSPECTIVE—DAN PALASKI

When and Why did you join the Bushrunners? I joined the bush runners when I moved to Berowra 4 years ago. I had been active in Triathlon and was looking for a group to train with.

What is the best part of being a bush runner with BBR? The friendliness of the group. Everyone is so supportive. It has also allowed me to make new friends with similar interests.

What is your biggest BBR challenge? Trying to keep up with the group. It is a good training exercise

What is your goal/motivation? My goal is to have fun and stay fit. I don't want lack of fitness to stop me from doing things that I want to

do. Perhaps a cycle trip from Sydney to Melbourne or climbing a mountain in the Himalayas. Also to beat my mate Phil in the Duathlon series. We are one to one now LOL

What is your running highlight? Just the fact that I can run 20+ km one day and do it again the next is highlight enough

What are you currently training for? Presently I am doing the Sydney Duathlon series. Sydney to Surf and come October the Triathlon season starts again.

What's your best running tip? Be aware of earthquakes. They seem push up stones and roots on the trail and create trip points each time I go out.

Interests/Hobbies? Amateur Radio, Fishing, Cycling, Swimming, Beach, Hiking, Skiing

1 year from today I will.....Run a half marathon, Olympic distance Triathlon and first and foremost be working 100% for myself in my new company DJ Equipment Service which I started in December. (presently part time)

Industrial machinery, dental equipment, and medical equipment repair and service.



SUGGESTED BLOGS or WWW

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

Beth Cardelli—B2 or B1

<http://www.coolrunning.com.au/forums/index.php?app=blog&module=display§ion=blog&blogid=490>

Noel Annett—SIR RUNALOT

<http://www.coolrunning.com.au/forums/index.php?app=blog&module=display§ion=blog&blogid=209>

Read all about our very own Bush runners' experiences whilst they run some incredible terrain.

BUSHRUNNER—Oxfam teams

RUN DRINK CHEW and WRIGLEY WARRIORS

OXFAM, What a great charity event the Oxfam Trailwalkers is as they raise money to fight against poverty!

This year we have first time walker Justine Laughton heading up the team **RUN, DRINK, CHEW**. And the experienced team with George Munro and Warwick Johnson heading up **WRIGLEY WARRIORS**

They need all the support they can get so please log on and give a little, no amount is too small.

To Support **RUN, DRINK, CHEW**
http://trailwalker.oxfam.org.au/Sydney/teams/team/?team_id=9789

To support **WRIGLEY WARRIORS** please log onto
http://trailwalker.oxfam.org.au/Sydney/teams/team/team-donors/?team_id=9577

Good luck Team **RUN, DRINK, CHEW** and **WRIGLEY WARRIORS!** We will be rooting for you!

REMEMBER..

“The best runs sometimes come on days when you didn't feel like running ”

A RUNNER IN PERSPECTIVE— GAVIN MARKEY

When and Why did you join the Bushrunners? I joined the bush runners in 2005. I was a Sydney Striders member, but found travelling tiring so was looking for a friendly local running club and gratefully found the bbr, and have never looked back.



What is the best part of being a bush runner with BBR? Like minded people just out to run and enjoy the bush, then once a month stupidly push ourselves beyond nor-

mality in a very fair and equal playing field, after all, our only real competitor is ourselves.

What is your biggest BBR challenge? not to make excuses

What is your goal/motivation? I would love to break 40 for the handicap before I turn 40 in 15 years time.

What is your running highlight?

Two oceans in Cape Town, a must for every runner. It is known as the most scenic ultra and truly lives up to the

name, with crowds lining the entire route with bands and an atmosphere to rival any.

What are you currently training for?

To get fit again after injury and be able to then plan a race calendar- Perhaps GNW100's (hopefully)

What's your best running tip? Always start with your left foot first, then the right will follow...even when you're tired. We get to run, so do it for those that don't/can't

Interests/Hobbies? All sports, family and boats

1 year from today I will.....Not be injured and have no more excuses...and be 26

A RUNNER IN PERSPECTIVE— STEPHEN MILLS

When and Why did you join the Bushrunners? I joined the 'Bushies' in May 2007 after they had advertised in the Bush Telegraph a Mother's Day run. I joined as I wanted to get fit so I could play more with the kids.

What is the best part of being a bush runner with BBR? The people in the club. We are only a small group, but we are all very supportive of each other. Without a doubt I would not have run a marathon if I was trying to do it on my own. **What is your biggest BBR challenge?** Trying to win another handicap race. It's been quite a while between drinks!



What is your goal/motivation?

I've got a few.
1.To beat my Dad's marathon time of 3hr 8min so I have bragging rights, then
2.to get as close to 3hrs as possible. For the record, my best is 3hr 9min.
3.Improve on my 6 Foot Track time
3.Do a 100k event

What is your running highlight?

Completing a marathon for the first time, closely followed by finally doing

a 6 Foot Track this year.

What are you currently training for? Willy to Billy in August and the Sydney marathon in September

What's your best running tip? Incorporate hills in your training as much as possible, which is not that difficult to do in Berowra. I find it gives you a big advantage over other runners.

Interests/Hobbies? My family and holidays, and running of course.

1 year from today I will..... (hopefully) say that I have beat my Dad's marathon best and I have PB'd my 6 Foot Track time

WHEN IS THE BEST MONTH TO PB.. By Pete Fallows



As every runner knows, there are always plenty of variables which go into recording a Personal Best (PB). These can include:

- * the weather (generally you would run faster in the cooler months)
- * the amount of training (some people peak at the handicap around the time of a big race like 6 Foot Track in March or City 2 Surf in August)
- * the course (whether you are running up Balaclava hill or not – one way must be quicker)
- * the competition (having faster runners around could spur you on), or
- * whether you had too big a night the night before.

Getting all these right can sometimes seem as likely as getting all the planets aligned.

At the Berowra Bush Runners we are very fortunate to have a long history of records of the monthly handicap races. Going back as far as January 1995, we have the results of more than 2000 runs from over 100 races. There is more than enough data which we can use to analyse the question of “when is

the best month to run a PB?”

There are many ways in which this could be analysed. Rather than going into some highly technical actuarial formulae (which would undoubtedly be too boring to put into words), I will try to answer this question as simply as possible.

To start with, you could look at which month has had the most PBs. Going back to 1995, the most PBs have been recorded in June. The number of PBs by month is in column A of Table 1 – this shows that 17 people have a PB in the month of June. (Back in the 1990s, handicaps were held from January to December, rather than the 10 months we now use.) The problem with this is that our data is not complete for years from 1998-2003, and obviously 2011 is still not finished. So, June could have the most PBs

Table 1: Number of PBs by month

Month	All races (Jan 95- Jun11)	Full years only (1995-97, 2004-10)
	Column A	Column B
Jan	3	1
Feb	3	3
Mar	11	10
Apr	13	12
May	13	13
Jun	17	12
Jul	13	14
Aug	11	13
Sep	8	9
Oct	4	6
Nov	8	8
Dec	4	4
Total	108	105

Note: Column B excludes new runners & PB in incomplete years

because it has had more races than other months. So, stripping out PBs from runners which were recorded in the incomplete years (1998 or 2011), and replacing it with their next best time, we get adjusted results – these have been shown in column B.

So, after adjusting for inconsistencies, from this table it looks like July is the quickest month with 14 PBs, only slightly ahead of May and August. It does stand to reason that the cooler months have the quicker times (or the warmer months produce slower times). But this doesn't take into account the number of people actually running. Perhaps July could get more PBs simply because more people turn up to run, ahead of training for the City 2 Surf.

Looking at this question another way, the question could be rephrased as “what are the chances of running a PB each month?”. Simply dividing the no. of runs by the no. of PBs could give an indication of which is the quickest month. Table 2 has data from 2006-11 (to allow for more recent runners only), which shows that March is the quickest – with 19.1% of those turning up running a PB. That is almost 1 in 5 runs in March is a PB. The months of May, June and July are not far behind this. So, is that the answer that the cooler months of early winter, or the pre-6 Foot month, are the quickest?

WHEN IS THE BEST MONTH TO PB.. Cont..

Table 2: Chance of PB in a month

Month	No. runs	No. PBs	%
Feb	112	6	5.4%
Mar	136	26	19.1%
Apr	131	19	14.5%
May	140	26	18.6%
Jun	121	22	18.2%
Jul	115	21	18.3%
Aug	105	17	16.2%
Sep	97	11	11.3%
Oct	91	11	12.1%
Nov	103	11	10.7%
Total	1151	170	14.8%

Again, there are problems with looking at it this way. One deficiency is that every single PB is counted here – so for some runners more than one PB has been counted (unlike the first table). A newbie runner could be breaking their PB every single month. New year resolutions to get fit means that the earlier months might have more PBs simply because those PBs could be easier to beat.

Two methods down, both with different results (Table 1 has July quickest, Table 2 has March as the leader - and both times May comes in a close second). Who says statistics never lie? What if instead we could normalise the data by just looking at individual runners? And, if so, which runners would you choose?

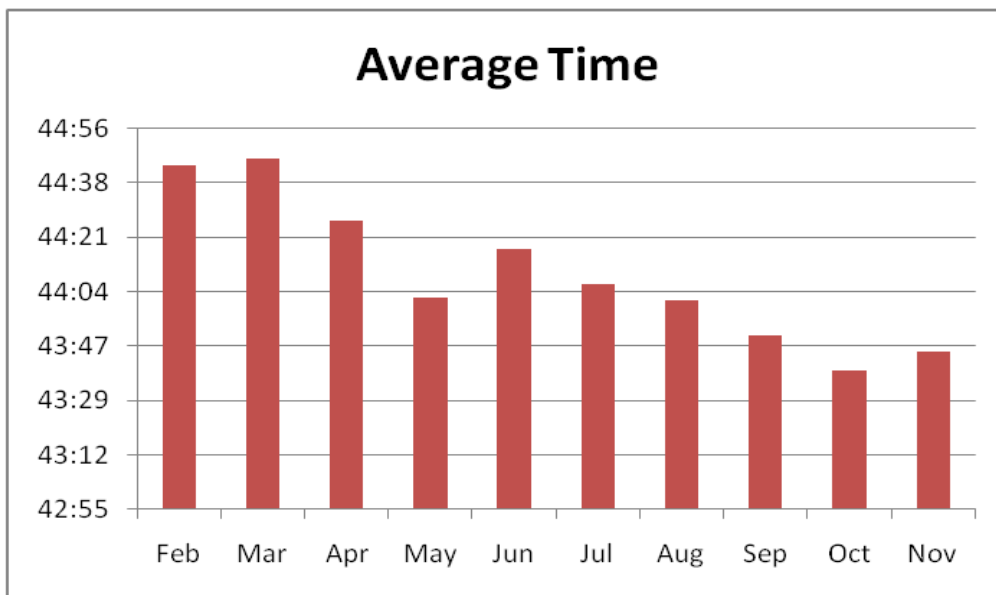
Is there such a thing as a normal runner? In our data we have 19 people who have participated in every handicap during the year. By looking at their times we could eliminate the problems of the previous two methods. Further, comparing the average times from each month just for these 19 runners would even out the results for faster and slower runners. Granted, this is not necessarily PBs, but it could help us see which is the fastest month. The results are shown in Table 3 and the graph below.

Table 3: Average Time for Runners

Month	Time
Feb	44:44
Mar	44:46
Apr	44:27
May	44:02
Jun	44:17
Jul	44:06
Aug	44:01
Sep	43:50
Oct	43:39
Nov	43:45
Average	44:10

So, from this it looks like October is the quickest month. This graph shows that times get faster throughout the year - but note that this is for runners with a perfect attendance record.

So, as we go back to the question “when is the best month to run a PB?” what conclusion can we draw from this? There might be no single right answer, but we can at least say that for most runners it would be around the July when the temperatures drop (and there are plenty more detailed studies than this one), but that if you keep running throughout the year your times will progressively improve ... to the point that you could still be running your best time in October or November.



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, RACE
RESULTS, photos or articles are
to be received by 20th August for
the September newsletter.

Thanks
We look forward to hearing from

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's aim are 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)



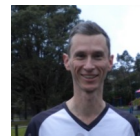
Brian Cardelli

President



Jackie Watts

Secretary/
Treasurer



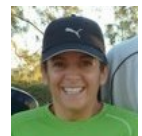
Peter Fallows

Web Master



Chris Graham

Handicapper



Rebekah Markey

Sponsorship/
Publicity

THE BEROWRA BUSH RUNNERS COMITTEE

CROSS TRAINING... has its benefits...

CROSS TRAINING balances your weaker and stronger muscles and reduces your chance of injury. It's also a great way to get through those unmotivated periods in your running.



Whether you are bored or uninspired to run in the winter or you want to **pre-**

vent injury, Cross Training is a great way to get motivated again and to **keep injury at bay!** I have read on many fronts that if you run more than 35km a week you should consider other activities to help with your running... The benefits are endless.

Here are some ways to cross train and the benefits you will enjoy.

CORE STRENGTH TRAINING- Your midsection keeps you stable while you're running so why don't you strengthen it to keep your form to-

gether and enjoy those longer or faster runs. Just think about it.. your core keeps everything in its correct position.



CIRCUIT TRAINING- Having a stronger all round body is great for running so if you get into some circuit training mainly focus on strengthening your upper body. Why not run a couple of km before and after. YouTube some different lifts focussing on all points of your body.. chest, shoulders, arms and back and include some light leg work

BIKING is another great activity. Use an exercise bike if you have one or out on the open road.



This will get your heart rate up and save your legs from a pounding.

SWIMMING OR POOL RUNNING are both great low impact exercises and are an excellent workout. Being in the water takes



pressure off your muscles and joints and this helps your body recover quicker. Swimming also uses different muscle groups like your upper

body and core. Strengthening these muscles will help you keep your form during a tough race or workout.

NB. When running in water.. Please look out for the deep end

YOGA AND PILATES are fantastic for flexibility and core strength training. Have you tried to touch your toes since you started running? You might want to get into some yoga/Pilates to stretch those muscles out.

