



# THE BUSHRUNNER

SEPTEMBER 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.

## UPCOMING EVENTS

[Bumble Hill Burn](#), Yarramalong  
11th September 6.2km Hill Climb

[Sydney Running Festival](#) 18th  
September Bridge Run, Half and  
Marathon

[Running Wild NSW](#) Mt Portal  
25th September 16km

[Fitzroy Falls Fire Trail Marathon](#)  
8th October 5km, 10km and  
Marathon

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**DATE FOR YOUR DIARY**

**BEROWRA BUSH RUNNERS**

**Social Afternoon for runners, partners and  
kids**

**When: Sunday 25th September**

**Time: 3.30pm**

**Where: Berowra Tavern, Turner Road**

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## BBR SEPTEMBER CALENDAR

- 4-9-11 BBR Handicap—Reverse
- 11-9-11 Ferry Run via Kokoda
- 18-9-11 Wombat Run
- 25-9-11 Bush Run—Traditional

## 2011 POINTS TABLE

George Munro	12pts
Justine Laughton	11pts
Sarah Trehy	11 pts

## RACE RESULTS

### 10K HANDICAP

1st Kevin Heaton	PB	43:30
2nd Justine Laughton	PB	49:15
3rd David Koenig		49:54

### 5k RUN

Ellie Gallagher	23:11
Jemma Gallagher	24:39
Oliver Dodd	27:33

### CITY 2 SURF 14km

Sarah Trehy	1:03:01
Millen Tomov	1:06:31
Peter Nuttall	1:09:06
David Koenig	1:11:37

## RACE RESULTS

### FAT ASS—12 foot track—90km

Beth Cardelli	10:20	full monty
Kevin Heaton	12:20	full monty

### PLUVI TO CAVES HOUSE RTN 45km

Brian Cardelli	5:14
Justine Laughton	5:14

### WILLY TO BILLY 34.4km

Beth Cardelli	2:40:30
(1st Female and 14th overall)	
Dave Gallagher	2:44:42
(5th in age group)	
Steve Mills	2:47:39
Andrew Layson	2:49:43
(2nd in age group)	
Michael Sims	2:54:34
Pete Fallows	3:04:02
Lachlan Hodder	3:30:58
Jeff Hodder	3:31:35
Brian Cardelli	3:45:01
Peter Nuttall	3:49:54

### JUBULANI CHALLENGE 23km

Michelle Fitzpatrick	3:31:00
Paul Rhodes	3:31:00

## DID YOU KNOW?

At last month's handicap (August 2011 we had our largest ever turn-out, with 34 runners. 24 runners ran the 10km while 10 runners completed the new 5km course.

## RACE RESULTS

### SYDNEY TRAILWALKER

**All Night Zombies 16hrs56**  
Kevin Heaton and team

**3 Trotters & a Bunny 17hrs55**  
Peter Thomas and team

**Run, Drink, Chew 19hrs38**  
Justine Laughton and team

**Wrigley Warriors 25hrs40**  
George Munro, Warwick Johnson  
and team

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## A RUNNER IN PERSPECTIVE—Nathan Parker



### **When and Why did you join the Bushrunners?**

I was running at the Berowra soccer oval one morning doing some laps when a man approached me wearing some white gloves. It turned out not to be a mime but Dave Gallagher who told me about the BBR 10K and suggested I come along. The rest as they say is history!

history!

**What is the best part of being a bush runner with BBR?** I think the sense of community. After only moving to Berowra 4 or so years ago, the bush runner have introduced me to a great group of people who are always welcoming. The runners have also allowed me to push myself up to the next level.

**What is your biggest BBR challenge?** 10k without doubt and Tuesday repeats with Dave, Pete, Sarah and Mark... they keep you honest.

**What is your goal/motivation?** My goal is Hawaii Ironman (have to put it out there right?) but there is also a fine balance with a young family and training.

My motivation is a pure love for the sport of triathlon. I think I would get a little bored if I just did swim, bike or run but enjoy the challenge of each and keeps things interesting. I also eat a massive amount of food and if I could stop I would only go one way (to note I used to be 92kg's!)

**What is your running highlight?** Probably completing my last half marathon in 1:29:58 (2009) where I set a goal for breaking 1:30... paced pretty well! Still haven't been able to carry that time to a half Ironman though.

**What are you currently training for?** I have a pretty busy schedule coming up. Maitland Triathlon, Canberra Half Ironman then I am doing the double—Ironman New Zealand and Ironman Australian in the space of 8 weeks... hoping all goes well.

**What's your best running tip?** Without doubt, consistency and running with others.

**Interests/Hobbies?** Besides triathlon my family is probably my biggest interest and hobby. I am also a dedicated West Tigers fan.

**1 year from today I will...** be training for Hawaii Ironman... Hopefully!

## A RUNNER IN PERSPECTIVE—Rebekah Markey

**When and Why did you join the Bushrunners?** I joined the Bushrunners in March 2010. I had just started running for weight loss and was finally able to run 5km Gavin finally convinced me! Why I waited so long I don't know..

**What is the best part of being a bush runner with BBR?** The members first and foremost! Everyone is so friendly and encouraging. Being so new to running I am eager to improve and everyone is so great in helping me with anything I need to know. Its like an endless source of knowledge!

**What is your biggest BBR challenge?** I want to run stronger and faster. If I could get to 51mins for a 10K time trial I will be happy but really I know myself and know that I would want to get faster again.. I'll start with the 51 for now.

**What is your goal/motivation?** My goal has to be the 51min/10k oh and to do a half marathon, and my motivation is so I can eat what I like without putting my weight back on. Especially when my son's favourite pastime is to bake.

**What is your running highlight?** Having grown up in Wahroonga and having spent most of my childhood running through the bush, I would have to say the Bush Runs! The stunning valleys of Berowra! Sam's Creek.. Alston Drive.. Glendale to Turner!

Purely breathtaking!

**What are you currently training for?** It's my half marathon goal the Blackmores Sydney half marathon.

**What's your best running tip?** It's always so hard to get out of bed at 5.30am especially when it's raining or in the dead of winter.. My tip is for then.. Just do it! It always feel great when you are out and you are one of the few on the streets so calm.

**Interests/Hobbies?** Anything active! Love being out with my family, bush walking, Gym – Zumba, Pump, Book/Wine club, friends, running... LIFE! Oh... and of course my newfound pleasure researching and writing "The Bushrunner" Learning SO much!

**1 year from today I will.....** have achieved my goal of 51min/10k, accomplished my half marathon



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## A RUNNER IN PERSPECTIVE—Sarah Trehy

### When and Why did you join the Bushrunners?

I joined just after the New Years Day Black stump run in 2008, I was new to the area and wanted to meet some locals.

**What is the best part of being a bush runner with BBR?** You get to run some amazing tracks with the most friendly people.

**What is your biggest BBR challenge?** To get 40 mins or under for

the time trial

**What is your goal/motivation?** Always to be fitter and stronger, that's what motivates me to keep training

**What is your running highlight?** When I completed the six foot track.

**What are you currently training for?** Just to be fit and healthy

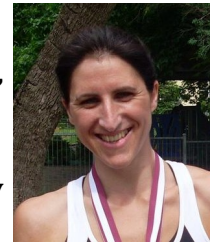
**What's your best running tip?** Mix it up, don't do the same thing

every week, don't be afraid to try something new.

**Interests/Hobbies?** Cross fit, Eating And Shopping.

**1 year from today I will.....**

Be running my own personal Training Business



## A RUNNER IN PERSPECTIVE—Millen Tomov

### When and Why did you join the Bushrunners?

I joined the Bushrunners in April 2009 after meeting them one Sunday morning when they were running the handicap race. I had recently started running and the idea of running with a friendly local group of people instantly appealed to me. I had never run 10K when I showed up for the first time but that was not a problem - I got to run my first 10K with John Quigley- incredible that he had just had a stent operation but that did not stop him from running and I barely managed to run at his pace ...

**What is the best part of being a bush runner with BBR?** I wish I had more time in order to be able to run more with the Bushrunners - I really enjoy participating in the monthly handicap but for various reasons I can rarely take part in the regular Sunday bush runs. So for me the best benefit is that I get to enjoy a regular race with nice and friendly people - I know that a lot of people drive to Berowra to take part in the runs, and for me to have the running club so close to where I live is just terrific. **What is your biggest BBR challenge?**

I suppose the biggest challenge is the hill on Balaclava road - I wonder if there will be a time when I will be able to run up that hill and not feel like I am going to explode ... As a big hairy goal for some indefinite time in the future I might be able to run the 10K course in 40 minutes.

### What is your goal/motivation?

My current official goal is to break 45 minutes for the 10K distance but in general I would like to get a better runner and stay fit in order to live to the fullest extent. A great source of motivation has been the running community from [www.dailymile.com](http://www.dailymile.com) where a lot of people post their training and share their successes and failures as well as tons of useful information and training tips.

### What is your running highlight?

So far my best running achievement is completing last

year's City2Surf which I ran in 65 min and 9 seconds - way faster than I expected and which is my current PB for the course - this year I ran the same race about 90s slower :( even though I thought I had prepared better than last year.

### What are you currently training for?

I have just completed City2Surf and this was my main event for the year - I had been training for this race during the last 3 months. I don't have any other major races planned for this year, although I certainly plan to participate in the monthly handicap. I also take part in the Sydney Corporate Cup event which is a similar handicap based race - the main difference being that it is run over a shorter distance (5.9K) but more frequently - every 2 weeks. Another goal that I have set for myself is to become a more efficient runner by increasing my cadence to 180 or more steps per minute (read here why: <http://fellrnr.com/wiki/Cadence>)

### What's your best running tip?

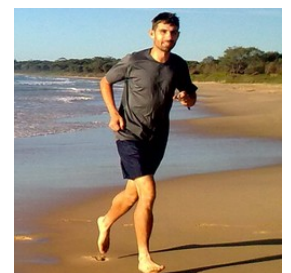
I believe the main breakthrough in my running was the decision to try out barefoot running - before that I used to have a lot of injuries - knee, shin splints, etc. After reading that barefoot running can reduce running injuries I decided to give it a go. While I run completely barefoot only on the grass I have found that running in "minimal" shoes like Vibram Fivefingers offers the same/similar benefits: it causes the runner to automatically change stride pattern to mid-foot striking which helps greatly to prevent knee strain and leads to a more efficient running form.

### Interests/Hobbies?

Other than running? I love to play tennis and to go fishing

### 1 year from today I will.....

Keep running and maybe even run a marathon.



## HOW FAR SHOULD KIDS RUN and WHEN

**Ages 5-8** years, should be encouraged to run as part of play such as in games of tag or in short bursts with walking or other activities in between. Working up to 20-30 minutes of running or walking 3 times a week is suggested but it is suggested that for those under 8—should **NOT** run a 5k course.

**Ages 9-12** start to focus more on formal training and competitive environments for their running but they should NOT give up other sports. The focus is on growth related injury. As the long bones in

kids legs grow, the cartilage is not ossified (hardened) and hard running can lead to discomfort near the ends of the bones.

At this age it is recommended to work on speed rather than distance .

**Ages 13-14** experience rapid growth and the bones have not fully mineralized , the muscles are not yet good shock absorbers to endure the heavy training loads of running several km's a day at a hard pace—it will lead to stress fractures.

**Puberty** can also impact early teen runners. Boys gain strength and muscle mass—great for performance while the girls gain body fat which often slows them down. It is recommended that two or three times a week running a few miles at a comfortable pace training for races up to 10K

**Remember:** Cross training maintains fitness while reducing the risk of overuse injuries to the lower extremities! So keep up the variety.. [www.kidsrunning.com](http://www.kidsrunning.com)

## NUTRITION AND HYDRATION for young runners

### Nutrition:

It is important that young athletes eat well balanced meals and remain hydrated in order to have the best in health and performance. Bodies need to be fueled by eating the right foods such as 3-5 cups of fruit and vegetables a day. Failure to look after your body with the right nutrition and hydration, vitamins and minerals to aid growth and repair could result in poor performance and an increased risk for injury and or illness.

It is recommended that young ath-

letes consume lots of complex carbohydrates—i.e. Whole grains and fruits and vegetables on a daily basis.

### Hydration:

Young athletes have a higher energy expenditure than adults and they don't sweat as efficiently which aids to cool the body down, this coupled with the fact that young athletes don't drink as many fluids on a usual basis..

What many people don't know ADULTS included is that when you feel thirsty you are in fact already

dehydrated.

So look after your body and eat properly and come to your exercise session fully hydrated—have a glass or two of water before you go and then every 20mins whilst exercising.

**DID YOU KNOW?**  
“Children between the age of 6 and 12 have one foot bigger than the other”

## TRAINING TIPS FOR YOUNG RUNNERS

### DISTANCE Guidelines

Under 9yrs	3km
9-11 years	5km
12-14 years	10km
15-16 years	half marathon
17 years	30 km
18 years	Marathon

Please remember that this is only a guideline provided and each individual is different.

[www.runnersworld.com](http://www.runnersworld.com)

If you are a runner under 15 the key is to have fun but not to overdo it!

The 10 percent guide is a good guide. Don't increase your mileage by more than 10% per week. So if you run 5km one week the next should be 5.5km. Increase it slowly to save an injury that takes you out for extended periods of time. Don't get too carried away. Its also good to keep a good relationship with your doctor to find out the limitations that you should have on yourself.

It really important to take days off to rest and recover, and to know that is when your body becomes stronger.

If you run with an iPod remember that music tunes the natural surrounding noise out which can be dangerous in traffic or risky situations. Have it on low and always look around and look both ways before running across roads.

We have some great members in the bush runners that are happy to help train or offer advice. Let us know how we can help.

## RUNNER IN PERSPECTIVE — Jodi Gallagher

**When and Why did you join the Bushrunners?** I joined in about 2005 when I was first talked into doing Oxfam Trailwalker. Ted West was our unofficial coach and he encouraged me to join the bush runners.

**What is the best part of being a bush runner with BBR?** Always having someone to run with, whatever day of the week.

**What is your biggest BBR challenge?** Oxfam Trailwalker in 2005 was a challenge as I went into it with an ITB injury which flared up after about 20kms. One of our team had broken her ankle before checkpoint one so for me to retire would have meant the other two girls had to join another team

which wasn't ideal. I finished it with a lot of assistance from many but particularly Ted West and Jackie Watts almost carrying me the last leg - thanks guys.

Another huge challenge was the first time I did Six Foot Track!

**What is your goal/motivation?**

My goal is to do at least one triathlon each season. I love keeping fit and healthy so while I can run/exercise I will.

**What is your running highlight?**

Completing the Sydney marathon in under 3.5hrs, it was my goal and I got there with a few seconds to spare! I still remember the elation crossing the line.

**What are you currently training for?** The Blackmore half mara-

thon in September and the run leg of the Nepean triathlon in November.

**What's your best running tip?**

Keep your eyes on the track.

**Interests/Hobbies?** Swimming and cycling as well as running. I love cooking and trying new recipes. I enjoy spending time in the garden.

**1 year from today I will.....** Hopefully running without the sore hamstring I currently have!



## THANK YOU!

Thank you to the local businesses that support us by donating prizes. We really appreciate your recognition and your support!

Thank you to:

**BLUMES GOURMET MEATS**— gourmet meats at prices you can afford—9456 2343

**MEL'S HAIR AND BEAUTY**— specialising in all your hair and beauty needs—9456 2188

**HOME BIZ**— One stop shop for all your craft, card, and gifts - 9456 5077

Runners, why not say hi and thanks next time you go past.

**Keep in mind that the harder you run during training, the luckier you'll get during racing**

## RUNNER IN PERSPECTIVE — Pete Fallows

**When and Why did you join the Bushrunners?** I'd been living in Berowra for about 5 years before I joined the Bushrunners in 2003. By that stage my kids were old enough to look after themselves on a Sunday morning.

**What is the best part of being a bush runner with BBR?** Handicap races - running the same course every month is a great way to see how you are going with your fitness.

**What is your biggest BBR challenge?** Sub 40 minutes for the handicap. Failing that, I'd settle with running my age. Also, keeping the website up to date.

**What is your goal/motivation?** to

run the Boston Marathon

**What is your running highlight?**

Qualifying for the Boston Marathon. In Melbourne last year I needed to run sub 3:21 to qualify. I finished in 3 hours, 20 minutes and 7 seconds. Never in doubt.

**What are you currently training for?** Sydney Marathon in September

**What's your best running tip?**

Interval training. Everyone should do it. In fact, if you'd like to join a very small crowd at 5:35 (am) every Tuesday at Berowra Oval for 10 x 400m repeats, you're more than welcome.

**Interests/Hobbies?** Football (the world game), football (Australian), guitar (acoustic or air)

**1 year from today I will.....**be 42.2 years old. Sounds like a good age to run a marathon.



# A WORD FROM BRIAN.... President of BBR

There was a big crowd that turned out for the August Handicap, buoyed by the inclusion of the inaugural 5km Fun Run (handicap in waiting). The Gallagher Girls made it look easy and showed that the family has a lot of natural talent. Ellie Gallagher (0:23:11 net time), Jemma Gallagher (0:24:39), Oliver Dodd (0:27:33), Katherine Tejcek (0:27:51), Gary Tejcek (0:28:25), Jackie Watts and Jodi Gallagher (0:30:37), Brandon Leslie (0:34:09), Lachlan Hodder and Lindsay Hodder (0:35:47) all trialled the 5km course for the first time. In the 10km Handicap Kevin Heaton was first across the line

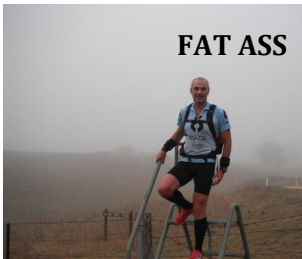
with a PB of 43:30 followed by Justine Laughton with a PB of 49:15 then David Koenig in 49:54. Graham Leslie (45:45), Joseph Jones (47:14) and Nathan Parker (38:59) all crossed the finish with new personal bests. The Club Championship is still very close with George Munro on 12pts closely followed by Justine Laughton and Sarah Trehy on 11pts each. With three more handicaps in 2011 to go the competition is very tight.

The Wrigley Trailwalker teams Wrigley Warriors and Run Drink Chew (aka Run Drink Spew) held a trivia night to raise money for [OX-](#)

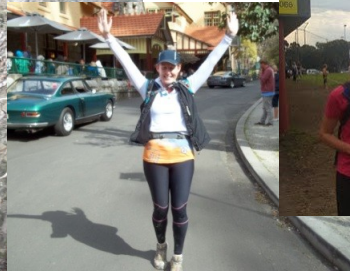
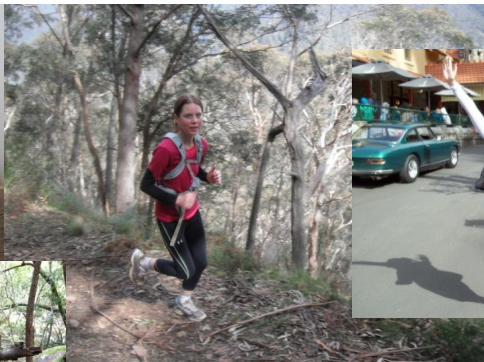
[FAM Australia](#). Berowra Bush Runners were represented by Pete Fallows, Brian Cardelli along with Justine Laughton and her hubby Kieran. It was a fun filled night and we learnt that we are not as smart as we think we are but the useless bits of information that we retained is useful at trivia nights. By the end of the night Pete had won a bottle of grog, Justine had secured a number of items at the silent auction and we were smart enough to claim third prize, thanks to Pete's quick thinking in a tie breaker question. All up the event was a huge success with a total of \$4000 raised.

**“During group training runs, don’t let anyone run alone “**

## PHOTOS FROM OUR RUNS

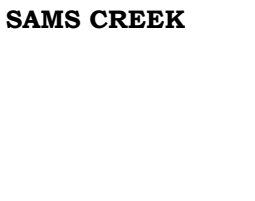


**FAT ASS**

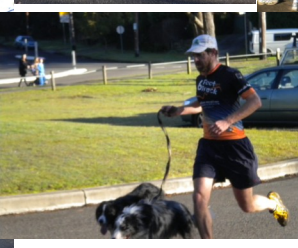


**Jubulani Challenge**

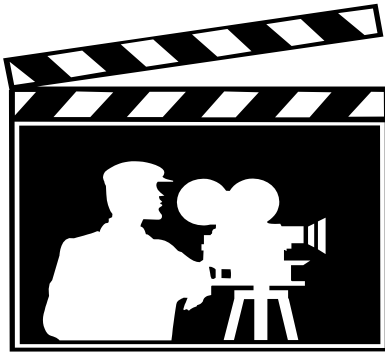
**JULY HANDICAP**



**SAMS CREEK**



# TOP 5 MOVIES ABOUT RUNNING by Pete Fallows



## Top 5 Movies About Running

In a previous newsletter we had Paul Rhodes' nominations for his top 10 blogs about running. As everyone loves a countdown, I've extended this theme to come up with my top 5 movies about running. (A top 10 might be stretching things too far.)

To start with, I must set some ground rules to say that only movies which are predominantly about running, or have a running theme running through the movie, can qualify for this list. So, Danny Zuko trying out for the Rydell High track team in *Grease* does not count. Nor does *Rocky* – true, he does famously run up the steps to the Philadelphia Museum of Art as part of his training, but it is obviously a love story disguised as a boxing movie. And *Forrest Gump*, despite him being one of the most influential ultra-marathon runners ever seen, also does not count.

5. **Marathon Man** (1976) starring Dustin Hoffman. This is a thriller set around New York, with a final scene at Central Park also involving a rather large Sir Laurence Olivier. Hoffman is always great – and very sweaty in his 1970s cotton training tracksuits

4. **Run Fatboy Run** (2007) starring Simon Pegg & Dylan Moran. A comedy following an out-of-shape 30s-something commitment-phobic bloke who decides to run the London Marathon (against his

ex-girlfriend's new man) for charity in order to win back his ex. It won't make you think too hard about life, but any comedy from the writer of *Hot Fuzz* is bound to be good.



3. An almost forgotten Australian Olympian was Peter Norman, who won a silver medal in the 200m at the 1968 Mexico Olympics. **Salute** (2008), which tells Norman's story, is a powerful documentary that elaborates on the famous black power salute by Tommie Smith & John Carlos, the gold and bronze medal winners from the same race. How all three men were treated by authorities in their own countries after that event has to be seen. That what happened is a true story from only 40 years ago in civilised western society is shameful.



2. **Without Limits** (1998) is the story of Steve Prefontaine, the cult American middle distance runner – who, had he both lived longer and run faster, would undoubtedly been an Olympic champion. Billy Crudup gives a convincing performance as Pre, while Donald Sutherland plays Bill Bowerman,

legendary coach and founder of Nike.

So, after counting down with a thriller, a comedy, a documentary and a drama, we get to **number one**. And what is it that makes a movie great? The answer is music.

Who has never run along a beach in slow motion while singing the da-da-da-da-da from **Chariots of Fire** (1981)? Vangelis' soundtrack won one of 4 Oscars for the film, which tells the story of Eric Liddell and Harold Abrahams, two runners who competed for England in the 1924 Paris Olympics. Liddell famously would not run his final because it was held on Sunday.



Happy viewing, everyone.

**“Don't make running your life. Make it part of your life”**

## DID YOU KNOW?

that the official course record for the handicap is 35:32, held by John Lang since August 1995. Out of current runners, Leo Peterson holds the 3<sup>rd</sup> best time with 35:48. The fastest time ever recorded was 35:21 by Ray Wareham, which was his only run, and therefore not an official handicap time.

**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](mailto:info@australiancharters.com.au)  
All submissions, tips, blogs,  
photos or articles are to be  
received by 20th September for  
the October newsletter. Thanks  
We look forward to hearing from

**WE ARE ON THE WEB!**  
[www.berowrabushrunners.com](http://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 COMMITTEE**

## STRETCHING YOUR STRIDE?

Being new to running I'm forever watching how people run. Their style, posture and body position. I'm also very aware on any improvements that I can make to my own style and technique, so when the other day my neighbour made comments to me that she drove past and saw me running and impressed upon me the difference in the length of stride between me and the girl in front it made me think.. Perhaps that's what's holding me back. So I did a bit of research into stride lengthening.. This is what I came up with...

**HOW TO STRETCH YOUR STRIDE..**

**1. BOOT CAMP HILLS:** Find a steep hill that's at least 50 to 75 metres long, and run hill repeats on it once every two weeks. Alternate running up the hill at close to top speed with "bounding" up the

hill more slowly, with an exaggerated vertical motion. Start with six repeats per workout and gradually increase to 10. Between repeats, jog slowly back down to the bottom of the hill.

**2. HILL HOPS:** After you've finished the above workout, begin hopping up the hill on one foot for 15 hops, then shift to the other foot for 15 more hops. Walk for a few seconds to recover, and then repeat.

**3. HILL FARTLEK** Every 10 days or so, warm up by jogging for 10 minutes, then run for 30 continuous minutes over the most rolling terrain you can find. Accelerate on all uphill and jog easily on the down slopes. Try to maintain an overall effort level that's slightly less intense than a 10-K race.

**4. QUICK HOPS:** Once or twice a week, in the middle of your regular workouts, bound from foot to

foot for about 30 metres at a time. Try to maximize your "air time" while minimizing the amount of time each foot spends on the ground. In other words, push hard and fast with the contact foot. Make sure that you cover more distance with these bounds than you do with your normal strides.

**5. RUNNING ON YOUR TOES:** After you have warmed up properly, "sprint" on your toes for 30 metres, taking small, quick steps with high knee action. Jog easily for 15 seconds to recover, and then repeat twice more. When finished, do the rest of your workout.

\*\*\*Make sure you only do exercises 4 and 5 on smooth grass or dirt surfaces. Don't do them on asphalt or concrete, where the impact forces could be great enough to cause injury.

**I'LL KEEP YOU POSTED! BEK**