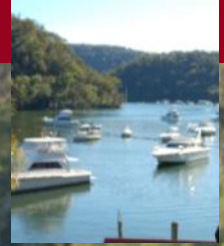




THE BUSHRUNNER

OCTOBER 2011



WHO IS OUR **A RUNNER IN PERSPECTIVE?**

WHAT IS THE BEEP TEST?..



ALL THIS AND MORE INSIDE.....

CHAFING.. Have you been rubbed the wrong way?

NUTRITION.. Have you got it right?



WHAT EVENTS ARE UP-COMING?

Sydney Running Festival..- See the BBR Results



RACE RESULTS and EVENTS

BBR OCTOBER CALENDAR

2-10-11

BBR Handicap traditional

9-10-11

Ferry Run via Alston– Currawong

16-10-11

Beep Test—Warrina St Netball Courts

23-10-11

Cowan via Bush (Turner to Glendale)

30-10-11

King of the Mountain TBC

2011 POINTS TABLE

George Munro	12 points
Justine Laughton	12 points
Sarah Trehy	12 points
Michael Sims	12 points
Peter Fallows	12 points
Rebekah Markey	11 points

10K HANDICAP

1st	Peter Fallows	40:16	PB
2nd	Joseph Jones	43:37	PB
3rd	Chris Graham	37:53	

5k RUN

Douglas Hodder	22:20
Ellie Gallagher	23:00
Jeff Hodder	24:26

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.

DID YOU KNOW?

... that in 2008 Beth Cardelli ran 6 PBs in her 10 handicap races that year. Brian only managed 5 PBs.

UPCOMING EVENTS

Fitzroy Falls Fire Trail Marathon

8th October

5km, 10km, Marathon

Carcoar Cup

5th November

1.8km, 6km, 10km,

Half, Marathon

Great North Walk

12th November

100km, 100miles

Valley Stampede

19th November

5km

Central Coast Half Marathon

27th November

10km, Half

Mud Run

3rd December



RACE RESULTS

Huge Results for the Sydney Running Festival both the half and Full marathon! Well done BBR's

HALF MARATHON:

Peter Nuttall	1:36:02
Jodi Gallagher	1:39:37
Murray Watts	1:40:48
Mark White	1:45:13
Paul McNay	1:56:35
David Koenig	1:58:04
Rebekah Markey	2:02:51
Paul Rhodes	2:07:52

MARATHON:

Chris Graham	2:58:12
Andrew Layson	3:19:52
Michael Sims	3:30:18
Pete Fallows	3:38:53
Kevin Heaton	4:10:04

4:15 pacer

ANSW Half Marathon Championships

Kevin Heaton	1:27:43 PB
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Glasshouse 100 mile

Kevin Heaton	21:21:43 PB
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Hills Athletics 5km

Kevin Heaton	18:37 PB
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A RUNNER IN PERSPECTIVE— Brian Cardelli

When and Why did you join the Bushrunners? Shortly after moving to Berowra Heights I did my first Trailwalker in 2007 in an extremely slow time of 33hrs 32min. I had already seen a mob of runners around on Sunday mornings and finally found out who they must have been, the first team across the 2007 Trailwalker finish line. I also thought running the trails around Berowra would be good fun. So I joined with my then "not a runner" wife.

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

Being part of a highly supportive group of people and giving me something to do on a Sunday morning.

What is your biggest BBR challenge?

Accepting the Co-ordinator's position, but that is still not as tough as running up Balaclava Rd.

What is your goal/motivation?

My goal is to keep running. My motivation is to

keep fit.

What is your running highlight?

I would like to say my first 6ft, but my biggest running highlight was getting a phone call while in Kedumba Valley saying that Beth had just won TNF100 2010.

What are you currently training for?



Fitzroy Falls Fire Trail Marathon in October. It will be my first marathon.

What's your best running tip?

Run for fun and only race against yourself.

Interests/Hobbies?

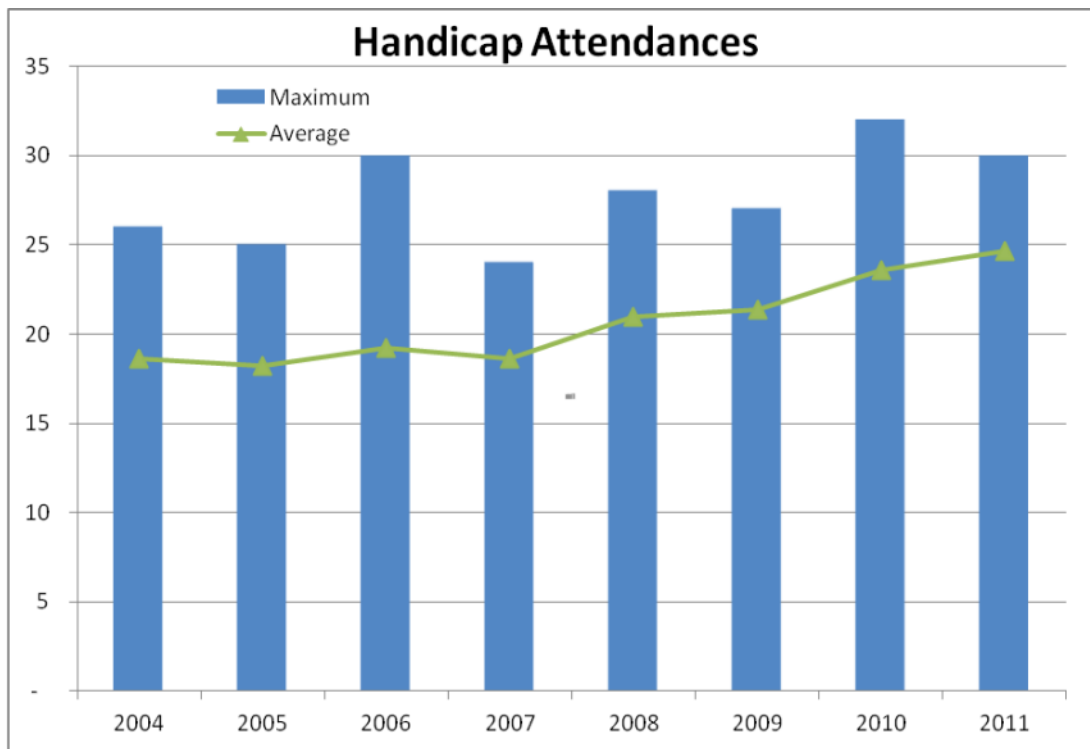
My wife, two dogs and gardening.

1 year from today I will....

Still be chasing Beth.

DID YOU KNOW?

... that attendances at the handicap have been increasing? The graph below shows average attendances (green line) and the maximum attendances (blue bar) for each year since 2004.



... In October 2010 we had our largest attendance with 32 runners in the handicap. At that rate, the Warrina St car park will need to have the "car park full" signs brought out. The Warrina St car park holds 35 spaces (but, as every KU Pre-school parent knows, you can fit a lot more in there).

BEEP TEST - The ultimate fitness test by Graham Leslie

I love the result. Unfortunately, I have to endure the pain to attain it.

The best part about running is finishing. Being highly competitive helps motivate me to get up and go running even if the only person I can beat is me. The beep test is about getting a result that is highly motivating.

When I first encountered the beep test I was participating in work place fitness classes. Being a runner, I could post a pretty impressive score compared to the more sedentary lifestyle group. It was amazing how I could still improve along with the class after a couple of months of training. I soon discovered that a lot of people from all sorts of backgrounds have a beep test score and it becomes a really interesting talking point.



On the BBR calendar a beep test has been scheduled for the 16th October 2011. This is a great opportunity to benchmark your fitness. I thought I would explain the test for the uninitiated. You will be able to discover how you compare in aerobic fitness to fellow runners, your age group and famous sporting types. Over time, completing a few beep tests, you can measure your own fitness journey.

The Beep Test is also known as the shuttle run, bleep test or multistage fitness test. The beep test is a hugely popular benchmarking tool for fitness. It is basically interval running between two lines 20m apart. A recording 'beeps' to start you off and you need to get to the other line by the next beep. You wait there for the beep to sound again and then run the next shuttle. After approximately 1 minute there is a step up in level indicated by 3 rapid beeps. The interval between beeps become shorter and therefore your speed needs to increase slightly. The first minute (known as a level) has you running at 8.5km/h. At each level the speed you need to maintain is increased by 0.5km/h. The number of shuttles at each level increases as you cover more distance within the level.

The start of the beep test will be relatively easy. It might start getting uncomfortable from level 7 onwards. The idea is to go into the 'red zone' and really smash yourself and last as long as possible. You are benchmarking your fitness here and once you can't make the next interval and retire there will be the nagging question in the back of your mind if you could have done just one more!

Your score is the level you obtain and the amount of

shuttles completed within that level. Hence if you get into the seventh level and complete 5 shuttles within that level your score is 7.5.

This score can be fairly accurately compared to your body's maximum ability to transport and use oxygen which relates to your overall fitness. This is your VO₂ MAX. Hence a score of 7.5 can be calculated as 38.1mL/kg/min. To complete a clinical VO₂ MAX you need to strap into a treadmill that is always speeding up while you breathe into a mask hooked up to a machine measuring CO₂ and O₂ inhaled and exhaled. Once the O₂ consumption remains steady despite the increasing workload you have reached VO₂ MAX. Seeing an athlete on TV in this contraption is quite common.

Most beep test recordings go up to 21 levels which is pretty insane and it's only urban legend that anybody has actually completed it. Maybe a keen BBR will obtain it? There are many published results for famous sporting types. Many occupations require a minimum beep test result along with other fitness minimums. The NSW Police Force requires a minimum of 5.1 which probably explains the proliferation of stun guns as they could only chase you on foot a few metres before fading badly! The ADF (Australian Defence Force) requires better fitness at 7.5 for the army and 6.5 for the navy and air force. According to the ADF, it only takes 4 weeks to attain this fitness level. The AFL draft in 2009 saw the top 10 guys score between 15.6 and 14.5.

Maximising your score in the beep test will rely on a few factors. Apart from being fit, you need mental toughness, a pacing strategy and physical conditioning. Personally as soon as running gets hard my mind starts to make up reasons why I can exit early. So besides telling myself "shut up moron just keep running" the positive reinforcement from BBR colleagues should bring out my best. My ability to start and stop between shuttles is not great and I tend to turn in a wide arc and save the sharp turns when things get serious. You only need to touch the line at the turn and so don't waste energy running through. It feels like cheating to practice, so just don't tell anyone but it helps a lot to experience the pain barrier and not let it surprise you on the big day. Check out all the information on the web and see a few YouTube clips to obtain some good techniques. Many websites have a beep test recording and the ADF site has a good one. My favourite site for fitness tests is www.topendsports.com. It has the VO₂ MAX calculator to convert your score and some good tables on your fitness in relation to your age – which is handy for an aged soul like me for an ego boost.

THE EASY RUN— HOW IMPORTANT IS IT?

When training for an event and sticking to a training schedule you are told to run an easy run every couple of days. If you are anything like me you tend to push yourself to the limit. I never want to run slow until that is, I read up on the benefits of running at a slow recovery pace—1-2 mins slower than a marathon pace or 2 minutes slower than a 5k pace. The importance of the easy run is far greater than is realized both to your body and your conditioning. Seventy percent of our weekly run should be easy kms. Of course it all depends on your age and fitness level, your muscles need between 30– 60 hours to recover from a hard effort run. Now don't be fooled in thinking when you take a long slow run it counts as an easy run. When a run lasts 1.5 –2.5 times longer than your average weekday run, because of the duration, they are counted as hard efforts. Running super slow and relaxed for one to three days after tough workouts gets the blood flowing to muscles which flushes away the broken proteins and delivers new proteins to rebuild damaged tissue and carries carbohydrates to replenish depleted stores in muscle cells. It's that gentle exercise that allows the muscles to get the good stuff they need and removes all the bad stuff caused by the prior training. If you don't have your easy run, your body continues to strengthen the damaged tissues. Make running part of your recovery but do it slow and give your body a recovery run. Time spent going easy builds your fitness and keeps you running longer.
AND WE ALL WANT TO BE RUNNING LONGER...

THE DREADED STITCH

Every runner has experienced the dreaded side stitch, a sudden sharp pain in the side of the upper abdomen at the base of the ribs. The pain is caused by a spasm of the diaphragm, the muscle that controls your breathing. A stitch will usually go away quickly after slowing down or stopping but even on the run, you can often make it go away by bringing your breathing into careful control. Concentrate on belly breathing, pushing your belly out when you breathe in and relaxing it as you breathe out. Take deep breaths on the intake, and exhale suddenly, even noisily. To get the diaphragm to contract in rhythm with your steps, inhale and exhale as you land on your left foot.

The faster you are the less you should talk about your times.

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

BEROWRA HARDWARE—hardware and gardening 9456 5077

Runners, why not say hi and thanks next time you go past. They need our support too.

WAYS TO PREVENT CHAFING..

We can all probably relate to the dreaded feeling of chaf during our run, and its always on an intimate area such as the inner thigh, groin, armpits and nipples etc.. Chafing is caused as a direct result of sweating and rubbing of a material or body part to the sensitive area. I have recently been reading up on it and it seems that there are ways and means to prevent chafing and they are incredibly simple. Make sure you drink plenty of water. As a runner you need more than the average 8 glasses a day. Staying hydrated will help lessen the friction between your skin and clothing. When you sweat freely, your sweat will not form salt crystals which in turn creates less friction.

Tight clothing is another way to create chaffing. Try to keep your clothes loose fitting or use fabrics that lessen the friction. There are some great fabrics on the market that are designed to keep you cool in hot weather. Coolmax, Supplex and Polypro are some good choices.

Talcum powder is another great way to stay dry or you can opt for the more marketable options like Runner Lube, Chafe Eez and Body Glide to name a few.

Good luck and stay dry.

**“ LEFT RIGHT LEFT RIGHT
LEFT RIGHT LEFT RIGHT.. “**

The runners mantra!

DID YOU KNOW?

That Rebekah Markey ran 5 PBs in her first 5 handicap runs in 2011

A NOTE ON NUTRITION... The right stuff...

Many runners spend plenty of time training for a big race of some sort, and as the 5k, half marathon or full marathon gets nearer we get a closer view of what we are eating and drinking. Loading up on carbs is the most popular I hear.. But is it the right thing? Fuelling up for the race has huge impact on performance. Runners tend to lean towards the extreme on most instances so I urge you to beware that you don't cause *digestive disaster!* Ensure what you eat and drink will help secure the PB that you hope for. Careful you don't "load" up on carbs the night before.. I get that they will be burnt off during the run but flooding your system with

more carbs than it can process can lead to digestive problems that can have you running not the race but straight to the port a loo! How to do it. Right... Consume moderate quantities.—not huge portions of carbs for several days prior—massive amounts of any food will throw your system a curve ball. Have oatmeal for breakfast (low GI) potatoes for lunch and pasta for dinner. Make sure you eat balanced so include some protein and leafy greens. Eat just to contentment but eat more often, that way you wont lose sleep or have trouble digesting. Don't forget after your race your body needs to repair itself. Protein is the best for this, it is used to re-

pair damaged tissues, and also to make enzymes, hormones and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin and blood. Additionally it keeps you feeling full for longer so its great for the weight conscious. So enjoy a protein drink or some lean protein with leafy greens. FYI, I have recently discovered a great all natural protein drink . Take a look at the all natural ingredients. High in protein and awesome for straight after a run. 180 Nutrition. www.180nutrition.com.au They are offering all BBR club members 20% off.

Never tell a runner that he or she doesn't look good in tights

PHOTOS FROM OUR RUNS

Fathers Day was a great morning turnout for the monthly 10k handicap and the 5k fun run. Well done to all those dads that brought there kids along.. They enjoyed the fun and thanks to Andrew for a great breakfast!



**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 October for the November 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
Newsletter**

THE BEROWRA BUSH RUNNERS COMMITTEE

RUNNING BLOOPERS by Pete Fallows

Running is pretty easy. Right? You just put one foot in front of the other. Well, it should be that easy. But we all manage to do things to trip ourselves up . . . sometimes quite literally.



These bloopers are all absolutely 100% true. See if you can guess which anonymous bush runners made the list.

Arriving at the start of the Oxfam Trailwalker . . . without your shoes. (a)

Turning up at the start of the Oxfam Trailwalker as a spectator . . . and then joining a team as an entrant for the next 90km.



Drinking 8 cups of coffee, Alex Watson style, before a half-marathon . . . and having too many pit stops to get a PB.

Carrying salt tablets in your pocket at the Six Foot Track . . . only for them to

dissolve at the water crossing at the Cox's River.

Dropping your bag of sugar lollies in the first 50m of the Willy to Billy run . . . and turning back into the oncoming crowd to retrieve them.

Spraining your ankle 1.5km into the Six Foot Track . . . and continuing to the finish line 43.5km further on.

After 5 minutes of the 35km Willy to Billy run . . . asking someone "how much further to go?" (a)

Jumping to catch the ferry at Berowra Waters in the Black Stump run on New Year's Day . . . and missing.

Training for the North Face (100km trail race in the mountains) . . . by only doing laps of Centennial Park. (a)
Finding yourself out of time at a rogaining event . . . so you jump into the harbour to swim across from Greenwich

Point to Berry Island (Wollstonecraft) . . . using only one arm (as you are holding the mobile phone you are using as a timer out of the water with the other arm). (a)



Disclaimers:

- a This was not a Berowra bush runner
- b. Names have been omitted to protect the idiots.
- c. Some of these may have been intentional.
- d. No bush runners were harmed during the writing of this article.

DID YOU KNOW?

For the women, the official course record for the handicap is 39:05, held by Dawn Tiller since 1998. In second place on the all-time list for women is Beth Cardelli with a best of 41:31