



The Bushrunner

NOVEMBER 2011

**HAVE YOU FOUND A
GOOD RUNNING READ?
See our suggested books**

***EAT AND BE CHERRY! What foods
you should eat as a runner***

WHO ARE OUR RUNNERS IN PERSPECTIVE?

***STRESS FRACTURES..
What you need to know.***

***HOW DO YOU COMPARE..
The beep test results..***

***NUTRITION.. Some simple
guidelines to keep you
running longer..***

***WHAT EVENTS ARE UP-
COMING?***

ALL THIS AND MORE INSIDE.....

RACE RESULTS and EVENTS

BBR NOVEMBER CALENDAR

6-11-11

BBR Handicap Reverse

13-11-11

Cowan via highway
(Glendale to Turner)

20-11-11

Bush Run –Reverse

27-11-11

Sam's Creek Run

2011 POINTS TABLE

Rebekah Markey	16 points
Sarah Trehy	15 points
George Munro	13 points
Michael Sims	13 points
Peter Fallows	13 points
Justine Laughton	13 points
George Munro	12 points

10K HANDICAP

1st	Rebekah Markey	53:21	PB
2nd	Gavin Markey	42:56	
3rd	Sarah Trehy	43:20	
4th	Jodi Gallagher	45:52	

5K RUN

Ivan Theron	23:38
Angus Dodd	26:11
Oliver Dodd	30:15
Ryleigh Markey	35:30

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

NOVEMBER

CARCOAR CUP

5 NOV

1.8km, 6km, 10km, Half, Marathon

KING ISLAND ULTRA (tas)

5 NOV

76.9km

GREAT NORTH WALK

12 NOV

100km, 100miles

KATHMANDU MAX 24hr and MAX

12hr ADVENTURE RACE

12-13 NOV—Sth Coast

100-120 km adventure race

BARE CREEK TRAIL RUN

13 Nov—St Ives

VALLEY STAMPEDE

19 NOV—Glenworth valley

5km Obstacle

CENTRAL COAST HALF MARATHON

27 NOV-The Entrance

10km, Half Marathon

GLENBROOK TRAIL MARATHON

27 NOV—Glenbrook

25k, 34k, 42k trail

DECEMBER

MUD RUN

3 DEC—Equestrian course

6km—Obstacle

COAST TO KOSCIUSZKO

9 Dec—Mt Kosciuszko

240km

SMC ROAD RACE SERIES

18 DEC— Smithfield

5k, 10k, 1/2 marathon

JANUARY

RUNNING WILD NARROWNECK

14 JAN—Katoomba

14k and 20km Night runs

BEEP TEST RESULTS

4.8	Alyssa Markey
5.1	Ryleigh Markey
6.5	Amy Fallows
7.1	Mark Peterson
7.1	Rebekah Markey
7.5	Ted West
8.3	Dave Koenig
8.3	Greg Galstaun
8.5	Justine Laughton
8.8	Preben Kelgren
8.9	Sarah Trehy
10.1	Brian Cardelli
11.2	Gavin Markey
11.8	Peter Fallows
12.1	Noel Annett
12.2	Steve Deveney
12.3	Steve Mills
13.2	Joseph Jones
13.5	Mark Livy

RESULTS

Great Ocean Walk, 100km

Kevin Heaton 14:00:10

Maitland Triathlon

1600m swim, 60km ride, 15km run

Nathan Parker 3:21:06

Fitzroy Falls Fire Trail Marathon

Noel Annett 3:33:22

Jeff Hodder 4:11:06

Peter Nuttal 4:18:38

Lachlan Hodder 4:49:36

KING OF THE MOUNTAIN!

Noel Annett 15:14

Daniel Carson 15:29

Steve Mills 15:59

Michael Sims 16:42

Andrew Layson 17:41

Steve Deveney 17:42

Ted West 19:04

Paul 25:40

Jeff Hodder 25:40

A RUNNER IN PERSPECTIVE— Dave Gallagher



When and Why did you join the Bushrunners?

After many years just living up the road from War-rina Street oval but 7.15 was way too early, but once we had kids, 7.15 was mid morning so by 2005 why not? Now all 5 of us come along!

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

camaraderie, training buddies, always find someone to run with, team events, handicap and the competition of course.

What is your biggest BBR challenge? run the handicap in under my age

What is your goal/motivation? always run the handicap in under my age, racing, keep running for

many years to come (if I can be running like Ted at 60, I will be very happy!)

What is your running highlight? without a doubt 2009 Oxfam Trailwalker win, also the previous Oxfam runs & training was good fun, running a 10k PB.

What are you currently training for? Nothing imminent but keep a good base for another crack at 6ft & Canberra marathon (need to find 2min 20 secs!)

What's your best running tip? Never put off a training run thru slackness (and that includes rain), ease up between race campaigns and just run without regimented or planned training to put fun back into running and freshen up body & mind.

Interests/Hobbies? Watching my kids enjoy sport, NRL, sport in general (cause too much sport is not enough), cooking because I love eating, sitting back on a summer arvo acting as lifeguard at our pool, BBQ sizzling and a few cold home brews!

1 year from today I will..... be 26 just like Gav, trying to stay in front of Elly & Jemma, maybe just finished another Oxfam Trailwalker with BBR's

A RUNNER IN PERSPECTIVE— Jackie Watts

When and Why did you join the Bushrunners?

In the last century which makes me feel very old! I joined BBR in 1996 which, after 16 years, I think makes me second longest serving member after Ted West. I was encouraged to join BBR when I was out for a Sunday morning run and a group of BBR runners passed me on their regular Sunday morning run.

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

The friends I have met along the way. There are 3 in particular that I still run with on a regular basis, Jackie Walford (former BBR member), Jane Rorke, and Jodi Gallagher.

We have shared both laughs and tears over the years of running together. Their friendships would be the best part of running for me.

What is your biggest BBR challenge? It would have to be the monthly handicap – it never seems to get any easier!

What is your goal/motivation? Keep active and fit to enjoy life.

What is your running highlight? My highlight would be two events where running a marathon was just one part of the event – Port Macquarie Ironman Triathlon (1997) and Busselton Iron-

man Triathlon (2009). At Port Macquarie I amazed myself with a 4:15hr marathon (after a 3.8km swim and a 180km bike ride).

What are you currently training for? Nothing – I need to get over a spate of injuries and get a new goal.

What's your best running tip? 'Take time to smell the roses'. We have some lovely runs to enjoy around Berowra (my personal favourite is Kokoda).

Interests/Hobbies? My family – with 4 'kids' there is always something happening.

1 year from today I will..... hopefully still be enjoying the lovely trails around Berowra



Look at hills as opportunities to pass people.

STRESS FRACTURES

By Jackie Walford Berowra Physiotherapy

What are Stress Fractures? Stress fractures are over-load or fatigue fractures that occur over weeks or months.

STRESS FRACTURES:

- Cause 5 to 10% of all sports injuries and 95% in lower limb.
- Cause 25% of exercise induced leg pain

Proportionally, stress fractures are more common in female sports participants than in male.

In runners, 34% of stress fractures occur in the tibia, 24 % in the fibula and 18% in the metatarsals.

The neck of femur fractures appear to be on the increase.

Stress fractures are related to:

1. training errors
e.g. rapid load increase, hard surface
2. Poor foot wear
3. Technical changes in sport or running style
4. Poor bone health e.g. osteopenia which may occur with diabetes, menstrual irregularity, smoking, cortisone and genetic predisposition.

Risk factors must be addressed to avoid recurrence of this injury.

Only 10% of patients will show a stress fracture on a plain x ray. Bone scans are preferred and are highly accurate. A bone scan will detect a stress fracture within a day of pain development in 95% of cases. Pain hopping on one leg is assumed to be bone pain unless proved otherwise.

Certain obsessive personalities are more prone to these injuries.

Stress Fracture Grading

Grade 1 mild – post exercise pain only.
No medication.

Grade 2 moderate – pain during exercise, possible limp, features on bone scan.

Grade 3 Severe – Pain walking, unable to perform weight bearing sport.

Grade 4 Resting pain, possible night pain, using regular medication, using walking aids, may need surgery.

REMEMBER RUNNERS

On impact, the load of the body is transmitted to lower extremities and may exceed 3 to 5 times the

body weight.

Management takes 8 to 12 weeks and sometimes more.

A return to running program should include 12 weeks of gradual increase, from walking to running.

To accelerate the healing process use pulsed ultrasound physio.

Physio focused on muscle strengthening and treatment of any osteoporosis.

Obviously prevention is much easier than cure so take note of the causes in this article!!

Information courtesy of Dr John P Best, Orthopaedic Updates Lecture 2011.

BEROWRA PHYSIOTHERAPY

Berowra physiotherapy is a small friendly practice situated on the highway at Berowra. Patient care is the priority and opening hours are designed to suit most peoples availability and home visits are available when necessary.



BEROWRA PHYSIOTHERAPY
Move Well. Stay Well.

DID YOU KNOW.. That BEROWRA PHYSIOTHERAPY on the highway offers all BBR Members a 10% discount on any treatment.. Call now and let them know you are a BBR 9456 3322

When standing in starting lines, remind yourself how fortunate you are to be there.

FIND YOUR BODY BALANCE..



Did you know that every runner has a dominant side that's stronger and more stable? Do you know which is yours, and how you can

strengthen your weak side to make you less vulnerable to injury?

To balance your body use two strategies. The first is to move your ankle and the muscles in your foot, the second is to twist your body which puts strain on your hips.. When you run you don't use the foot strategies, but use the hip twist—which in turn puts strain on your weaker side of your hips. Having a lack of balance won't cause an injury but if we do some simple exercise it will help prevent the injury.

Lets start by finding your weak side.

Try this... **THE BALANCE TEST** stand on one leg, eyes closed. Time how long you can stay without losing your balance. Switch legs. Repeat. If both sides are close (30 seconds on one then 25 on the other) you have good equi-



librium. But if the difference is wide 5-10secs on one leg and 30 on the other- you're out of balance, and may have hip-muscle issues.

GET EVEN.. Do these exercises daily for 2-3 weeks, after a run. (before might tire your core muscles) then repeat the balance test: you should be closer to equilibrium.

HIP-ABDUCTOR STRENGTHENER

HOW: Loop an exercise band around the ankle on your strong leg. Keeping your outside knee straight, raise the outside leg to the side. Lift for two seconds, return for two seconds, controlling the movement. Do three sets of 10 reps.

WHY: By training only the weak side you build symmetry. There is twice as much muscle activity for the support leg, so your inside leg is the one reaping the balance-improvement benefits.

CORE STABILIZER

HOW: Stand with your weak leg



on a pillow. Balance for 30 seconds (you can use a light touch on a wall). Repeat three times. Tip: When you can balance relatively easily for 30 seconds, increase the intensity by closing your eyes, which makes it harder to balance.

WHY: Supporting yourself on your weaker leg while standing on an unstable surface forces you to employ an ankle and a hip strategy to balance, and helps your weak leg catch up to your strong one.

Don't stop now.. Do the exercise twice a week for maintenance

Runnersworld.com

NUTRITION

EGG MUFFINS

Ingredients:

2 eggs
1-2 cups grated cheddar cheese
3 green onions, diced small
Chopped veggies such as blanched broccoli, red pepper, zucchini, mushrooms etc.
Diced Bacon, lean ham or crumbled cooked chicken or turkey sausage

Directions:

Preheat oven to 180 C. Use 12 muffin size pan and spray with non stick.

Mix all ingredients together in a large bowl and then fill the muffin cups 3/4 way full. Baked 25-35 minutes until muffins have risen and are slightly browned and set

Muffins will keep at least a week in the refrigerator without freezing. Egg muffins can be frozen and reheated.

ENJOY..



Running Wild Fitness

Supports the Berowra Bush Runners..

Why don't you pop down to see Merridy and her team at Running Wild fitness in the Market Place Shopping Centre. or call for a fitness assessment on 94563242

Running Wild Fitness offers a great timetable to help you obtain your running or fitness goals.. www.runningwildfitness.com.au



DID YOU KNOW.. kilometre markers have been painted on the side of the road for the handicap. We all know the white line for the start, but if you look closely you can see the 1km along Koolona St and the 2km line in Boundary St opposite the tennis courts.

BEST RUNNING BOOKS by Pete Fallows

Previous newsletters have had lists of best running blogs and best movies about running. So, with Christmas coming up soon I'm continuing this theme by listing what I think are the best ever books about running. Now, obviously this list is very subjective. It's always going to be a personal view, and it's impossible for me to include a book which I haven't actually read. With that in mind, please feel free to send in your own lists. There's more books out there in the world than time to actually read them, so I'm bound to have missed some good ones ...



Best-sellers

At the top of the list as far as running books go is Christopher McDougall's 2009 bestseller **Born To Run**. This book tells some inter-woven stories which all centre around US trail races. There are fascinating insights into the vast range of characters who frequent events such as Western States and Leadville 100 mile races. These include:

tribes of supreme athletes from the Mexican jungle, virtually untouched by western civilisation,

an extraordinary female runner who keeps going and going like an Energizer bunny and has a habit of being able to

beat the men over such distances, as well as

the new breed of punk ultramarathoners, who describe their extreme races as "an eating competition with some travel thrown in."

The book's subtitle **A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen** is a bit misleading. Yes, there is a long discussion about the Tarahuma Indians, but it is more than just that. As well as these characters there is a discussion about the merits of barefoot running. Any bush runner who reads this will recognise some similarities between the characters throughout this book and their fellow Berowra bush runners. This is one of those much-talked about books which actually lives up to the hype.

Best 4 minute mile

Most people know that English doctor Roger Bannister was the first person to break the 4 minute mile, with his run of 3:59.4 sec in 1954. Neal Bascomb's book **The Perfect Mile** goes beyond just that one famous run. It tells the story of three of the men who were all trying to achieve this same feat at the time – Bannister, Australia's John Landy and native American Wes Santee. While Bannister was first to the mythical 4 minute mark, Landy smashed the mile record shortly after. This is a great book, and any description I give here can barely do it justice. There are plenty of books around about Bannister and his four minutes of fame, but this would have to be the best of the lot.

Best running bible

Tim Noakes' excellent book **Lore of Running** is be a must-have for

every runner. Borders online describes it having "incomparable detail on physiology, training, racing, injuries, world-class athletes, and races. Author Tim Noakes ... answers the most pressing questions for those who are serious about the sport." It really contains everything you ever needed to know about running. And the author is that rare breed that lots of us have been looking for – a doctor who also runs.

Back in the 1970s, in the days before Google and Wikipedia were everywhere, Jim Fixx's **The Complete Book of Running** was the running encyclopaedia. Unfortunately for Jim, he dropped dead of a heart attack at a relatively young age (Fixx was 52) – a fact that seems to be known by just about every non-runner. As far as running bibles go, Lore of Running has taken that book to another level. And, coming in at over 900 pages, it also has the added advantage that you can use it for weight training as well.

Best biographies

If there is one thing that many long-distance runners do apart from run, it is write their own biography. It seems like the answer to "what do they think about while running" is what to include in their book. But just because they can run, doesn't mean that they can write. Some of the more memorable biographies and auto biographies I have read are:

Steve Moneghetti, In the Long Run (by legendary Australian Olympic marathoner & all-round nice guy)

Gold Beyond Your Dreams – The Heather Turland Story (Australian Commonwealth Games gold medallist, who came to running late in life after having 4 kids)

Why Die? The Extraordinary Percy Cerrutty (an absolute nutter, as well as being a very successful coach of many Australian athletes in the 1950s & 1960s, including Herb Elliott & Ron Clarke)

Ultra-Marathon Man: Confessions of an All-night Runner by Dean Karnazes. 'Karno' usually cops a bagging in places like running forums. He may not be the best ultra-runner ever, but he doesn't actually claim to be. And since when has talking up your own achievements been un-American? Regardless, he is a great promoter of the sport and his books are always a great read.

There really are hundreds of other inspirational stories out there involving runners apart from just these ones.

Best novel & short story

A novel about running? How interesting could "I'm going out for a run" be? John L. Parker's novel **Once a Runner** about a college track star who is struggling to make it in races and in life is obviously semi-autobiographical, as the author was himself once a runner. It's a good book, but there are quite possibly not that many few novels about running, so it usually makes it onto any "best running books" list.

As far as short stories go, Alan Sillitoe's 1959 **The Loneliness of a Long Distance Runner** might be considered by some a classic. It is in fact just a collection of short stories, so runners could just read the first story (which gives the book its title) and then leave the rest.

Best (non-fiction) chapter

One of my favourite sports books is **Playground of the Gods**, by English journalist Ian Stafford. Stafford embarks on a year where

he lives out various sporting fantasies. Playing cricket with the Aussie cricket team (when they were world champions), training with the Springboks (likewise, when they were world champions), rowing with Steven Redgrave at Henley-on-Thames were all on his list – as was running with the elite Kenyan distance runners in the Rift Valley. His account of the time he spent in Kenya and how he managed to compete in the 3000m steeplechase final at a local championship event is hilarious and brings to life the passion that the Kenyans have for the sport.

Best Training Books

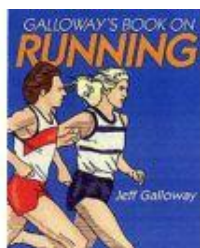
There are thousands of "how to ..." books about your first steps, first 10km, first half-marathon and so on. There is one titled "An Idiot's Guide to Distance Running", even though some would consider that the title is a tautology. Anyway, ones which I recommend or have heard good reviews of are:

Running to Win by George Sheehan

Run Like a Mother by Dimity McDowell and Sarah Bowen Shea

Galloway's Book of Running by Jeff Galloway (presents a convincing case for regular walking breaks in long distance events)

Given the wonders of the printing press and now e-books, there are many more stories out there than just listed here. But these are just a few of the good ones around.



YOU KNOW YOU'RE A REAL RUNNER WHEN..

- *you get cranky when you can't run
- *you have more pairs of running shoes than work shoes.
- * all the T-shirts you wear came from running races.
- *you think that 5am is a perfectly reasonable time of day for a run.
- *you don't laugh at the word "fartlek"
- *you have an appointment / lunch / meeting more than 10km away & think that running there would be a good idea

YOU KNOW YOU'RE NOT A REAL RUNNER WHEN YOU...

- * don't run!

No, but seriously..

Real runners love to run! It doesn't matter how fast or slow, how far or short, whether you race or you don't. A real runner wants to run and when running in the rain only makes it better, cold weather is no problem, hot weather is only a slight problem, you love to run alone, love to run with others, you love to read about running, talk about running, think about running, write about running, argue with other runners about how to run, you don't let little injuries stop you (but should), and just love to run!

Then you are a real runner!

Well all I can say is that I have never met a "fake" runner!

ENJOY YOUR RUNNING.. No matter what people say... If you run.. You're a "Real runner!"

**Did you know..
Running activates the
frontal lobe—the
executive brain..**

A NOTE ON NUTRITION... HONEY

DID YOU KNOW.. That honey has some incredible benefits.. AND has a high level of antioxidants.

Try some of these honey substitutes..*Using honey over sugar can help steady blood sugar levels

*Using honey over sugar for two weeks can lower your bad cholesterol and reduce levels of C-reactive protein,

C-reactive protein is the protein found in the blood, the levels of which rise in response to inflammation.

MAKE YOUR OWN ENERGY BARS - 20 MINUTES:

Mix 3 tablespoons honey, 2 tablespoons canola oil, 2 eggs, walnuts, orange zest, and 2 cups granola.

Bake 15 minutes at 180C

ENJOY!

RECIPE

YUMMY HEALTHY COOKIES

1/3 cup Peanut Butter

2 ripe bananas (or over ripe)

1 tsp vanilla

2 tbsp milk

2 tbsp maple syrup (optional)

2 1/2 cups quick cooking or rolled oatmeal

dash of cinnamon

1 1/2 tbsp brown sugar

1/2 cup sultanas

in a large bowl, mash bananas with fork till smooth. Add peanut butter, milk, vanilla and maple syrup. Mix well. Add remaining ingredients and stir until well combined.

Bake 13-16minutes at 180 degrees—EAT on or before your run...

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

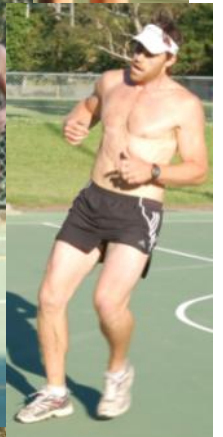
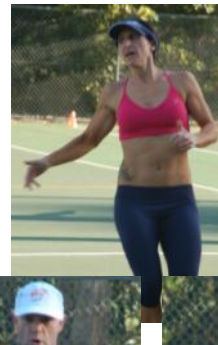
MEL'S HAIR AND BEAUTY—specialising in all your hair and beauty needs—9456 2188

BEROWRA HARDWARE—hardware and gardening 9456 2299

HOME BIZ—for all your day to day needs and great art and craft 94565077

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

PHOTO BOARD



LETTERS TO THE EDITOR..

Hi,

I was just checking out this beep-test calculator (see link at the end of this letter) and looking at the equivalent VO2max scores.

I thought some of the other club members would be interested.

For the record I did a proper VO2max test 11 years ago at the NSWIS, it was on a tread mill with full blood testing. It was at the start of my 12 week Ironman preparation. I rated 55.1 ml/kg/min. I may have been a little higher at my peak.

There is supposed to be a 5% decline per decade in 'lifelong' athletes, this should put me around the 52 mark today.

My score from Sunday on this calculator put me at 54 which seems about right. There is a lot of scientific literature in this area and the data should produce a fairly accurate result if the test is carried out correctly.

It will be interesting to do it again in a few months as you suggested.

Cheers, Noel

[Calculator](#)
[Beep Test Ratings](#)
[VO2max norms](#)
[Records](#)

Hi guys,

We are in Hawaii and struggling with any running. It just so happened that while we are here there is the "International Sports Fest at Ko Olina" over the weekend - which included a triathlon as well as a 10 km run.

I entered the 10 km run on the Saturday - with the run on the Sunday.

The good news is that I won my age group (50-59) as well as beating the first place getter in the 40-49 age group.

More of the story behind this is:

- My time under my watch was just under 45 mins.

- It was mainly a triathlon. The running field was fairly weak - though the first place getters were under 37 mins.

- I measured the course at 9.33 kms - with a rise and fall of 25 mtres. [The

organiser measured it at 6.1 miles verses 6.21 for 10 kms.]

- I came 1st, 2nd and 3rd in my age group (yes - I was the only person running)

- Due to a mix up - I missed the start by about 3 1/2 mins (I thought that it was the same place as the triathlon - it was about 800m away). It took 1 1/2 kms to catch the back of the field and then I started to try to catch and over take others.

- My entry doubled the "international" component. (Before my entry there was one entry from Canada.)

Still - I won a DVD for coming first in the age group

Cheers, David (Cannings)

Cherries help speedy recovery of marathon runners

TOP 7 FOODS FOR RUNNERS..

BANANNAS- if you need a carb packed energy booster before an afternoon run, its hard to go wrong with a banana. Bananas are packed with potassium (which runners lose through sweating) which regulates blood pressure and reduces the risk of stroke.

BERRIES- are a great fix for your tired muscles.. After a hard run you may find yourself sore due to micro-tears in the exercised muscles. That's why in addition to the high fibre content berries are a good option for runners. The vitamin C and potassium they contain help the body repair itself.



BROCCOLI- this is the nutritional powerhouse! It contains vitamin C,

potassium, fibre and phytochemicals, (best to research that one yourselves!) all key for peak performance and health!

LOW FAT YOGURT- running and weight bearing exercise can help you improve your bone density. But Calcium is essential to that equation, and many runners don't get enough. One cup of yoghurt is a third of your recommended daily intake of calcium. Plus.. Yoghurt has protein—important for building muscle and recovering from a hard workout.

LEAN BEEF- it's a great protein source and its high in iron- especially good for runners (low iron can lead to fatigue). For vegetarians, beans,



peas, green leafy vegetables and iron-fortified cereals are good sources of iron.

ATLANTIC SALMON- it's a great protein source and Salmon contains loads of heart healthy omega 3 fats, which can counteract inflammation and fend off disease.



PEANUT BUTTER- it's tasty, it's satisfying and the protein and fibre in peanut butter helps you feel full and its not fattening (unless you overeat!) Peanut butter is a great source of protein, needed to build and repair muscles damaged during training.

**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 January for the
February newsletter. Thanks
We look forward to hearing from
you.

WE ARE ON THE WEB!

www.berowrabushrunners.com



WE ARE ON FACEBOOK..

Have you found us?

[BEROWRA BUSH RUNNERS](https://www.facebook.com/BerowraBushRunners)

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

RUNNERS DIY MASSAGE..

Getting off to the physio or massage therapist is hard on your time and your dollars.. So why not try these self massaging techniques.

HAMSTRINGS

Sit on the floor, bend one knee, and relax that hamstring. Use both hands, fingers pointing toward each other, and make small circles working down from the top of the hamstring to the base. Repeat on the opposite leg.

QUADS

Sit in a chair and place your forearm at the crease of your thigh and hip. Lean forward, press into leg, and slowly glide forearm into muscle, working toward the knee. (You can also try this using both fists.) Repeat on the opposite side.

CALVES

Place one foot on a chair. Glide the heel of one hand up the muscle. Next, glide both fists up from ankle

to knee. After a few passes, squeeze the calf with your thumbs, and then make small circles. Repeat on the opposite leg.

SOLES OF FEET

Place a small bounce ball under one heel. Stand and sink your body weight onto the ball. Slowly roll the ball from the heel to the base of the toes, spreading toes wide when the ball passes near. Repeat on the opposite foot.

1 TIME IT RIGHT

It's best to do deep-tissue work after your cool down, while muscles are still warm.

2 EXPERIMENT

Play around with different degrees of pressure until you find what feels best.

3 LUBE UP

Massage oil is too slippery; better to use a water-based lotion to increase friction.



If you say, "Let's run this race together," then you must stay with that person no matter how slow.