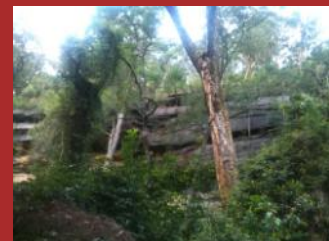




THE BUSHRUNNER APRIL 2012



THE MAGIC OF THE MOUNTAINS and BEROWRA'S BEAUTIFUL BUSH



RACE RESULTS and EVENTS

BBR APRIL CALENDAR

April 1	BBR Handicap Traditional (<u>10k</u>) or <u>5k</u>
April 8	Ferry Run via Berkeley
April 15	Berowra Heights Fire Trails
April 22	Mt Kuring-Gai Caves Run
April 29	Bush Run– Reverse or Inter– club run GNW run with Terrigal Trotters— Congewai to Cedar Brush 33.1km

For all those looking to run with the Terrigal Trotters on the 29th April please send expressions of interest to Rebekah@berowrabushrunners.com to organise a car pool. OR see [here](#) to view the program. The running requirements are [here](#) please take a moment to revise this information .

2012 RESULTS AND POINTS TABLE

10KM HANDICAP RESULTS

Kevin Heaton	41:29 (PB)	5 points
Dave Gallagher	38:15	4 points
Preben Kelgren	50:32 (PB)	3 points
Andrew Layson	41:40	2 points

5KM HANDICAP RESULTS

Alyssa Markey	(JR)	33:56	4 points
Michelle Graham		26:39	3 points
Ryleigh Markey	(JR)	47:14	2 points

POINTS TABLE

10KM

Kevin Heaton	6points
Stephen Mills	6 points
Preben Kelgren	6points
Brent Livy	5 points

5KM

Alyssa Markey	6 points
Angus Dodd	4 points
Michelle Graham	4 points

RACE RESULTS

HILLS ATHLETICS 3K

Kevin Heaton 11:15 (Birthday PB)

SMC 30k

Kevin Heaton 2:14:09 (PB)

WELL DONE TO NATHAN PARKER in completing the first **IRONMAN in Melbourne**

Overall Time: 9:27:35

Overall position: 128

Swim 0:56:08

Cycle 4:52:55

Run 3:33:26

SRI CHINMOY SYDNEY SERIES

CENTENNIAL PARK 1/2 MARATHON

Andi Hucker 1:28:20

Things Bushies Say ..

If you can run a 5k, you can run a 10k...If you can run a 10k, you can do a half marathon..... If you can run a half, you can do a marathon.... If you can run a marathon, you can do an Ultra etc. etc. etc.

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.



DRINKS AND DRINK BOTTLES FOR RACING

When choosing your goal race, try and find out what the drink sponsor is going to be. Most of us do not have the luxury of being an elite runner where they have their special drink bottles laid out for them so the best thing might be to purchase the drink sponsor's product in their bottle and practice using it while you run.

On the other hand, if you insist on having your own special fluids in your own bottles while you race, then there are ways to make this happen.

The Fuel Belt http://www.northsiderunners.com.au/category3_1.htm is one accessory that is seen by a lot of athletes as being beneficial to have during a run. It is a belt that wraps around your waist and has a number of different bottles set along the belt. The belt gives you easy access to your fluids and allows you to maintain running form while not having to stop during a run. Just make sure at the start of your run that you fill each water bottle up to the same amount so you won't have disproportional weight on one hip versus the other. Also if you wear the water belt against your skin (that is you don't wear a top when you run), consider using running glide or anti-chafe cream to avoid rubbing/ friction burns. The Camelbak (<http://www.camelbak.com/>) is a backpack that you can wear allowing you to carry your water on your back.

You are able to consume fluids through a suction straw and it gives you access to your fluids at anytime you need them and the straw won't leak if you are not using it.

The Camelbak is extremely comfortable to run with and can keep you hydrated throughout your run. If you wear the Camelbak wearing a sports bra or for some men without wearing a top, you may want to consider using running glide or anti-chafe cream on the spots where the pack straps may rub or cause friction burns.

Handheld (<http://www.amazon.co.uk/Hilly-Hand-Drink-Bottle-250ml/dp/B002N5L072>) is placed in your hand and you carry the bottle throughout your run.

These handheld water bottles can be uncomfortable because you are carrying one bottle in one hand and have nothing in the other. Sometimes this can cause you to favour one leg while running or actually lean to one side more than the other. If you choose to go with the handheld option make sure you switch the hand you carry it in throughout your run so that you don't favour one side.

It is important to research the marathon that you plan to run and investigate where the fluid stations will be along with what is going to be provided if you are not going to implement your own drink bottles in the race.

Make sure you trial the fluid as much as possible in training so that it does not taste foreign to you come race day.

Written by Lee Troop



DID YOU KNOW?

DID YOU KNOW? Weekly speed work should be between 5 and 10% of your weekly mileage. For example, if you are running 40 km a week, you should not exceed 4 km of speed work. When using this formula, factor in all high-intensity runs for the week as speed work.

DID YOU KNOW?

It's important to hydrate before, during and after longer runs and walks. If you are running or walking an hour or more, it is even better to drink a carbohydrate drink rich in electrolytes (sodium, potassium and magnesium), which maximizes hydration and helps restore body fluids. You should drink 1 to 2 "big gulps" of liquid about every 10 to 15 minutes during a long run.

northside runners
running shoes sold by runners

Offers BBR Members a 20% in store discount

Pop down and see the boys at the new Crows Nest store

Vanity will give you a sore head! By Jeff Hodder



I had heard about Tasmania's Overland Track run but it wasn't until I walked the track last March that I became committed to enter. During the walk I had kept an eye on the terrain with a view to the run when I could as the walk was completed in seemingly normal Tasmanian weather of rain, mist and snow. Visibility was at times

in the 100 metre range and at no stage did we see the top of anything or the horizon. That was in early March. The February run coincided with Lynette and mine's wedding anniversary so the trip was booked with a week's R&R following the run but I did note that there was the observation that the original contract hadn't mentioned her having to wait around for me to hammer myself into the ground for a day. The rain clouds stopped half way across Bass Strait and Tassie was fine, dry and hot on arrival. We both love that fact that in Tassie you can find wonderful bakeries and coffee shops who make real food and after sampling another fine example in Longford we made our way up to Cradle Mtn. for the pre-race briefing. It was here that I began to have very serious doubts about starting. January had not been great in terms of preparations and despite several weeks of test packing of the backpack the reality of 12-14 hours with no support crew hit home. If it wasn't on your back at the start you don't have it till the finish. Oh, and there is no vehicle access of any kind for 60k so you get out under your own steam come what may. My pre-run nerves were more active than usual.

After a good feed and a surprisingly good night's sleep I did join the field in the pre-dawn dark and waited for the off. In hindsight I ignored the doubts, pushing them aside with the exceptionally arrogant thought that it was only 80k! Being Tasmania I had considered doing the run with just food and a cup for water but at the last minute grabbed a 500ml bottle of water and stuck it in the backpack.

The first timing check at Kitchen Hut came up in 46 minutes and about 25th in the field. I was very pleased with that as this section is the type of running I find hardest – lots of stairs. The next 20 odd k was just brilliant running with the early morning mist giving way to a brilliant clear cool morning. The ter-

rain meant you feel like you are running on top of the world though there was still sufficient low cloud to mean I still didn't see the top of anything again. On the walk the track had been basically a river but with no rain in the area for a couple of weeks it was hard and dry. About now I began to notice that all the small creeks were dry and congratulated myself on the 'no cup' choice, however my bottle was now dry and it appeared the only reliable water was going to be at the huts.

Whilst the huts vary from 10 to 15k's apart, at my pace and with the amount I sweat this was too far for the water carrying capacity I had. Once the day had warmed to where I did sweat, 500ml over an hour and half was never going to be enough even allowing for the wet food. I did consider scoffing the food and using the bladder just for water but in the fog of moving decided I didn't want to lose the measure of calorie intake I had planned. A choice of two and I got it 100% wrong.

After Lake Windermere and the Pine Forest Moor the long downhill into Frog Flats had been a nightmare of mud, ruts and tree roots during the walk and still was but this time it was dry. As one of the sections I had been worried about it was a huge bonus to rip through it. Frog Flats wasn't 2 inches under water either and it was here that I had had my first very vain thoughts about how much I was going to smash it – low 10 hours here I come. The organisers and National Parks are very pointed at saying you must run on the track and through any mud holes. The first I couldn't step over came here at 30k – it was that dry.

I had planned a refuelling stop for the New Pelion hut and after registering my timing chip laid things out to do so. I had forgotten that the hut is 300 metres off the track and things blew out to a seven minute stop. Still I was out in under 4:30 so faced the climb to Pelion Gap in good spirits. As the climb progressed I began to hear what sounded like a football crowd cheering. Bemused I carried on up the hill until I caught a large group of walkers who made a point of stopping and cheering me by. That did feel pretty special and I realised that it gave me a really good handle on how far ahead other runners were. I had passed 5 others since Cradle Mtn. to this point but there were 5 more just ahead.

Vanity will give you a sore head! By Jeff Hodder

Vainly I believed I could catch them and set out to do so, getting further ahead of myself rather than staying in the present. I caught 3 cresting Pelion Gap and did not stop to check out the view. The day was now clear and sunny and getting much warmer, staying in the high twenty's from here to the finish.

After Pelion Gap it's downhill to the Kia Ora hut and I caught a few more runners. It was my sort of terrain and as my head was already in the finishing straight I probably over cooked it somewhat. Keeping food down was also now becoming problem which I solved by stopping eating, duh! After Kia Ora the terrain changes on the way up to Du Cane Gap. The track becomes a much more technical morass of rocks and tree roots, indistinct and much damper. I was slowed to 11 minute k's and had my first flickering of doubt about the finish time. I was chasing an average on the watch and it was starting to do me in. I kept pushing though and caught a couple more runners coming into the Windy Ridge hut. I should have stopped and grabbed some water and electrolytes but pressed on. My thoughts were to set a time into Narcissus that would impress the mates I had walked with.

In the more open forest on this leg the heat really began to bite, thankfully the tiger snakes didn't as I encountered 5 along this stretch. There were a number of small running creeks along here and I stopped at each one to refill and dunk my head. It turns out I had the 4th fastest time over this section, I don't know how with all the stops. In reality I was rapidly falling off the perch and it was only the memory of the track being somewhat nice and the target of a time into

Narcissus that kept me going. At 8:30 into Narcissus and having run up to eighth overall I was stoked and still dreaming of a finish time. My head was a long, long way in front of the body. As a planned stop I refuelled (why, I wasn't eating?) but didn't drink and charged off toward Cynthia Bay. The first few k's were boardwalks and I made the Echo Point hut in reasonable time, but it was starting to get very much harder. We hadn't walked this part of the track and whilst I had studied the map and Google Earthed it I really had no idea what it was like. Up, down, left, right, I don't know because I can't see it and every tree root from NSW on holidays in Tasmania and only 10 metres covered. I began to rail against the injustice of it all, 70k in and where's the stroll to the finish! I hit the deck for the first time, got up and did it again 100 metres later.

I was becoming disorientated, stopping in front of morasses of tree roots and not being able to see a way through. After another couple of hundred metres I crashed into a tree and finally the thought got through that I needed to stop and stop worrying about chasing the watch.

I sat down, runners began passing me as what seemed like an instant became half an hour. I eventually got it together enough to get down to the lake and drink what seemed like buckets and very unsteadily started making my way along the track again. As runners passed, if they were on my left pleasantries, concern and support were expressed, if they were on my right they stopped with alarm. My collision with the tree had left an impressive amount of blood down my right side to my knee. I'm never a pretty sight at the end of a run (at any time really) but was now frightening a few of the day walkers. I got better on my feet as the finish approached but decided to walk strongly rather than run badly to the tape. I had finally stopped chasing the watch.

I had prepared for the run expecting 0 to 15 degrees and dampness to the point of having 3 different weights of thermals, gloves, hats and rain gear to choose from. I was so set in my thinking I didn't adjust my plans on the day. My water consumption might have been fine for a 5 degree day but not GNW conditions and I paid the price, but geez it was great while it lasted. And maybe I'll leave the watch at home next time.

I haven't mentioned enough though, the real sense of camaraderie and support and encouragement amongst the organisers and participants that pervades the event from the pre-race briefing through to the post-race breakfast. It is a joy to be part of part of this select group.

The Overland Track is one of the world's great walks and as a run it has to be right up there as an individual challenge, covering some spectacular country and with a real sense of going somewhere not just being an RD's Mickey Mouse track. Of course I'm going again.

Things Bushies Say..Nah, it's my rest day today so I'll only cycle 100k's

RUNNER IN PERSPECTIVE— Joseph Jones



When and Why did you join the Bushrunners?

My first experience with the Berowra Bushrunners came in July 2011, when I ran my first 10 km Handicap. The decision to go was one influenced by my Duke of Edin-

burgh scheme, as I had been running for a while but only as an individual. Jackie Watts was especially helpful in my first experiences with the club, showing me the ropes early on.

What is the best part of being a bushrunner with BBR?

You're part of such a friendly group of people who are from a huge range of running backgrounds. Being able to share a common interest in the form of exercise with people just as hooked on running as you are is something

very hard to find, and I'm very fortunate I can find it right here in Berowra.

What is your biggest BBR challenge?

To try and become part of the elite group who have run the monthly handicap in under 40 minutes, although having said that running up Balaclava is hard enough!

What is your goal/motivation?

To lead a healthy life full of running experiences I can share with my family and fellow runners. Also to bounce back from the operation on my toe and get back to the same pace of running that I was at before.

What is your running highlight?

It may sound small, but coming second in the BBR November Monthly Handicap was a big thing for me. I also surprised myself in the beep test, getting a score over 13 wasn't something I expected.

What are you currently training for?

It's not quite in sight yet, but I am already planning for the Sun Herald City2Surf 2012, along with my Dad. Hopefully finishing will become my new running highlight.

Your best running tip?

I could give you a list of all the things I say to myself while I'm running, but the main one is just "don't stop"

Interests/Hobbies?

Taekwondo, cricket, all sports, going to the beach, spending time with friends and family, listening to music, playing cards.. oh, and running.

1 year from today I will...

Have achieved the goals mentioned earlier, and approach running with the same determination and enthusiasm as I do now.

RUNNER IN PERSPECTIVE— Alyssa Markey



What is your age? I am eleven years of age

When and Why did you join the Bushrunners?

I joined the Bushrunners in 2011 because I needed to become more fit as a person as well as gain some confidence so I decided that this is a great opportunity to do so. I also love to run and join races and clubs.

What is the best part of being a bush runner with BBR? I think the best part about being a bush runner is all the courses and sights that I have an opportunity to see. I also think the handicap is a great idea because you can be focused on beating your own

time and not anyone else's.

What is your biggest BBR challenge?

I think my biggest Bushrunners challenge is my mental strength. This is something that I need to work on because I keep making excuses for myself but running is helping me greatly

What is your goal/motivation?

my motivation is when I think about being fit and running marathons like my family. That keeps me going as well as pushing myself with the thought of the hills to climb Mt Kosciusko and yet I did that!

What is your running highlight?

my running highlight is probably this month's 5 km race when I

was the first qualified runner to cross the finish line.

What are you currently training for?

I am currently training for my school running carnivals as well as the monthly 5km race to beat my times.

What's your best running tip?

Don't stop! Its harder to get going again when you do.

Interests/Hobbies? My interests and hobbies are running, sports, playing the piano and reading a book as well as many other things.

1 year from today I will.....

Hopefully be start running longer distances as well as start all the school running opportunities for year eight. These include the new HICES running clubs.

WARM UP!

Warming up before any activity is always encouraged. This is certainly the case when it comes to running and jogging. A proper warm up session can make the workout go more smoothly and help to prevent injury. The main thing to do when warming up would be a number of different stretches. These should stretch the legs as well as the arms and back. Each stretch should be held for at least ten seconds and you should never bounce or move quickly when warming up. See the link for a visual on warming up AND cooling down.

<http://image.guardian.co.uk/sys-files/Lifeandhealth/pdf/2008/01/08/armybooklet2updated.pdf>

Dehydration is possible even on the coldest days, so make sure you take enough water with you whenever you run or train for more than 30 minutes.

BAREFOOT RUNNING..

If you're thinking about shedding your shoes, consider these guidelines:

Barefoot training is not for people who are just starting to run or returning from a long layoff—it's something to slowly incorporate into an existing running regimen.

1-If you have persistent or serious foot problems, consult your podiatrist first.

2-Ease in slowly. Most experts advice is that you start with a few minutes on a flat, relatively forgiving surface once a week. Grassy fields, smooth roads, and soft trails qualify. Running on sand might be tempting, but bare footing newbies should stick to wet sand at first as the unstable soft stuff puts a lot of torque on your joints and is much harder to run on.

3-Listen to your body. "Barefoot Ken Bob" Saxton, founder of running-barefoot.org and finisher of more than 70 barefoot marathons, says, "Luckily, your feet are sensitive, which is a good thing. Listen to them and they'll keep you from doing something stupid."

www.sportsdoc.runnersworld.com



We all have a favourite something.. Nathan Parker has provided us with his favourite tempo set.

Interval Set

This helps in developing your overall speed, it hurts but works!

10-20 min warm up
3 x all continuous (5 min @ 10k pace - 2.5 min @ 5k pace
1 min @ HARD as you can go)
5 min rest in between each set
Warm down

RUNNER IN PERSPECTIVE—Paul McNay



When and Why did you join the Bushrunners?

2011 - it was about time having lived in Berowra for 18 years!

What is the

best part of being a bush runner with BBR? Being inspired and encouraged by others.

What is your biggest BBR challenge? Getting an official handicap time!!! Missed too many Sundays

and the ones I got to were all in the same direction.

What is your goal/motivation?

Staying fit and healthy. Having a running goal every year.

What is your running highlight?

Tie between completing my first half marathon last year and completing the city to Surf at 43 faster than I did at 23

What are you currently training for?

Oxfam Trailwalker - walking with Linda who has completed 5 events - this will be my first.

What's your best running tip?

Put shoes & clothes out the night before ready for the morning then running in the morning no matter what.

Interests/Hobbies?

Family, camping, kid's sport.

1 year from today I will.....

Still be enjoying running on

Things Bushies Say..
My legs are a bit tired; I only ran 150k's this week



BE PREPARED! By Stephen Mills

Living in Berowra we are very lucky being surrounded by the bush on all sides. It is like we are our own

little island and is probably why it is such a special, friendly, community focused place to live. Having lived in Berowra for 8 years there is no other place I'd rather live and bring up my family.

It is also the home of the Bushies! We are blessed to have the surrounds we have and I think is the reason we punch above our weight for such a small running group. We have no option but to tackle the hills and why wouldn't we utilize the great bush tracks that are everywhere.

With my Dad having run his fair share of marathons, I had only really thought of following in his footsteps (and one day running passed them) and doing road running. However, I've come to realize that bush running is just as fun and important to a balanced training programme. Having to break your stride and alter direction helps build stability and strength. And the beauty of the scenery is so much better than that of tarred roads and suburbia. The bush running events also seem to have a friendlier atmosphere and are less commercial than the road events. I've had the privilege of doing some great ones with the 6-Foot at the top of the tree. However the bush does come with its challenges, which I had the unfortunate privilege of finding out the hard way. Back in October last year with Michael Sims preparing for his first GNW100, together with Brian Cardelli, we decided to go up and do the first leg of the race. Jeff Hodder was also meant to come along, but when we arrived at his abode, there

was no sign of him. Although we were only doing about 20k, I'd been told it was tough going. Luckily for Michael and me, Brian was only going to be running parts of the track in between driving the car around to different meeting points. This meant that I didn't need to take supplies with me, which is good as I never run with a backpack nor carry water. The only supplies I'd take on a long run were to put some lollies in a plastic seal-up bag and carry them in my shorts, which was almost the cause of another incident in last year's Willy 2 Billy, but that's a story for another day.

This first section went fine and to plan. We met Brian along the track and ran to his car and had a good drink and something to eat before tackling the next section. Again Brian drove to our next meeting point, which was the first check point of GNW, and Michael and I headed off. About half an hour into this section we came across Jeff heading in the opposite direction. He'd slept thru the alarm! I remember Jeff asking me when he first saw me "Where was my bag?". I explained to him that we were meeting Brian at various meeting points and therefore didn't need one. Michael on the other hand had been sensible enough to take one.

Jeff decided to run with us instead of continuing on his own. I am grateful he did.

Firstly because he had experience running this course that Michael and I hadn't. I'm hopeless at the best of times with directions in the bush, but this section through a rainforest type terrain was not signposted at all nor was it that worn a track that made it obvious as to where to go (well not obvious to me anyway). There were a couple of times Jeff needed to correct me.

This was one of the toughest and slowest sections of track that I've ever taken. Although it was a beautiful day the track was a little wet and uneven and I was getting a little frustrated not

being able to run too much.

We meet Brian again and ran up to the top of a clearing where we rested and fuelled up again. We only had a few more Ks to go to get to the end of CP1 and Brian's car, although I was perplexed when Brian had said it would take quite a while to due to the terrain. So we headed off down the next bit of bush track, after only a couple hundred metres I slipped on a rock. Slipping over for me whilst running is nothing unusual, but on this particular occasion when I went to break my fall with my left hand, my shoulder dislocated. I've never done anything like that before, and it was an awful feeling knowing that not everything was it its rightful place.

It was at this point in time that the penny dropped as to how under prepared I was for such an incident. Not only did I have no water or food on me, but I had no first aid or medical supplies either. Fortunately I had the guys with me and they helped keep me calm. Jeff made a temporary sling for me and also gave me some Nurofen for the pain. The guys then led me back up the hill to the spot where we had taken a break, which fortunately was a dirt road that was accessible by car. Jeff wrapped me up in a space blanket that he also had to keep me warm and then he and Michael headed along the road to where the cars were. Brian kept me company and made sure I was ok. We were in an isolated place that was only accessible via dirt roads, so by the time we got to Wyong hospital it had been 3 long hours. Brian did a terrific job of driving slowly and avoiding most of the pot holes on the dirt road. He and Michael also did a great job chatting away making sure I didn't think too much about the situation.

BE PREPARED! Cont'

At the hospital the guys were good enough to wait the whole time I was there, which must have been another couple of hours. I will always be very grateful for all they did for me on this day. True Bushie camaraderie.

So, what have I learned from this whole experience? Well, a few things.

Be prepared for the worst when running in isolated areas. This isn't just having enough food and water. You must also ensure you have appropriate first aid and medical supplies.

1. Don't rely on others to bring the above!

2. Make sure you tell someone where you are going and for how long. I still need to practice this as a few of you have found out with a call from my wife Melissa trying to track me down!

3. If running in the Blue Mountains, you should register your where you are planning to run at either NPWS Blue Mountains Heritage Centre at Blackheath or Katoomba or Springwood Police Stations. Here you can also collect free of charge a Personal Location Beacon, which is a GPS device which when triggered sends your location back to emergency services who can then use this data to determine the best way of sending a rescue party.

So as my 9 year old daughter Lily has told me after reading this, from now on when I prepare for a run in the bush, I need to STOP, THINK and only then RUN.

By Stephen Mills

BOOST STAMINA WITH SPINNING



What is spinning? Spinning is a gym based workout on a fixed bike with a moveable resistance dial to make pedalling easier or more difficult. It is done in different forms, the most common being a group ride done to music. The instructor guides participants through workout phases including warm up, climbs, sprints, up tempo cadences, cool downs etc.

Why do spinning? Spinning is a great way to build up stamina without stressing your joints. It's a tough workout that will boost the efficiency of your heart & lungs, while giving your ankles, knees & hips a rest from your weekly running regime.

What parts of the body does it work? Spinning increases endurance in your lower body, including your glutes, quadriceps, hamstrings, calves & the muscles around your ankles. Your upper body will also get a workout, particularly your back & arms. (As well as some if not all of the workout you will need to engage your abdominal mus-

How does spinning compare to running when it comes to boosting stamina?

Spinning complements your running workouts by allowing you to push yourself & maintain a high exercise intensity, without the fear of losing your form or balance (Information from

www.womensrunning.com.au

March/April 2012)

If you'd like to try spinning, Running Wild Fitness at Berowra Heights offers classes every day except Sunday. Check the website for more details at

www.runningwildfitness.com.au or phone Merridy at the gym on 9456 3242.

SPECIAL OFFER FOR BEROWRA BUSHRUNNERS - Merridy is giving away 6 free class vouchers for anyone who would like to try a Spin class. Just be in the first 6 to email merridy@runningwildfitness.com.au

RW OPENING HOURS

Monday	7am to 1pm 4pm to 8pm
Tuesday	6am to 1pm 4pm to 8pm
Wednesday	7am to 1pm 4pm to 8pm
Thursday	6am to 1pm 4pm to 8pm
Friday	7am to 1pm
Saturday	7am to 1pm

WHAT TO DO WHEN A RACE IS CANCELLED? By Gavin Markey

What to do when a race is cancelled? Well of course everyone was bitterly disappointed with the correct decision by the race director Colin Jeftha, to cancel this year's 2012 6 Ft track. After having tightened the qualifying belt and entry requirements, the success and popularity of the event, just being able to register was an absolute triumph. So when the news came through by email that it was cancelled (even though we all knew in our hearts that it was a very, very strong possibility; especially with all the rain we had been having, and given how wet the tracks around Berowra had been) needless to say we were very disappointed. But being runners and therefore people with a very positive outlook on things, our attention quickly turned to "well what's next?"

I think it was an almost immediate email that went out inviting everyone to a "Fatass" run from the aquatic centre in Katoomba along Narrow Neck, down Tarros, to Dunphy's camp ground, along

Megalong Valley road and return via the 6ft track and Nellie's Glen.

This sounded fantastic, as we'd all prepared for this day; had arranged time off work and even been given a leave pass from home, so let's not waste it. The arrangement was to meet up at the Aquatic centre for a 7 am start.

When we arrived, there was rather large group of around 60 that had turned up with plenty of energy to spare. After the usual hellos and complaints about various ailments, consolations about the cancelled race and agreement on the correct decision, we all began running in the same direction.

After around 4 k's the field thinned out and it I found myself running with Kevin, Michael and Andrew. It was a very comfortable pace, with plenty of conversation and incredible views of the mountains. I had never run this course/area before, so was totally relying on Kevin for directions. It truly was a breathtaking area to run in, and a run that will live in my memory banks forever.

You get to climb down a sheer rock face (Tarros steps), wade through creeks, run along cliff edges and single track that is just mesmerising. To finish it all off, you get to climb Nellie's Glen, nearly 2ks of up, up and up. Wow what a day.

Thanks guys for an incredible run and to Kev for not getting us lost (like the front runners did-They ended up calling their Mum for a lift home). It really was a fantastic way to spend a day and a great way to turn a disappointment into a highlight that I will forever remember.

All up, we ran 42. something k's, got some great pics, a few leeches and even got to train on the North Face course, which is now the next "big one". So next time you're faced with a cancellation or a disappointment, just run...

Photos from the Heritage Mountain Run





GET YOUR SHORTS ON AND MEET US SUNDAY MORNING 7.15am

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 April for the May 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 2012...

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**



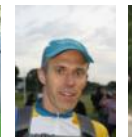
Chris Graham

**Handicap-
per**



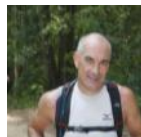
Rebekah Markey

**Sponsor-
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Michael Sims

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THE BEROWRA BUSH RUNNERS COMMITTEE

BEROWRA BUSHRUNNERS... www.berowrabushrunners.com

DEHYDRATION.. DON'T BE THE NEXT VICTIM.

Its not just in summer that you have to pack your water camel on a long run. With heavy exercise can cause a body to lose more than 2 litres an hour! We lose water in the form of water vapour when we exhale and as water in our sweat, urine, and stool. Along with the water, small amounts of salts are also lost. When we lose too much water, our bodies may become out of balance or dehydrated. Be prepared and don't become a victim.

What are the signs and symptoms of dehydration?

The body's initial responses to dehydration are thirst to increase water intake, and decreased urine output to try to conserve water loss. The urine will become con-

centrated and more yellow in colour.

As the level of water loss increases, more symptoms can become apparent. The following are further signs and symptoms of dehydration. Dry mouth—The eyes stop making tears -Sweating may stop- Muscle cramps—Nausea and vomiting Heart palpitations -Light headedness (especially when standing) - Weakness -Decreased urine output. The body tries to maintain cardiac output (the amount of blood that is pumped by the heart to the body); and if the amount of fluid in the intravascular space is decreased, the body tries to compensate for this decrease by increasing the heart rate and making blood vessels constrict to try to maintain blood pressure and blood flow to the vital or-

gans of the body. This coping mechanism begins to fail as the level of dehydration increases. With severe dehydration, confusion and weakness will occur as the brain and other body organs receive less blood. Finally, coma, organ failure, and death eventually will occur if the dehydration remains untreated.

How to treat Dehydration:

The obvious is correct.. Yes, water. But take it slow in small sips and don't forget to replace the electrolytes that have been lost too.

<http://www.medicinenet.com/dehydration/page2.htm>

<http://www.symptomsofdehydration.com/>