



The Bushrunner



MAGIC MOMENTS IN BEROWRA'S BEAUTIFUL BUSH



BETH CARDELLI WINS THE NORTH FACE 100

RACE RESULTS and EVENTS

BBR JUNE/JULY CALENDAR

JUNE

- June 3 BBR Handicap Traditional (10km) or 5km
- June 10 Ferry Run via Alston—Currawong
- June 17 Wombat Run
- June 24 Berowra Urban Rogaine and Breakfast

JULY

- July 1 BBR Handicap Reverse (10Km) or 5km
- July 8 Bush Run—Reverse
- July 15 Ferry Run via Berkeley
- July 22 Cowan Oval via Highway
- July 29 Crosslands and back

Social Event—Berowra Tavern 3pm

2012 RESULTS AND POINTS TABLE

APRIL—10KM HANDICAP RESULTS

Noel Annett	39:21	5 points
Paul Eveniss	51:20 (PB)	4 points
Beth Cardelli	41:34	3 points
Jodi Gallagher	44:15 (PB)	2 points

APRIL—5KM HANDICAP RESULTS

Alistair Watts	(JR) 26:39	4 points
Oliver Dodd	(JR) 26:28	3 points
Douglas Hodder	21:55	2 points

MAY—10KM HANDICAP RESULTS

Rob Sharp	45:06 PB	5 points
Andrew Gorvin-White	44:00 PB	4 points
Jodi Gallagher	43:39 PB	3 points
Joseph Jones	38:58 PB	2 points

MAY—5KM HANDICAP RESULTS

Alistair Watts	23:42	4 points
Alyssa Markey	33:49	3 points
Owen Markey	37:27	2 points
Rebekah Markey	37:27	2 points

2012 POINTS TABLE

10KM

Rob Sharp	8points
Stephen Mills	8points
Jodi Gallagher	8 points
Kevin Heaton	7 points
Paul Eveniss	7 points
Preben Kelgren	7 points

5KM

Alistair Watts	10 points
Alyssa Markey	9 points
Angus Dodd	6 points

RACE RESULTS

CANBERRA MARATHON

Andrew Hucker	3:03:46
Chris Graham	3:05:52
Peter Nuttall	3:34:45
Kevin Heaton	3:39:02

CANBERRA HALF MARATHON

Steve Mills	1:28:18
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CANBERRA 5km

Ben Graham	23:09
Michelle Graham	25:36
Matt Graham	29:30

BOSTON MARATHON

Pete Fallows	4:01:02
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PARIS MARATHON

Andrew Layson	3:12:57
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SYDNEY TRIATHLON

Mark Livy	2:30:50
S 26:14	C 1:15:50
R 46:07	

IRONMAN AUSTRALIA

Nathan Parker	9:56:48
S- 56:40,	C -5:14:10,
R - 3:42:14	
Mark Livy	11:15:13
S- 1:03:43,	C -5:41:21,
R- 4:23:58	
Michael Sims	11:56:48
S- 1:11:11,	C- 6:30:39,
R- 4:07:56	

TNF100 100km

Beth Cardelli	First Female	11.18.47
Noel Annett	29/636	12.11.20
Kevin Heaton	126/636	14.24.50
Gavin Markey	244/636	16.07.07
Jeff Hodder	245/636	16.07.48
Justine Laughton	349/636	17.21.58

SYDNEY MORNING HALF MARATHON

Andi Hucker	1:25:19
Craig Opie	1:31:43
Jodi Gallagher	1:36:26
Murray Watts	1:37:05
Peter Nuttall	1:40:09
Jackie Watts	1:46:18
Preben Kelgren	1:52:03
Paul Eveniss	1:54:07
Balazs Molnar	1:54:46

BBR URBAN ROGAINE AND FAMILY BREAKFAST 24th JUNE 2012

WHAT IS A ROGAINE?

A Rogaine is an event which combines long-distance running, map-reading / navigation and answering questions. Teams use a map marked with a number of checkpoints or controls to navigate their way to the controls. There are no set routes for a rogaine. You can pick your own course and do it in any direction. There is no requirement to visit all the controls, or to do them in any particular order. For each control there is a question which you have to answer. Teams aim to accrue the maximum points in the time available.



THIS URBAN ROGAINE:

- is a team event (3 or more people in a team, see 'BBR teams bonuses' below);
- commences at 7:00am at the Warrina St oval car park for teams registration by 7:15;
- maps (of Berowra & Berowra Heights and possibly some bush) will be available to all teams at 7:15 and 15 minutes allowed for route planning;
- has a massed start occurring at 7:30 ;
- finishes at Warrina St Oval with a time limit is 90 minutes (penalties apply if you exceed the maximum time, there are no penalties if you return under the time allowed);
- is on foot (bikes not allowed);
- a breakfast and prize giving will commence at 9:15 am.



HOW ARE POINTS SCORED?

1/ CORRECT ANSWERS

Teams will have one map and one set of question/answer sheets. The map contains a number of different controls which are marked on the map. Different controls are worth different point values.

For example, controls numbered 10-19 are worth 10 points, controls worth 20 – 29 are worth 20 points etc. The control point's values are set so that as you venture further from the start point more points are gained corresponding to a greater effort to reach them and return in the time allowed.

Each control is linked to a question (on the question sheet). Questions are usually multiple choice and contain information relating to that point on the map. They are not general knowledge, and you generally can only answer with certainty if you are at the right location. For example,

At the end of Ti-Tree Cr, what is the sign on the right hand side of the gate to Berowra Valley Regional Park?

- no dogs
- no naked flames
- no golfing



2/ BBR TEAM BONUS POINTS

In keeping with the family orientated theme for the rogaine, bonus starting points will be awarded to teams on the following basis:

10 points for the number of years any team member is under 18 or over 65. That is, if your eleven year old is in your team, $18-11=7$ so 70 bonus points and 25 points for each team member not normally domiciled in the same house as a club member. That is, next doors 11 year old, 70 points for their age and 25 points for their address so 95 bonus points.

3/ PENALTY POINTS

Teams only have until the expiration of the time limit to accrue points. Once the time limit expires points will be deducted at the rate of 10 points for each minute or part thereof that a team returns after the time limit expires.



SECRETS OF SPEED...

Intervals and tempo kms matter. But they're not the only tools a runner can use to get quicker. Heed the advice below and watch your PR get a little lower. By Michelle Hamilton the August 2009 issue of Runner's World

Lose Weight

A five-pound [weight loss](#) can take more than two minutes off your half-marathon time. Plus, weight loss can reduce your injury risk and improve your biomechanics.

Wear Less

Don't wear things that will slow you down. That means no fuel belt, no headphones, no iPhone, no long-sleeve shirt around your waist, and no heavy shoes.

Sleep More

Research from Stanford University indicates that athletes who get more sleep during training have better reaction time and speed. Even if you can't get 10 hours of sleep like the study subjects, the researchers say that just a 20-minute nap can help performance.

Drink Caffeine

Not only is caffeine credited with improved alertness and increased focus, newer research suggests it can improve pain tolerance and help you fatigue less quickly. To get the most out of caffeine, down a cup of plain tea or coffee (not a mocha frappuchino) 30 to 60 minutes before a race or hard workout.

Limit the Junk Food

Sugar can actually trigger hunger, which can lead to weight gain. Plus, you'll get more out of your mileage with long-lasting staples like [whole-grain rice](#) and [pasta](#) than with sugary foods that can cause sluggishness—not what you want if you're pushing for speed.

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.



OXFAM TEAMS 2012

DONATE TO OUR BUSHRUNNER TEAMS RUNNING/WALKING OXFAM

[Click on the team name](#)

BEROWRA BUSH RUNNERS

Kevin Heaton, Michael Sims, Peter Fallows, Stephen Mills

KICKATINALONG

Gavin Markey, Rebekah Markey, Jeff Hodder, Hannah Sims

NO ROADS EXPEDITIONS

Beth Cardelli, Ben Artup, Brendan Davies, Ewan Horsburgh

RAGING BULLS

Justine Laughton, Chris Yates, Leigh Thomson, Michelle Poy

RESULTS: Congratulations to **Joseph Jones** who placed 1st overall in the Broken Bay Secondary Schools Sports Association Under 16's Cross Country

Our Sunday Morning Regular Trail runners



Have you ever wanted to join the BBRs for our Sunday trail run but not certain who to run with? This is pretty much our regular group of runners for Sunday trail runners. Missing Ted West and Me (Bek) (behind the camera).

No matter the speed you are or the confidence you have whilst running on trail, this group of runners each have special unique qualities but each and every one of them will take a long slow run to enjoy your first time experience. Come and meet the crew and enjoy the beauty of Berowra's trails. Hope to see you.

SELF MASSAGE..

Running is a very difficult sport to maintain healthfully long term.

Aches and pains can start in an instant and take months to leave. The best way to alleviate the day in and

day out injuries that comprise a runner's life is to massage the affected area. Massage therapists are good resources for long term injuries but seeing them even on a weekly basis is incredibly expensive but when you remember that massage is just a pointed application of pressure to a sore spot, then from there you can start to handle some of your own small niggles and save the visits to the massage therapists for big problems.



Today there are so many self massage products on the market.

- The first is a foam roller and these are large tubes of foam that you lay on and roll across. They release

large muscle groups over a wide area and they come in different firmnesses (you probably want to start with a medium firmness) and only cost about \$20.00, so I would recommend picking one up.

- Another product is "The Stick" which, as it sounds, is a stick with small rollers attached. You rub this up and down the affected area and you can use this to target smaller areas more vigorously than a foam roller. These also are cheap and

come in a variety of firmnesses.

- For a very focused massage of a very specific area, you can roll on top of a tennis or golf ball. These are very painful but are incredible at releasing deep knots/ trigger points in your muscles.

- However one of the best products on the market and it is completely free, is your hands. You can imitate many of the same techniques used by massage therapists while at home and some people will pair up and give each other a massage.

There are very few rules to self massage but don't go past a comfortable level of pain and remember that you can often fix a problem without shelling out \$60.00 for a massage appointment. <http://marathon-trainingschedule.com/marathon-library>

ONE OF OUR LOCAL SPONSORS... THE CONFECTIONERY HUB



Tracey Cattana was a school teacher and artist before she decided to open her confectionary shop in Berowra and you can see the influence this has had by her bright and fun window displays in the centre.

Not only does Tracey run the shop but she also caters to private parties offering Lolly bars, Party

theme and all that go with making your next party a huge success. Tracey donates on a monthly basis two vouchers for a treat from her confectionary hub or party line. Tracey is always available for a chat or to inspire your next function.

Drop in and say hi or call her on 9456 0585. She would love to see you.

RUNNING FOR THE ALTAR by Chris Graham

Sometime before the turn of the century (wow, that makes me feel old!) a typical weekend was to meet up with a few BBRs for a longer run on a Saturday followed by the usual organised Sunday run. As a result I got to see many parts of Berowra, Mt-Kuring-gai, Mt Colah, Kuring-gai Chase National Park, Cowan, Brooklyn and so on. Most of you may think, “yep, been there done that”, but when I mention who I used to run with you will realise that it wasn’t the normal trails that I saw. Yes, the group back then was people like Bob Smith, Nigel Smith, Alan Miller, David Cannings and the one and only Ted West. In the company of these predominantly wiser and senior members of the running fraternity (exception being Nigel who is younger than me), I soon learnt the etiquette of running, such as ensuring that you don’t run first through the bush as you will find all the spider webs. Instead, on approach to any tight tracks with overhanging branches it is polite to step aside, pretend to do your shoe laces, and at the same time usher through the quicker runners. Then the trick was to not be at the back either, because the back runner was required to put the webs back in place (what is the saying bushwalkers are taught – “leave no trace”). As part of running with this group, you also learnt to create trails and follow tracks used by wombats and wallabies – from memory the “Wombat run” was one such track – it didn’t exist till Ted decided that he liked the idea of a trail going down from the end of Beaumont Rd to Sam’s creek, so he created one.

The Saturday group was known as the FAKAWEE runners. I don’t actually know how this was spelt, but you’ll catch on quickly when you see it in context, namely the common catch cry of the group, and for me in particular was “where the F*%k are we?”. Why, well simply because most of the time, no one in the group knew where we were. I remember one particular run. We decided (for a reason totally forgotten now) to start at Roseville Bridge and do an out and back. Well needless to say, “where the F*%k are we?” came out. Yes, we were lost in the middle of the valley. How did we find our way out? Easy – just keep heading west and we would be sure to find a trail or a road. Nope we found a row of fences. Easily fixed, over the fence through the house and

out onto the road somewhere in the middle of St-Ives. A long run back down Eastern Arterial Rd, then follow the Nosh Run and we were back at Roseville Bridge.

Which brings me to the point of this story. The guys had been telling me for a while about this tunnel that they occasionally run through which goes under the F3 and that we should do it together one day. Sounded like a plan to me. And to make it better, they decided that we should run on Saturday March 14, 1998. Why that date? Well it was my wedding day, and as I had an afternoon appointment, my morning was totally free, so why not enjoy what I had been doing for years, namely a nice early Saturday morning run with my running mates.

I started with Ted from his house and we ran back down towards the highway, on route I received my first surprise. Nigel and Alan were waiting for us near the roundabout wearing bow ties – a nice touch! We then set off together to find this mysterious tunnel. We ran down the highway towards Asquith and then turned off and headed to the bush near the bottom of the big dipper on the Freeway. As per usual it wasn’t long (yep, “where the F*%k are we?” was already ringing loud and clear) before it was clear that the guys hadn’t been here for a while. Nevertheless Ted’s excellent (not) sense of direction allowed us to find the tunnel after a few minutes (or was it hours??) of searching. For some reason I was expecting a road tunnel that may have been used as part of the freeway construction, which had then being converted into access for the Rural Fire Service. I couldn’t have been further from reality. The “tunnel” was in fact a storm water pipe that did run underneath the freeway. So here I was on my wedding day, now wondering whether my appointment at the altar was looking dicey. However, as runners know, running takes precedence, so that thought disappeared quickly and off and away we went.

“Away we went” – well it wasn’t exactly a case of running...in fact we were on hands and knees crawling through a storm water pipe under the freeway with next to no light to see what we were crawling in or through. The pipe must have 100m long - it seemed to take forever. For some reason I

RUNNING FOR THE ALTAR cont

have recollections that Nigel had brought his dog on the run, so perhaps we followed the dog...either way I was just hoping that whoever was in front disturbed the creatures of the dark! Rest assured if there was a moment of sanity for me on this day, it was that I did not go first.

Funnily enough, I don't remember anything more about the run having made it through the other side alive and in one piece with nothing attached to me. I am not even sure if we returned the same way or not.

Luckily for Michelle, I did make it to the altar, and I did remember the rest of that day – crawling through the tunnel (woops, walking down the aisle with my beautiful wife) being the highlight!

A WINTER WARMER RECEIPE

Italian Minestrone soup (v)

1tbs olive oil
 1 medium onion, finely chopped
 2 whole fresh carrots, peeled, finely chopped
 2 stick celery, trimmed, and finely chopped
 5 whole stock cubes (vegetable) dissolved in 5 cups hot water
 400g canned tomatoes, chopped
 1 cup canned cannellini beans
 100g dry pasta (such as macaroni)
 1 tbs fresh parsley, chopped
 50g grated parmesan cheese



Instructions:

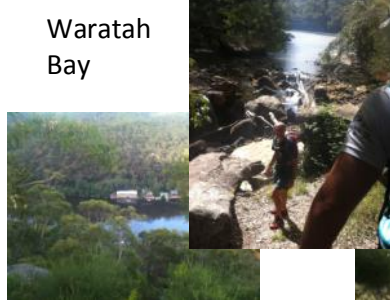
Heat oil in a large saucepan over medium heat. Add onion and cover, reduce temperatures to low and cook for 10mins or until the onion softens without colouring. Add carrot and celery and cook, stirring without colouring for 5mins. Add stock, tomatoes and cannellini beans. Bring to the boil. Reduce heat to medium and add macaroni. Cook for 10mins or until tender. Season to taste with salt and pepper. Stir through parsley. Ladle amongst bowl and sprinkle with parmesan. This soup is perfect served for lunch the next day. Make double so that you can pack it up into plastic containers to take to work during the week. Enjoy it with a small wholegrain bread roll.

PHOTOS FROM MY RUNS..

Always with a camera on the ready what better place to take photos than on my runs. Rebekah (aka Bek)



Waratah Bay

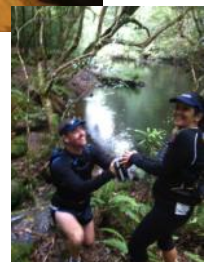


Alston Drive



GNW100 Terrigal

Trotters Away run



1985 SYDNEY HOBART RACE by Jeff Hodder

In the early hours of the 27th of December the gale we were working into broke the boat and we abandoned thoughts of Hobart, turned tail and headed back to Eden for shelter. With the Hobart trip thus curtailed days earlier than planned and with Lynette and I being DINK's back then, we decided to make our way to Thredbo to enjoy what was left of our leave.

On the 31st we were the first passengers to the top of the chairlift setting off to climb Mt Kosciuszko. The air temperature was 3 degrees minus the wind chill so we were quite rugged up and carrying more gear and supplies in our backpacks.

The day progressed into a glorious clear mountain day which obviously encouraged large numbers of later walkers, passed as we descended, to undertake the journey in little more than shorts, tee shirts and thongs. Quite a contrast to the amount of gear we were carrying. As we enjoyed our afternoon on the terrace it began to sleet and then snow. Thongs would have given you very chilly feet on the way down.

Were they adequately prepared for what the outdoors could throw at them? It goes against the grain for me to rely on anybody else for things I should have sorted for myself. Consequently I generally carry stuff when I run in the bush - out of sight.

On shorter bush runs, even just around Cowan when I have fairly accurate 'I'll be back' times, I have:

Cotton buds
Alcohol cleansing wipes
Latex gloves
CPR face shield
Sunscreen
Vaseline
Salt



Sachet of Hydrolyte Sports electrolyte replenishment
A CPR instruction card
A rubbish bag.
When first writing this, I didn't carry a knife of any kind so would still have been patiently waiting after 127 hours. I have since found a 50 cent coin size combined light and knife I will be adding to the list. However, I will still be waiting after 127 hours. In a couple of small Ziploc bags these items add slightly under 200 grams for considerable piece of mind.

Of course many races now days have a compulsory gear list. I feel you may as well train with it so add still more stuff –

A hat
A Compass (though Lachlan will tell you I don't know how to use it)
Waterproof matches & fire lighters
Emergency blanket or bag
Maps or instructions (though Lachlan will tell you I don't know how to use them – perhaps I need to take my glasses as well)
Headlamp and spare batteries
Waterproof jacket & pants (I hate standing in the rain.
now that the roof has lost a considerable amount of thatch)

Thermal top and gloves (with the lack of thatch I am feeling the cold considerably more).

All up, this puts about an extra kilogram on my back. Of course there is then the bag to carry it and whatever food or drink you want to take. Whilst hardly the running as free as you might in a fully supported race environment it's really a small price to pay for the freedom of running where you like with the confidence that you can take care of yourself if need be. If it's not for you just make sure you're in front of me, like Steve



RUNNING WILD 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

TEL: 9456 3242

BOSTON MARATHON RACE REPORT

by Pete Fallows



THE HISTORY

Of all the major races around the world the one I've always wanted to do is the Boston Marathon, the world's longest continually

held marathon. This race started in 1897, one year after the first modern Olympics, and has been run every year since. 2012 would be the 116th Boston Marathon and would include me as one of 27,000 runners entered.

I'm not sure what it was that first made me want to run Boston. Maybe it was the history. More likely it was the prestigious nature of the race. In order to limit the race numbers, race organisers the Boston Athletic Association (BAA) implemented a set of qualifying times (based on age and sex) which runners need to have met in order to run in the event. Any race for which it is hard to qualify is only going to make people want to do it more.

Anyway, long story short, I managed to qualify for Boston with my time from the 2010 Melbourne Marathon. My time would allow me to enter Boston in either 2011 or 2012. That was the case, until a week later when entries opened for the 2011 race and filled up within less than a day (after taking 2 months to fill the previous year). But that's another story. I managed to get in to Boston for 2012 and the planning for my first (and possibly only) overseas marathon and a holiday in the US began.

THE CITY

As a city Boston is modern, pretty and wonderfully well-preserved but with a small-town feel. Cute 19th century brownstone buildings line the streets. The days when those same streets were lit by lanterns can easily be imagined. The marathon is a huge event for the city. You can easily spot the other 27,000 entrants around town. Everywhere you walk there are lean-looking

people wearing compression gear, event clothing and fluoro shoes as fashion items. And of course the locals are all decked out in their team colours, which for just about everyone is the Red Sox.

THE COURSE

The Boston Marathon is a point-to-point run, starting in a town called Hopkinton and finishing in one of the main streets in Boston.

Hopkinton itself is a picture perfect town with houses which remind you of any movie set in rural New England.

The race itself winds through a number of other scenic towns before getting to the city of Boston. For most of the way the run is along a two-lane road, which is one of the reasons why the field is limited to 27,000 runners. The course could barely fit any more people.

The run is net downhill, but then so is Six Foot Track. With all the ducking and weaving that goes on with running in a crowd of 27,000, it's generally not a place for a PB. There are a number of hills in the second half of the course, with the most notable being the last one, which is known as Heartbreak Hill. These hills which are between miles 15 and 20 are where the race starts to get tough and would test out everyone.

THE WEATHER

North American weather can be fickle in April. In previous years there has been snow, while some years it has been hot. Generally, though, runners should expect it to be cold but to be prepared for anything.

When I left Sydney I'd seen a 7-day forecast for Boston, and race day was looking to be 6 (min.) to 16 (max.), perfect running conditions. By the time I'd arrived, the forecast had been radically amended and the day of the race was to be the centre of a one-day heatwave. As the race got closer the forecast temperature got higher. The Mayor of Bos-



ton even took the step of requesting runners not to run & the BAA took the unusual step of allowing runners to defer their entry to next year if they didn't want to run in the forecast hot conditions. That would have been generous for the local runners, but was not much of an option when you've already booked flights and planned a holiday around the race. At the same time, the BAA advised us by email to consider running significantly more slowly than normal and that "THIS IS NOT A RACE. It is an experience". (Their capitals)

The day of this year's race turned out to be 31 degrees (or 89 Fahrenheit in their language). I wouldn't need any of the cold weather clothes I'd packed in anticipation of it being cold at the start. By the time I before I crossed the start line it was almost 11am, so I knew that I was in for a hot day for the duration, however long that would be. What I couldn't find was any shade the entire way. Even though some of the course is through rural countryside, the trees had come out of their cold winter and were devoid of leaves.

THE SPECTATORS

The race is always held on Patriots' Day, which is a state-wide public holiday in Massachusetts to commemorate a long-ago battle. Being a public holiday and the biggest event in town, approximately 500,000 spectators were lining the streets from start to finish. What I noticed about American crowds is that they love shouting out "woo hoo", they are very loud and they will cheer on absolutely everyone, especially complete strangers.

BOSTON MARATHON RACE REPORT cont

Many runners had their names on the front of their shirt so that people could cheer them especially. I ran in a canary yellow Wallabies singlet (with Qantas' name and logo on the front as the sponsor) and green Socceroos shorts. Now, I thought that was as Aussie as I could get. But it appears that Australian green and gold are not very well known in the north-east of America. I heard more shouts of "you go Qantas" than "come on Aussie". I think that most people thought that my name was Qantas.

Having said that, the crowds really were fantastic. Their support was phenomenal, and so many were there with garden hoses, oranges, ice and wet towels for the runners. This was in addition to what had been provided by the organisers – which were twice as many drink stations as planned (at every mile) and misting tents, which is like running through a car wash but without the washers.

THE RACE

I was expecting the field to be around 27,000 runners. This would easily be the biggest race I have ever been a part of. The feeling of being part of the mass of runners all heading in the same direction for so long was amazing.

Given the logistics of getting that many runners transported to the start line, we had to be at Boston Common by 7am to make sure we were on one of the yellow school buses that took us to the start. The guy I sat next to on the bus was a Canadian. He saw my BBR cap and actually knew that Berowra is in Sydney. Turns out he had lived in Australia and has a friend in Berowra.

With the heat, all plans of a PB were out the window. Having run Sydney Marathon last year in similar heat I had some idea of what to expect and aimed to take it slowly. I was optimistically thinking that an extra 10 minutes on top of my goal time would be a realistic new target.

As most of the first half is downhill, I tried to conserve my energy for the later stages. A fairly constant 5:15 per km pace got me to halfway in 1 hour 50. Unfortunately, my speed went downhill after around 25km.

It was the heat that got to me more than the hills. The last hill, Heart-break Hill, is not as steep as the one in Sydney's City2Surf, but is much harder being at the 20mile stage of a marathon compared to 4km into a 14km fun run. The hills at Boston do slow you down but they are runnable, but the heat was far worse.

I ended up running/walking the last 7km. I'd pick a marker in the distance and run to that, then walk for a bit. The last 10km was where my time blew out, but I probably would have been looking at around 3:50 even without the walking. A lot of that last 10km was a blur, with me hoping that the next mile marker would come around quickly so that there was another drink station (and a chance to walk and not be passed). The crowds were so loud over that section that there was no way you would stop and walk off the course there. In the end I do remember seeing the Citgo sign which meant we were near the city and the last few streets before the finish.

After crossing the finish line I liked the irony of the heat blankets which are usually to protect runners from hypothermia. I was glad that the hotel I was staying at was literally around the corner from the finish. Even though I could barely walk I knew I could make it that far back to the comfort of the hotel.

THE AFTERMATH

One day later, the newspaper headlines are calling it a 'survival race' and I don't think they are exaggerating. One reporter who ran the race noted that everyone was probably going 20 to 40 minutes slower than they thought they would be. The winning time was 2:12:40, much slower than 2011's fastest ever run of 2:03:02. It

was still Kenya finishing 1-2-3-5-6 in both the men's and women's races. My finishing time was a personal worst of 4:01, but it still put me in the top half overall, which gives some indication how tough it was for everyone.

Gavin's comment on facebook which said "Congratulations. Forget about the time. You can now say that you have achieved something very few do" summed it up for me. At least I've now run Boston and been a part of their long history.

THE END

With the marathon now over, it's time to enjoy the rest of the holiday. Boston is where there's Harvard University, famous art galleries, and we caught some modern American culture (we ate hot dogs and popcorn while watching a Red Sox game at the 100-year old Fenway Park). Then it was down to

New York to see some world famous sights. Cheers from Boston



THE NUMBERS

Overall, I finished 8,846th (out of 21,606 finishers).

In my age group I was 1,250th (out of 2,018). Given my qualifying time only barely made it in by less than a minute, I was expecting to be much further back in the field.

There were 26,656 entrants but only 22,551 starters. That means a lot of people chose not to run (including 600 who picked up their race bib from the expo in the days before the race).

Only 4% of people recorded a DNF. (It's a point-to-point race finishing in Boston, so the easiest way back is to finish the race.)

If you don't officially qualify for Boston you can still run the race. Approximately 20% of the field is reserved for charity runners. It

Paris Marathon Race Report

by Andrew Layson



Aaaah – Paris in spring. Blooming gardens, lovers wandering hand in hand though sunlit boulevards, the scent of fresh baguettes wafting on a gentle breeze while accordion players reprise French classics. Forget it all – Paris in April is COLD. We arrived a week and a half before the race (plenty of time to get over jet lag) to cold and rain. No worries I thought, plenty of time for it to warm up. However, as the race drew closer the weather set in (and got colder if that was possible).

The morning of the marathon dawned to temperatures near freezing. After my usual pre-race breakfast of a tin of creamed rice (yes – imported all the way from Australia) a banana and a strong coffee, I proudly donned my BBR running singlet and carefully fol-

lowed the race organiser's recommendations to apply "some small bandages for your tits" (someone really should have checked their translations before they went to print). That done, I left our apartment to catch the train to the start.

A short while later I found myself with thousands of other runners in an access tunnel emerging from the metro station at the Arc de Triomphe. The crowd created a huge log-jam of people in the tunnel all shuffling along. We were all quietly pleased as the congestion meant we were huddled together keeping warm and out of

the wind. Unfortunately the delay didn't last long, and we soon mounted the stairs into the daylight and the elements. The cold hit you straight away exacerbated by the wind. 3°C is cold, 3°C + wind is colder! Runners were huddled everywhere – in bus shelters, doorways and alleyways. A large group were massed together on the exhaust vent from the metro where warm air from the metro is discharged. As my only protection was a long sleeve tee shirt and a plastic bag (standard issue from the race organisers) I made my way down to the start in search of a crowd and warmth.

Entering the compound for those targeting 3:15 I found people doing the usual pre-race rituals - stretching, jogging on the spot, chatting (not that I could understand them) and queuing for the

toilets. Did I say toilets; make that toilet (singular). Each starting group was corralled into its own fenced off area for the start. About 1500-2500 runners in each compound with **1 portaloos** & 1 pissoir (four sided open structure design for men to do No. 1's). Needless to say the facilities were completely overwhelmed. People were "letting fly" all over the place with many choosing to use the outside of the portaloos as their target zone. It was really tough for women runners. By the time the race started there was a steady flow of urine running in the gutters!

In contrast to the amenities, the start itself was really well organised. As I've already mentioned, runners were split into target groups with specific times in mind (from 3:00 to 4:30 in 15min intervals) – each of those groups were then split in half again by a barrier perpendicular to the start line. Each pen of runners was let off sequentially (so half of the 3:15 group started first). This was a great idea as it meant the usual start line congestion was virtually eliminated. Once I crossed the start line it was great to be able to get into a good rhythm straight away. The combination of the cold (and a deep seater yearning to get warm), the absence of traffic and the gentle downhill of the Champs Elysees saw the first km pass in 4:21 – 16sec faster than my target pace.

I dialled it back a bit and cruised along the Rue de Rivoli beside the Louvre heading towards Place de la Bastille where my cheer squad was waiting. Place de la Bastille is

Paris Marathon Race Report by Andrew Layson cont

a big(ish) roundabout with a dirty great spire in the middle (it's the site where the Bastille stood – but it's long gone). Spectators were packed 3-4 deep along the barriers on the perimeter making it hard to find specific people. I spotted an Aussie flag and drifted across to it as we ran, but to no avail. They were supporters for another Australian runner. Oh well – I hoped I'd catch them on the way back and continued on with the flow of the race.

The section out to/from the Bois de Vincennes (a large parkland on the eastern side of Paris) was uneventful, although a large number of runners stopped for "nature stops" (a result of the poor amenities at the start). Meanwhile, I kept picking targets and slowly chased them down. Starting in the second half of the 3:15 group was an advantage because I could see the pacers who started with the first half, and it gave me something to aim at. I slowly hauled them in and overtook them. My pace (after the exuberance of the first km) was pretty steady and I was able to pick up ~3-5sec/km against my target pace.

Back at Bastille (just after the 22km mark) I was able to spot one of my friends and headed over towards them. My call of "Aussie Aussie" was greeted with "Oh – there he is – where's the camera etc". There was no time to linger, so they gave me a cheer and I headed off.

After Bastille the course heads down to and along the north bank of the Seine. It's all pretty flat (except for a couple of under-

passes) and you pass by numerous famous landmarks – most notably Notre Dame, the Louvre and the Eiffel Tower. It was along this stretch we had the warmest conditions of the day. The sun briefly broke through the cloud and there was no wind. Sadly, we didn't have to endure these torrid conditions for long and the sun retreated. Around the 31km mark we passed a pharmacy reporting 7°C air temperature. The course was well supported with regular aid stations, and it was around here that I decided to supplement my gels with a banana. I enjoyed munching on it over the next few hundred meters, and set myself for the last 10km. I was feeling good, and was well ahead of my target pace. So far, so good.

The last 9km of the course wanders around and through the Bois De Boulogne. This is a wooded parkland on the western side of Paris with a couple of long straight avenues in the middle (it also has a bit of a reputation for dubious nocturnal activities). After spending most of the race supported by a very encouraging crowd as we passed historic buildings & bridges, this section had a completely different feel. There were few spectators, and it was hard to get a gauge on where the next bend/km mark was. At the same time the wind picked up (funneled down the roads between the trees) increasing the wind-chill. Maybe it was the impact of the previous 30-something k's, or the drop in morale boosting support, but I started to notice people pulling up with cramp and/or injuries. Performing my own "all systems

check" I found the cold felt like it was really "getting in" to my calf and thigh muscles. Up to this point I'd been considering a 3-4km "sprint" to the finish to trim seconds (maybe a minute?) off my time. But seeing people "dropping of their perch" around me I reconsidered this. No need for heroics I told myself – you're ahead of your target – don't blow it. After a few minutes of debate between my ego and paranoia, I resolved to keep on my planned pace. I was almost successful – the urge to push the pace finally won out in the last 500m, and I sped around the final roundabout. Rounding the corner opened up a great view along the broad Avenue Foch to the finish line and the Arc de Triomphe – a special moment.

Crossing the finish line was great. I was over 2mins ahead of my target pace – job done! I ended with 3:12:57, around 3 ½ mins off my previous PB. Really happy with that. Now – where can I get out of this cold????? Someone get me a cup of tea!!!

The run was memorable for a bunch of reasons. The cold, the famous landmarks and a PB all stand out. But also great was the support of my friends and family. Thanks to Jan, Ben, Belinda, Sarah, Andrew, Robyn, Genelle, Peta, Marg, Craig and Vicki for your support and travelling to France with me. Special thanks to Jan for patiently accepting my frequent "I'm just going to go for a bit of a run" over the many months leading up to the run. I figure that being the partner of a distance runner is its own kind of endurance event.

MESSAGE FROM THE PRESIDENT by Brian Cardelli



It was good to see a big crowd of Bushrunners and their families at the BBR Social Afternoon at Berowra Village Tavern last Sunday. The Tav reserved an area for us and also provided complimentary food. The next social afternoon will be held 3pm on the last Sunday in July at the Berowra Village Tavern.

The month of May proved to be busy for many Bushrunners. Earlier this month we saw members compete in the Port Macquarie Ironman, then The North Face 100 and Sydney Half Marathon. If you have any good stories from these or any other events then please let either me or [Bek](#) know so we can share them amongst the members. Below is a link to Beth's The North Face race report. <http://bethcardelli.blogspot.com.au>



Balazs has asked me to email the below invite for Woodford to Glenbrook (25 km) around to club members. From personal experience this is a great run and I would highly recommend it. If you are interested in this event and would like to car pool to the start or a training buddy then contact Balazs direct via [email](#).

<http://w2g12.gofundraise.com.au/>

On Sunday June 24th 2012, the CareFlight Woodford to Glenbrook Classic will attract over 1000 entrants to run or ride the Oaks Fire Trail through the beautiful Blue Mountains National Park from the town of Woodford down to the Euroka Clearing near Glenbrook.

Covering 25km of undulating bushland, the trail is incredibly scenic and is a must for keen mountain bikers and trail runners. Participants are supported the full length of the track by Rural Fire Service crews stationed along the way, providing First Aid and drinks. A CareFlight doctor and St John Ambulance volunteers will also be in support.

The event will finish with a community fair-style reception in the beautiful Euroka Clearing. Families are welcome to join in the fun with activities for the kids, food stalls and displays throughout the day.

Mountain bike riders start from 9am and runners start from 10am. Exact start times as well as transport and parking details will be advised closer to the event. Registration is just \$45 for adults and \$20 for juniors for entries received before 7.00 am Monday 11th June 2012. For entries received after 7.00 am on Monday June 11, 2012 the fee is \$50 for adults and \$20 for juniors. The registration fee only covers the cost of conducting the event. Additional money raised by entrants through donations and fundraising activities helps to fund the services of CareFlight. You can raise funds on your own or get together with your friends to form a fundraising team. A trophy will be presented for the highest individual fundraiser as well as for the highest fundraising team.

Teams and individuals are welcome to enter. To register click "Register Here" above and follow the easy prompts. Registrations will be taken until 4pm Monday 18 June 2012, or until the event reaches the maximum number of participants. No entries will be accepted on the day of the event. There is a limit of 650 cyclists, with no limit on runners.

Good running.

Regards,--
Brian Cardelli





GET YOUR SHORTS ON AND MEET US SUNDAY MORNING 7.15am

Its your club and your voice.. So lets hear it!

THE BEROWRA BUSHRUNNERS 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)

LETTERS TO THE EDITOR should be sent to rebekah@berowrabushrunners.com
All submissions, tips, blogs, photos or articles and race results are to be received by 20th July for the Aug/Sept newsletter, thanks
We look forward to hearing from you.

WE ARE ON THE WEB!

www.berowrabushrunners.com



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



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THE BEROWRA BUSHRUNNERS COMMITTEE

BEROWRA BUSHRUNNERS... www.berowrabushrunners.com

THE NORTH FACE 100Km

Congratulations to all our runners!

