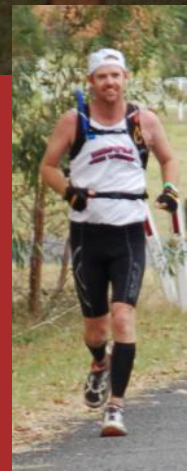




DEC/ JAN THE BUSHRUNNER



**BBRs DO IT AGAIN!
GNW100s**



7 Bushrunners in a field of 153!

RACE RESULTS and EVENTS

2012 END OF YEAR

POINTS TABLE

10KM

1st	Stephen Mills	16 points
2nd	Jodi Gallagher	14 points
3rd	Paul Eveniss	13 points

5KM

1st	Ryleigh Markey	21 points
2nd	Alyssa Markey	14 points
3rd	Owen Markey	11 points

BBR DEC - JAN CALENDAR

DECEMBER:

Dec 2nd	BBR King of Mountain BBR Annual Presentation and Breakfast at Cowan Oval
Dec 9th	Crosslands and back
Dec 16	Ferry Run via Kokoda
Dec 23	Cowan Oval via Highway
Dec 30	Bush Run—Reverse

JANUARY:

Jan 6	Cowan via Bush (Turner to Glendale)
Jan 13	Bush Run—Traditional
Jan 20	Ferry Run via Alston-Currawong
Jan 27	Sam's Creek Run
Jan 27	Social Event—Berowra Tavern 3pm

2012 RESULTS AND POINTS

OCTOBER—10KM HANDICAP RESULTS

Stephen Mills	38:43 (PB)	5 points
Paul Fletcher	49:15	4 points
Gavin Markey	42:15	3 points

OCTOBER—5KM HANDICAP RESULTS

Ben Graham (JR)	22:45	4 points
Ryleigh Markey (JR)	32:12	3 points
Bradley Medworth (JR)	24:18	2 points

NOVEMBER—10KM HANDICAP RESULTS

Craig Opie	41:44	5 points
Millen Tomov	46:57	4 points
Jodie Gallagher	44:33	3 points

NOVEMBER—5KM HANDICAP RESULTS

Karen Johnson	28:34	4 points
Steve Hogarth	28:07	3 points
Ryleigh Markey (JR)	35:10	2 points

RACE RESULTS

GNW 100KM

Beth Cardelli	12hr 36
Michael Sims	12hr 52
Stephen Mills	13hr 25
Nathan Parker	14hr 27
Peter Thomas	16hr 01

GNW 100MILE

Noel Annett	DNF (100km)
Gavin Markey	DNF (138km)

REBEL SPORT RUN4FUN 10k

Joseph Jones	39:18
Paul Fletcher	47:46

MELBOURNE MARATHON

Chris Graham	3:01:14
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FERNLEIGH 15 (Adamstown to Belmont) 15K

Ryan McKendrick	57:33
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ATHLETICS NSW STATE 3000m CHAMPIONSHIPS

Ryan McKendrick	9:56
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SMC HALF MARATHON

Pete Fallows	1:31:32
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GLENBROOK MARATHON

Marc Psalia	5:16:55
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CENTRAL COAST HALF MARATHON

Andi Hucker	1:28:38
Steve Deveney	1:45:49
Paul Eveniss	1:58:21

RIDE FOR LIAM & MENIGOCCOCAL AWARENESS 100km

Rebekah Markey	5hr 20mins	CYCLE
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BEEP TEST RESULTS:

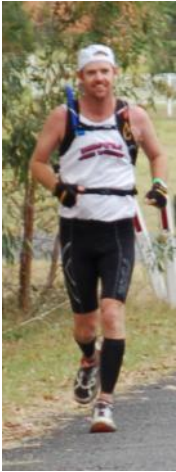
Asha Eveniss	2.1	Bradley Medworth	9.1
Caleb Eveniss	3.4	Dave ??	10.2
Joanne West	4.9	Victoria ??	10.3
Mate Molnar	6.6	Malcolm Waldoock	10.3
Abigel Molnar	6.2	Brian Cardelli	10.4
Carrie Medworth	6.8	Marc Psaila	10.7
Fiona Hogarth	6.10	Andrew Layson	11.3
Brodie Waldoock	7.1	Craig Opie	11.3
Graham Creed	7.3	Beth Cardelli	11.11
Steve Hogarth	7.5	Steve Deveney	12.1
Chris O'Neill	8.1	Peter Fallows	12.6

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.

GNW100s—Gavin Markey 100mile Race time: DNF



GAVIN MARKEY. GNW 100mile

Training has been very good this year compared to last year but you always feel like you could have done more. I think I could have training more speed work as opposed to the long runs that I've done but I feel very confident with what I have done.

With the start in 2 hours I am ready. I'm feeling very confident, very happy definitely feeling fitter than last year. I have worked a lot on my quads this year. I have trained to hammer down hills so my quads are ready and I am looking forward to it. Very excited.

What has your year included? My first race entered this year was going to be 6ft track but that got cancelled. I did do a 40km run that day really enjoyed it. I did get some shin splints afterwards. I cut back on the training to get rid of the shin splints and I started wearing calf guards now and touch wood they have not come back since. The calf guards support my calves and has stopped the vibrating of my calves that causes the shin splints so I'm happy. I entered the North Face 100km at the last minute. I really enjoyed that and had a good run and the idea was even if I walked

it in 20-30 hours I didn't care it was all starting at that point to get to today. Just trying to get the miles up in my legs and ended up having a very nice run with minimal training. I was very happy. Then next I did the Ox-fam as a team which was really enjoyable and now I'm getting ready for today.

What is the time you are expecting? Well I have three goals. I'm hoping to achieve 15hrs30mins for the 100km and to make the cut off for the 100mile although my dream is to complete in 28hrs.

NUTRITION: I prefer to masticate so I have a lot of trail bars, I have gorilla bars that Bek baked for me which are absolutely awesome. Sandwiches—fresh white rolls with turkey or ham and mayonnaise or wraps with avocado and hummus and bananas. I eat them along the way as well as at the checkpoint. I try to eat as often as I can.

HYDRATION: I have PowerAde pre mixed in different strengths. Starting off with strong then going weaker and then going stronger. Then I change at each checkpoint. I'll either have a 180 nutrition protein shake or I'll have a sparkling mineral water which has a lot of sodium and potassium in it.



GORILLA BARS:
16 bars @
approx. 277
calories each

INGREDIENTS:

1 2/3 cups quick rolled oats
3/4 cup brown sugar
1/3 cup granulated sugar
1/3 cup all purpose flour
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
2 cups nuts (I used a mixture of macadamias and cashews)
1/4 cup mashed banana
1/4 cup honey
1/3 cup peanut butter
1/4 cup cocoa nibs

METHOD

- 1) Preheat oven to 350 degrees F. Stir together all the dry ingredients, including the cocoa nibs and nuts.
- 2) Add honey, banana and peanut butter.
- 3) Toss the wet ingredients with the dry until the mixture is evenly crumbly.
- 4) Spread in the prepared pan.
- 5) Bake the bars for 25 to 30 minutes, until they're golden brown around the edges.
- 6) Remove them from the oven, loosen the edges, and cool for 5 minutes.
- 7) Use a knife to cut the bars while they're still warm in the pan. Carefully remove warm bars from the pan, and cool on a rack. Alternatively, remove from the pan before cutting into bars;
- 8) Wrap bars individually to store. They also freeze well.

**GOOD LUCK TO ELLY GALLAGHER IN THE
“ AUSTRALIAN ALL SCHOOLS ATHLETIC KNOCKOUT ”
HELD IN TASMANIA ON 3RD DEC..
RUN LIKE THE WIND!
AND ENJOY THE EXPERIENCE...**

GNW100s—Nathan Parker 100km Race time: 14hrs 27mins



Nathan Parker are you ready to run 100km for the first time? I'm a bit nervous but I think I'll be alright. My build up to today has included two Iron Mans this year. In February and May, then I've just been running since Iron Man Australia getting ready for this 100km. I entered on a whim!

Have you done any trail events this year? No, I

entered and ran the marathon in September but I have not done any trail events. I have been training with the BBR guys on the weekends. Whatever they did.

NUTRITION: So it's pretty standard. My watch goes off every 15mins and I have

Gatorade on the 15min, Gel on the 30min, Gatorade on the 45mins and a muesli bar on the hour. Then I start to build into Caffeinated Gels as the race progresses just to help keep alert. I've got salt tablets in case it's hot but it doesn't look like it's going to be hot today and I won't say I'm taking Nurofen but I've got some just in case.

At the checkpoints, my dad's going to force 600ms of Gatorade into me and a peanut butter and jam sandwich.

HYDRATION? Just purely Gatorade and Water, that's it. I'm going to rotate between that.

Well good luck Nathan!

Interview conducted 10mins before race start-GNW 10th November 2012.



GNW100s—Steve Mills 100km Race time: 13hrs 25mins



STEVE MILLS. GNW 100km Training has been good. Hoped I get more long runs in during the week, happy otherwise with the training I have come through with no injuries for a change heading up to it. Slightly nervous about the new shoes that I've got—worn for the first time a

couple of weeks ago and I got a few blisters.

Time going for? 14hrs but we'll see how we go.

What training did you specifically do for this event?

The best training I did was for the 6ft track training, I was feeling really good only to have the race cancelled. Then tried to take that training through to the following month for the Canberra Marathon but got injured so instead did the 1/2 marathon. Then went on to the half

marathon on the Central Coast where I did a PB. I was feeling really good but wasn't doing any long run training need to run Oxfam with my team "the Bush runners" in August. I pumped that up after returning from Fiji in July "Bula Bula" and we did well doing 16hrs for 100k with the team. I've carried the training through till GNW and now I feel really good and confident, I have done the training!

NUTRITION FOR THE DAY: Hammer drinks that the club got me onto after winning a pack at the raffle last year at our presentation. I have been using Hammer for the 6ft training, Oxfam training and now here. I never have a problem with it, the only time I changed it I had some Coke and I vomited because of it.

Supplementing the Hammer I'm having a Gatorade between each of the checkpoints.

Food wise, I'm using a homemade slice recipe Mike Sims gave me for Oxfam - it worked well there so I'll use it again here. Hammer Gels as well. At each checkpoint I'll be using cream rice—the idea from Andrew Layson, Noodles at the last 2 checkpoints then there will be muesli bars, bananas, a couple of fruit sticks I got from Hannah Sims from what she did at Oxfam. Hopefully they go down alright. Mineral Water, the sparkling kind, that I got off Gav, for a couple of checkpoints to

wash it all down. Hopefully it all works well together and I can have a good run.

WHAT DO YOU THINK ABOUT WHEN YOU RUN? Not a lot! When I do these sort of runs I'm thinking about whether I'm doing enough, am I drinking enough. I'm constantly thinking should I take another sip of the drink, better have a bit more to eat.. Then I drift into family, what do we want to do, where do we want to go.. Then on to work, where it's shitting me! :) Then you get all these random thoughts. Most are occupied with the run and if I'm feeling OK and as Gav said moving forward and trying to stay positive. I guess it's pretty simple for me..

Interview conducted on the way to GNW 10th November 2012.



ENDURANCE FUELS



**Fuel Right,
Feel GREAT!**

GNW100s—Michael Sims 100km Race time: 12hrs 52mins



MICHAEL SIMS. GNW 100km
Feeling a bit nervous but overall I feel great! **Are you ready for this on a training level?** Ah yeah, I've done more training that last year so I think I'm ready to go. **What did your training this year consist of?** Run as much as I can without getting injured! Ha ha. No really, I've done about 100kms a week for the

4 weeks, 7 weeks out from the event. That was kind of my target and I did that so I'm happy. Having a good start to the year with Iron Man in May then I got sick for about a month and a half, then did

Oxfam in August and I really started building it from there. This should be the fittest that I am today.

NUTRITION: the plan for the day is to eat about 300 calories per hour. Roughly have gels, bars, sandwiches and sports drinks. That's pretty much it.

The gels are GU roctane for the caffeine. I like the caffeine and got sick of not having the caffeine in Hammer.

HYDRATION: Just water and a red drink called EN-R-G.

Interview conducted 10mins before race start-GNW 10th November 2012.



RAW BROWNIE RECIPE by Hannah and Michael Sims INGREDIENTS:

1 cup pecans (you can use walnuts in a pinch, but pecans are much better!)
1 cup dates
5 tablespoons raw cacao (cocoa) powder
4 tablespoons shredded unsweetened coconut
2 tablespoons honey or agave nectar
1/4 teaspoon sea salt

METHOD:

1. Place pecans alone in your food processor and process until the pecans become small and crumbly.
2. Add dates to the raw brownie recipe and process again until the mixture sticks together and the dates are well processed.
3. Add the remaining ingredients to this raw brownie recipe and process again until the mixture turns a lovely dark chocolaty brown. Stop processing before it gets too buttery. (There should still be air between the small bits so that you will be able to press them down into your brownie pan.)
4. Dump the mixture into a brownie dish or small cake pan and press down firmly using your clean hands.
5. Refrigerate this raw brownie recipe for a couple of hours. You do not *have* to refrigerate it, but it is much easier to slice when chilled. By the way, this is actually a raw brownie recipe that keeps it's shape! So it can be good for serving to non-raw fooders because the presentation of this raw brownie recipe is good when chilled.
6. Store this raw brownie recipe in the refrigerator if it lasts that long!

GNW100s—Noel Annett 100mile Race time: DNF



Feeling pretty good—Wide awake, which is important at this time of day!

TRAINING: I think I'm ready. I haven't probably done as much as I would have liked, but I guess with the family you can only get in so many hours through the week. I've done as much as I could.

What would you have done differently?

Maybe a few more longer runs, stretched it out a little further—I think since Oxfam in August, I've only done 3 or 4 long runs—4-5 hours or more. I would have like to have done some 8+ hours—stretched it out a little more, but it never really happened. But, I know the course really well. I've done it a few times so I'm sure everything will be alright.

What races have you done this year to lead up to today? North Face which I had a great day at. I did a little over 12 hours on that. 1 1/2 hour PB which I was pretty happy with. Oxfam, trail walker in August. Our team came 2nd in that so I've been pretty happy with the way things have gone this year. A few bummers like the

cancellation of Bogong 1/2 way through and 6ft Track being cancelled was a bummer too. Been a bit of an up and down year.

Overall, I've only had one little injury though this year, a bit of a calf muscle issue this past year, but other than that it's been fine.

NUTRITION? I'm just going to go with my usual combination of Gels, bananas, muesli bars and pasta every now and then to keep me going. Got to make sure when it's meal time I have something proper to eat so when it's lunch time of dinner time I need soothing a bit solid. I found that I suffer a little bit if I don't eat a decent amount of food when my body knows it's breakfast, lunch or dinner time. I have my usual 6 Weet Bix to start my day and keep me going.

HYDRATION: I just drink water. I don't put anything in the water. I don't use supplements or drink and sport drinks. I just go with water. It works for me

Interview conducted 15mins before race start-GNW 10th November 2012.







BBR HANDICAP NOVEMBER 2012
A real family event!



GNW 100s—A long long day by Bek Markey



Bright and early the day started with my mum arriving an hour early in a total panic thinking she was late to look after the kids! Was exhaustion going to set in early..I'm thinking so.

On the road at 4am, picked up Stephen Mills (slept in—lucky bugger) waved good morning to Brian and then we were on our way. Plenty of laughs in the car, a bit of sparring and generally good vibes. Arrived 5am at the oval where we were greeted with a strong wind that definitely had a bite. There goes the summer wardrobe I brought with me, this was going to be an unusually cold day. A blessing in disguise?

Race Brief—toilet stops—check ins—it was all going on. The BBRs were ready to run and all too soon the countdown had started. 5,4,3,2,1! They were off! (and so were we!) Heading off to the 1st checkpoint to be the support crews that our runners needed today and tomorrow for some. We were all pretty ready, so a fair bit of chatting was going on. We had our group for this check point. Jeff and Lachlan Hodder had their hands full with Noel, Stephen Mills (Millsy) and Michael Sims (till checkpoint 2 when Hannah arrived) Brian was there for Beth, Me (Bek) for Gavin, Richard and Leanne Parker for Nathan. Packs were getting packed, water bladders filled, restocking of bags, bars and any other request was being catered to, our support teams were not going to be caught unawares.

The BBR boys arrived all too early with Nathan Parker first timer leading them in—looking strong. Noel came straight after then Sims, and Millsy— another first timer. Beth gave us a show or should I say a no show with the quickest checkpoint turnaround! She didn't even stop!

The rain had started by now and it was COLD! Gav came in and an-

other fast turnaround before he was off again. That's it.. We were off to Congewai Checkpoint number 2. It was great to recognize faces and to meet new club support groups. Camelbaks ready and waiting to go with all the requested. It's now the waiting game.

Checkpoint two has a weigh in station so officials can maintain early if you're showing signs of dehydration which in turns puts strain on the cardiovascular system. Terrigal Trotters really know how to look after our runners!

BBRs are here. Nathan still running in first, then Beth, Michael, Millsy and then Gavin. All in for a quick change over, weigh in and equipment check and then they were all off again on there way.

Fantastic the way support teams are all working together. Makes me feel proud to be in this club.

People recognize the camaraderie within the club and many people come over to say hi and have a chat. It's a great feeling to meet and get to know other clubs and members. By this stage we had met many Turrumurra Trotters and with us all so tired plenty of delirious banter was going on.

Down to the Basin and I decided to catch up on some sleep here and missed seeing Sims, Millsy, Beth and Noel come through, but I was told they were all going strong. It was great to be here with no leeches and no "mayor" cutting them off the runners. Argh! Disgusting!

I'd just woken up when within minutes of setting up Gav came in. He was running so well and consistently knocking off 15mins each leg he came into to. He came into the Basin strong, ate well and headed off well within his 10min allocated time. This was half way for him 81.6km. Still a long way to go.

We were still waiting for Nathan Parker to come through and quietly I was getting a little concerned, but then we received word that Nathan had stopped to help a fellow runner that had hypothermia. This is what the running camaraderie is all about—selfless acts of kindness. Then we heard that Nathan had run off course and had added an extra 8km to his run. If this race

was not hard enough an extra 8km would really send you over.

When Nathan arrived into the checkpoint he had thrown in the towel and we really thought that was it. I gave him the gentle (not) nudge that Gav always tells me to give him when he tries to pull out when nothing is broken or going wrong.. DNF!! So close!!

Nathan's family and crew were amazing in the encouragement and support given and then Nathan was back out to get his first ever 100km Ultra, or in Nathan's case 108!

Yarramalong. The final checkpoint for the 100k runners. The delirious banter was carried over from checkpoint 3. Friendships were being made and strong club connections will be kept alive!

On arrival, I was greeted with some worried faces. Brian, Jeff and Lachlan were all seriously in discussion. It seems Beth was lost! Must be delirium! "She ran this course only 3 weeks ago" said Brian. Off he went to find her.

Rob Sharpe—Gavin's pacer was waiting and ready to go. So great that he could cheer on the Bush runners across that finish line. Not long after, Beth crossed the finish line with a 100km female record of 12hrs 36mins. Phenomenal! Well done Beth!

Next over the line Michael Sims, 4th overall with 12hrs 52mins. Michael looked so fresh as he crossed the line and even after. The training must have been right and as we know, the conditions were perfect!

Next was Millsy for his first ever individual 100K 13hrs 25mins—fantastic to knock so many hours off his 100km team time. He was a little unsettled coming to the finish but looked good and was ecstatic with his time. Then Noel at 13hrs 31. Next in was Nathan at 14hrs 27mins, a brilliant time for a first time in 100k (108K) Ultra!

Thinking of Sims, Gav and Andrew Laysons times last year of 15hr + this year it was fast group!

By this stage Rob Sharpe was ready and waiting! I was a bit excited for him too—checking out he has all his knock knock jokes for

GNW 100s—A long long day by Bek Markey



Gav to keep him running away from him. In all the excitement, Rob presents me

with his spectacle snapped clean in half! This was minutes before Gav was due to arrive! Have you any gaff tape he asks!! What?! Have you another pair? I say..No?.. So OK lets think MacGyver here.. No Gaff tape, but have got elasto-plasts for blisters.. So the operation save Robs glasses began. We had decided not to tell Gav but let me tell you, it was hard not to miss those glasses! (see photo!) Gavin ran in looking and feeling good at a little after 8pm—14hrs30 (1 and a half hours better than last year). It was night and although it wasn't cold you could tell the temperature was dropping. Gav told me he felt fine with his shirt, I hoped he would put thermals on but he does know best. I'll get him at the next checkpoint.

Rob was chomping at the bit to get a move on broken glasses and all. A fast 10min turnaround and then off they went.. This was it. My husband was on to conquer the 100miles, and I couldn't have been prouder at that moment.

Off to checkpoint 5! But just as we were leaving, Noel rocks back into checkpoint 4 and lets us know he is not continuing onto the finish the 100 mile. He wasn't injured, he just didn't feel like it! I suppose if you've done so many 100milers, shouldn't you be able to not do it if you didn't feel like it!

With Noel out I had lost my company for the night, Jeff and Lachlan. Hmm this was going to be interesting with my brilliant sense of direction! To my thrill, after seeing that Noel was OK, arranging a lift for him to get home. Jeff gave me the exciting news that he was going to stay with me! YAY!

So now off to checkpoint 5. We got there and decided to catch some zz's, it was hours before they were due in so I had my alarm set for 1.30am so I could be there for the

estimated 2am arrival. I had noticed the temperature drop in the car. I was now wearing 5 layers—3 cotton, one sweatshirt and one jacket AND I had a blanket over me whilst I slept but I was still cold! Definitely was going to make certain that Gav had the thermals on this checkpoint.

We waited and waited. Runners that Gav was ahead of were coming in and I started to worry quietly but I knew he was in good hands with Rob and they would call if there were any concerns. Gav and Rob eventually came into checkpoint 5 at 3:15am. Gav was cold and thank goodness for Jeff and his faithful brown blanket! We rugged Gav up gave him some soup and a rub down and then he said he was good to go. He did change into his thermals and he changed his gear. He said he felt good so off they went! Again, I couldn't have been prouder of this man. He had trained SO hard for this event and was definitely ready both in body and in mind.

It was only after he left that Jeff commented that he thought Gav was shivering with hypothermia. Oh, no. I had no experience with this, so I was grateful to have Jeff to advise me. Should I have given him more soup and kept him there for longer? Should I have made him put on his thermals? Should I? .. Should I?.. Should I?.. There were so many things going through my mind, but I had to take comfort on the fact that my husband knew his body and he is not going to put him himself in danger. Thank God for Rob!

So again it was pack up time and we were off to Somersby to checkpoint 6.

It was here that I was shocked to learn of the many drop outs of runners. I was new to this leg of the run so everything was an experience, but when I spoke to support crews who had just received word that their runner was dropping out due to the Pacer taking them too fast the last leg, I realized how precise you need to be with your pacer. I was definitely naïve to all of this and on a fast learning curb. I was also hoping that Gav

was OK.

It was about 15 minutes after this when I received the call from Gav. That was it. He was out. The muscles in his legs were not responding well and they were making a VERY slow track. Could I pick them up. Quietly I shed a tear for my husband's hours and hours of relentless training. Days where he had spent running from early morning into the night. Nights where he had started running and ran into the early morning. Damn the cold that had suddenly arrived in November. Bugger that we didn't put his thermals on.. And WHY didn't we give him more soup and warmed him up before he headed on. How could we have known.. but we will for next year!

By Bek Markey



SLOW DOWN! By Mike Antonucci Completerunning.com



If you could determine the one bit of running advice dispensed and received more often than any other, it would probably be “Go out slow.”

It would also be the one bit of running advice most frequently ignored.

At CompleteRunning.com the most popular article of all-time is [100 Beginner Running Tips](#), at least five of which have to do with slowing down.

When it comes to other running advice, we usually get the picture after one bad experience. We remember the BodyGlide. We don't wear brand-new running shoes for our first marathon. We don't eat [fettuccini alfredo](#) before a race.

But it seems as though everyone—no matter

their experience level—has recurring bouts of going out too fast and then struggling at the end. Mathematically it doesn't matter if you run the first half of a 10k in 20 minutes and the second half in 25 minutes, or vice versa, but it's guaranteed to feel a lot different.

It's reasonably well-established that for distances greater than 5k, you will average a better speed over the course of a race if you start more slowly than your goal pace, and gradually build up to it. The problem is our bodies naturally want to go faster while we feel fresh and slower when we feel tired. It takes some mental discipline to overrule our physical tendencies. We don't always manage it.

CompleteRunning took a look at the results of a race with which they are familiar—the [California International Marathon](#). It wouldn't be fair to compare the first and second halves of the Boston Marathon or the New York Marathon, both of which are much more challeng-

ing in the second half. But the California International Marathon touts its reputation from Runner's World as “a fast, if not the fastest, course in America.”

The reason for this is because the first half of the marathon has gently rolling hills, while the second half is almost entirely flat or downhill. Yet an examination of the [last year's results](#) show that of the top 25 finishers, only 3 ran the second half faster than the first (“negative splits”). And one of those was only one second faster.

If the top runners in a race built for negative splits can't fight the need for speed, what chance do the rest of us have?

Only one: use your memory. Resist the urge to bask in how great you feel at the start of a race and how effortless it all is. Instead, remember your last gasping, stumbling finish. Once you experience the thrill of passing mobs of burnt-out bonkers in the latter miles, you won't want to go back. Try it!

BBR—A Year in Review 2012 by Brian Cardelli

The year is almost over and looking back what a year 2012 has been within Berowra Bush Runners. The BBR Committee met at the end of 2011 in preparation for 2012, as a number of new changes and new ideas that were trialled during 2011 would be fully implemented in 2012.

We saw the year start with the 25 year anniversary of the club, from humble beginnings of a group of mates wanting to run on a regular basis to the club now sporting over 90 members including many junior runners. To cement our anniversary in print, R4YL did a 4 page feature on the club and members which in turn has given the club recognition to many surrounding clubs and then the Hornsby Advocate again featured the club in a local write up.

Then there was the introduction of the 5km Handicap. This has been instrumental in the Club reaching out to another group of runners, young and slightly older alike. Ryleigh Markey is the inaugural Champion of this year's event and has proved that determination and perseverance, as well as a few PB's along the way are what it takes to win a Handicap. This is something that Stephen Mills has done all year which sees him as 10km Handicap Champion for 2012. For the rest of us we can keep these things in mind for next year's handicaps.

The monthly handicap races have continued to be well supported, with 2012 seeing more than 100 people register a time in the handicap (up from 73 last year). While some of this growth is due to the 5km event, I'm sure much of the attendance can be attributed to the goodies on offer at the post run break-

fast and prize giving. We have seen a few members think outside the box for breakfast and come up with creative and delicious foods including homemade muffins, porridge, and yoghurt with muesli. This has certainly set the bar very high and we are now becoming accustomed to such a luxury. Handicap prizes this year have been a mix of wine, Wrigley/Mars products and vouchers from local businesses including Bambino's Too, Berowra Hardware, Berowra Tavern, Blumes Meats, Confectionary Hub, and Mel's Hair and Beauty.

As a not for profit sports Club the Committee are always looking at returning surplus funds back to members. This was achieved through the partially subsidised running singlets and free running hats given to full fee paying members. It has been good to see these garments well received and makes it easy for members to identify themselves at running events outside the Club. Perhaps we can take our presence to another level by holding a photographic competition to see who can come up with the most creative location to wear a BBR singlet or hat.

Special events throughout the year have included the Beep Test, Urban Rogaine and the upcoming King of The Mountain. The Beep Test was held twice this year. It is a horrible fitness test whereby you exert yourself to the maximum then after a short period of recover you get the regretful feeling that you didn't give it your all. But you shouldn't worry about that as it is going to return in 2013 and you can try even harder. The Urbane Rogaine proved to be a huge

success. It probably had a few local residents in a state of alarm as an endless stream of teams consisting of frantic runners stood outside their houses counting various items of seemingly little importance. I'm expecting this to be so popular next year that we will be charging admission. The KOM will once again be an all-out up hill sprint from Bujwa Bay up to Cowan Oval. This is the only event on our running calendar where the slow runners let the fastest runners shine, and perhaps even win.

Our Social Afternoons at Berowra Tavern have been well attended and received amongst members. It has served as an opportunity for members to bring along their partners and children to make a ruckus at the Tavern and talk plentifully about the things that runners talk about, namely recent running events, running injuries and of course future running events whilst enjoying a cold drink and a nibble or two.

And of course we wouldn't be able to reflect upon the year that was in Berowra Bush Runners if it wasn't published in the highly popular local running newsletter, The Bushrunner. Our bi-monthly newsletter gives everyone the opportunity to contribute their running achievements, share their stories or just admire the photos from Bek's runs.

I hope you have enjoyed 2012 as much as I have. We have Running Wild Fitness to thank for their support throughout the year, and I look forward to making 2013 even bigger and better with you.

Brian



GET YOUR SHORTS ON AND MEET US SUNDAY MORNING 7.15am

It's 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, heading into 2013...

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 Jan for the Feb/ March 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)



Brian Cardelli	Jackie Watts	Peter Fallows	Chris Graham	Rebekah Markey	Michael Sims	Kevin Heaton
President	Secretary/ Treasurer	Web Master	Handicap- per	Sponsor- ship/ Publicity Newsletter	Facebook	Facebook

THE BEROWRA BUSHRUNNERS COMMITTEE

BEROWRA BUSHRUNNERS... www.berowrabushrunners.com

HORNSBY FITNESS FIRST has a special offer on at the moment for all Members of Berowra Bushrunners.

See Rebekah for a free week pass and then speak to Luke Mungovan for membership offers and details. 02 84458482

Enjoy the rest of the year on US

Join now and pay no membership fees until January 3, all you pay is your start up fee.

That's a month of free fitness, and the best kick start your New Year's resolutions ever had.

There are so many reasons to join Fitness First, including:

- **Convenience** - we have 6 clubs located in the North West
- **Awesome Facilities** such as cardio theatre, freestyle training zone, swimming pool, cycle studio, relaxation zone
- **A free personal training session**
- **A 14 day comfort guarantee**
- Easy **join online** option
- **Great membership options** including a month-by-month plan
- **A wide range of social group fitness classes** like BodyPump™ and BodyAttack™

Make the world a fitter place

