



## WHAT'S IN THIS NEWSLETTER

In this JUNE edition of The Bushrunner you will find varied stories and news contributed by our club members and supporters.

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**Congratulations to Beth Cardelli on her awesome run in The North Face 100. 1st Female to cross and a PB in the process . Full story on page 11.**

### FAREWELL IS NOT FOREVER..



All good things come to an end.. But with all endings come new beginnings! It is with sadness in our hearts as we wish Balaz and the Molnar family good bye and good luck in their returning move to Hungary.

Balaz and his family have run with the club for the past 2.5 years and have enjoyed the "mad-for-a-bushrun group of mates". This Sundays handicap will be the last for Balaz so make certain you take a moment to wish him well. From all the Bushrunners to Balaz and the family. Goodbye doesn't mean forever.. This club has run together for 26 years, it will still be running when you get back. So come back soon! If you have been planning to get that European race under your belt, now's the time to make your plan. Have a chat with Balaz now.

### JUNE CALENDAR

Sunday June 2	BBR Handicap Traditional (10k) or 5km
Sunday June 9	Cowan via Bush (Turner to Glendale)
Sunday June 1	Ferry Run via Alston-Currawong
Sunday June 23	Sam's Creek Run
Sunday June 30	Cowan via Highway

### JULY CALENDAR

Sunday July 7	BBR Handicap Reverse (10km) or 5km
Sunday July 14	Bush Run—Reverse
Sunday July 21	Ferry Run via Berkeley
Sunday July 28	Berowra Rogain
	Social Event at Barnetts Lookout

**THE BEROWRA BUSHRUNNERS** a local group of runners that enjoy the natural beauty of the Berowra and surrounding bush land. The Bush Runners meet ever Sunday morning at Warrina Street Oval Car Park at 7.15am (cnr Hillcrest and Warrina Streets, Berowra). The first Sunday of every month a 5k and 10k Handicap is held along the streets of Berowra.

For further information please see [www.berowrabushrunners.com](http://www.berowrabushrunners.com)



## BEROWRA BUSH RUNNERS RESULTS PAGE 2013

### 2013 POINTS LADDER

#### 10km Handicap

1st	Nathan Parker	33.5 points
2nd	Peter Edwards	28 points
3rd	Joseph Jones	26 points
4th	Ted West	25 points

#### 5km Handicap

1st	Lily Mills	8 points
2nd	Alyssa Markey	6 points
3rd	Ellie Gallagher	6 points
4th	Coen Loffel	5 points

### EXTERNAL RACE RESULTS

#### 6ft Track

Chris Graham	4:00:05
Nathan Parker	4:13:11
Dave Gallagher	4:13:22
Michael Sims	4:23:28
Stephen Mills	4:29:14
Andrew Layson	4:35:06
Kevin Heaton	4:39:31
Marc Psalia	5:04:00
Peter Nuttall	5:41:50
Lachlan Hodder	5:46:30
Jeff Hodder	5:59:55
Noel Annett	6:00:40
Peter Thomas	6:14:34

#### 45km 9th March 2013

### CORPORATE GAMES 10K

Michael Sims 41:31 (9th overall, 5th age group)

### CANBERRA MARATHON

Chris Graham 2:59:23

### CANBERRA HALF MARATHON

Andi Hucker 1:29:35

#### Canberra 5km

Ben Graham 21:35 (1st in 0-12yr division)

Matt Graham 25:04

Michelle Graham 25:50

### SYDNEY MORNING HERALD HALF MARATHON

Andi Hucker 1:25:09

### SYDNEY 10

4TH MAY 2013

Ryan McKendrick

### THE NORTH FACE 100

Beth Cardelli 11:01:42 1st Female

Gavin Markey 12:29:14

Kevin Heaton 13:46:59

Lachlan Hodder 14:29:45

Ben Ryan 19:33:29

## A WORD FROM OUR SPONSORS



### Special BBR offer!

The Frontier Store in Crows Nest are offering a special deal for BBR members. Just drop into the store at 391-391 Pacific Highway, Crows Nest and mention you are a member of BBR, or enter the code "BBR" on their website and receive 20% off everything in store excluding sale items and GPS units.

Offer valid from June 1st-August 31st

<http://www.thefrontier.com.au/>

# THE BUSHRUNNER



JUNE 2013

BEROWRA BUSH RUNNERS DOT COM

BY PETE FALLOWS



The Web. The Net. All The w's. That interweb thingy. Whatever it is that you call it, BBR is there - we are on the world wide web. In case you didn't know, I have the title of web master for the club, so I thought I should let you know about a bit more about our website - what's there, some problems we've had & how to fix them, and future plans.

The results from the survey that we put out to members last year were that 25 people (out of 26) said that they visited the club's website. Presumably that means that one person doesn't have a computer.

So you all obviously know where our website is (yes, we have a dot com extension, no ".au"). And the good news from the survey is that people are generally using it weekly or monthly.

## What's there

The survey responses told us said that main uses are firstly, **handicap results** - to find out how well you've done last month, and who you need to nobble in order to win the handicap; and secondly, **our running calendar**, to find out where we are running each week.

There are other things you will find on the website, such as:

- \*Maps of the tracks we run, both old style with markings on a map from the street directory, and some with links to Garmin GPS output
- \*Newsletters (both current & an archive of older ones)
- \*Membership forms & details of our bank account (in case you need them)
- \*Club history, including old results of members and archives of some newspaper clippings
- \*Some photos - check out the fashions of earlier years
- \*Links to our sponsors, other websites and us on Facebook

It is a great set of information about our club. In line with how the website operates, that survey which was done last year was sent out by email. Not that there's anything wrong with being old school - the website is not set up to be interactive.

## Problems

Barring anything going wrong, the website is available 24/7. Amazingly, I have heard of a website which is only available in business hours. Some time during the last year, however, berowrabushrunners.com went down, so I shouldn't mock any other websites which only operate during business hours.

The reason that our site went down was because we have a cheap (free) plan with doteasy, our web hosts, and so when we went beyond a certain limit of traffic in the month we were cut off. The site was back up by the end of the month, but it did mean that no one could view the site for a few days. If that happens again, please let me know. And, worst case, if you can't find out the what run is on the calendar on a Sunday, just make it up.

Also, recently people told me of problems with not being able to get on to the site. This was again due to our cheap (free) web hosting plan. The solution was to re-set the bookmarks, or enter the site via google, click through some other part of the site, or type in [www.berowrabushrunners.com/index.htm](http://www.berowrabushrunners.com/index.htm) in the address line. If all else fails, again, please let me know.

## Future plans

As you may have noticed, our website is cheap. The proportion of our membership fees which goes towards the website is very very small. We did sign up for a 5 year arrangement with doteasy in 2009, so in some years we don't actually pay anything at all.

You might have also noticed that it isn't particularly modern. It was built using a piece of software called FrontPage, which Microsoft don't even support any more. So if you are looking at the site, remember that it is a relic from the days before people had the internet on their phones, back when tablets were what you put in your mouth.

This year we plan to bring the site into the 21<sup>st</sup> century by updating the look and feel of the site. Essentially this will make it a site which looks more like most blogs, and is able to be updated by anyone, rather than just by the webmaster.

There were also some great suggestions that were part of your survey responses as to what could be put on the website. We would love to put in links to blogs of club members - after all, it is your club. But whoever requested more attractive photographs of committee members, you're dreaming.

## Pete Fallows

peter@berowrabushrunners.com

## WHY I LOVE MY WIFE



Since I returned to running several years ago, I have come to appreciate my wife even more than I did before. Here are just a few reasons why.

She has the joy of listening to me discuss my latest ideas/ thoughts/ discoveries about running from the moment I wake up (and I am a bright sparky morning kinda guy). How many runs I will do this week, whether it's a recovery week, whether I have a long run planned, why long slow runs are important, why short fast runs are important, why hills are important, fat burning facts, who I am running with, hydration and nutrition strategies, which gel goes down easier, whether I need new shoes, how the new socks are going, should I wear undies or not, the agony of chafing and the benefits of various anti-chafe products. I know that deep down inside she is fascinated by it all, although she did comment once "do we have to talk about running every morning". I did take the hint, but have occasional lapses which she forgives.

Despite me being a troublesome vegetarian (and she a resolute omnivore), she looks after me. She knows that when I have a longer run approaching I am going to be after pasta meals and plans accordingly (not that she is my kitchen bound love slave – she just loves to cook). She also knows that after a long run I will be eating the house bare, as well as drinking all the skim milk and MILO in sight. Of course I hate skim milk except after a long run. Disgusting stuff. However, when it is mysteriously gone the next morning when my wife wants a little skim milk in her coffee.....oh dear.

Speaking of food, apparently going out to a nice restaurant, and sitting opposite a sore and sun-burnt husband who has just run for hours in the sun, who is drinking jug after jug of water, as well as adding a mountain of salt to all his food, is not overly romantic.

Of course any wife who purchases a new snazzy laptop would surely love to go online, click "bookmarks" and discover a wide variety of popular (and maybe even some downright obscure) running related websites that hubby has been looking at. All of which seem to contain the word "run". I sometimes think she might be happier if I DID search for porn.

She is tolerant of the hours spent at the computer on mapmyrun and Google maps working out how far runs are, where interesting little side trails lead, variations to existing runs, and uploading runs from my GPS watch. Not too mention the hours spent constructing the perfect playlist on a variety of iPods and mp3 players (because one is not enough). However, I am becoming more house trained and use the old PC these days after I wore her patience thin using her snazzy new machine a few too many times. Apparently she bought it for work purposes, not to encourage my interest in running. Who knew ?

Whilst on the topic of computers, how many cool books about running can you buy online through Amazon!! Ask my wife. She gets all the emails confirming purchases on her account.

Since running, I have tried to be helpful with the washing. Well, I thought I was being helpful rinsing and drying my running gear in the shower (where it then lay in a heap alongside the band aids that I fell from my nipples in the shower) instead of putting it up in the washing basket. Apparently not. It just made me a very smelly man in polyester. Epic stinky fail.

If only I felt the trade was fair. She goes to the gym at normal, sane times for normal, sane periods of time. I go on night runs or get up at dawn and disappear for a day (or two). She does lots of washing and cleaning while I mow the lawns and do the gardening – sort of. If I'm not too tired from running. We both buy shoes of course, but she buys lovely shoes. I buy running shoes, and special socks, a variety of running tops (that have an interesting smell at times), as well as head lamps and other stuff. I also have water bottles, hydration packs, containers for gels and energy bar, and mouldy hats of all shapes and sizes all over the house. Yet she smiles and occasionally mentions that it's getting hard to reach the clothesline because the grass is a nearly a metre high.

Which only makes me love her more.

By Rob Sharpe



## Canberra Half Marathon

Sunday 13th April 2013

I ran in the Canberra Half Marathon on Sunday. I had a plan to try and run an even pace at 4min/km for as long as I could with the aim of breaking my PB of 1:26.03. The first half of the race went solidly covering the 10.5km in 41:42 meaning I was 18secs up and running at 3:58/km pace. I felt comfortable enough up to 17km and was still about 15secs in front on 4min/km pace but my legs were starting to feel the pace. I managed to talk to myself into keep pushing and to not throw away the effort I had given so far. I made it to the 20km mark knowing that I was on track for a big PB and it was now whether I could keep under 4min/km pace which would give a 1:24.24 result. The last 1km of the race is a long straight probably close to 1km long before a sharp right hand turn and 100m to the finish. I pushed as hard as I could up the long straight and rounded the corner for the last 100m and saw the time clock reading 1:23.43. I sprinted as hard as I could (or what I thought was sprinting at the time of the race), and as I crossed the line I just went over the 1:24 mark finishing in a time of **1:24.06** and a PB by nearly 2 minutes and finished 37th in the men's race and 44th overall out of just over 2000 entrants. I celebrated once back at home with a couple of refreshing beers with the family.

## Sydney 10—Olympic Park

Saturday 4th May 2013

I went into the NSW Road Race Championships or otherwise known as the Sydney 10 a little under 3 weeks since my half marathon run in Canberra. I was feeling fresh but had not done too much hard training since recovering from the half. I still wanted to post a PB and was aiming to break the 37 minute mark.

There were around 700 entrants for the race but I knew from previous years of looking at this race result that the quality is very high with about half the field going to break the 40 minute mark. I positioned myself about 5 deep from the start line which I was happy with as I wouldn't lose any time waiting for the crowd to surge forward. The starters gun went and we moved off at a fast pace. I was targeting 3:40min km's to get to my goal time. However the pace of the race at the start basically meant that you had to keep up with the mob or risk being tripped up from behind.

I went through the first km in around 3:30 and kept that pace on up until the second km again in 3:30. By now the field had thinned out and there was room to get into your own rhythm and pace. I started to slow slightly in order to make sure that I didn't blow up a few km's short of the 10km finish line. Thankfully in my favour was the flat course although there were a total of 5 turn around points on the course which really did impact on my rhythm and no doubt everyone else's because of having to slow down and then get going again.

The half way point was right outside the Olympic Stadium and was the third of the five turn around points. I went through in 18:05 or 3:37km pace. I knew that the first couple of hard km's had hurt me somewhat but I was well up on breaking 37min so it was now a matter of telling the mind to keep the body pushing.

As the next few km's ticked by my time gradually was slipping but by only a second or two overall. Just after the 8km mark was the final turnaround point. My thoughts now were to concentrate of keeping the pace going as the course was heading back to the finish line. I tried to make sense in my head what I needed to do to keep the time under 37min and I think I went through the 8km mark just over the 29minute mark meaning if I ran the last two km under 4min pace I would make it.

The mind games were in overdrive but I find if I verbally keep telling myself to keep pushing, my legs tend to find a way to keep turning over at the desired pace, although I'm not sure what other people around me think when they hear this guy talking to himself.

The finish line came into sight directly opposite the Olympic Stadium and right next to the Olympic Cauldron that still remains. I crossed the line in 36:50 to well and truly crush my previous best of 37:24.

The second 5km did drop away a bit covering it in 18:45, but I really had no choice but to go with the flow in the first 2-3km.

The course is a really fast track despite the 5 turnaround points. Evidence of it being fast is that the winning time was 29:36 and 245 runners broke the 40min mark.



## RACE REPORTS—SYDNEY TRAILRUNNING SERIES BY JOSEPH JONES

I'd never run a trail-race before, so when Brian [Cardelli] emailed me about a local three month competition at Bobbin Head as part of the Sydney Trailrunning Series and said that I should give it a go, I was quite nervous. I'm the type that prefers to keep the bush for training, and stick to the flat, hard and fast roads to race. However, you can't ignore it forever, and this is probably the closest trail race that will come my way in a while. I signed up for the 6km series, three races in March, April and May on different Sundays.

### **RACE 1: 17th March: 0:27:02**

Waking up I had the usual pre-race butterflies in the stomach. Yes, it was only six kilometers, but it was six kilometers through the bush, in race, with people all trying to win. The thought that someone could easily shoulder you from behind straight into a tree or boulder was still with me.

Arriving at the tent I was welcomed warmly by the staff, who gave me my race pack, as well as a show bag (as every child, no matter how old, somehow seems to never get old of having), including a T-shirt of the Sydney Trail running Series. Tempting as it was to wear it, I've got a habit of wearing the Berowra Bush Runners singlet for races, and now wasn't the time to change for me. It wasn't long before I recognised familiar faces like Ted West, Nathan Parker and Craig Opie, which made me feel better. Although, what made me feel nervous was seeing a very fast and fit Bradley Medworth (along with mother Carrie and daughter Mikayla) who was going to run the 6k, and no doubt in a quick time, which had me on the edge.

After a quick warm up I made my way to the start tent, where it would be a mass start broken into waves separated every one to two minutes. Being in the six kilometer race, I'd be in the last wave to leave. It felt like a while, but soon enough the horn sounded and we were all away.

I saw the gap up front shrink to a one person wide passage, so put on a bit of a kick at the start, otherwise you'll end up behind the majority of people, some of whom walk the first part.

Mind you, I'd forgive them for doing so; forget about easing into the race, immediately after the first fifty meters of the race comes roughly a 1.5km steep uphill ascent. My first thoughts were "Its my first trail race, and I don't know if I'll even make it past the first kilometre!".

Never before had seven and a half minutes passed so slowly in my life. It felt like heaven just to break onto some relatively flat ground. What's more, I was in the lead! I couldn't believe it. Could I possibly win? I'd never won a race outside of school and Broken Bay cross country, so this felt a bit strange to me. However, second place wasn't giving up easy, and I hate to say this, but looking back on it, was probably using me as the workhorse of the pair.

We pushed on, me still leading, all the way past the flat and long, steep, downhill descent. I want to go faster on those, but I tell myself I'll be faster now than I would be crawling along with a rolled ankle.

Out of the bush and into the clearing. My watch says about a kilometer left, but the guy behind me zooms past like a man on a mission. I round the corner shortly afterwards and there's the finish line. I desperately try to sprint to catch up but it's too late. I didn't know how to feel. My main feeling was amazement. I was really pleased to come second. At the same time though, I was disappointed not to take it out when it was so close.

Mum and Dad were at the finish line, ready with water and towel. Nothing satisfied me more than a clean shirt and a drink. A quick change, then half an hour later we had breakfast by the lake, and stayed for the presentation.

During the period between the race and the presentation Craig introduced me to a journalist called Chris, who got some of my details down and a few pictures of me, which confused me. All I did was come second in the 6km, what's all the fuss? It made me feel great though. First or second, I didn't really care. I had great fun racing, and experienced a trail race as something new.

By Joseph Jones



## RACE REPORTS—SYDNEY TRAILRUNNING SERIES BY JOSEPH JONES

### RACE 2: 21st April: 0:27:31

The good news is that now, I had a trail race under my belt, and had a better understanding of the course. I also knew that there'd be an absolutely enormous hill first up, which I admit was a bit of a surprise in the first race.

I pinned my race number on and went on a warm up jog up and down the lake. This time I saw more Bush Runners, like Beth and Noel, no doubt out to blitz the rest of the field. Seeing everyone doing the twelve kilometer made me feel like I should have done the same, but then the thought of another repeat of the start hill came into my head, and I quickly changed my mind.

After watching all of the 12km racers set off, it was the turn of those running the 6km. Siren goes off, and we're all at it again.

I lead the race up the hill again, but I can't see the man that beat me before. I start to feel positive. Yet, there's a young boy hot on my heels as I climb, and he's making an extraordinary effort, and furthermore Bradley's not that far behind. Its certainly not going to be easy!

I gradually move away from the rest of the field, and start to put on a bit of pace so I can overtake a few of the 12km racers before we move into single file for a few hundred metres. "Just keep running" I tell myself "... and don't stuff up."

As I come to the downhill path, there's no-one behind me, which gives me a bit of confidence, but also a seed of doubt plants in my mind. There was a ton of rain yesterday, and I didn't want to slip and fall now, not when I was so close and still had another race to run.

Although in a slower time than my first run, crossing the line first was great. I was enjoying the feeling, then shortly afterwards a young boy crosses the finish line. Wow, what a run he must have had! Bradley also comes home in third, a good effort from him.

We didn't have time to stay for the presentation, and left early. However, it is fortunate that Brian did stay, and collected a prize on my behalf, which was a race watch with a GPS and heart rate monitor. Thank you Brian.

Well, second place in race 1, first in race 2, what would race 3 hold for me?

### RACE 3: 12th May: 0:26:27

Getting up was a struggle on such a cold morning, but I had to get motivated to move. The last race of the series was in less than two hours. Better get something in me and head off. Mum and I drove down and walked over to collect the race pack, which is fortunately providing a good amount of safety pins for me, just in case I need to provide my own for a running race (or use them for their actual designed purpose).

From then on, it was the usual. Meet the guys, have a chat, warm up, small jog. Only there was one small difference. "I've got bad news for you mate - I'm running the six too!". It was Noel, who was looking for another victory on the back of the May handicap success. Noel's never easy to beat, especially when he's got bush running experience on his side.

The starting siren blows, and immediately five of us in a group bolt up the stairs, surprisingly Bradley storms ahead, only to make a slight wrong turn and had to double back on himself. It is quite confusing though (I was easily about to follow him) and the man to cross the line in the 6km first quickly disappears out of view. For the record, we'll assume Bradley would have won in place of him, had he not made the small error.

The climb feels the most difficult out of all three races, and I'm passed again by another competitor. "This is it," I told myself, "it's time to get a move on." I catch up to him over the next five hundred or so metres, and we run neck and neck until the single file area, where I just manage to squeeze ahead before him.

However, it's karma that backfires on me; as I run through the bush I land awkwardly on the side of my foot and slightly twist my ankle. At first I feel shell-shocked; "Can I finish the race? What should I do? Does he realise?". My pursuer asks if I'm alright, to which I respond yes (I think that was when the adrenaline of the moment kicked in and the pain began to subside), and then passes me when we come to a slight hill. I bide my time before I try to catch up to him, but it's too little too late, as he disappears from sight.

With no one behind me, my concentration now is solely on finishing the race without getting injured. Knowing the course better had helped me with managing the downhill, where to skip steps, stride far, stride short etc.

I crossed the line third, in a personal best time of 26 minutes 26.7 seconds; not bad for a run which could have ended up a lot worse. I talked with the two men who came first and second, and we all agreed it was a tough course, both for the uphill and the downhill.

**RACE 3: 12th May: 0:26:27 continued**

However, there was another twist in the tale; Noel had started in the wave after he was supposed to, and despite crossing the line much later, his net time was the fastest overall, which is how the winners are determined, not by place. To his credit, he'd managed to overtake a lot of people as well, including most of the 6km field and quite a bit of the 12km racers. This pushed everyone down a place, making me fourth, just shy of a place. In the scheme of things though, I didn't really care about it. A P.B is a P.B - whether first or last.

My mum and I stayed to watch the series presentation, where I received a prize for winner of my 6km age category and coming 4th outright.

Looking back on the series, I really enjoyed the whole experience. It has changed my perspective of bush racing, and forces me to look at it in a new dynamic. It's not so much about running fast as it is adapting to terrain, using the environment, quick, light, fast feet, and above all, watching where you place your feet and how you land (and knowing where the finish is. Don't rely on the Garmin Watches all the time, as I found out the hard way)

Lastly, the necessary thank-you and such to the people who helped me when racing. Firstly to Brian, who was the person to initially encourage me to enter the events, as I probably wouldn't have done so looking at a calendar. Thank you again for picking up the prize and delivering it, and for being at the top of the hill on the course to encourage all the Bush Runners to keep going and stick at it.

Thank you Craig, Ted, Nathan, Noel, Beth, and anyone else who just simply said hello to ease the nerves before the start. I'd like to also say well done to Bradley Medworth, who is running some fantastic times at only age 10, with great potential in the future.

Thank you again to Noel, for giving me a (metaphorical) kick up the backside to make me race for time rather than place. Also, even though he's probably not reading this, thank you to the race director Sean, who organized a ridiculous amount with the STS.

Finally, thanks to Mum and Dad, who no doubt would have liked to have spent their Sunday morning's laying in. I really appreciate all the effort and arrangements you make to take me to and from races (I suppose next time I could run to the race?). I'd especially like to thank my mum for, on mother's day, helping me around while I had ice on my foot. I felt like the one who was being mothered.

The Sydney Trailrunning Autumn Series at Bobbin Head was a great experience, and I hope to compete in many more trail races in the future, along with many other Berowra Bush Runners.

**WANT TO RUN A 50 or 100K RACE but don't know which one?**

The **Centennial Park Ultra** will be held on **Sunday, 15 September**.

There are two distances: 50km and 100km.

The course is a fast, flat, scenic and tree-lined 3.54km loop around the inside of the iconic park in Sydney's leafy Eastern Suburbs. It is the only ultra marathon in the heart of Sydney. The surface is packed dirt and gravel. It is an officially measured, IAU Bronze label event.

Electronic timing, kitchen facilities, showers, refreshments, show bags, and lots of fabulous prizes from our sponsors will be provided.

The 100km event starts at 0600; the 50km starts at 0700.

Both events will conclude at 1800.

We would love Berowra Bush Runners to register as runners and as volunteers. Please contact [racedirector@cpultra.com](mailto:racedirector@cpultra.com) or go to the website [www.cpultra.com](http://www.cpultra.com) for more details.

Hope to see you there, April Palmerlee  
Race Director



## WHAT DO YOU THINK ABOUT WHEN RUNNING?

What do you think of while running??

This is a question I frequently get asked by friends and family, especially when they hear that you run 100Km.

Believe it or not, it is actually quite a hard question to answer. I guess in truth, the answer would be something like; "so much and so little at the same time".

But what is "So much?" - here is a list of some of the things that go through my mind, or at least are always not very far from my conscious thoughts.

Jeez "I'm lucky to be able to do this

How's my breathing?

Am I relaxed?

When last did I eat?

Wow look at the view

How are my legs feeling? Are my strides consistent and relaxed?

Was that a Kangaroo?

Ok not too far to the next checkpoint, only 15 or so k's

I love my family, wonder what they are doing right now

Do I need to drink?

I miss my family

Wow look at how that tree has formed.

Ok there's a climb coming up, relax, shorten stride length and eat.

I love my family

What will I need from the next checkpoint?

Can I catch that slow runner ahead, ok he's going at the same speed as me, maybe he's not too slow

Keep positive

Heeehaaa a downhill!!!!

Keep smiling

Where am I?

While this is just a snap shot of about 2 kilometres, it may give you an idea of how busy one of these runs actually is. The main goal the whole time is not to drift off into space and zone out, but actually the opposite and remain in the present, as that is where the best feelings, thoughts, form and energy usage actually happen. It is through remaining in the present, that you can fully enjoy the event and what it is that you are achieving. It is this lesson that I have tried to carry over into my everyday life.

Quite often by remaining in the present, you will actually cover quite a few Kilometres and then suddenly look back and go wow have I just run that? I didn't even realise I had covered that distance or climbed so high. There is a great YouTube video called "this is water", while absolutely nothing to do with running, it is a great example of remaining in the present and changing your perspective of any given moment or situation.

So yes, nothing and everything is what goes through my mind while running, quite often I'll solve the problems of the world as I can see everything so clearly, the only problem is that by the time I'm finished, I can't remember what the solution is....Time for another run.

On some runs however, I really enjoy listening to music, as it gives you the opportunity in a quiet environment to savour that sound or sing along (totally out of tune) and not have your kids roll their eyes and say "not Boney M again!!".

I also like to learn while running, and often take the opportunity to learn through others. I subscribe to a number of running podcasts and find them very informative and motivating, even to the point where I'm now addicted and listen to them while commuting to and from work. Here are some of the ones that I have found to be useful (addictive)-Trail runner nation- Talk Ultra- 180 Nutrition.

So next time you see me out there and I have a puzzled look on my face, just remember I have everything and nothing going through my mind right at that second....

Keep running....

By Gavin Markey

# THE BUSHRUNNER



JUNE 2013

## 42.2 KMS AROUND BERLIN BY ANDI HUCKER

The journey of 42.2 kms around Berlin on 25<sup>th</sup> September, 2005, actually started at 09.00 hours on some May Sunday morning with the first 13+ miler, followed by June's seriously hot 15+ milers, July's 19+ milers and August's 20+ milers, a family holiday which probably gave the legs a good rest but nearly wrecked the preparation, as running 10 km at Headington was not a wise idea : jet lag, a touch of the Bali belly, a very warm day and a start that was far too fast. Nevertheless a few more miles under the belt with a couple of 21 milers before a relaxing ramp down. Then the carbo starvation, carbo loading, pasta night, good nights sleep with a couple too many relaxing beers and its time to jump on the U-Bahn for the short trip to the start.



The weather was mild and clear although some claimed it was too hot despite much of the route being in shade. The start on the Strasse des 17 Juni was packed wall to wall. Everyone had a starting zone, but with 5 minutes to go before the countdown commenced any space would do. The elite numbers are all introduced to the crowd with big cheers, the PA announcer repeats everything in English, and he sounds very excited, but if he was with the rest of us, with 3+ hours of physical exertion ahead of him I doubt whether he would have been so cheerful. Nevertheless, the countdown began 10, 5, 4, 3, 2, 1 and a thousand plus helium filled balloons were released from the runners and drifted slowly toward the crystal blue sky.

Everyone cheers, the music changes beat and 40,000 or so runners set off on the 42.1 km route taking in the various Berlin sites: Victory Column, Reichstag, City Hall, Kurfurstendamm, Potsdamer Platz, the cathedral and many more. As with most mass starts there are runners zig zagging everywhere trying to find a space and get a rhythm going, but the first km is wide and there's plenty of space. Strangely, this section has the least supporters on it, as from about 2 kms the crowds start and there's hardly a space on the route un-occupied and plenty of sections are 6+ deep. In particular at 30km there was a certain German sports brand with a massive stand and a congregation of many thousands making a cacophony of noise, enough to deafen most, and certainly not a place to slow down – in fact it was reminiscent of the noise of the Ashton Gate faithful .... distant memories!

The refreshment areas have to be seen to be believed. There's the personal section for the elite runners then an area for those runners who have arranged for their own drinks to be put out, then there's tables and tables of water, isotonic, tea, bananas, apples, oranges, sponge water all spread out over a 100m section. They just need a couple of waiters to take peoples' orders and all would be complete.

Anyhow,  $\frac{3}{4}$  kms further on the crowd start a Mexican wave, much to the amusement of fellow runners, as everyone out paces it, but it adds to the fun of the day, then there's the signs depicting a mug of beer and 'only 7.1 kms to go' shortly after every km marker. Not that at this stage beer is on the mind as the gradual deterioration of mind and body commences over the last few kilometres. Constant checking of the watch after every km marker and the marbled brain realises that the buffer built up over the first  $\frac{3}{4}$  of the race on the pb is slowly being

eroded and its time to dig deep. Then eventually one last left hand turn, and in the distance is the Brandenburg Gate, looking very proud but more importantly signifying the end of the run, and a 1.5 minute improvement on the pb. But why do the people at the finish all look so much fresher, more cheerful and capable of walking in a straight line – effortlessly?



Anyway, medal donned, picture taken and it's back to the pre-arranged meeting point for that refreshing beer – when in Berlin do as the Berliners, and they love their beer, sausages, Yorkshire puddings filled with mince, noodles, all available in the shadow of the 'Gate. .... And that announcer is still merrily cheering the finishers on, as their supporters gaze up at the massive screen showing the television images of the race. The place is packed with hundreds of aching runners reliving their run, so its time to creep of to a quiet patch in the Tiergarten and doze the afternoon away, but still within earshot of the finish to hear the announcer interviewing an 80 year old finisher.

For the non runner the most amusing piece has to be at the airport seeing literally hundreds of people creaking their way through the terminal and descending stairs in a crab like manner 9 hours after finishing, but dreaming of the next challenge, Barcelona, 26<sup>th</sup> March, 2006 ..... coming along?



## BETH CARDELLI : THE NORTH FACE 100:2013 (TAKEN FROM HER BLOG)

### BETH CARDELLI—FEMALE WINNER OF TNF100 2013 RECORD TIME 11:01:42

<http://bethcardelli.blogspot.com.au/2013/5/tnf100-2013.html#comment-form>

What really impressed me with this year's TNF100 event was the sheer number of PB's from repeat offenders and top performances by newbies on this course.

I have a certain affinity with this event. It is in the Blue Mountains and I love the Blue Mountains. It traverses some of my favourite locations with stunning views. It was my first 100km event and first big ultra. I ran in the inaugural event (2008), which was held shortly after I started running. During the first event all I could think about was just finishing and perhaps getting a silver belt buckle (then available for sub 20hr finishers). I trained as hard as I could and was absolutely stoked to finish, and more so to have done it in 15:30. The lead guys and girls in that year's race managed to finish in 10:22 and 12:45 respectively. I was in absolute awe of their athletic ability and couldn't comprehend how people were capable of traversing such difficult terrain in the times they did. They must have been exceptional athletes to accomplish such incredible times.

After the first year there were rumours that the event might have been a one off, but I was thrilled when entries opened and I was once again training for this epic event. I must have been one of the first to put an entry in. The number of entrants grew and along with it the sport. Reflecting on it people trained harder, gear was more developed and people in general became smarter in the knowledge of how to tackle this beast. This particular year my goal shifted from just finishing to getting another silver belt buckle (now only for sub 14hr finishers). I wasn't sure what I was going to do with a second belt buckle, as I only have one waist, but I wanted another one for what it represented and a new PB in the process. I suppose what I really wanted was to achieve a new goal that I felt was within my reach. My finish time that year was 13:36 and my goal was realized. To top it off I was lucky enough to make the podium to claim second place but I was still a long way from Julie Quinn who was out front pushing the limits to set the first of her female course records at 12:13.

Come the following year the event was building a solid base of runners. My goal was once again simple; as always to just finish. I had trained a little more for this race and was confident of another PB. I was a little shocked when I dropped down into Jamison Valley with Julie in equal first. I had never been in this situation before and wasn't too sure on quite how to handle it. My approach was to keep running within my own limits and what ever happened so be it. Climbing out of Jamison Valley I spent the whole time power walking/running scarred thinking that my lead would be gone in an instant when Julie caught me but she didn't. I was over the moon with my result. At the time it was the pinnacle of my running career. I didn't care that I had fallen short of Julie's female course record by 3 minutes as I had achieved something which just a few short years before I had thought was above and beyond anything I could attain.

The following year in 2011 I was sidelined with injury. It was probably the worst year to miss running TNF100 as the race had attracted a good contingent of international trail runners in the form of 'Team Salomon'. I watched the race from the sidelines and what really impressed me was Julie Quinn's performance. She ran the whole day behind the leading females only to dramatically close the gap in the second last leg, then to capitalise on her gains by taking second then first place to secure the win and the female course record in under 12hrs (11:39). Julie's performance that year reinforced in my mind how important it is to focus on your own race in order to achieve your own goals.

My goal this year was to focus on myself and try to finish in a time that I thought was attainable. I felt during this year's race things went a little better than in previous years. My running felt more fluent. The gear I had performed better. My serviced checkpoints were measured in what seemed like seconds instead of minutes.

Race morning was pretty chilly, no different to any other year. The Fairmount (race HQ) was buzzing with runners full of pre-race nerves. It was great to see so many spectators along the road cheering us on. The first section is quite technical with lots of stairs and single trails which makes it difficult to pass. Hanny Allston was just behind me and politely asked the guys in front if she could get through. I pulled over to let her pass but she declined the offer and said I was fine, how sweet of her. Hanny finally had enough of being behind me and took off shortly after CP1. She flew down Narrowneck. She looked so strong and powerful. I felt so weak in comparison. Shona was out in front at that stage and Hanny was not far behind. I wondered as I lost sight of them both how long Shona could hold Hanny off. I caught my good friend and training buddy Shane Simpson near Tarros Ladders, the same spot I caught him last year and at the same Shona. It's funny how the years repeat themselves.

Ironpot and Megalong Valley passed without any problems and I ran into CP3 to the cheer of my supporters. Mum and Dad were there along with Brian, my aunt and uncle (Sally and Martin) along with the Berowra Bushrunner crew who were out supporting other runners on the course, and the rest of the friendly faces who form the ultra running fraternity.

Going up Nellies I caught up to Hanny where she informed me she was pulling out with an injury and wished me luck for the rest of the race. Hanny had only just decided to step up to the 100km at the last minute to give it ago. With her A race being the Orienteering World Championship in a few weeks' time she made a wise decision to pull out. It was great to meet Hanny and I hope to race with her again in the future.

Continued on page 12..

## BETH CARDELLI : THE NORTH FACE 100:2013 (BLOGSPOT)

In the later sections of the race I found myself catching up to some of the top guys. A few of them had a disappointed look in their eyes as I neared them. I think it was the fear of being chicked. Coming up Kedumba Pass I caught Grant Guise who by this time had lost the spring in his step. Grant wasn't going to let me go on the steep fire trail so we stuck together which made the climb a lot more enjoyable. We Passed Mick going up Kedumba, he didn't look amazing but better than when I saw and passed him at a similar place last year.

Chris Truscott and Matty Abel passed us near the top of the Kedumba climb but Grant and I were very efficient at CP5 and left before both of them. This was the first time I talked about my race goal with Brian, my husband and crew. He said I was still on target but would have to run hard to get it. The last leg is very technical and really does drain the last of your reserves. I put in a massive effort on this last stretch trying to keep with Grant, Grant found a second wind and started flying off and Chris Truscott caught us again. I told Grant to leave me and chase him but I guess my company was too good and he chose to stay. I didn't want to lose him and he didn't want to drop me. Together we made it to the finish line and literally fell over it (in a poor attempt at a leap-frog) in 11:01. Thanks Grant!

When I talked to runners following this year's TNF100 I feel a real affinity between their successes and mine on this course. As tough as this course is, it's the feeling of overcoming seemingly insurmountable obstacles that gives us the biggest rewards. For me it is going from a simple goal of finishing in my first attempt to my most recent result. Though finishing with a time of 11:01 is oh so close to my ultimate short term goal. Oh well there is always next year.

Well done to Brendan Davies who scored a massive PB and CR (amazing!). Also well done to Joanne Brischetto placing 2<sup>nd</sup> Female in her first ever 100km

I'd also like to thank **Salomon Australia** for helping me out with my race kit. All the gear felt really comfortable and worked flawlessly.

Gear for the Race:

Exo Motion Zip Tee

Exo 3/4 Tights

S-LAB XT 5

XT Bandanna II

Active Beanie

Running Gloves

Bonatti WP Jacket

Advanced Skin S-LAB 12 SET

Salomon Soft Flasks



## NIGHT IS RIGHT?

BY BEN RYAN

Running at night is a great way to escape the heat during summer, and for some it is the only time available to train when kids are asleep, the work emails have dried up etc. Running on a trail you have been on hundreds of times during daylight can be a totally new experience at night, and is an essential skill to practice if you want to prevent your pace from dropping during overnight races. Take a look at the checkpoint splits for the longer Ultra races such as the UTMB and UTMF and you will get a good idea for how much the winning times rely on good technique and pace running at night.

Rob Sharpe proudly claims he only spent \$10 on his, yet Beth's lighting setup costs over \$200! Investing in a good headlight for running can help prevent midnight face plants courtesy of tree roots, and is a great way to hone your skills for the longer ultras where running at night is not an optional extra.

As with anything to do with running, there are a multitude of options when choosing a headlight. There is no perfect light yet everyone will have a brand that they swear is the most "enlightening" on the planet. Below is a summary of what is happening in the lighting market and what you need to know before buying a new headlight:

### Safety!

If you are running at night and have a light on you are much more likely to be seen by cars than running without one. BUT - it is even better to make sure that you have reflective stripes on all sides so that cars coming from the side or behind will see you. Check your running gear for reflective stripes and if it doesn't have enough consider wearing a reflective arm or ankle band. Nathan Sports make great reflective accessories to make sure you are as visible and safe as possible.

Getting lost on a trail during the day is bad, but not as bad as getting lost at night. Regardless of how many times you have run on a trail during the day, it is always best to run with someone else just in case. For longer and more remote runs it is not a bad idea to run with many of the compulsory gear items from the TNF-100 (space blanket, backup light etc.) as this will improve your situation greatly if you have a bad accident and need to wait out in the cold for an extended period before help can get to you.

### How bright is bright?

Most major headlight brands now measure and define the brightness of their lights using Lumens as the reference. The Lumen is a measurement of visible light specific to the human eye's ability to perceive different wavelengths of light. Or more simply, the higher the number, the brighter the light!

A general purpose camping headlight will have an output of around 50-100 lumens. This is generally enough to see a well-defined fire trail or road, however if the running gets more technical it is nice to have more firepower so you can aim your light a few steps ahead of where your feet are landing to anticipate tree roots and other obstacles.

A high-powered light for maximum output while running may be up over 300+ lumens. Adam Connor was one of the first people in Australia to use a Petzl Nao last year during the TNF-100 (it helps to have a wife that works for Petzl!) and he said people confused him with cars when running up Kedumba!

**Focal Distance (beam shape)** When running on technical single track at night, you need a beam that is bright and narrow to ensure as much light as possible is right in front of you to avoid mis-steps. However, when running on fire trails and on roads, it can be nice to have a broader beam that floods a general area. Some lights will have multiple sets of optics that can be switched between to change the light from narrow to wide beams.

### Examples of headlights available:

#### Petzl Nao RRP\$199 (the smart light)



The Nao launched last year just after TNF-100. If it had been available before the race I am sure plenty of them would have been seen on the trail as it is absolutely cutting-edge technology aimed at trail-runners. The Nao uses a "reactive-lighting" technology that measures the distance to the area you are aiming at, and adjusts the light accordingly. If you are looking at your feet it dials the light back to enough to see the ground in front of you, and then raises the power right up to full when you raise your head to look at in front.

The Nao is supplied with a USB rechargeable battery pack and is customisable through a computer to set your own specific profile depending on the race needs - for example you can customise a setup for road-running during the week that has longer battery life and lower power, then have a different profile for maximum light output but lower battery life.

Hot off the press! Petzl are launching a new, smaller (and less powerful) model which will be perfect for running on fire trails. The Petzl Tikka RXP will launch in September.

#### Petzl E-Lite RRP\$59.95 (the backup light)



If you are entering the TNF-100 or similar races, then you will be accustomed to reading through pages of compulsory gear lists, and worrying about the possibility of getting disqualified for missing one of the small pieces of gear you hope you will never need to use.

## NIGHT IS RIGHT? CONT'

BY BEN RYAN

The Petzl E-Lite is the perfect light to meet the "backup light" requirements for TNF-100 that is actually useable if necessary. At 27grams including batteries, it is hardly an extravagance to carry and unlike a key ring light it can actually be worn as a headlight, thanks to a retractable wire strap.

### Ayup Lights - \$242 (the maximum firepower light)

Ayup are the choice of champions - Beth Cardelli and Shona Stepenson both race with Ayup which is a solid stamp of approval that they shine far enough to keep up with a quick pace.



Ayup have a very informative website that includes photos of the beam patterns for each setup. This is a great feature as you can see in real conditions what the beam is likely to

look like.

If you also ride a bike then Ayup is a great choice, as they make a series of modules for attaching to helmets and handlebars in addition to the head-mount. It is also nice to support Australian companies - Ayup are all assembled in Australia and are made-to-order, so you can customise the colour and specific features, batteries, cable lengths etc.

### Princeton Tec Fuel - \$44.95 (the affordable training light)

A great option for running at night on roads or fire trails, the Fuel headlight uses commonly available AAA batteries and outputs up to 70 lumens through four ultra bright LEDs. The Fuel has a focused wide beam to provide an even spread of light across the whole trail, which is a nice beam for general purpose - although faster runners will want to look for something with a brighter and narrower beam.



The Fuel has three different modes (high, medium, low) as well as a useful flashing mode which is a great way to be visible on

roads, as the flashing is easily recognised by drivers. Batteries last up to 146 hours depending on the mode used, so it is a very economical light for training.

### Race at Night!

Mountain Sports have added a specific night race to their popular new Sydney Trail Series. Make sure to put this one in your calendar as it is a unique chance to race at night.

<http://www.mountainsports.com.au/night-trail-run/>

### Want to try running at night with the Bushrunners???

There is a group of semi-regular Bushrunners that train at night during the week, mostly on a circuit at Bobbin Head. Check the Berowra Bushrunner Facebook page to see when the next run is on. If you do not have a light yet do not worry, there are plenty of spares floating around with club members so there will always be a spare for you to use until you decide if you want to buy your own to run more regularly.

## THE CAPTAINS 6 FOOT RACE REPORT

