



Knox Roadrunners

September 2013

Welcome to **“What’s said on the run” #48**. This is the Springtime edition. Lots of big runs have been done and we are nearly ready for the main event – the Melbourne Marathon.

Trivia

Our 9th annual Trivia night was held in the Bayswater rooms on 15 June. We had a big night with 74 attending and Neil did a cracker job as usual. Thanks to Neil, Karen and the Woods family for their fantastic effort.

Thanks also to Jacqui Carter who sang and played the music – very impressive. Our “barrel boys” were Grant and Bret.



The boys’ table – not a blue tie in sight and they came in a close 2nd. Tigger & Anthony were also there with Brad, Russell, Toby & Trev

This night made a net profit of \$1,000 which assists us to contribute to the various charities we support.

New members



Jacqui had the audience smiling



Peter, Nicola & Geradine

Welcome to Georgie Wells, Emma Finn, Peter White (yes, another one), Nicola Dawber, Bec Bethune, Rob Howarth and Gerardine Barnett. Special welcome to Brian Murphy who on 6 July became our 100th member for 2013 – the first time we have had 100 members.



Georgie & Brian



Emma&Rob

Know your KR member – Fab#1

Nicole Diamond has been a club member since 2005, has won our Most Improved award and served as a committee member. She has established herself as one very good Marathoner. Having done an Oxfam with her, I can also assure you, that this pocket rocket has an engine which is the envy of many.

If you want to run with Nicole, 3 rules apply. Make sure you are super fit. Make sure you are a good

listener. And make sure you are super fit!



With her distinctive laugh and competitive spirit, it's always fun to run with Nicole. Here is a bit more about the one we call Fab1.

How did you, running and KRR come together?

As a kid I always enjoyed participating in school athletics. In my 20's I kept fit by running around the block a few times a week and when I met Geoff he encouraged me to start running longer distances and eventually 10km fun runs.

In 2001 I joined the Collingwood Masters and met Kim. Kim joined KRR in 2004 and I joined the following year.

Do you do any other training in addition to your running?

Not on a regular basis. Over the years I've had gym memberships and joined yoga classes but running is always my priority and

anything else tends to fall by the wayside.

If you're not burning up the pavements, how else do you relax?

I have been studying Italian for a few years and really enjoy watching Italian movies. I can be found more often than not sitting in a café with a friend or just reading the paper.

Tell us something that we don't know about you.

I really really really hate speaking in public. I'm getting slightly better as I get older but being put in a situation where I have to say something without forewarning is still a terrifying prospect.



Geoff, Belle, Nicole & Harry

The Diamonds are a sporty lot, tell us some more.

Like most households there is some sort of training going on every day of the week but Saturday mornings in our household has for years resembled a busy intersection of two major highways. Up until

recently Belle was a high performance gymnast and is now a coach. Harry plays basketball and rugby and Geoff is a cyclist. It is a logistical nightmare getting everyone to where they need to be, but somehow it works.

What is your most memorable running moment?

I have three:

- Finishing my first Marathon in 2002
- Finishing the Paris Marathon with my best buddy Kim in 2008
- The Fab 4 Team running across the finishing line, Oxfam 2011

Do you have a favourite event and why?

I really love Puffing Billy. There is something about that event, it has a really good vibe, it feels friendly. It is a very pretty run and the last 2-3kms down hill are really enjoyable.

Share with us about your "moment" when the Fab4 arrived at checkpoint 3 on the 2011 Oxfam.

I'm not sure what happened really. We were about 37 kms into the event and we were all feeling quite upbeat and happy. I think it was the reception we received as we walked into the small hall to check-in and check-out. People started clapping us and I all of a sudden became emotional. Silly really when there are another 63kms

ahead and plenty more reasons to get emotional.

How many loaves of bread do you consume each week?

I couldn't possibly divulge that information, let's just say there is always fresh bread in my bread bin. Bread is my biggest downfall and I live within a 5 minute walk of 6 bakeries. Location, location, location!



Why keep running with KRR?

I am a very proud member of KRR. From the moment I walked in the door of this friendly and welcoming Club back in 2005 I was hooked. Running along bike paths, and back streets, through wetlands and parklands, up into the Dandenong Ranges, all the while enjoying conversation and laughter with a great bunch of people, and all by

9.00 am Saturday morning with the whole of the weekend still ahead..... who could ask for more?

Thanks Nicole. Best I brush up on my Italian before I have a run with you again!

Reporter Richo.

Carrum Biggie

This run is one of our iconic KR events. It's the longest club run we do for the year and it has been going for 15+ years. We again had a huge attendance and we filled Big Dave's bus with sweaty bums & dusty bikes for the trip home from Carrum. We are now ready for MM.



Jells Park drinks #1



Dandy drinks #3



Dave & Kathy with 4k to go

Well organised by the Pres and his squat VP and well supported by Big Dave and the riders on the day.



Rob & Kerry

The arrival at Carrum Sailing Club was a blessing even though the day was perfect – cool and overcast, no wind. The water was not as cold as previous years and many smart runners took advantage of a recovery dip.



Brian Murphy & Grant at Thompsons Rd



No evidence of peptides.



Not far to go and all smiles

Special mention to Mark Pryn who turned up 15min late thinking he was early. He ran with the faster pack – no worries. Milan stayed in bed – some mention of a bad back.



My maiden half – Nicky Dawber

This time 12 months ago I was gearing up for the 10km Run Melbourne, a distance which at the time seemed almost unfathomable to me! A knee reconstruction in 2011 meant I couldn't play my beloved soccer, so running 10kms seemed like a good goal to keep me moving. Before the race, 8kms was the furthest I had run in one go, so I was extremely pleased with my 52.15 10km time. Post race I wanted more, it had whet my appetite for running further. I looked at my running buddy Brent and we agreed "Next year we'll run the half!" And so it began.



Registration for 2013 Run Melbourne opened on 19 Nov 2012, and I was quick to book my spot so there was no backing out. I entered the Spring into Shape 14.8km series, and the 15km Run for the Kids in a bid to increase my distance, before stumbling across a group called KRR. Meanwhile, I'd also returned to the round ball game, with Wednesday night training & Sunday games being my 'interval training'!

It was a wet & miserable first day of winter that I came down to the club for my first run, and was amazed to see so many like-minded people up so early on a cold wet Saturday morning who just wanted to run! But it was the perfect fit for me - a convenient location close to home, the early start meant I still had the rest of the day to do other things, and a great bunch of people with a wealth of running experience. Week by week I increased my distance, but it was the Doongalla course on 22 June where I cracked my first 20km, reaching 24.5km, where I passed my mental hurdle of thinking "that is so far!" to thinking "I can do this!"

Four weeks later, Sunday 21 July, race day had arrived and I was excited! Up at 4.30am for my usual avocado on toast, I picked up my friend Brent & into the city we went. We arrived in plenty of time and got a good position at the start line not far behind the 2hr pacers. We were both hoping to break the 2hour mark, but aiming closer to 1hr 55m.



People say running is a lonely & solitary sport. Well not this morning, as I joined 6,000 other competitors to run 21km's through our

wonderful city. The atmosphere was electric, with the sun rising over Fed Square, the streets lined with spectators cheering on their family & friends, and one lone drunk stumbling home from a big night and yelling at us all "Running is pointless! Go home!" I think he was a little outnumbered!



Whilst I was fairly happy with my preparation, I really should have gone to the toilet before the race! My bladder reminded me constantly along the course, and especially as I refueled at the drink stations, but I was setting a good pace and hesitant to stop as I edged closer and closer to the finish line. Oh to be a man, the world is your toilet (although the authorities may not agree). I'm not sure if it made me run faster or slowed me down but I won't be making that mistake again!

It's funny how the mind wanders when you have a couple of hours on your hands.

The first couple of km's flew by as I jostled for road space amongst the other runners and slowly settled into a nice rhythm. At the 3km mark I

wondered to myself "Who ever thought it was a good idea to play opera at this point, at 7 o'clock in the morning? How motivating!" Coming up to the hairpin bend I looked at the runners ahead, searching for anyone I may know. Then after the bend I passed my friend Brent who had slipped about 50m behind me and we high-fived each other as we passed. Coming up towards the 'G I started singing to myself, our President's favourite line "just keep running! Just keep running" sung like Dory from Finding Nemo's "Just keep swimming", which I had watched just the day before. And as I rounded St Kilda Road for lap two, Anchorman's Ron Burgundy entered my head – "I'm trying this new fad called uh, jogging. I believe it's jogging or yogging, it might be a soft j. I'm not sure but apparently you just run for an extended period of time. It's supposed to be wild."



As the kilometers passed, my body started to remind me how far I'd already gone with a couple of little niggles in the knee & ankle, but with only 3km's to go, then 2, then 1, I pushed as hard as I could to get to the finish line. According to my trusty Nike Sportswatch, my final kilometer was my fastest at 4:49, and with the morning sun beaming

down I crossed the finish line with arms raised high in triumph, with a time of 1:49:32. That runner's high had well & truly set in as I stood and watched the other runners crossing the line with a big smile on my face, waiting for Brent who came in 7 mins behind me.

I was stoked with the result, and am now looking forward to the next challenge – Melbourne Marathon!



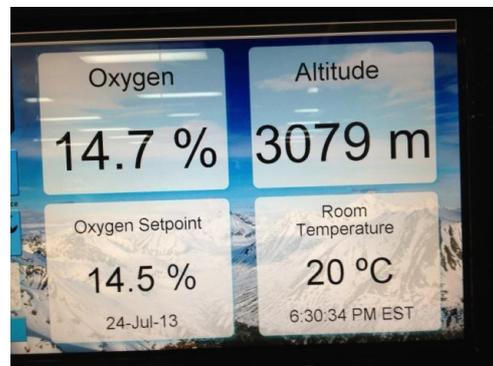
(Perhaps stupidly, I then went on a drive to Mount Eliza to join my team for an 11am soccer game. The team was short numbers, playing with only 10 when I arrived. So I went on to play a less than impressive 75 minutes on very tired legs, and we unfortunately lost 3-1. Probably not the best warm down!)

Nicky J

Editor's note: Nicky ran a strong 38k to Carrum – look out MM.

KR @ Altitude

Bret organised for KR members to attend Bodyology for a free trial of their altitude training room in July.



Neil & Richo @ 3,000mt

Laurie on top in Townsville

Laurie & Lis headed north for some RNR and Laurie thought he would punch out yet another marathon while he was there. He ran 3:28 – another fantastic result and this time in the heat.



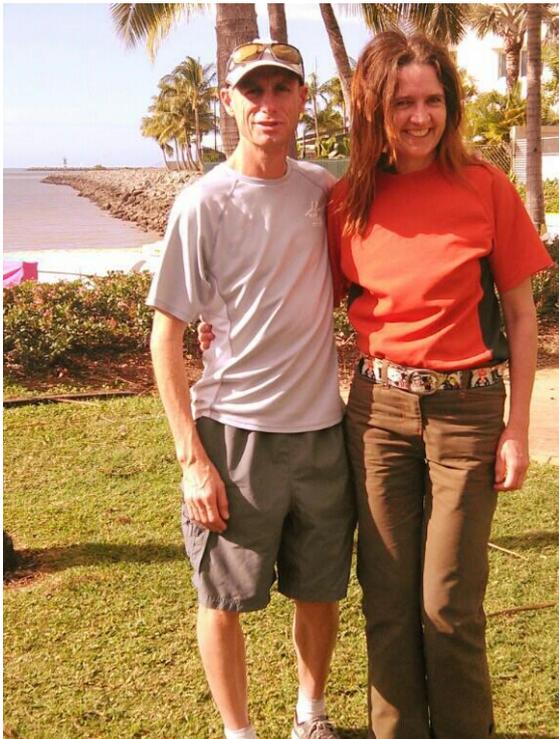
Laurie in the heat on the way to 3:28



Laurie at the finish – where's the support team?



Anja ran the Dolomites Marathon in Brixen, Italy on 29 June at altitude. Tough lady, tough run.



Lis prefers faster men – sorry Loz



Trail running is easy. Gerry & Bret indulging in Danni's raspberry muffins after You Yangs

KR photos:



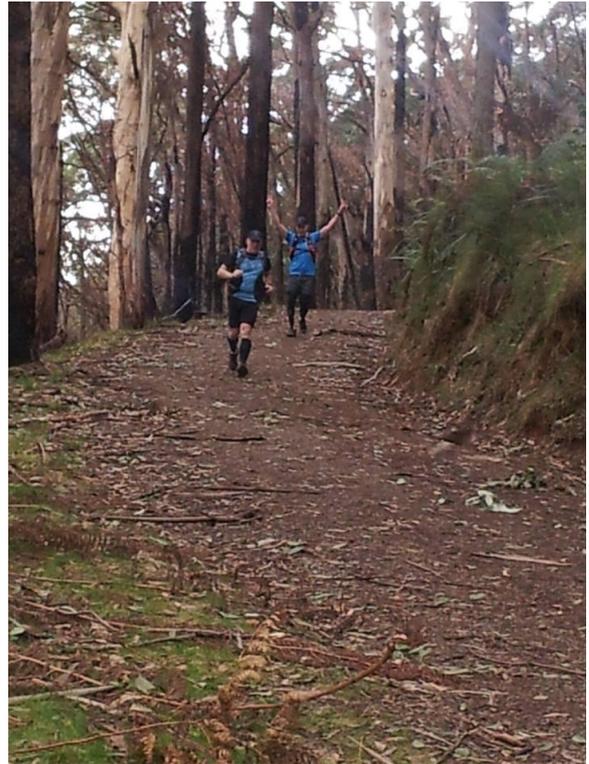
New Hawks supporter Anthony is welcomed to the nest by Gav & DT



Big KR presence at You Yangs



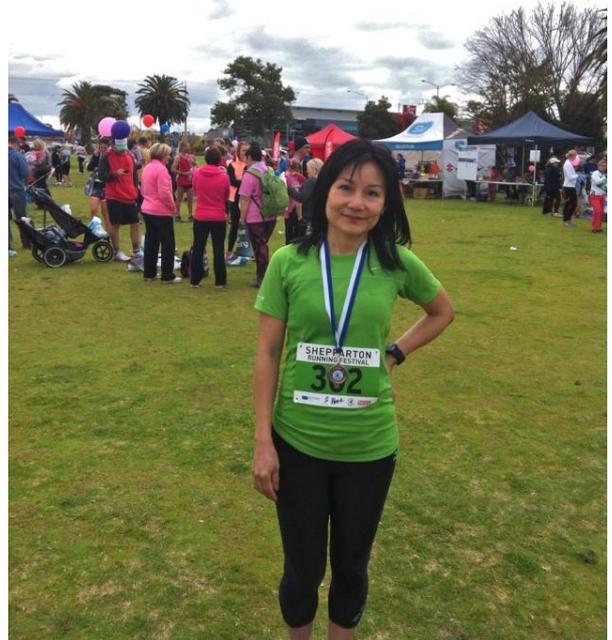
Post run coffee – Vincey & Milan



Yet another photo of our tireless Pres in his hilly element with one of his trail groupies in tow – Adam, the “Young Jedi”



The Tan Ultra – 11 August



Geraldine ran 1:49 @ Shepparton Half on 25Aug



Vic must have lost his KR singlet – whilst on holiday at this Moroccan casino

