



Knox Roadrunners

June 2013

Welcome to **“What’s said on the run” #47**. This is the Winter edition. Our big Puffing Billy and Great Ocean Road events. We also start the long cold morning runs.

Smokey April

We had our twice annual Smokey run from Yarra Bend where we meet up with the Kew Runners. They set a course through the inner northern suburbs of Fitzroy and Carlton followed by a convivial BBQ breakfast.



Derek leading Philip astray



Milan, DT, Neil, Greg with Bill “Smokey” Dawson



Anthony, Mike & Milan on the electrolyte



Gavin loves a clean plate

Puffing Billy



Times are gun times –net times are a minute or two less:

Bryan	50.16
Clarkey	51.01
James Nally	53.55
Anthony	55.24
Marie	56.02
John Sig	57.51
Milan	58.57
Hernan	60.11
Rob	60.15
Pete Seymour	60.58
Michelle	61.27
Nicole A	61.44
Mark	63.07
Helen Stanley	63.11
Nicole D	63.44
Grant	65.06
Bret	65.07
Dave G	65.15
Mike	66.06
Geraldine	66.56
Danni	67.17
Anja	67.56
Linda	68.20
Rowena	68.45
Bronwyn	71.36
Dave R	72.28
Gavin	75.43
Peter W	76.58
Stacey	77.26
Carolyn	77.26
Matt	77.26
Irene	80.00
Jennifer	88.51
Wendy	88.57
Miranda	92.15
Heather	96.47

Another cracker day in the local hills for KR. Big Dave provided the

bus and we clambered aboard for the traditional trip to Belgrave. An hour at Belgrave waiting for the race to start was cold but dry.



As usual we had support on the course with Blackie taking photos at Menzies Creek, plenty of family picking up at Emerald Lake and outside the coffee shop in Emerald there were plenty of KR's cheering us on – Greg, Phil, Greenie, Lesley, Kathy, and Vic. Karen was running around Belgrave at the start – we think she was still lost from the Bayswater run the day before.



Carolyn & Stacey

As usual, there were some wonderful performances. A couple of highlights were Hernan in his first Great Train Race, and Marie did a full overnight shift at work before

blitzing the course. Bryan, John Sig, and Milan all ran their age – impressive. The Whites competed at Puffing Billy yet again, and Rolfie ran it for the 26th time. I'm sure there were several PB's including James Nally running a big PB in 53min.



Gavin & Wendy doing it differently in Emerald.



Heather smashing another Puffing Billy



Top effort by Pete coming through Emerald



After the run – at Emerald Lake

Puffing Billy Special

Sometimes there are even bigger stories than the event – one from Bronwyn:



“Dr Ian Roos volunteers as station Master for Puffing Billy and was working at Lakeside Station for the Great Train Race.

Ian and I share a very special relationship as he developed the chemotherapy drugs that I received following my ovarian cancer diagnosis at age 14. In the 1970's and early 1980's Ian addressed the advocacy issues to get the drugs cis-platinum and carbo-platinum available in Australia, at a reasonable price. They ended up being manufactured in Australia and exported. These drugs spectacularly turned testicular and ovarian teratoma from a fatal disease to having a 99% five year survival.

As you can imagine it is an absolute pleasure to know Ian and his wife Pam personally, they have taken on the role of additional grandparents for my daughter Eliza and cared for her regularly in her preschool years.

This photo inspires me to keep running and also reminds me of how lucky I am to have my health and a beautiful 7 year old daughter”!

Great Ocean Road



This is our biggest away run of the year. The KR crowd keeps coming

to this unique and iconic run. A weekend away with lots of KR mates is good. The cracker location of a run along the Great Ocean Road is a big drawcard.

We had the usual big attendance including many friends and family. Thanks to Richo & Bret for most of the organisation – events, teams, and accommodation. Thanks to the Whites, Mortons, and Bowers for the traditional Sunday BBQ.



There were some impressive performances by our athletes. James Sloane had a breakout performance in the 45k. Milan is an evergreen in the 23k. Stacey has now run all 9 GOR 23k races. Well done to all those who competed.



Mike with Steve from Smokey's group

45k	Time	Age Cat
James Sloane	3.26.46	
Anthony	3.37.05	8 th
Sandy	3.37.08	2 nd
Jason	3.41.23	
Jay	4.47.16	
Louise	5.35.48	
23k		
Bryan	1.30.27	2 nd
Peter Mitchell	1.39.15	8 th
Milan	1.39.48	1 st
John Signorini	1.41.56	2 nd
Nicole Allen	1.46.50	
Bret	1.49.10	
Grant	1.49.34	
Helen S	1.51.09	2 nd
Dave Gracie	1.54.33	8 th
Mike	1.56.38	
Kate	2.02.05	
Gavin	2.03.44	
Dave Rolfe	2.03.44	2 nd
Bronwyn	2.04.56	
Kathy	2.06.46	
Carolyn	2.09.53	
Stacey	2.10.35	
Matt	2.14.42	
Derek	2.17.24	
Odette	2.24.23	
Dave Souter	2.27.40	
Jacqui	2.35.38	
Heather	2.51.13	5 th
Miranda	2.52.49	
Wendy	2.53.39	
14k		
Bruce	1.01.57	1 st
Sammy	1.05.21	1 st
Aldo	1.12.58	7 th
6k		
Jennifer Gracie	34.18	1 st

John Farrington – an Australian Olympian in the Marathon was the keynote speaker for the GOR. In

1973 John ran the fastest marathon in the world = 2:11:12 in Sydney. John and his lovely wife joined our KR lunch and spent the afternoon answering our questions of his fantastic career.



John Farrington & Helen

New members

Welcome to Kerry Harrod – yet another “mate” of Toby. Also joining recently were Emma Finn & Georgie Wells – photos next newsletter.



Kerry

Macedon



Isobel on the podium @ Macedon

Race report from Adam Searby:

"Well, in terms of a trail run, it had all of the elements to be dismal. A 50% dropout rate in the KRR contingent due to injury, bitter winds, driving rain and mud, so much mud. But, one thing the Mt Macedon Trail Run did this year was turn on a cracker of a run for those who braved the start line.

After heading off for a pre-Macedon training run during the week with a couple of committee members, and subsequently hearing said committee members declare that they were "out of Macedon," I knew somebody had to front up to keep the Pres in check. After enduring an annoying on again, off again cold for a couple of weeks, I wondered whether that someone should actually be me. And of course, the cold presented itself in all of its glory on Saturday, which was sure to make it a long 30k on Sunday.

During the drive down, Bret told me not to worry about Macedon, because in reality we were already 500m above sea level so it was really only 500m high. Great. But I couldn't see any of it for the dense fog. Arriving in the car park, I realised that I couldn't see 50m in front of me either. The wind

was bitter, and despite the trusty weather predictions on my iPhone, it certainly felt colder than a low of 8 degrees. So much so that it is the first trail run I've completed in beanie, gloves and raincoat - and still felt cold.



The start was a low key affair, and the first three kilometres rolled through gently undulating technical trail. I nearly ended up face-planting into this trail due to a plethora of loose rocks, but some fancy manoeuvring kept me on my feet and ensured my race wouldn't be over in the first 300 metres. Meanwhile, Bret was adjusting his jacket zipper according to perceived gradient like he was riding in Le Tour. Some witty banter and a gentle start helped me forget about the cold that threatened to rob all of my energy and the first 10k ticked over quite easily. The same couldn't be said for the second. There was a descent that would have been better traversed on skis. Covered in slippery clay, it resulted in some interesting heart-in-mouth moments. Will I stop? Keep moving!

Coupled with this perilous descent was an equally brutal ascent. For those familiar with the Rollercoaster course, think Dodds track and then some. It

could've best been ascended on all fours really. Following were a couple of nasty, steep loops, where the Pres was more than happy to express his displeasure in the race director's choice of "course!" And then there was mud. Sticky mud, slippery mud, muddy mud. It made running a tough proposition really, and no amount of washing will ever get my socks clean again. The course undulated back to the top of Mt Macedon for the finish, the final 7k really trying in these conditions. Bret decided we should play a game where we didn't lose any places in the final run home. This game was invented by Mike Bower during Great Ocean Road Marathon. I should apologise to the residents of Macedon, who no doubt wondered what was going on when they heard "Bower!" yelled in anger for an hour on a peaceful Sunday morning.



The finish line was a sweet sight, 4:19 on the clock. Seems like an eternity for a 30k run, but apparently this is the toughest in the series, and the conditions certainly didn't help.

Looking back however, it was a great run, one I'd highly recommend to anyone interested in punishing themselves during the Winter months."

Special thanks to www.dandyrunner.com for photos.

Macedon results:

50k	Isobel	6:05
30k	Adam	4:19
	Bret	4:19
	Matt	5:11

Know your KR member – Richo

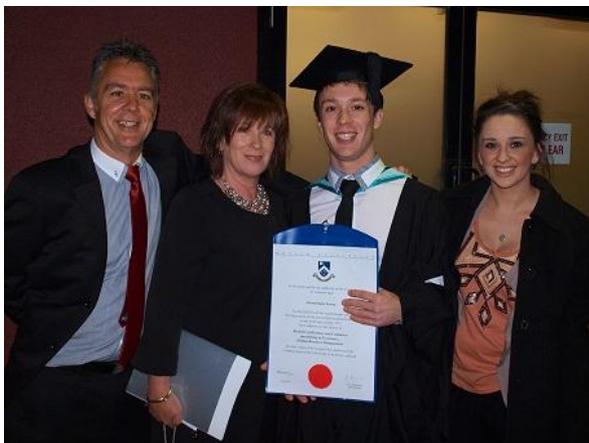


Interview by Bret:

Tell us a bit about your life outside of KRR.

I work as a Distribution Manager with a Commercial Food Equipment Manufacturing company. Prior to that, I worked for Johnson & Johnson Medical for 14 years. I am married to

the very understanding Jenny. We have been married for 24 years. Jen works for Mercedes Benz. We have two children, Jarrod who is 22 and Bianca 19. Jarrod works for IBIS World as an enterprise researcher. He has a degree in Business & Economics and is a level 9 Gymnast. He has represented Victoria at a National level. Bianca is in her 2nd year of Nursing at Monash and competes internationally in Taekwondo. She is a 3rd Dan black belt. Both are qualified to coach in their sports. Jen and I have been very involved with our kids sport over the years so that has taken up a great deal of our time. I was the President of the Knox Gymnastics Club for 6 years as well. Now that they are both self sufficient, we have more time to do more things for ourselves, so we are having nice holidays and long lunches.



Grant, Jenny, Jarrod & Bianca

How did you get in to running?

I have always run on and off way back to when I was in my early twenties. I did my first fun run when I was about 19. It was the Budget/3XY 10k Team trot from the old North Melbourne football ground. I think I ran 43 minutes. I played football until I was 17 and then I did Taekwondo for 5 years. I

used running to supplement my training. I also worked at the Macleod YMCA as a Gym Instructor which included instructing exercise to music classes. I had given up smoking but started again in my late 20's. I gave up again when we had kids and that's when I started to run again.

How did you come to join KRR?

KRR was listed in our local services community book and Jen suggested I find out about them. And you always do what your wife suggests! So I did, as I wanted to get in to my running a bit more seriously and run a marathon. I sent Pete White an email (then Pres) and arrived one Saturday morning not really sure what to expect. I really felt out of my league when I heard about some of the club members and their running achievements. I was made most welcome, regardless of my running history. Its one of the best decisions I have ever made, although I don't think Jen expected me to "get into it" quite so much though!

What do you like to do when you aren't running?



Usually complain about how sore I am, and eat! I have been known to hit the ironing with gusto and flair. I love afternoon Nana naps and washing my car. I am a bit anal about having a clean car! Winter kills me. I like to get out on my motorbike when I can, or watch the Football. Spending quality time with my family and close friends is pretty important to me. Life is good.

What is your most memorable running moment?

Obviously my first marathon (Melb 2006) which I think was the last Frankston to Melbourne. I had my splits written on my arm. I was so nervous. I remember sitting on the bus with all these experienced KRR folk, thinking what the hell I had I got myself into. Milan was cracking jokes all the way in, which dare I say, helped relax the nerves. What a feeling it was to finish my first Marathon. The 2011 Oxfam with the Fab3 was incredibly special, for a whole host of reasons, as was the Great North 100k with Bret. The Paris Marathon with my mate Jon, a highlight. To share those events with very special people will always be very hard to top. I am very lucky.



At KRR a lot of people know you as "Richo". Where did that come from and is that the nickname you've always had?

Mike Bower is the culprit. Being a Richmond tragic was always going to draw attention. My real nickname has always been Scuzz. I am pretty happy with Richo though!

I hear you were once part of "The Fab 4". Which colour jumper did you wear and can I get Dorothy the Dinosaur's autograph for my nephew?

"Were once part of the Fab4"? Is there something I don't know? Have I done something wrong? ☹ I did hear a rumour that they are getting back together? Have all the club members seen the DVD?



What running goal remains on your "to do" list?

That's a tough question. Ten Melbourne Marathons certainly has an appeal, however with 5 still to go, I am not sure if my body will hold up that long. I would also love to improve on

my debut Marathon time. After doing the GNW 100k you start to think about how far you can push your body and start looking at bigger and tougher events. There are so many to do now, its hard to know what to take on next. Plus a certain person who will remain nameless (Bret) keeps suggesting these types of events to me to whet the appetite.

What keeps drawing you back to Knox Roadrunners club?

I love seeing members achieve such great things for themselves. I am constantly inspired. I don't think there is a week that goes by when I haven't heard about someone doing something quite extraordinary. Every week someone makes me laugh. You develop a special bond with everyone. The club is like a second family. All your problems seem to go away when you run with KRR. It's definitely a drug, and it's legal! What we have as a club is very special and unique. If you could bottle up what we have and sprinkle just a smidgen around the world, we would have a very fit and happy planet!

To be the VP is certainly an honour & privilege.



Richo

KR photos:



Dunedin NZud – Gerry walked down the hill.



Brad ran with the San Francisco roadrunners in May – including over Golden Gate Bridge!



Glad I didn't take this photo Richo



John Raskas with KR on 25 May before he departed for 6 months in Singapore.



Isobel doing hill repeats @ North Face 100k where she finished top-10 in 12:44



And a week later at the Singapore office of BMW in a clandestine "selfie" with Geraldine



Bret, Doc, David, Grant & Kathy @ Aireys Inlet



But Geraldine was really in Singapore for the Sundown Marathon – it starts @ 11:30pm



The great man "Joffa" with a couple of corporate hacks – Hammo & Gav

