

# Traralgon Harriers

Traralgon Harriers Athletic Club Inc

## Weekly Newsletter

Volume 38 issue 40

October 6<sup>th</sup> 2005

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P.O. Box 1225 Traralgon 3844  
Victoria Phone 51745657 Thursdays  
after 7:00 P.M.

### **Sunday 9<sup>th</sup> October**

**2005- Yallourn Energy  
Moe-Yallourn Rail trail Fun  
Run/ Walk.**

7km from Moe Botanical Gardens to  
Yallourn Power Station. Registrations  
from 8:30 A.M. Moe Botanical  
Gardens. More Details ring Meredith  
Bowden 51282960 or see notice and  
entry forms in clubrooms. Adults  
\$10:00, Students \$5:00 and Family  
\$20:00 all proceeds donated to  
Gippsland Cancer Care centre

### **Good Luck to Sunday's Marathon Debutants.**

**Pauline Lindsay.**

**Marissa Schill.**

**Also Karen Tsebelis  
and Mick Billings  
(Major Sponsor of  
Traralgon Marathon)**

### **Half Marathon Debutants.**

**Seona Conway.**

**Jackie Nelson.**

**Jolenne Gathercole.**

**The wake will be held  
in La Porchetta's  
Traralgon from 5:00  
P.M. onwards on  
Sunday 9<sup>th</sup> October  
2005.**

**All welcome to join in.**

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## *Melbourne Marathon Preview.*



***Marissa Schill above is all smiles after completing the climb up Mt. Best lets hope she has the same smile at the end of the Marathon on Sunday.***

***“ If you want to experience a race then run 10km if you want to experience life then run a Marathon” Emil Zatopek.***

Running and completing a Marathon has often been described as every mans Everest and like Everest sometimes you need a lot of luck to get to the top. Sometimes just getting to the start line takes a fair amount of luck as the extra training required to run a Marathon can often led to injury. Which is pretty common if your name is Ian Twite? I will make the start line but I of must spare a thought for Mick Bridle. Mick has completed 26 of the 27 Melbourne Marathon's completed but he want be running this year. It has been a great effort by Mick to establish such a succession of completed Marathon's. Also seeing Pauline Lindsay and Shinichi Taniguchi both limping on Sunday reminded me of how an injury can strike at the most disappointing times. Hopefully both will overcome their injuries and complete this Sunday's Marathon. Shinichi has completed a couple of Marathons in Japan. More names have

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been added to the list with Leanne Keating having a crack at her second Half Marathon. Leanne has been a big improver with the Club and should run well.

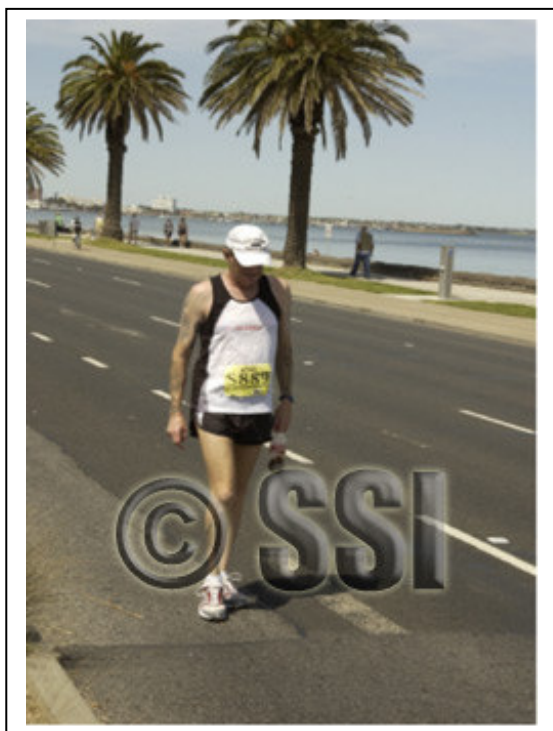
Tim Cochrane has been struggling to put the training in now he is working full time as a resident doctor. He is still going to run the Half Marathon and hopes to eventually get back into Marathon's as he still wants to run under 2:30. One of our long time supporters of the Traralgon Marathon Mick Billings will be doing his first Marathon so we wish him all the best. Marcus Onken will also be doing the Half Marathon and his girl friend Alysia Wood-Bradley will be doing the Mara Fun Run. Here is the up to date list.

**Full Marathon 42.195km-** Jodie Healey (Traralgon Marathon winner), Pauline Lindsay, Marissa Schill, Jenny Prucino, Angela Bonser (Host Prom Country Challenge), John Jervis, Mark Peek, Karen Tsebelis (Aerobic Instructor Morwell) Ken Lancaster, Rob Embelton, Daniel Smith (KOM Finisher), Ian Twite, Rod Atkinson, Peter Grixti, Kelvin Marshall (Ultra Marathon Runner), Jacques Coetzee, Brian Glover (Legend Marathon and Ultra Marathon walker), Shinichi Taniguchi, Mick Billings.

**Half Marathon 21.1km-** Seona Conway, Jackie Nelson, Joellenne Gathercole, Rhona MacLean, Eileen Coetzee, Richard Clavarino, Steve McLeod, Leanne Keating, Marcus Onken and Jason Mulvogue.

**Mara Fun Run 7.5km-** Alysia Wood-Bradley.

**Remember Joellenne Gathercole, Rhona MacLean and Eileen Coetzee are raising money fro the cancer research centre at the Latrobe Regional Hospital if anyone wants to make a donation.** Also if you want me to pick up your race pack on Friday get your registration letter to me tonight.



**"A runner must run with dreams in his heart, not money in his pocket."** Another one of Emil Zatopek quotes and I am sure Embo pictured left was glad he had money in his pocket last year as walked along beach road holding a bottle of coke. Last year was a tough race for Rob and he certainly will have his pockets full of Roger's money if his dream of running under 3 hours 12 minutes comes true. Finally I must wish all my fellow runners a great day and look forward to catching up with you all sometime on Sunday. Finally I must finish with one of Emil's greatest quotes and it is truly one of the most important reason we run and share the moment with each other.

**"Great is the victory, but the friendship is all the greater."**

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## ***Hi From Georgia***

It's Georgia, you may have guessed that I have moved away from the valley to Prahran. It's so different going for a long distance run in the city when there are so many traffic lights, its hard to get up and going to an effective training pace when you miss a green light.

I have been running to the beach and to Albert Park lake keeping up my x country training. I joined a little running group, not a running club, just a group of independents. Was a bit harder than I expected but I kept up the pace well and surprised a few. Couple of hills, much too many lunges and I don't think anyone should do them that fast. I was a bit sore this morning.

Am looking forward to seeing you all at Melbourne next weekend and remain a Traralgon Harrier for as long as can be, forever in my heart, so sentimental, such a dag. Miss running with you all

Yours faithfully Georgia

## ***TRARALGON HARRIERS TEAM COMPLETES THE UPPER MURRAY CHALLENGE***

For the third year in a row we trekked to Corryong up in the high country to challenge ourselves, the mountains and the fast flowing rivers. Leigh Thompson rode the mountain bike (28ks), Ken Lancaster paddled the kayak (26ks) and bruised did the run (25ks). Mark Peek, our rider from last year, also came in the role of team manager ably assisted by Margaret. Mark and I stayed at the Courthouse hotel in Corryong for the 3rd year in a row and on the Friday night were treated by the locals as long lost friends. We were even treated to some exotic dancing by local lass which was a highlight for us both. Leigh, the son of the founder of our great club, started us off in the gruelling mountain bike leg down the mountain, (a small uphill climb as well I am told), and arrived at the transition point in 2.12.09...a magnificent effort....reminded me of the Banjo's words, "He hails from Snowy river, up by Kosciusko's side where the hills are twice as steep and twice as rough": "and he raced down the mountain like a torrent down its bed, while the others stood and watched in very fear". The race bib was then passed to me and I set off down the Swampy plains river to join up with the Murray 13kms downstream. The rivers were in full flood and about 1degree above freezing point. As I paddled along battling the raging currents and rapids one thought kept going through my head, "don't fall in Kenny please God don't let me fall in".

Brownly, one of the locals, asked me to look out for his tinny that was washed away in the flood....I saw a lot of smashed up kayaks but no tinny. I completed the paddle in 1:54:06....the official results are slightly different because we had to run up a hill to change over for the run leg because of floods; couldn't have bruised get his little feet wet now could we. So off goes bruised on one of the toughest 25k runs on earth. And again as the Banjo wrote;" And upward ever upward....." "Through the stringy barks and saplings, on the rough and broken ground, down the hillside at a racing pace he

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went".2:18:10. Bruised did the Harriers proud. I did not have the privilege of seeing Bruised finish because of an important business engagement on the Saturday night but

I have been told that it was inspirational stuff...you know Bruised all bruised and cut up, Margaret crying and all that stuff. This would have to be one of the most spectacular and scenic events in the country if not the world so it would be great to see more teams entered from the club next year. And I dare I say it, a woman's team would be good, but then again it's not a race for the faint hearted...I don't think I should have went there...mouth full of feet again Kenny.

Good luck to everyone who is doing Melbourne on Sunday and if it's your first Marathon you are in for something special. As a great runner once said," you have to be stupid to run a marathon, and if you run more than 1 then you must be a complete idiot. So now it's official...we have a club full of idiots.

Take care everyone.

Ken Lancaster.

## ***Last Thursday Race Results.***

### **Old Traralgon P.S. 6km run last winter Championship race.**

Darrel Cross 21:26, Roger Maximiw 22:10, Matthew Franke 22:59, Blair Turnbull 23:09, Kevin Piercy 23:17, Richard Clavarino 23:34, Neil Giffiths 23:36, Steve McLeod 24:16, Sam Frankland 24:26, Jason Mulvogue 24:38, Marcus Onken 25:49, Jeff Van Den Brand 26:27, Ben Plozza 26:31, David Griffiths 26:45, Karen O'Keefe 27:34, Brad McAuliffe 28:12, Harry Cross 28:35, Anna Cardillo 29:13, Craig Morris 29:20, John Jervis 30:01, Jackie Nelson 30:01, Pauline Lindsay 30:14, Rick Mann 31:42, Bob Bickett 32:36, Marissa Schill 33:01, Mick Bridle 33:40, Paula Lucas 33:56, Belinda Issell 33:57, Denis Strang 33:57, Ian Heafield 34:47, Alysia Wood-Bradley 35:53, Ian Twite 35:56.

### ***Sam Quirk runs P/B for 1500m.***

At Tuesday nights Track meet at Newborough Sam Quirk ran a P/B for the 1500m he also had the pleasure of beating me. Well done Sam.

**Results 1500m-** Steve Quirk 4:36:33, Sam Quirk 5:04:28, Ian Twite 5:10:01.

**100m-** Steve Quirk 13:99, Ian Twite 16:22.

Next Tuesday 11<sup>th</sup> October program will be 6:00 P.M. 800m, Javelin, 6:30 P.M.

200m, 6:45 P.M. Triple Jump, 7:00 P.M. 2000m, Discus, 7:15 P.M. 80m-110m

Hurdles.

### ***Committee required for 40<sup>th</sup> Celebrations of the Traralgon Marathon to be run on the 17<sup>th</sup> June 2007.***

At a meeting last Thursday it was decided to start planning for this occasion with a lot of ideas put forward. The most important issue is the forming of a committee. If you do not go on any other committee to help the Harriers this is an opportunity to be involved in something that promises to be biggest and most rewarding. Some ideas put forward were- 3 page colour entry highlighting history etc seeks sponsors to cover

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cost and distribution. Invite past winners and also seek celebrities like Rob De Castella or Steve Monaghetti. Print t-shirts, caps and get confirmation for oldest marathon. Write articles for runner's world newspapers and other magazines. Please express your interest to be involved with Carol.

## *Events coming up.*

### **Summer Championships 2005/2006.**

<b>Race</b>	<b>Date</b>	<b>Course Description</b>	<b>Dist.</b>	<b>Course Marker</b>
1	06-Oct-05	Retreat Rd	6km.	R.Mann
2	13-Oct-05	Rose Rumble	5km	B.Salisbury
3	20-Oct-05	Churchill	5km	B.Salisbury

**This weeks run-** First Handicap run of the Summer season 6<sup>th</sup> October 2005 Retreat Road 6km run.

**Location-** Corner of Liddiard Road and Landsdowne Road (same as this weeks).

**Handicap Start-** Groups are staggered depending on your target time. First group is of scratch and starts at 6:00 P.M. with groups staggered from then on.

**The Experience-** Head down Liddiard Road towards the tip and then turn around and head back and turn right up Retreat Road. You are on a dirt road and you have a tough short hillclimb. Follow dirt road around until it joins Stuart St. You are running the Traralgon East P.S. run in reverse. Turn left into Liddiard Road but before you reach the Old Traralgon P.S. grounds you turn left up Furlonger St. Not quite Heart Break hill but certainly destroys many runners. At the top turn right into Cameron St and follow around to Landsdowne St turning right and heading to Finish at the intersection of Landsdowne St and Liddiard Road P.S.

**Next weeks run-** 13<sup>th</sup> October 2005 Rose Rumble 5km run.

**Location-** End of Dunbar road at its intersection with Rose Ave.

**Handicap Start-** Groups are staggered depending on your target time. First group is of scratch and starts at 6:00 P.M. with groups staggered from then on.

**The Experience-** Bruise was suppose to give a course description as I have never ran this run before. Suppose to be a Bruise classic with some up and downs in it.

## ***Relay for Life Registration Day.***

Sunday 16<sup>th</sup> of October 2005 after a long Sunday run starting at 7:00 A.M. registrations will be taking in the clubrooms from 9:00 A.M. Pancakes will be on offer with all proceeds kicking off our fund raising. Come join in.

## ***KING GEE FUN RUN Sunday 23<sup>rd</sup> October 2005.***

Junior event: 9:00am Registration time: 8:30 - 8:45am run around MacGregor Park (similar to previous years) Entry: Free.

3.2 & 8.0km Race - 9:30 start Registration: same as Junior registration U12, U16, Open & Over 40 Same course as previous years Entry : \$2.00 (bargin)

## ***Duty Rosters.***

<b>Date</b>	<b>Race Location</b>	<b>Duty Roster</b>	<b>Media</b>
06-Oct-05	Retreat Rd	Rod Atkinson, Bob Bicket, Mick Bridle.	Rick Mann.
13/10/2005	Rose Rumble	Richard Clavarino, Richard Comber, Darrell Cross.	Barry Higgins.