

WITHE CANCER

RAISING MONEY FOR YOUNG PEOPLE LIVING WITH CANCER



ENDURANCE GAZETTE

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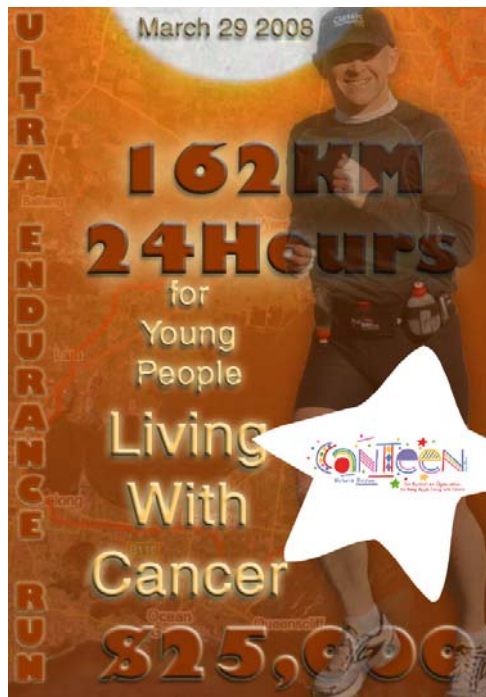


June 2007

Welcome to the third edition of Endurance Gazette, the news letter to keep you updated on what's been and what's coming in Brett's preparation for his 162 Km 24 Hour endurance event for CanTeen.



MEETING PEOPLE



One of the most unexpected pleasures of my new found passion for running is the people you meet with a similar passion and a wealth of experience and knowledge to share. At this stage of my journey I have found that people are very willing to get together for training runs or a cup of coffee and share their experiences and pass on some running tips. One person I have had the pleasure to share a coffee with is John Lindsay, I first contacted John after finding his name listed in the 2006 Western States 100 Endurance Run. The Western States 100 is a 100 mile run starting at Squaw Valley, California, and ending in Auburn, California.



John has completed many ultra distance events including seven days in the Sahara Desert participating in the Marathon Des Sables, Running the great Wall of China Marathon, Tasmania's 85Km Cradle Mountain Challenge, the Glass House Mountains 100 mile event and New Zealand's Kepler Challenge just to name a few. John is currently preparing for the Kakoda Trail and I wish him all the best in his training and a safe and successful journey. The time spent with John will prove very beneficial for me as the knowledge and experiences passed on will be most

valuable in my preparations for my run for CanTeen. I look forward to future opportunities to learn more from John and others like him to help prepare me for all future ultra marathon events. Thanks for making your time available John it is very much appreciated.

Friendships

During the past month I have had the great pleasure to get to know two wonderful people Cathy and Veronica. I have participated in three Marathons with Cathy and one with Veronica. We first met in Sydney at Dean Karnazes book signing and have started to develop

a great friendship and support system for each other as we all begin our journey into the ultra marathon world. Having someone you can call up and chat about running long distances without negative comments and planning the next marathon a week after the last with a positive attitude of I'm in, lets do it, really keeps me motivated and goes a long way to ensuring my preparation for March next year will be successful. Thanks girls for the friendship and companionship on the road and training runs. I look forward to many more running journeys together and DVD nights watching Bad Water or Western States 100 Endurance run.

40th Traralgon Marathon Australia's Oldest

My 3rd Marathon in five weeks was looking like favourable conditions would greet us at the start line. Planning for this run started early, with the whole family joining me it was going to be a great day. Robyn and the kids headed off early afternoon while I hung back to collect Cathy who didn't finish work until 5pm. We left Melbourne at 6pm which had us arriving in Traralgon at 8pm. It was great to have a couple of hours to chat about running and our strategy for tomorrow event. Having made arrangements to meet my family at La Porchetta for the customary



pasta meal the night before a run we expected to find them finished and ready to head back to the motel room. However the service was not so good and their meal orders were put to the bottom of the pile. Cathy and I received our meals before they did after ordering an hour later than them. Finally all meals were delivered and everyone was happy. The restaurant had several runners carbing up for tomorrow. The opportunity to chat with a few people presented itself and this set the scene for what was to be a very friendly, relaxed and hospitable event that only the country people can put on.

After a reasonably comfortable night sleep and a quick breakfast Cathy and I made our way to the course. The morning was very cool with no wind allowing a heavy mist to



settle in the air. After registration in the warm club house and meeting up with Robyn and the kids it was time to make our way to the start line. With about two hundred runners Cathy and I set ourselves near the back of the field as our plan was to go out nice and steady for the first 30K in the hope of finishing strongly. 8:03am and the starters gun fired, as is becoming the norm, there was plenty of chat amongst the runners in the early part of the run. As we wound our

way out the back streets of Traralgon the mist cleared a little revealing a lush green country side, hardly any evidence of drought could be seen. Robyn and the kids were able to follow us in the car for pretty much the whole course which was a great source of support and encouragement. Cathy and I settled into a steady pace of 10K/h which would have had me on my target of 30K in 3 hours which was just a little quicker than Cathy would have preferred. But with a tough fighting spirit and determination Cathy stayed at that pace for the first 30K. No doubt relieved for the occasional pit stops required along the route to facilitate nature's calling. Additionally for me my right hamstring was tightening which in turn caused some discomfort in the calf and problems with my right foot. Relief was found by removing my shoe and giving my leg a quick massage, this occurred about 6 times throughout the course and is something I need to get on top of, as apart from that I had no issues. On arrival at

the 30K mark, as agreed I pushed on at a faster pace while Cathy maintained her steady progress. Much to my surprise I was feeling really strong and was able to push home the last 12K in 1 hour 6 min, giving me a finishing time of 4:15:16, in itself not a fast time but very pleasing that the strategy of going out slow allowed me to finish strong. Cathy finished about 20 minutes later another fantastic effort. This being her 4th Marathon in 8 weeks including Canberra 50Km, Great Ocean Rd 45Km and Williamstown Marathon with ever strengthening head winds. A huge thank you to my family for their amazing support and to Traralgon Harriers for putting on a most hospitable event.



33K - 6 Hour Training Run in the Dandenong's

Sunday 24th June, well it was almost a perfect day for a run in the middle of winter. My training buddy Veronica and I planned a



50K training run through the Dandenong's with a 10am start we planned to cover the Oxfam trail CP3 to CP6 stages, a 50K out and back course. My sister Sharon agreed to play support crew at the half way mark, with our time schedules all sorted we hit the hills. The first 2Ks were literally straight up. Taking on the 1000 steps was a real challenge at the beginning of a run. Veronica and I pushed on at a fair pace and were surprised to find so many people on the steps (100s). On completion of the steps we settled into a steady jog along one tree hill road. It is an amazing part of the world to run, the fresh mountain air and

smells made you feel really alive. The tracks on offer were really diverse, ranging from sealed roads, fire trails and goat trails with tree roots and mud holes. This run was more than a training session it was an adventure. After negotiating our way through to the 7K mark it was time for a quick slice of toast on the run. With hunger at bay we continued on following the directions on the map, after several Ks of downhill running it started to become obvious we were off track or somewhat displaced. After sorting our position out roughly, we headed on a new direction adding an extra 5K to our intended route, this in itself was not all bad, but it was all up hill with some really serious inclines. After some additional directions from the locals we were back on track and after phoning Sharon to let her know we would be late to our ren-



devous only to find she was also somewhat off course, we changed our meeting point to Olinda near CP4 and pushed on as we would end up running out of light for our return trip. On arrival at Olinda, we met Sharon who had lots of goodies for us and

some dry clothes. After a quick bite Veronica and I hit the trail, now on a modified plan we continued toward CP5 for 2K then turned for the trail home. On arrival to the junction of the correct track we should have taken on our way out we had to decide if we would follow the same path on our way out or return on the correct trail. It was clear we wouldn't make sunset if we took the long trail so we headed down the correct trail. This was all down hill until we came the junction we should have taken some hours earlier. With the very cold mountain air setting in it paid to keep moving. Veronica was feeling the cold but like a seasoned professional kept soldiering on. Before long we were back on the creek trail which was quite slippery and caution was required. With the return trip up Nobles lane over, probably one of the steepest sections now behind us, we hit Lloyds track running. Putting in some walk sessions on the up hills it wasn't long before we were back on the sealed road approaching the 1000 steps. Taking on the steps going down was tougher than coming up, but the quads had taken a fair beating and should have been expected. To our surprise we made good time arriving back to base 1/2 hour ahead of time. After a stretch it was time for the comfort and warmth of the car. This training session was the launch of our WS100 2009 campaign also and I look forward to many more training sessions ahead. Thanks heaps Veronica for the company, it's great to have passionate people to train and hit the trails with. **BIG THANKS SHAZ**

What's on in July

iCanRun

A fellow ultra runner Simon Da Roza from Mudgee in NSW starts an amazing run from Sydney to Mudgee a distance of approximately 275Km. Simon along with Good friend Paul will leave Sydney on Monday morning the 9th July. They will run around 40-60K per day and stop at schools along the way to talk to the kids. Like my run, Simon's run is also raising awareness and funds for CanTeen. It's amazing how inspired people get by the courage shown by CanTeen

members that result in efforts like Simon and Paul's. I have had the

Check out Simon's web site at

WWW . **iCanRun** . ORG



great honour to be invited to join Simon and Paul on the last day of

their run and with all logistical hurdles almost covered I will be at the start line on Friday Morning July 13th to run the final leg of 35-45K with them. I am really excited to be a part of this event and look forward to meeting up with Simon and Paul. This will be another family outing as Robyn and the children will join me for the 9 hour drive. Mudgee hosts the small farm field days which will be a great experience for the kids to be part of. **Thanks Simon for everything**

Canberra 60K Bush Marathon

On Saturday July 28th Brett will be competing in the 60K Jaggad Bush Marathon in Canberra. This will be one of Brett's toughest challenges as he will attempt to run the majority without any significant breaks. Veronica will also be joining Brett and I'm sure they will encourage each other to a successful completion of the race. Thanks for your support on and off the track V.



WS100 Well Done Aussie's



The Western States 100 was run on the second last week end of June in California. Of the twenty one Australian's that gained entry nineteen made it to the start line. Of the nineteen starters, six of them achieved the silver buckle, this award is given to those runners who complete the 100 miles in less than 24 hours. A further ten were awarded the bronze buckle which is achieved by completing the course in less than 30 hours. Unfortunately three of our runners either suffered illness or injury and were unable to complete the course. This was by far the biggest field of Australians to compete in the Western States 100, I hope the numbers stay high and I plan to be part of the 2009 Aussie Assault. Well Done to all who made it to WS 100 in 2007.



SPONSORSHIP



With out the support of the following organisations this event would not be successful, I would like to thank you all for your very generous support

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BIG Thank you to my Sister Sharon for supporting us on our Training Run in The Dandenong's

Brett
Sanon