

the last word...

WHAT MARRIAGE IS ABOUT

He ordered one hamburger, one order of French fries and one drink. The old man unwrapped the plain hamburger and carefully cut it in half.

He placed one half in front of his wife.

He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife.

He took a sip of the drink, his wife took a sip and then set the cup down between them.

As he began to eat his few bites of hamburger, the people around them kept looking over and whispering.

You could tell they were thinking, 'That poor old couple - all they can afford is one meal for the two of them.'

As the man began to eat his fries a young man came to the table. He politely offered to buy another meal for the old couple.

The old man said they were just fine - They were used to sharing everything.

The surrounding people noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink.

Again the young man came over and begged them to let him buy another meal for them.

This time the old woman said 'No, thank you, we are used to sharing everything.'

As the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked 'What is it you are waiting for?' She answered: 'The teeth.'

January 2008

Website: www.terrigoaltrotters.com.au

Email: trotters@tac.com.au

Terrigo Trotters NEWSLETTER

Hi all,

MILESTONES FOR DECEMBER

100 Runs

#502 Heiko Schaefer

#503 Robyn Pallas

200 Runs

#211 Marg Robson

#299 Kay Worrell

400 Runs

#167 Jonathan King

700 Runs

#92 Mike Osborne

I hope you had a great festive season and are now back tackling the effects of too much pork crackling, Christmas pud, custard and beer (not all in the same glass, I hope).

Speaking of beer, have you ever reached the finish line of a run and felt like throwing up? Well there is a whole running sub-culture out there who get that 'up and under' feeling way too regularly. They run the 'beer mile' and should you want to join these hardy souls, see page 12 for details and all important race rules.

The annual but inaugural 7th Round the Bay Classic was run, with Carl Barker taking line honours and Wayne Daley becoming the only person in the history of mankind to complete every Round the Bays event. Well done Carl and Wayne! See page 6 for report and results.

Cheers

Chris Hatcher

Disclaimer

The opinions and ramblings expressed in this newsletter are not necessarily those of the committee, or of anyone with integrity or sensitivity for that matter. The editor in no way sets out to offend anyone. This seems to happen quite naturally.



RUNS FOR THE MONTH

JANUARY

- 19th Pony Club
26th Flat Time Trial (if new start and finish point can be decided upon).

FEBRUARY

- 2nd Ross English Memorial Run
9th Crommity Hill
16th Ross McGuigans Run
23rd Brooks Hill Time Trial

Maps for most courses can be found at
www.terrigoaltrotters.com.au/maps_of_running_courses.htm

OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the Wambie Whoppers for a relaxing 21km or other Sunday Trotters meeting for shorter distances (varying each week). Both leave 6am from Terrigal Beach Car Park.

Wednesday Trotters, whose motto is "Dead Flat Well Lit" meet at 5:45am in the Terrigal Beach Car Park every Wednesday morning for an hour's run.

Six at Six is a weekly timed run at 6pm every Wednesday night from the oval (adjacent the school crossing) near Central Coast Leagues Club in Gosford.

Hardcore Bush Runners

Motto: We go hard in the Bush

Meet every Monday and Thursday 4-30 at Mystery Locations

Club Colours: Red, White and Green

Club Emblem: is the Waratah

Track Training Sessions are held each Tuesday night at 6pm at the Adcock Park Athletics Track in Gosford and at 6am on Thursday mornings at The Haven in Terrigal (meeting at Terrigal Surf Club car park at 6am) for anybody interested, regardless of standard. Contact Dave Byrnes on 0428 880784 for details.

TROTTERS' ANNUAL EVENTS CALENDAR

Jan 2008 THE 5TH INAUGURAL "ROUND THE BAY CLASSIC"

5:00am at Lions Park at the Gosford Waterfront (between the pool and sailing club). Reputed to be 38km. Contact Keith King or any Committee Member for details.

Jan 2008 AUSTRALIA DAY WATERFRONT PICNIC/ BBQ

11:30am. Trotters and their families welcome. Watch for details nearer the date.

April 2008 ANZAC DAY RUN

A simple Anzac service followed by a relaxed bush run with various distances available together with a walkers track. Families welcome and Leon and Heather invite you to stay for breakfast.

May 2008 SYDNEY MORNING HERALD HALF MARATHON

21.1km. Starts 7:30am from Lower Fort St, The Rocks, Sydney. Trotters organizes bus transport to and from this event.

Jun 2008 OLD GREAT NORTH ROAD RUN

42.3km from Wisemans Ferry to Mogo along the Old Great North Road. BBQ at Finish.

Jun 2008 MACLEAY RIVER MARATHON (aka KEMPSEY MARATHON)

Marathon, 1/2 Marathon, 10km run, 5km walk. 7.00am. Arakoon National Park. Trotters may organize a bus to and from this event.

Jun 2008 BAY TO BAY 12KM FUN RUN

A 12km Fun Run from Woy Woy to Gosford organized by Terrigal Trotters. Trotters are needed to help organize this event.

Jul/ Aug 2008 TROTTERS SKI WEEKEND

Usually in late July or early August. Contact Rob Wait for details.

Aug 2008 SYDNEY CITY TO SURF 14KM

Terrigal Trotters organizes a bus to and from this event and provides a BBQ near the finish of the event for members.

Aug 2008 ONE HOUR RUN

In Conjunction with Mingara Athletics Club. 8am start. Mingara Athletic Centre.

Sept 2008 TERRIGAL TROTTERS ANNUAL GENERAL MEETING

7:30pm at Terrigal Surf Club. Please come along to hear the annual reports and elect office-bearers for 2007-08.

Sep 2008 BRISBANE WATER TRACK 10KM & MIRACLE MILE

6:30pm start. Adcock Park Track.

Sep 2008 TROTTER OF THE YEAR DINNER

Trotter of the Year Dinner and Awards Night.

Sep 2008 BLACKMORES SYDNEY MARATHON FESTIVAL

42.2km, 21.1km, 10K run/ walk and 3.8km family run. Bradfield Park, Milsons Point. Trotters plans to organize a bus to and from this event. Watch for details near the date.

Oct 2008 RELAY FOR LIFE

Starts 10:00am. Join the Terrigal Trotters Relay for Life team. Gatorade Regional Athletics Centre, Mingara.

Oct 2008 GIRRAKOOL TO PATONGA

24.5km from Girrakool Picnic Area across Brisbane Water NP to Patonga. BBQ at Finish.

Nov 2008 THE GREAT NORTH WALK 100s

100 Mile and 100 Kilometre races along The Great North Walk from Teralba to Patonga organized by Terrigal Trotters. Trotters are asked to help out during this event.

Dec 2008 TROTTERS CHRISTMAS PARTY

8:30am (after Trotters Run). Trotters will provide food and drink. Santa will arrive at 9:30am.

NEW SOUTH WALES RUNNING CALENDAR

JAN 2008

SAT 26 JAN AUSTRALIA DAY FUN RUN

Canterbury City Council's inaugural Australia Day Fun Run on 26 January, 2007. The 6km scenic route will travel along the Cooks River from Gough Whitlam Park to Beaman Park and back. Contact: Canterbury City Council. email: council@canterbury.nsw.gov.au.

SUN 27 JAN KEMBLA JOGGERS BULLI TO WOONONA

20km Mountain run. Race start Hobart street Bulli Sub station. Start time 8.00am Registration \$5 each event non Kemplab Joggers members or pay \$20 fee covers Mountain running series and Summer series. Contact: Contact Geoff Stalker (02) 4627-1246.

FEB 2008

SUN 3 FEB MEGALONG MEGA, FAT ASS RUN

A 36km bush run from Megalong Valley in the NSW Blue Mountains, along the route of the Six Foot Track Marathon to "the pluviometer" and return. No Fees, No Awards, No Aid, No Wimps! Contact: Kevin Tiller by phone 0419-244-406.

MARCH 2008

SUN 2 MAR ORANGE COLOUR CITY RUNNING FESTIVAL - HALF, 10K, 5K

The cost for the half is \$30 which includes a Brooks running singlet valued \$35 and a medal to all finishers, the 10km event is \$15 and the walk/run \$5. Contact: Bill Fairgrieve. Email: wjfairgrieve@hotmail.com.

SAT 8 MAR SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria applies. Contact: Race Organiser, Six Foot Track Marathon, PO Box R1227 Royal Exchange, Sydney, NSW 1225. email: raceorganiser@sixfoot.com.

*This calendar information is sourced from the CoolRunning Website.
For more detailed race and other running information visit www.coolrunning.com.au*

TERRIGAL TROTTERS OFFICE BEARERS FOR 2007-08



President: Paul Davison



Vice President: Murray Antony



Secretary: Joanna Hawkins



Treasurer: Roger Matthews

Auditor: Trisha Cotterell of Fortunity



Clothing Officer: Wendy O'Shea



Registrar: Leon Harradine



Race Results and Records:

Kim Cook

Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Committee Members:



Barb Byrnes



Kev Andrews



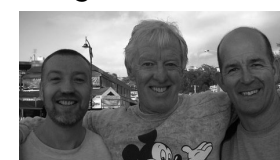
Mike Gero



Rob Waite



Marg Aurisch



The Elders

Public Officer: Leon Harradine

TERRIGAL TROTTERS MINUTES OF MEETING

7th January, 2008 Terrigal Surf Club

Present:

Paul Davison, Col Wood, Bev Andrews, Kev Andrews, Mike Gero, Margaret Aurisch, Murray Antony, Keith King, Bruce Renwick, Rob Waite, Roger Matthews, Barb Byrnes
Apologies: Jo Hawkins

Minutes of Previous Meeting:

Accepted Murray Antony. Seconded Rob Waite

Matters Arising:

1. Christmas party: Good feedback. People liked the Surf Club as it was out of the sun and enabled kids to run round freely. No negatives reported. Catering was excellent thanks to Marg Aurisch and Jenny Harwood.
2. Annual awards: Marg Aurisch has surveyed a number of members some who are newcomers (less than 18mths) and some 20years or more. She did not include any committee members, past presidents or life members in her survey. The results indicate that: Not everyone knows who the finalists are but would vote anyway. They tend to always vote for a runner not so much for club person, and only voted for people they knew. All said they were happy to leave things as is even though they don't know who they are voting for. However they also felt there should be a fairer way of doing things but could not suggest how. Most had never put in a monthly nomination but knew they could. They hadn't realised that someone could win an event but not have run a pb. One member suggested that there needs to be recognition of slower runners who have good performances. The AG Ratings could assist in identifying these people This also applies to older runners who may not be running as fast as in the past but have produced a personal best for that year. There needs to be formal criteria for nominating.
The committee suggested that in future we have a clip board available for nominating. Kim Cook should be asked to provide names of runners who should be considered each month. Marg Aurisch will liase with Kim. At voting time photos of nominees should be available. Marg will take photos.

Treasurer's Report:

Income: \$1004.50
Expenses: \$4901.29 (including \$3300 insurances)
Balance: \$11955
Moved Roger Matthews, seconded Kev Andrews.

Correspondence:

Stan Priestley, Physiotherapist at Fitness First has requested website space to advertise his business and his newly acquired technology to digitally scan feet and assess biomechanics. Murray Antony suggested that he be asked to write a letter for the news letter explaining the new technology. Paul Davison will meet with Stan and ask him to also help us with getting sponsorship from Fitness First for Bay to Bay Fun Run.

Safety and Marshalling:

New Brook Hill time trial was run last Saturday of December. There was a problem with runners gathering at the edge of the pedestrian crossing at the end. Also not feasible to have the clock at the finish. Kim Cook has suggested we look at following Havenvew, Hillcrest and Ena and finish outside Onda Restaurant to avoid the finish outside Country Comfort. Bruce Renwick will investigate and report back. Kev Andrews suggested we have a suggestion box on Saturdays. Paul will organise that and will try that for the next few weeks and evaluate next meeting
The new Flat course time trial will be held at the end of January Marshalls will assist with the new course, times will be taken
General Business: 1. First Bay to Bay organising committee meeting will be held on January 21 at 7.30 at the Surf Club.
2. Keith King reported on Round the Bay event. 32 starters, 24 finishers (10 were first timers), 3 pb's, Wayne Daley holds the record for having competed in every Round the Bay.
3. The BBQ is too big to store and transport. Kev Andrews will buy a new smaller BBQ and organise disposal of other one (raffle or donate to surf Club)

6. A man walked into a Louisiana Circle-K, put a \$20 bill on the counter, and asked for change. When the clerk opened the cash drawer, the man pulled a gun and asked for all the cash in the register, which the clerk promptly provided. The man took the cash from the clerk and fled, leaving the \$20 bill on the counter. The total amount of cash he got from the drawer: \$15. (If someone points a gun at you and gives you money, is a crime committed).

7. Seems an Arkansas guy wanted some beer pretty badly. He decided that he'd just throw a cinder block through a liquor store window, grab some booze, and run. So he lifted the cinder block and heaved it over his head at the window. The cinder block bounced back and hit the would-be thief on the head, knocking him unconscious. The liquor store window was made of Plexiglas. The whole event was caught on videotape.

8. As a female shopper exited a New York convenience store, a man grabbed her purse and ran. The clerk called 911 immediately, and the woman was able to give them a detailed description of the snatcher. Within minutes, the police apprehended the snatcher. They put him in the car and drove back to the store. The thief was then taken out of the car and told to stand there for a positive ID ... to which he replied, "Yes, officer, that's her. That's the lady I stole the purse from."

9. The Ann Arbour News crime column reported that a man walked into a Burger King in Ypsilanti , Michigan , at 5 a.m., flashed a gun, and demanded cash. The clerk turned him down because he said he couldn't open the cash register without a food order. When the man ordered onion rings, the clerk said they weren't available for breakfast. The man, frustrated, walked away.

10. When a man attempted to siphon gasoline from a motor home parked on a Seattle street, he got much more than he bargained for. Police arrived at the scene to find a very sick man curled up next to a motor home near spilled sewage. A police spokesman said that the man admitted to trying to steal gasoline and plugged his siphon hose into the motor home's sewage tank by mistake. The owner of the vehicle declined to press charges, saying that it was the best laugh he'd ever had.

THE DARWIN AWARDS

Yes, it's again that magical time of the year when The Darwin Awards are bestowed, honoring the least evolved among us.

Here is the glorious Winner:

1. When his 38-calibre revolver failed to fire at his intended victim during a hold-up in Long Beach, California, would-be robber, James Elliot did something that can only inspire wonder. He peered down the barrel and tried the trigger again. This time it worked!

And now, the Honourable Mentions:

2. The chef at a hotel in Switzerland lost a finger in a meat-cutting machine and submitted a claim to his insurance company. The company expecting negligence sent out one of its men to have a look for himself. He tried the machine and he also lost a finger. The claim was approved.

3. A man who shovelled snow for an hour to clear a space for his car during a blizzard in Chicago returned with his vehicle to find a woman had taken the space. Understandably, he shot her.

4. After stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Bulawayo had escaped. Not wanting to admit his incompetence, the driver went to a near by bus stop and offered everyone waiting there a free ride. He then delivered the passengers to the mental hospital, telling the staff that the patients were very excitable and prone to bizarre fantasies. The deception wasn't discovered for 3 days.

5. An American teenager was in the hospital recovering from serious head wounds received from an on-coming train. When asked how he received the wounds he said he was trying to see how close he could get his head to a moving train before he was hit.

4. Tony Collins won a Bridge Walk at Trotter of Year night. He has not had his prize. Barb Byrnes will organise it with Tony.
5. Bev Andrews suggested that we need to make sure that we are consistent with run tops. In future the 200 run top will be a fleece worth \$44 and the 500 run top will be a top of runners choice, value up to \$100 including embroidery.
6. Ross English Memorial Run will be on February 2nd. Marg Aurisch will organise fruit and cereal. Barb Byrnes to assist.
7. Drinks. Marg Aurisch has organised a list of instructions for committee member who is responsible for doing drinks. Paul Davison will have it laminated and placed on cupboard door.
8. Table has disappeared. Need a new table and trolley.
9. Bookings for 25 year celebration Trotters trip to Hamilton Island are still open.

Club Person of Month:

Nil

Athlete of Month:

Robyn Pallas and Donna White for completing Otford to Bundeena; Carl Barker, Kosiosko Marathon, 2nd 3.11

Junior Athlete of Month:

Nil

Runs for February:

2nd Ross English Memorial Run

9th Crommity Hill

16th Ross McGuigans Run

23rd Brooks Hill Time Trial

Next Meeting: February 4th, Terrigal Surf Club

AUSTRALIA DAY

Have you ever fancied yourself as a Sao eater?

Desperate to chuck a Gumboot?

Or have you just had enough and want to have a big Dummy Spit.

Well, you can do this and lots of other stuff as well at

The Cannons' Australia Day extravaganza.

It starts at precisely 11.31, Saturday 26th January (of course).

BBQ facilities provided – BYO everything (including the family)

104 Illoura Reserve Davistown (at the end of Davis St).

I saw that show, 50 Things To Do Before You Die.

I would have thought the obvious one was shout for help.

THE INAUGURAL 7TH ROUND THE BAY CLASSIC SUNDAY 6 JANUARY 2008

Five o'clock arrived with a very overcast sky at the Gosford Waterfront start. Overnight rain had not dampened the enthusiasm of the 32 starters who set off, not all intending to go the full distance but eager to be part of this event.

Light rain and Brian Dawson met the runners at the first drink stop at Green Point with the field already having a considerable distance between first and last place. The Police (guarding a suspicious overnight fire) and Col Wood greeted a wet field at Kincumber although the rain eased off and the remainder of the day was dry.

The 'Spice Girls' (the Riddles plus Sonia) with an original (Trotters theme) song meant that some runners stayed at the Bensville drink stop longer than they needed to!!! Mike Gero's Empire Bay stop lacked the spice bit but the runners were extremely grateful to replace fluids lost in the humid conditions.

Graham Love and Dave Girvan assisted the runners at the Blackwall stop and sent them along the waterfront heading for Woy Woy. The tough end of the run now following the Bay to Bay course seeing Brian and Col again at Koolewong and Point Clare respectively.

Carl Barker saw the finish at the Gosford Waterfront first arriving in 3:38:45 with Darren McLelland just under 10 minutes behind followed a dead heat for third place with Murray Antony setting a PB and Wayne Daley becoming the one and only person in the whole world to have run every single Round the Bay event. What an achievement congratulations Wayne, a world champion. Our thoughts went out to Sonia White, who until this year held the equal record with Wayne however whilst training for this event by doing the 100km GNW run she suffered an unfortunate injury and had to be a 'Spice Girl' instead.

Just three lady contestants that year, led in by Sharon Harrison in equal seventh place overall, she crossed the line in 3:14:11 followed by Allison Allen in her debut run and Sue McBride completing her second event.

Congratulation to the twenty four finishers who were looked after by Gwenda King, Debbie Wood and Bev Andrews who prepared breakfast and recorded finish times. Ten runners (41.6%) made their debut run this year and four runners, Carl Barker, Darren McClelland, Murray Antony and Steve Guest achieved PBs.

The 2009 event will be held on Sunday 4 January 2009 so put the date in your diary.

Keith King



WALK & TALKS

Join your fellow Trotters and friends for a relaxed Sunday walk followed by brunch. The dates for this years walks are: 24th February, 27th April, 29th June, 24th August and 26th October which will be the GIRRAKOOL to PATONGA weekend. No venues have been arranged as yet.

Contact Marg Aurisch for more details.



CAN'T GET ENOUGH OF THE TROTTERS?

If you have an email address, you can join the new Terrigal Trotters email list where you can chat to other Trotters, look for people to run with, send some funny things to fellow Trotters, boast about your latest PB or grumble about your latest PW. The latest time trial results will be posted here, along with any other news and results on a regular basis, including monthly runs.

To subscribe to the Terrigal Trotters email list, send a blank email to terrigoaltrotters-subscribe@yahoogroups.com

FIVE MINUTES WITH A TROTTER

Trotter Number: #593

Name: Steven Gray

Married Single

Occupation: Compounder



Favourite Run: Mt Wilson to Bilpin

Favourite Distance: Half Marathon

Race PB: Blackmoors Half Marathon: 1.40

Your Shoe Brand: Asics

Other Sports: Swimming, MTB riding.

List Your Favourite:

Food: Seafood

Music: 60's

Actor: Arnold Schwarzenegger

Movie: Jaws

Wine: Red (Shiraz)

Travel Destination: Anywhere within 700 K's of Gosford

Vehicle: Toyota Corolla

If you were to be marooned on a desert island what THREE things would you take with you?

1. Large straw hat
2. SPF 30 sunscreen
3. Fishing Rod

If you were allowed a companion, who would it be?

My wife, Sue

If you could change one feature/habit in yourself what is it?

To be more out going

For every action, there is an equal and opposite government program.

ROUND THE BAY RESULTS

1.	Carl Barker	2:38:45	PB by 26:05	2nd run
2.	Darren McClelland	2:48:05	PB by 9:08	2nd run
3.	Wayne Daley	3:03:14		7th run
3.	Murray Antony	3:03:14	PB by 8:30	3rd run
5.	Graham Ridley	3:11:06		Debut
6.	Peter Jackson	3:13:10		Debut
7.	Steve Guest	3:14:11	PB by 58:19	2nd run
7.	Sharon Harrison	3:14:11	1st Lady	3rd run
9.	Dave Byrnes	3:22:30		3rd run
10.	Colin Barnett	3:32:29		Debut
11.	Darryl Robins	3:32:43		Debut
12.	Gary Pickering	3:37:51		2nd run
13.	Bernie Tubb	3:37:56		Debut
14.	Joe Rolella	3:43:08		2nd run
15.	Allison Allen	3:43:18	2nd Lady	Debut
16.	Steve Gray	3:45:40		3rd run
17.	Jeff Dick	3:51:03		Debut
18.	Sue McBride	3:54:13	3rd lady	2nd run
19.	Colin Price	4:02:53		Debut
20.	Carl White	4:03:06		2nd run
20.	Dennis Robertson	4:03:06		Debut
22.	Greg Teggart	4:49:50		3rd run
22.	Tony Collins	4:49:50		2nd run
24.	Barry Houghton	5:49:48		Debut

RACE RECORDS

Steve Sayer	2:32:14	2007
Sharron Harrison	2:29:50	2007

BAY TO BAY

The first meeting of the Bay to Bay Organising Committee, 2008 will be held at 7.30pm January 21 at the Terrigal Surf Club. Anyone interested in being involved in organising this years event (held June 15) are encouraged to attend. If you want to be involved but are unable to attend please contact Barb Byrnes 0434645115

HO HO HO...

The young, the old and even Santa Claus turned out for the Trotters Christmas party held at the Haven. Despite repeated warnings, children were seen receiving parcels from a dodgy man in a red suit. Whatever happened to stranger danger? Alas a good time had by all.



...and there was more partying at the 'Wednesday Trotters' Christmas bash. Some of us really let ourselves go leading up to the silly season...



6. No specialized cans or bottles may be used that give an advantage by allowing the beer to pour at a faster rate. ie "super mega mouth cans" or "wide mouth bottles" are prohibited.
7. Beer cans must not be tampered with in any manner, ie. no shotgunning or puncturing of the can except for opening the can by the tab at the top. The same applies with bottles - no straws or other aids are allowed in order to aid in the speed of pouring.
8. Beer must be a minimum of 5% alcohol by volume. Hard ciders and lemonades will not suffice. The beer must be a fermented alcoholic beverage brewed from malt and flavored with hops.
9. Each beer can must not be opened until the competitor enters the transition zone on each lap.
10. Competitors who vomit before they finish the race must complete one penalty lap at the end of the race (immediately after the completion of their 4th lap). Note: Vomitting more than once during the race still requires only one penalty lap at the end.

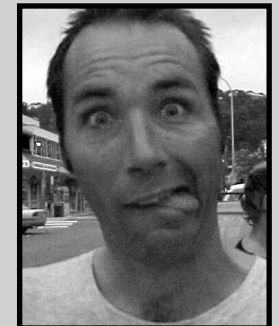
FOR THE RECORD...

The fastest recorded time was an outstanding 5:09 by one Jim Finlayson. A true legend.

Do you have some news, tips or yarns you would like to share with your fellow Trotters?
Do you need a public domain to voice your crazy and socially inappropriate rantings?
Then become a contributor to the newsletter.

**Email the editor: chris@artitude.com.au
or phone Chris on 4360 2579.**

Otherwise look for this friendly face.
Approach with caution.



THE ZEN OF RUNNING

Do not run behind me, for I may not lead.
Do not run ahead of me for I may not follow.
Do not run beside me either. Just piss off and leave me alone.

THE BEER MILE

In the vast world of extreme sports, there exists a sub-culture at its heart, best known as "digestive athletics". The most famous, glorified, respected, and celebrated of all the events of this underworld is the Beer Mile.

The foundation of any true beer mile is built upon two things: drinking beer and running a mile. The most common format of the beer mile requires a single participant to drink a full-sized beer, run a quarter mile, then repeat the process three times. This results in the consumption of four beers and the running of four quarter miles (hence the beer mile). The entire process is timed. The time is often used as a measuring stick of competency.

What are the modern-day standards or rules?

Beermile.com has adopted the "Kingston Rules" (with a few slight changes) in the past few years. To qualify for a Beermile.com record list or a Beermile.com official time, these rules must be strictly followed:

Official Beer mile Rules

1. Each competitor drinks four cans of beer and runs four laps on a track (Start - beer/lap, beer/lap, beer/lap, beer/lap - finish).
2. Beer must be consumed before the lap is begun, within the transition area which is the 10 meter zone before the start/finish line on a 400m track.
3. The race begins with the drinking of the first beer in the last meter of the transition zone to ensure the competitors run a complete mile (1609 meters).
4. Women drink four beers in four laps (past rule lists only required ladies to drink three beers).
5. Competitors must drink canned beer and the cans should not be less than 355ml (the standard can volume) or 12oz (the imperial equivalent).

Bottles may be substituted for cans as long as they are at least 12 oz (341 ml) in volume.

DON'T DRINK THE WATER!

Having listed a swag of expectant couples last issue, I belatedly discovered Tony and Cherelle Mylan are also expecting a bub. Hearty congrats!



BAY TO BAY 2008

All Trotters are aware of the sensational Bay to Bay Fun Run. If you know of a Business that might consider sponsorship with our 2008 Bay to Bay Fun Run, Please speak with Barb Byrnes or Paul Davison about the possibility of new Community Partners for the Bay to Bay.

Barb Byrnes M: 0434 645115

Paul Davison M: 0417 586395

DECEMBER RESULTS

CENTRAL COAST HALF 2ND DECEMBER 2007

Position	1st Name	2nd Name	Time	Category	Cat Pos	AG Points
5	Adam	Jordan	1:13:35	30-39	4	810
8	Darren	McClellan	1:19:57	30-39	6	746
9	Ian	Temblett	1:20:47	40-49	3	779
24	Mark	Tucker	1:27:51	30-39	12	678
33	Steven	Fry	1:30:35	30-39	13	658
43	Jo	Rolella	1:32:18	30-39	17	646
46	Steve	Guest	1:32:29	40-49	11	685
58	Wayne	Daley	1:34:43	50-59	5	695
79	Skye	Bloffwitch	1:38:26	20-29	2	No DOB
83	Thomas	Robertson	1:38:43	20-29	10	604
90	Jeff	Dick	1:40:24	50-59	11	661
126	Steve	Gray	1:48:01	50-59	18	647
140	James	Moran	1:51:36	30-39	38	534
171	Debbie	Bloffwitch	1:59:16	40-49	4	616
165	Doug	Lindsay	2:34:00	80+	1	587

CENTRAL COAST 9KM 2ND DECEMBER 2007

Position	1st Name	2nd Name	Time	Category	Cat Pos
6	Charlie	Brooks	33.21	U16	1
10	Adam	Gray	35.5	30-39	2
11	Mike	Randell	36.09	50-59	1
19	Peter	Jackson	37.43	50-59	3
30	Sasha	Frankel	40.58	U14	1
33	Jasmine	Frankel	42.08	U14	2
34	Heiko	Schaefer	42.15	42.15	2
42	Hilary	Wood	43.36	50-59	1
65	Barry	Houghton	49.43	40-49	6

SUPER 7 - RESULTS DEC 2007

Position	Trotter No	Given	Surname	No of Runs	AG Points
1	90	Barry	Willis	4	833
2	609	Carl	Barker	3	782
3	88	Greg	Love	4	779.7
4	271	Adam	Jordan	7	765.2
5	660	Charlie	Brooks	7	758.4
6	410	Robert	Scoines	3	756.7
7	492	Marc	Battistella	4	751.1
8	15	Murray	Antony	5	750.9
9	665	Ian	Temblett	6	749.9
10	43	Kevin	Dean	3	749
11	449	Mat	Robbie	7	748.3
12	173	Mike	Randell	5	735.5
13	573	Darren	McClellan	7	722.4

SUPER 7 - RESULTS DEC 2007 Continued

14	267	Wayne	Daley	7	709.8
15	27	Ken	Hickson	5	706.5
16	502	Heiko	Schaefer	5	702.8
17	266	Tara	Wood	7	699.7
18	457	Kim	Cook	7	690
19	658	Mark	Dunlop	5	688.3
20	593	Steven	Gray	7	683
21	390	Hilary	Wood	3	678
22	273	Steve	Fry	4	668.2
23	681	Sasha	Frankel	5	657.1
24	403	Mel	Robbie	6	654.2
25	391	Ingrid	Cleland	3	651
26	576	Steve	Guest	5	645.6
27	682	Jasmin	Frankel	5	644.9
28	607	Jeff	Dick	5	643
29	529	Graham	Steele	3	642.2
30	568	Colin	Barnett	7	641.4
31	618	Monica	Nicol	4	636.9
32	620	Allison	Allen	3	634.3
33	590	Tina	Baverstock	3	631.6
34	399	Col	Price	4	627.7
35	483	Graham	Ridley	4	626.4
36	248	Les	Lowe	3	622.2
37	1	Kevin	Andrews	3	622.1
38	486	Jo	Ridley	3	616.1
39	638	Joe	Rolella	5	615.4
40	8	Steve	Hughes	3	611.3
41	364	Robert	Ellershaw	3	606.5
42	633	Andrew	Mildren	5	597.9
43	654	James	Moran	6	594.5
44	679	Karen	Boyd-Skinner	3	594.4
45	673	Kevin	Lohan	3	593.7
46	311	Chris	Hatcher	3	592.1
47	504	Sid	Walsh	3	584.7
48	600	Kelli	Warren	3	584.5
49	580	Dina	Batt	4	582.1
50	452	Debbie	Wooden	5	569.4
51	503	Robyn	Pallas	3	568.4
52	17	Margaret	Aurisch	3	562
53	494	Mark	Rollins	4	526.3
54	631	Wayne	Doherty	4	522.9
55	586	Donna	White	5	516.9
56	538	Laurie	Stopford	4	493.9
57	345	Lori	Baldoni	5	478.6
58	239	Bill	Karskens	4	451.1
59	436	Bruce	Abrahams	4	426.1