

Petition

On Fatman Run 22nd November 2008

Petition for the reinstatement of Hardcore Run details
in the Terrigal Trotters Newsletter.

Hand to

Sharon Harrison

Editor in Chief
Terrigal Trotters Time/s Trial

On the recent Fatman Run, held 22 November 2008, a petition was signed by many runners at the top of the skillion for the following purpose:

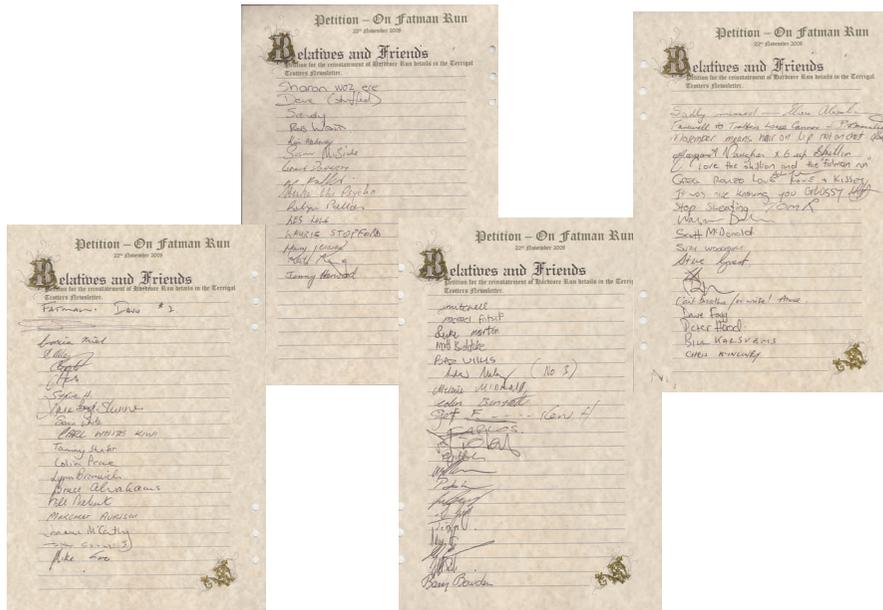
Petition for the reinstatement of Hardcore Run details in the Terrigal Trotters newsletter.

A copy of the aforementioned petition is published here.

As Editor in Chief of the Newsletter, assistance was sought from the Hardcore runners to obtain Hardcore Run details for this and subsequent Newsletter issues. The Editor in Chief was advised there were none.

Subsequently, none are mentioned.

Editor in Chief
Terrigal Trotters Newsletter



DECEMBER 2008

Terrigal Trotters NEWSLETTER

Website: www.terrigoaltrotters.com.au
E-mail: trotters@tac.com.au

TERRIGAL TROTTER MILESTONES

10 Run Trotters
#718 Bionda Hiensch

100 Runs
#631 Wayne Doherty

900 Runs
#24 Ross McGuigan

Editorial

Congratulations to our fellow Trotters who successfully completed the GNW 100's. From our only female, Cathy Donnet, to Kim Cook who just can't say no, you have all shown incredible inner strength and resolve to complete such a difficult course.

In it's 4th year, it is great to see so much support from our club members helping out and volunteering their time across the weekend in so many ways to make this year's race another great success. From manning checkpoints, crewing, pacing, photography, equipment logistics to cheering runners on, your efforts were very much appreciated.

The GNW100's After-Party for all Terrigal Trotter runners and volunteers was a great night at the Ridley's, and on behalf of those of us in attendance, thanks to Jo and Graham for an enjoyable evening. Congratulations also to Deb Wooden and Gina Stuart for winning the GNW100's Trivial Pursuit and earning themselves a nice big fruit and nut Toblerone and bottle of wine as first prize.

Have a safe and happy Christmas. Remember the Trotter's Christmas party on Saturday 20th December after the run and also Round the Bay on Sunday 4th January. Details of both are inside this edition.



Sharon Harrison
Sharon.harrison@det.nsw.edu.au
Mobile: 0402270994



SATURDAY MORNING RUNS

6:00am, Terrigal Beach Car Park

December 2008

- 6th Bob's Hill
- 13th Brook's Hill in reverse
- 20th Erina Bush
- 27th Brooks Hill Time Trial

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

CAN'T SEE YOUR NAME IN OUR RESULTS PUBLISHED IN THE NEWSLETTER OR WEBSITE?

Then let us know by either:

- Clicking on the button "Trotters, tell us your results" on the website to send your results to us
- OR
- Contact Kim Cook, our Results Tabulator (phone number listed next page), who will dutifully amend our records and notify the Newsletter Editor and Webmaster



The key box is provided on Saturday morning as a convenience to all members who do not wish to carry their car keys while running. Keys will be available by 7.00am at the latest so, if you need to leave earlier, it is best not to use this service.

OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the **Wombie 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.

Track Training Sessions are held each Tuesday night at 6pm at the Adcock Park Athletics Track in Gosford, AND each Thursday morning at 6am at Duffy's Oval, Terrigal Drive Terrigal during daylight saving.

IT SEEMED LIKE A GOOD IDEA AT THE TIME.....

.....when Sharon and I entered the 44km Deep Space Mountain Marathon to be held on November 23rd from the site of the old Honeysuckle Creek Space Tracking Station in Namadgi National Park south of Canberra. What could be nicer than a nice long trail run through the lower Alps in springtime?



As the Race Director, John Harding, wrote in his post-race e-mail, "it was certainly a day for beanies, gloves, wet weather jackets and tights". Of course, I didn't bring any of those things. The weather forecast deteriorated as we drove down on Saturday and we woke before dawn at the race start to find 5cm of snow on the car, more falling, and a gusting bitterly cold wind. Things hadn't improved much by the 5:45am start and I was shivering violently clad in my shorts and two cotton T-shirts, one long-sleeved. Sharon was only marginally better off with a sleeveless jacket over her long sleeve top, a peaked cap, and calf-length "Skins".

John Harding's race briefing wasn't particularly inspiring, or comforting, with news that the snow would be deeper as we approached the top of Mount Tennent (1375m), and that he had "no way of knowing how bad and we should just turn around if we couldn't make it to the summit". We set off into the dawn gloom in what is known in the US as a "wintry mix" of precipitation. The first 5km was steadily downhill on a bitumen road and I quickly took up last position nursing my chronically sore right knee and trying to stop shivering as I watched my fellow runners string out in front of me. By the time we reached the bottom of the hill and were on a muddy and occasionally slippery fire-trail I was soaked through and wondering about the wisdom of climbing 700 metres to the top of Mount Tennent, the first turn-around. As I climbed slowly but steadily I overtook a few people, including Sharon, and, by the time I met Tim Cochran (joint first in last year's GNW100s) coming back down the mountain, I was becoming more optimistic despite freezing conditions and deepening snow. At the turn-around a bedraggled (and probably hypothermic) marshall made sure we all rounded the orange cone he had carried all the way to the summit pre-dawn... a true hero.

The steep descent was treacherous in places and everybody seemed to be taking great care although, across the valley at the 20km checkpoint, I could see that those behind me were closing. I needed to retie a shoelace here and it took a long time with numb fingers. Then followed a 5km ascent to pass back through the Start/Finish point at 25km. It was a major test of will to run past the car in my semi-hypothermic state and commit to the full distance, although I had picked up a place and was going OK.

The course continued climbing for another 4km to another turning point (29km) near 1350m and snow and slippery roads were again an issue. As I turned for the descent, a bear seemed to jump on my back and I quickly began to feel very cold and tired. My misery compounded when I found that, before returning to the Start/Finish, there was a sadistically steep out-and-back descent to the Orroral River. On the way down I mournfully watched those ahead of me struggling back up the precipitous inclines. After I turned, I found the runners behind me, including Sharon, were closing rapidly and I soon gave up on my vow to run all of the hills. Before long, I could barely even walk up the hills and the 7km to the Finish seemed an impossible distance. I struggled on, getting passed by Sharon and several other runners, trying to jog the flat bits and walking the rest. Even jogging the flat bits, I could swear Bill Karskens passed me a few times, but maybe I was hallucinating. I finally staggered across the finish line in 5:25, 20 minutes behind Sharon (3rd woman) and 83 minutes behind winner, Tim Cochran, who was just two minutes ahead of the fast-finishing first woman, Vanessa Haverd.

I was given a bottle of wine for winning my age group, "Yippe!" (turns out we all got bottles of wine), and staggered to the car where it took me a long time to get into some dry clothes with numb fingers, frozen quads and aching back. With a total elevation gain of 1800m, 300m more than Six Foot Track, and a similar distance, I think this is a great lead-up run to that event. But next year I'll take some winter gear and maybe do a few longer runs in training.



Peanut Butter as Running Food

Excerpts from an article written by Nancy

The following information explains why peanut butter (and all nuts and nut butters, for that matter) can be considered a super sports food for athletes who want to eat well and invest in their health.

Peanut butter is satiating and satisfying... perfect for dieters - Because you will never win the war against hunger, your best bet is to eat foods that keep you feeling fed. This means, foods with protein and fibre, like peanut butter (and

nuts, in general). You will feel fuller for longer if you have half a whole wheat bagel with peanut butter, as compared to the same amount of calories of a plain white bagel. The protein and fibre in peanut butter "sticks to your ribs" and is not fattening, unless you overeat total calories that day. A Perdue University study reports subjects who ate peanuts every day did not overeat daily calories (Kirkmeyer, "International Journal of Obesity", 24:1167, 2000). Peanut eaters tend to naturally eat less at other times of the day (Alper, "International Journal of Obesity", 26:1129, 2002). Plus, if you enjoy what you are eating on your reducing diet, you will stay with the food plan and be able to keep the weight off. This is far better than yo-yo dieting!

Peanut butter is a quick and easy way to reduce your risk of heart disease - Just slap together a peanut butter (and honey or jelly) sandwich on multi-grain bread, and you have the makings of a heart-healthy meal, if not a childhood memory. A quick and easy peanut butter sandwich is healthier, by far, than a fast-food burger or fried chicken dinner and far better than, let's say, an equally easy "meal" of chips or ice cream. That is because peanut butter offers health-protective mono- and polyunsaturated oil. Trading burgers (saturated fat) for peanut butter sandwiches reduces your risk of developing heart disease. In fact, the more often you eat peanut butter (and nuts), the lower your risk of heart disease (Hu, "Journal of the American College of Nutrition" 20 (1):5, 2001). Start spreading peanut butter (instead of butter) on toast. Enjoy peanut butter & banana for a "decadent" snack in place of ice cream.

Peanut butter is an affordable source of calories - If you are a hungry athlete who needs 3000 or more calories a day, you can spend a significant amount of money fuelling yourself (especially if you routinely eat protein bars, weight gain shakes and other engineered sports foods). Peanut butter can fuel your body without breaking the bank. One hundred calories of peanut butter (about 1 tablespoon) costs far less than 100 calories of other protein sources, such as cottage cheese, tuna and deli turkey breast. The cost of 200 calories of peanut butter is far less than the money you would spend on 200 calories of an energy bar... and generally, the peanut butter is far tastier!

Peanut butter is a source of protein, needed to build and repair muscles - But take note: peanut butter is not protein-dense. That is, two tablespoons of peanut butter, the amount in an average sandwich, provides about 7 grams of protein. In comparison, the calorie equivalent of turkey in a sandwich offers about 20 grams of protein.

To read the entire article, visit <http://www.runtheplanet.com/trainingracing/nutrition/peanutbutter.asp>

Please Note: There are restrictions in Australia on where peanut butter can be taken. For example, schools and childcare centres now prohibit any nut product to be brought into their premises, due to others who may suffer from anaphylactic shock. Check with your workplace and follow their guidelines.

TERRIGAL TROTTERS OFFICE BEARERS

2008-09

<p>President Paul Davison Ph: 43823871 Mb: 0417586395 paul.davison@bigpond.com</p> 	<p>Vice President Kevin Andrews</p> 
<p>General Committee</p>      <p>Dina Batt Dave Byrnes Graham Davies Sharon Harrison Greg Tegart</p>	
<p>Secretary Mark Dunlop</p> 	<p>Treasurer Roger Matthews</p> 
<p>Registrar and Public Officer Leon Harradine 4368 1937</p>	<p>Terrigal Trotters Elders Ross McGuigan Tony Mylan Col Wood</p>
<p>Life Members Kevin Andrews Leon Harradine Keith King Marg Aurisch Col Woods Steve Cannon</p>	<p>Clothing Tina Baverstock</p> 
<p>Webmaster Dave Byrnes 0428 880784</p>	<p>Newsletter Sharon Harrison 0402270994</p>
<p>Auditor Fortunity</p>	<p>Results Tabulator Kim Cook 0409 320240</p>



FIVE MINUTES WITH A TROTTER

Trotter Number: #267



Name: Wayne Daley

Married/Single: Married

Occupation: School Teacher

Favourite Run: Kincumber Mountain

Favourite Distance: 21.1km

Race PB: City to Surf 14km 2005 52:34 (who could forget that day)

Your Shoe Brand: ASICS

Other Sports: None

List Your Favourite:

Food: Thai

Music: Bruce Springsteen

Actor: Halle Berry

Movie: Blade Runner

Wine: Shiraz

Travel Destination: Greece

Vehicle: Honda Integra

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

1. Case of Red Wine
2. A pair of runners
3. My iPod

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

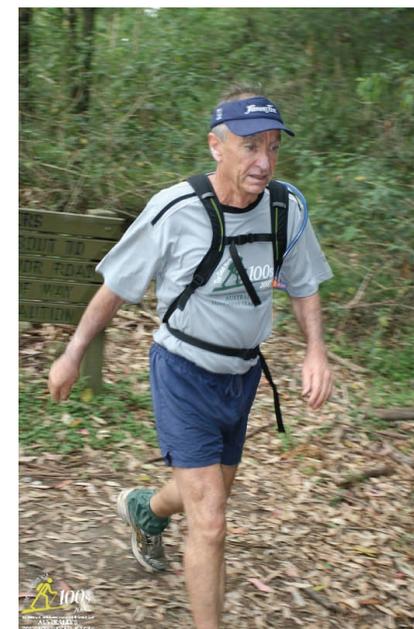
Jennifer Hawkins

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

To have the legs of Matt Robbie



Greg Brown



Steve Gray

Appreciation of the GNW100's Volunteers—from the runners

Some quotes from some Coolrunners who were part of the GNW100's, published on the www.coolrunning.com.au website

Thanks to my crew and all the organisers and volunteers that make this journey so enjoyable [Bill Thompson]

As always the support offered during the race was flawless along with the directions and race organisation. I give the utmost praise to Dave Byrnes and the Terrigal Trotters for the depth of their passion for running and their genuine desire to help each one of us achieve great things. The GNW100s remains unthreatened as my favourite race. [Thrax]

Thanks to Dave and the Terrigal Trotters, this run has now become the most popular trail 100 in the country. [Spud]

However to Dave and the crew who were there again, I dips me lid. Again the event was well organised and well supplied and a credit to trail events everywhere. [Hermie]

To the Terrigal Trotters, you have such a great race here and you carried out the organisation perfectly – thanks! [Andrew Vize]

I am HUGELY impressed by Australian ultra runners, how wonderfully welcoming you all are, the MASSIVE amount of organisation and work that was involved in organising this race – thanks to Dave Byrnes, and the hundreds of other volunteers and crews who helped us out at the checkpoints, many of who didn't get any more sleep than us runners. [Kiwi Lisa]

I want to say a huge thank you to all the volunteers, Terrigal Trotters and Dave Byrnes for this race, I have been part of it in some way now for the last three years, and the event gets better and better. [Bandanna]

Happy Snaps of our Trotters during the GNW100's

[Photos courtesy of Craig Gavin and Jo Ridley]



Left to Right: Craig Gavin, Kevin Andrews, Deb Wooden, Kim Cook, Bev Andrews, Robin Vingerhoed

TERRIGAL TROTTERS MINUTES OF MEETING

The Committee Meeting Minutes will no longer be published in this web version of the Terrigal Trotter's Newsletters.

If you wish to obtain a copy of the minutes, please email our Club Secretary, Mark Dunlop, at mdunlop@nsccahs.health.nsw.gov.au



Darel Robbins—Too much information!



Cathy Donnet—A smile or a grimace?

NOVEMBER RESULTS

GREAT NORTH WALK 100'S 8/9TH NOVEMBER

100MILE

Position	Name	Category	Category Place	Time
5	Kim Cook	M50-59	2	29:00
10	Darrel Robins	M30-39	3	30:51

100KILOMETRE

Position	Name	Category	Category Place	Time
4	Graham Ridley	M40-49	2	15:03
14	Cathy Donnett	F40-49	1	17:47
16	Joel Green	M18-39	6	19:09
20	Steven Gray	M50-59	3	19:55
24	Greg Brown	M40-49	8	20:53

SA BLACK HILL CHALLENGE 12.5KM 9TH NOVEMBER

WOMEN

Position	Name	Time
6	Sharon Harrison	68:14

DEEP SPACE MOUNTAIN MARATHON 44KM 23RD NOVEMBER

Position	Name	Category	Category Place	Time
3	Sharon Harrison	F40-49	1	5:05:40
9	Dave Byrnes	M50-59	1	5:25:47

29th Thredbo National Running Week

Thredbo Alpine Village,
Kosciuszko National Park

Saturday 10 January—Saturday 17 January 2009

Organised by the Canberra YMCA Athletics Club
Running, Tennis, Golf plus many more activities

Email Brian Lenton at lenton@homemail.com.au for a program of the week's activities



At last I reach checkpoint 3 about an hour later than I should have and approaching 180 degrees from the wrong direction, through the car park getting the weirdest looks from everyone. Things were now going from bad to worse, to add injury to insult I had picked up some of the worst blisters I've ever had in 26 years of running. I did my best to remain positive, but it wasn't easy. I tried to tape up the mess and get going. Poor Jo was having the day from hell, I had a lot more fun crewing for her last year.

I eventually left the Basin, although it did cross my mind to pull out. Then I thought of mum and the charity money and I just had to finish. The time didn't matter any more, but there was no way I was going to stop.

What followed was the worst four hours of my life. I have never suffered so much pain. Every step of the way sent pain through my body. I couldn't run any more, I just kept putting one foot in front of the other and eventually Yarramalong came into sight. I saw Jo who was worrying herself stupid. I had tried to send messages with other runners so she new I was OK; slow, but OK. At last I crossed the line in 15.04.14. I was a total mess, the pain was intense and putting up with it for so long and then suddenly stopping made me light headed and I thought I might pass out at one point, but Sandy forced me to drink Coke and within seconds I was back to some form of normality.

When I finished I said something like "I am never ever going to do that ever again in my life ever".....I lied.

My congratulations to Kim, Darrel, Cathy, Joel, Steve and Greg for enduring and surviving. Thanks to Dave for organizing a great run, to the volunteers for making it all possible, to Steve for helping on the day and above all Jo for putting up with a grumpy old man.

As for the charity money: It looks like I'll raise over \$3,000, with Trotters contributing over \$850, which is far more than I originally thought I might raise. My sincerest thanks go to everyone who donated and as soon as Betty's Bungalow gets built I will put a photo in the newsletter. Thankyou all.



The Great North Walk 100's 2008

Graham Ridley's Race Report



Well where do I start? At the start I suppose. Although getting to the start was an adventure in itself. The Ridley's somehow managed to get of the F3 at the wrong junction. Then we couldn't get back on to go north, only south. When we did find the right road we went in the wrong direction. We even got lost in Teralba and lets face it Teralba ain't really big enough to get lost in. Anyway I finally managed to line up with the rest of the starters and before I new what was happening we were off.

The first few kms are on the road and quite dull. I just wanted to get on to the track and get stuck in. Once on the track I started to run quite well and move through the field. By the time we got to the road crossing I was 4th I think and 2nd by the time we got to the communications tower. I even led through the jungle section, showing a guy called Murray the way (good job he wasn't with me later, read on and I'll explain).

Before I new where I was Checkpoint 1 was in sight. The eventual winner, had just overtaken me and was looking really smooth, so I didn't chase him. I arrived much faster than I thought (about 3.12) so much so, that Jo wasn't ready for me. Unfortunately I hadn't eaten enough and hit a blood sugar low. Jo and Steve were left to deal with a grumpy old man (sorry guys). They did, however do a great job and soon had me on my way, blood full of sugar with a smile on my face.



I cruised through section 2, which is very easy and enjoyable to run. I nearly went over the style with no fence, realising just in time and running straight past. I arrive at checkpoint 2 clear in second and very happy. Jo had had everything ready for about 2 hours just in case.

I leave checkpoint 2 full of hope and beginning to believe I might do quite well. Section 3 is tough and has some brutal hills. Despite this I was moving well. Everything was great, really good, really really good, brilliant; until I got lost. Unfortunately I was on a section (I thought) that was 5.6 long so I didn't worry to start with so I went a long way out of my way. Eventually I saw a four wheel drive approaching and he was lost and asked *me* the way. During our conversation he said he had just come from the Basin. This meant I was on the wrong road, but I would reach my destination eventually.

NOVEMBER FLAT TIME TRIAL 10KM 29TH NOVEMBER

	Name	Time
1	Matt Robbie	34:44
2	Adam Jordan	35:41
3	Ian Temblett	38:30
4	Mark Dunlop	39:09
5	Graham Ridley	39:21
6	Wayne Daley	39:49
7	Carl Barker	40:33
8	Jessica Mitchell	40:38
9	Greg Love	40:54
10	Matthew Buddeke	41:11
11	Michael Fritsch	41:25
12	Steven Fry	42:02
13	Dave Byrnes	42:30
14	Brett Isaac	42:56
15	Steve Guest	43:23
16	Sharon Harrison	44:26
17	Murray Antony	44:30
18	Matt Douglas	44:39
19	Col Barnett	44:49
20	Tom Robertson	45:06
21	Adam Gray	45:26
22	Ken Hickson	45:41
23	Alison Allen	45:46
24	Tom Devlin	45:57
25	Robbie Wilkinson	46:01
26	Peter Jackson	46:03
27	Jeff Dick	46:32
28	Elissa Gribble	46:35
29	Adrian Smith	46:36
30	Matt Collins	46:47
31	Matt Toby	46:50
32	Alex Keith	47:13
33	Jason Robbie	47:14
34	Heiko Shaefer	48:06
35	Chns Molnemej	48:13
36	Steve Gray	48:35
37	Darren McLellan	50:09
38	Tammy Schafer	50:21
39	Craig Gustard	50:22
40	Liza Whitfield	51:06
41	Col Price	51:12
42	Nathan Stuyman	51:23
43	Dave Booth	52:10
44	Dave Hopkins	52:12
45	Les Lowe	52:27
46	Gina Stuart	52:46
47	Keith King	53:09
48	Chns Scarlett	53:57
49	Kelly King	54:35

	Name	Time
50	Bill Diebert	54:36
51	Barb Byrnes	55:27
52	James Wright	55:49
53	Wayne Doherty	55:53
54	Donna White	56:00
55	Peter Hood	56:39
56	Mark Rollins	57:38
57	Barry Houghton	57:57
58	Jason Menzies	58:23
59	Maree Clarke	59:15
60	Peter Nickless	59:56
61	Julien Halcrow	60:14
62	Marg Aursch	61:53
63	Cathy Toby	61:59
64	Sue Ingham	62:00
65	Candy Hoddnot	64:24
66	Rob Wait	64:24
67	Mel Bosshard	64:29
68	Lori Baldoni	65:47
69	Bruce Abraham	74:30
70	Launie Stopford	78:37

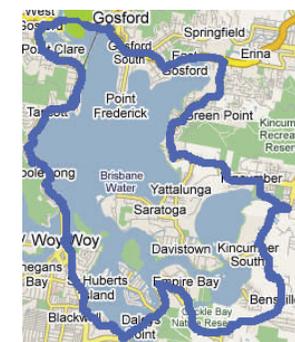
THE 8TH INAUGURAL "ROUND THE BAY CLASSIC" Sunday 4th January, 2009

All Trotters are invited to compete in the inaugural 9th running of the Round the Bay Classic starting at Lions Park, Gosford Waterfront at 5.00am on Sunday 4th January 09.

A leisurely 38km around Brisbane Water followed by breakfast in the park.

Your chance to run with a world champion, Wayne Daley, the only person in the world to complete all eight runs.

Don't miss the opportunity, see Keith King for details



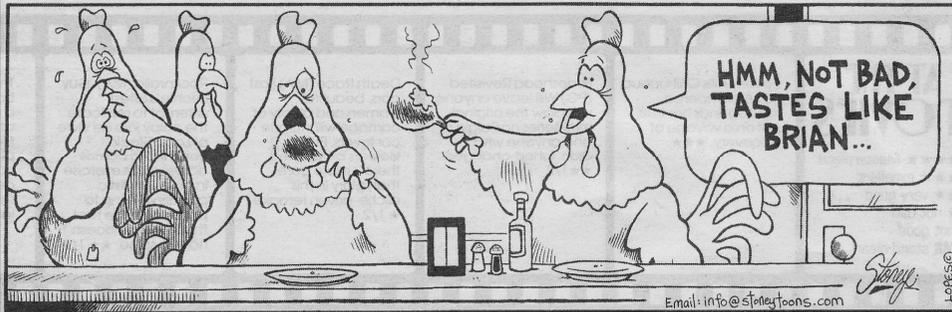
The Bay to Bay Fun Run is on 21st June, 2009



First meeting of the organising committee for the 2009 Bay2Bay will be held on Monday January 19th at 7.30pm, Terrigal Surf Club.

Any Trotters interested in being involved in organising this year's run is welcome to attend or call Barb on 0434 645115.

A chicken's revenge on Trotter #20 Brian Dawson, who works at Ingham Chickens



NOTICE

THIS DEPARTMENT REQUIRES NO PHYSICAL FITNESS PROGRAM

EVERYONE GETS ENOUGH EXERCISE JUMPING TO CONCLUSIONS, FLYING OFF THE HANDLE, RUNNING DOWN THE BOSS, KNIFING FRIENDS IN THE BACK, DODGING RESPONSIBILITY AND PUSHING THEIR LUCK

Trotter Registration

Don't forget your \$2 registration on Saturdays. It not only clocks up those runs for the Super 7, and runner milestones etc, it also confirms you as a runner for the morning where insurance is concerned.



TROTTERS' ANNUAL EVENTS CALENDAR

December 2008—December 2009 continued..

Sunday, 19 July 2009

Hunter Valley Running Festival

Marathon, Half Marathon, 10 km Run, Kids Marathon, 6.25 km Run and Winery Wander Run/Walk from the Hunter Valley Gardens. Trotters plans to organise a bus to this event.

Sunday, 9 August 2009

SYDNEY CITY TO SURF 14KM

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

Saturday, 22 August 2009

Mt Wilson to Bilpin

35km trail run along trails, tracks and dirt roads from Mt Wilson to Bilpin in the Blue Mountains. Trotters plans to organize a bus to this event.

Saturday, 29 August 2009

TROTTER OF THE YEAR DINNER

Trotter of the Year Dinner and Awards Night.

Monday, 7 September 2009

TERRIGAL TROTTERS ANNUAL GENERAL MEETING

7:30pm at Terrigal Surf Club. Please come along to hear the annual reports and elect office-bearers for 2009-10.

Sunday, 20 September 2009

BLACKMORES SYDNEY RUNNING FESTIVAL

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

Tuesday, ?? October 2009

BRISBANE WATER TRACK 10KM / 1 HOUR RUN

Organised by Terrigal Trotters in conjunction with Central Coast Athletics Club. Mingara Track.

Saturday/Sunday, ??/?? October 2009 TBC

RELAY FOR LIFE

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

Sunday, 25 October 2009

GIRRAKOOL TO PATONGA

Trotters' 24.5km of very tough running from Girrakool Picnic Area across Brisbane Water National Park to Patonga followed by a BBQ.

Saturday/Sunday, 14/15 November 2009

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.

Saturday, 19 December 2009

TROTTERS CHRISTMAS PARTY

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



Check out the Terrigal
Trotters website

www.terrigoaltrotters.com.au

Runs for the Month

Updated Run Maps

More Results

Super 7 Series Progress Scores

Upcoming Social Events

Upcoming Running Events

Newsletter Archives

Photo Gallery

and lots more....

Suggestions for additional content are welcome

Dave Byrnes
0428 880784
dave@davebyrnes.com.au

Do you feel the need...



The need for some SPEED?

Track Training sessions are up and running again every Tuesday afternoon at 6pm at Adcock park, West Gosford, and every Thursday morning at 6am at Duffy's Oval, Terrigal during daylight saving.

Dave Byrnes is kindly offering coaching to all Terrigal Trotters interested in doing track training to improve their fitness or speed (or both!). So come along and join in the fun.

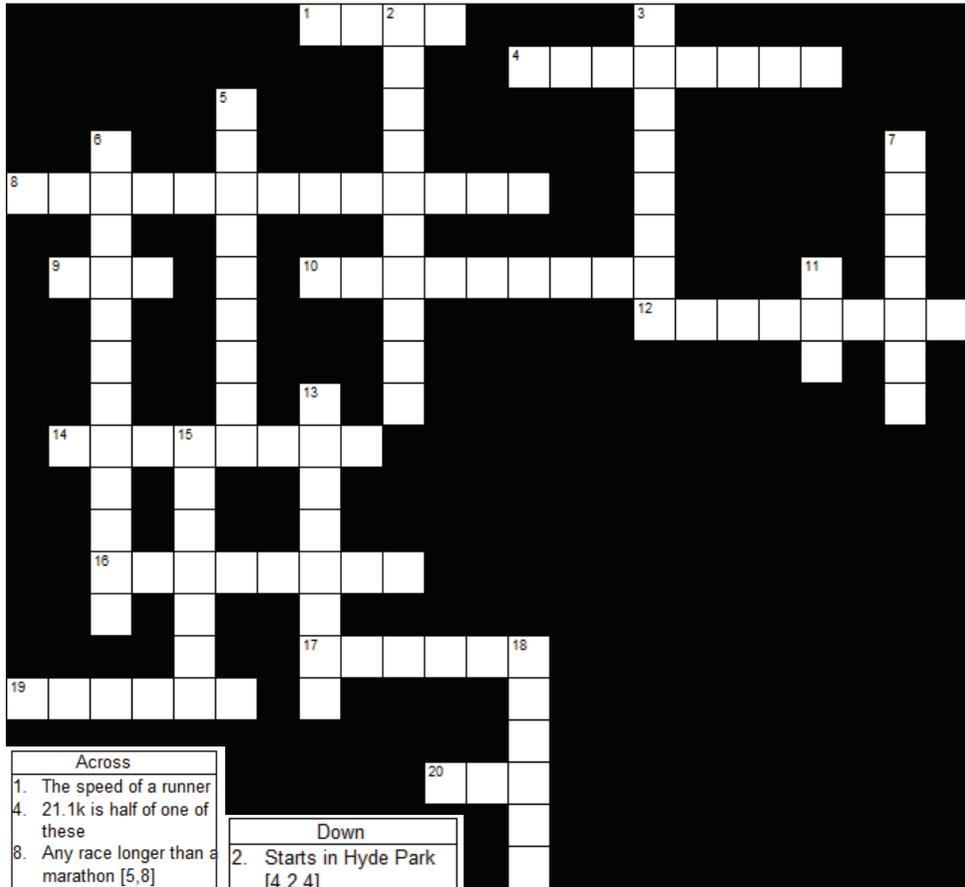
**All Trotters at all levels of abilities are welcome to come along. Just show up on the night, or contact Dave if you have any questions.
Contact Dave Byrnes at dave@davebyrnes.com.au or Mobile: 0428880784**

During the summer holidays, please ring or email Dave to confirm if track is on as he will be away for some sessions.

INSPIRATION CORNER

Whether you think you can, or think
you can't, You're probably right.
[Henry Ford]





- Across**
1. The speed of a runner
 4. 21.1k is half of one of these
 8. Any race longer than a marathon [5,8]
 9. This type of light is best for night running
 10. These harriers like to run towards a bucket of beer [4,5]
 12. A regular Wednesday run with a little hill that grows each lap [3,2,3]
 14. Can cause pain in the heel/ankle/calf area
 16. Have to run up this whenever you pass the Haven
 17. Three stripes are their trademark
 19. A popular GPS
 20. Represents a number related to height and mass

- Down**
2. Starts in Hyde Park [4,2,4]
 3. Non-runners sometimes use these as an excuse [3,5]
 5. Trotters have one of these at the end of every month [4,5]
 6. A very quick run with hurdles and water [7,5]
 7. Alternative exercise for the injured runner
 11. Outside leg injury
 13. Where Trotters meet
 15. A brand of "toe" socks
 18. A very quick run

LAST MONTH'S SOLUTION

- | <i>Across</i> | <i>Down</i> |
|-----------------|-------------------|
| 2. Hastings | 1. Walk |
| 4. Kev's Capar | 3. Super Seven |
| 5. Waterslide | 7. Six Foot Track |
| 6. The Haven | 8. Amphitheatre |
| 7. Seymour Pond | 10. Pony Club |
| 8. Avoca Steps | 11. Alley Cat |
| 12. Crommie | |
| 13. Running | |
| 14. On The Wall | |
| 15. Kincumber | |

Answers in next month's newsletter

TROTTERS' ANNUAL EVENTS CALENDAR

December 2008—December 2009

Saturday, 20 December 2008

TROTTERS CHRISTMAS PARTY

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

Sunday, 4 January 2009

THE 8TH INAUGURAL "ROUND THE BAY CLASSIC"

Trotters' 38km run around Brisbane Water starting at 5:00am at the Lions Park on the Gosford Waterfront (between the Pool and Sailing Club). Followed by a BBQ.

Monday, 26 January 2009

AUSTRALIA DAY WATERFRONT PICNIC/BBQ

Fun and games on the Davistown waterfront starting at 11:30am. All Trotters and their families are welcome.

Sunday, 22 February 2009

GREAT NORTH ROAD RUN

Trotters' 42.3km run and mountain-bike ride along the convict-built Old Great North Road from Wisemans Ferry (starting at the base of Devine's Hill) to the Mogo Picnic and Camping Area near Bucketty. A bus will be organised to take participants to and from West Gosford. Followed by a BBQ.

Saturday, 14 March 2009

SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Trotters' members often book joint accommodation for this event.

Saturday, 25 April 2009

ANZAC DAY RUN

The usual Saturday morning Trotters' run will start at The Haven at 6:00am in order to avoid any disturbance to the Terrigal waterfront ANZAC Day dawn service. The run will be preceded by a minute's silence.

Sunday, 17 May 2009

SYDNEY MORNING HERALD HALF MARATHON

21.1km. Starts 7:30am from Lower Fort St, The Rocks, Sydney. Trotters plans to organize a bus to this event.

Sunday, 21 June 2009

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.

Sunday, 28 June 2009

Woodford to Glenbrook

A 25km trail run and mountain bike ride along The Oaks fire-trail from Woodford to Glenbrook in the Blue Mountains, NSW. Trotters plans to organise a bus to this event.

Continued on next page.....

NSW/ACT RUNNING CALENDAR

December 2008

7 Dec 2008 CENTRAL COAST HALF MARATHON/TUGGERAH LAKES FESTIVAL 9KM FUN FUN

21.1km or 9km. Cost \$20 for Half Marathon and \$10 for the 9km. Flat, scenic course. Cash prizes for place getters in both events. Visit <http://www.coolrunning.com.au/users/calendar/2008/2008e092.pdf> for an entry form.

12-14 Dec 2008 COAST TO KOSCIUSZKO

236km run from sea level (Boydton Beach) to Mount Kosciuszko (2229m above sea level). Visit Website <http://www.c2k.ultraoz.com/> for details

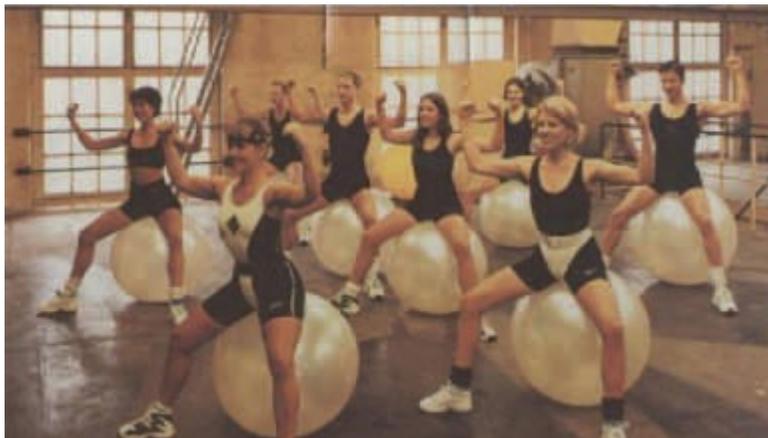
13 Dec 2008 TOUGH BLOKE CHALLENGE

Despite the title, both men and women are encouraged to enter. Presented by Maximum Adventure, this is an offroad running event that includes extreme obstacles, mud, sweat and probably tears. Visit the website for more details www.toughblokechallenge.com.au

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



Government Health Warning! Do NOT swallow chewing gum



Trotter's Nutrition

Minestrone Soup

- Olive oil
- 1 onion, finely chopped
- 2 rashers bacon, chopped
- 2 carrots, halved lengthways, thinly sliced
- 2 zucchini, halved lengthways, thinly sliced
- 4 ripe tomatoes, chopped
- 1 litre chicken or vegetable stock
- 1 cup small pasta shells
- Half cup frozen peas
- 1 x 400g can Borlotti beans, rinsed and drained



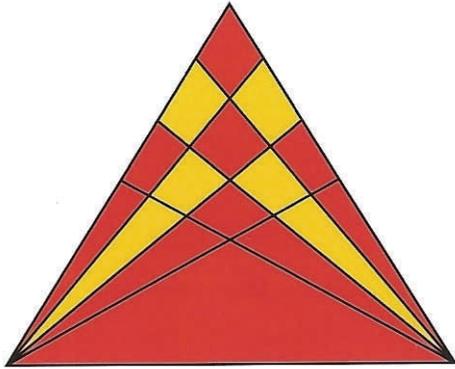
A little oil in a pan, cook onion and bacon for 5 minutes or until onion soft and bacon brown. Add carrot, zucchini, tomato and stock. Bring to boil, reduce to medium heat and cook partially covered for 5 minutes. Add pasta and cook for 5 minutes, then add peas and beans and cook until pasta and vegetables are tender (approx. 5 minutes).

7.30am Meetings each Saturday

All Trotters are invited to remain after Saturday's runs for general announcements and information presented at 7.30am on "The Wall". This is a great time to meet new trotters, maybe even join the regulars for breakfast or coffee across the road.



December Brainteaser



Triangle Tricks

How many triangles can you count in the adjacent picture?

*Last Month's Answer
Next to Fred White at the end of the table*

Dick Scholes recently recognised for his 400th run Milestone



SIX AT SIX REPORT

5 November (6 Runners)

1st	Charlie Brooks	23:06
2nd	Adrian Smith	25:18
3rd	Russell Crain	25:47

Ladies

1st	Catherine Choon	32:12
2nd	Mel Bosshard	34:15

12 November (10 Runners)

1st	Charlie Brooks	24:09
2nd	Susie Woodbury	24:57 PB
3rd	Rob Gibbons	25:23

Ladies

1st	Susie Woodbury	24:57
2nd	Jasmine Frankel	27:11
2nd	Sasha Frankel	27:11

18 November (11 Runners)

1st	Wayne Daley	23:46
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2nd	Carl Barker	24:07
3rd	Michael Fritsch	24:46

Ladies

1st	Jasmine Frankel	26:26
1st	Sasha Frankel	26:26

26 November (11 runners)

1st	Wayne Daley	23:11
2nd	Michael Fritsch	23:31
3rd	Carl Barker	23:39

Ladies

1st	Susie Woodbury	25:31
2nd	Jasmine Frankel	27:20
2nd	Sasha Frankel	27:20

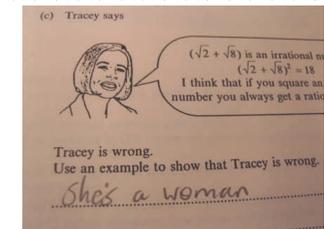
Six at Six is a weekly timed run at 6pm every Wednesday night from the oval near Central Coast Leagues Club in Gosford.

SPECIAL OFFER



**60 York St.,
East Gosford
Phone 02 43248331
Mobile 0417 288511**

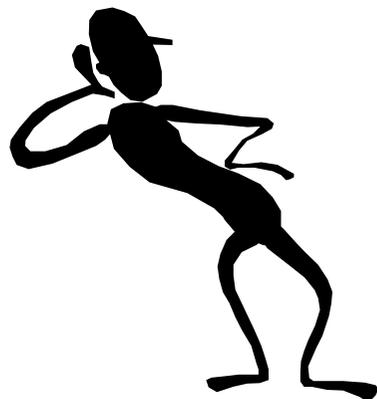
All Trotters who buy a pair of running shoes at The Runners Shop in the next six months will have their names put into a hat. At the end of the six months, one lucky Trotter purchaser will have their name drawn and receive a second pair of the same shoes FREE.



Keep up to date with the latest Trotter information...

...including weekly runs, training cancellations or changes, or latest results by joining the Terrigal Trotter's Email List.

It's a great way to find other Trotters to run with, or to post announcements. With almost 100 members now subscribed to this site, we will now be posting results, training runs and other information regularly to this email group.



Just send a blank email to
terrigaltrotters-subscribe@yahoogroups.com

Or send me an email at sharon.harrison@det.nsw.edu.au and I will put you on the list.

The question is: What Do Retired People Do All Day?

Working people frequently ask retired people what they do to make their days interesting.

Well, for example, the other day my wife and I went into town and went into a shop.

We were only in there for about 5 minutes. When we came out, there was a cop writing out a parking ticket. We went up to him and said, 'Come on man, how about giving a senior citizen a break?'

He ignored us and continued writing the ticket.

I called him an ar****e. He glared at me and started writing another ticket for having worn tyres.

So my wife called him a sh*t-headed w*nk stain.

He finished the second ticket and put it on the windshield with the first.

Then he started writing a third ticket. This went on for about 20 minutes.

The more we abused him, the more tickets he wrote.

Personally, we didn't care. We came into town by bus.

We try to have a little fun each day now that we're retired. It's important at our age.



5 Kilometres per Day Bike Challenge

Don't you think it's time we all became more physically active?

Beginning next month, me and a few mates will be riding 5km every day.

If any of you would like to join our Bike Club, please let me know and we can make arrangements.

I think it would be appropriate to ride somewhere between 4:00 and 7:00pm.

We can call it happy hour, if it will make you say yes!
I have enclosed a photo of my bike below -



A Trotter's Travelling Tales



My name is Ian (Snow) Keene my Trotter number is #704.

I recently went on a 3 week trip to Kazakhstan (dep. 15th October) to evaluate the machinery requirements on a 440,000 hectare agriculture enterprise situated at Kostanai in the northern area near the Russian border.

My position was to report on their 190,000 ha cereal growing farming operation and the machinery requirements (tractors, planters, tillage equipment and combine

harvesters) required for the next 6 years as they build up to 220,000 hectares of wheat and 40,000 hectares of barley and fodder crops.

I also relaxed with some clay pidgin shooting at the owners private hunting lodge.

The photo is of me in a wheat field where the midday temperature reached 3 degrees, my "hottest" day was 7 degrees, at night it got down



to -12 degrees, despite the weather it was a very interesting journey into a country that is only just coming to terms with its freedom from the old Soviet Union (1994).



Trotter's Christmas Party

Saturday 20th December 8.30am
following the run at The Haven

Santa arrives at 9.30am
Breakfast provided

Gifts for kids to be less than \$30 and
can be given to Margaret Aurisch
beforehand



Christmas Day Run

25th December 2008

All Terrigal Trotters are invited to meet at 7am in the Terrigal Surf Club carpark for the traditional Christmas Day run to Wamberal shops and back.



Running to Music

For your own safety, Terrigal Trotters recommend that iPods or MP3 players not be worn when running.

The Terrigal Trotters is a social running group and we would like to chat with you and get to know you.

If you prefer listening to music, please make sure you are still very aware of traffic and other possible obstacles around you.

