



Terrigal Trotters NEWSLETTER

December 2010

MILESTONES

600 Runs
Les Lowe

Ho ho ho all,

Another year flies past, and we can look back on the many Trotters' achievements - both individually and as a club. All the events we are involved in go from strength to strength, which is a testament to the hard work of the committee and volunteers.

Well done to Colin Price and Central Coast Orienteers for organising the Rumbalara bush run. It was well 'run' (pun completely intended) and had a good turn out - including plenty of Trotters.

And it looks like plenty of Trotters were poised at the computer when entries opened for 6ft track. Good luck to all and happy and safe training.

Cheers and all the very best for Christmas, and a happy and safe 2011 to you all.

Chris Hatcher

Contributions:

Email: chris@artitude.com.au

You have the right to remain silent.

Anything you say will be misquoted, then used against you.

Website: www.terrigoaltrotters.com.au • Email: admin@terrigoaltrotters.com.au

PRESIDENT'S REPORT

December 2010

Terrigal Trotters is lucky to have many members with talent and initiative. Not only does it help make our own running events successful, but our members, as part of other organisations, also contribute to the Central Coast running experience.

It was great to see a new event, the Rumbalara Bush Run, organised by the Central Coast Orienteers (who number several Trotters amongst their membership), in the Central Coast running calendar this month. Unfortunately, I was unable to attend, but by all accounts it was a popular and well-organised event that was well-supported by Trotters. Hopefully, it will become a regular fixture in the calendar as has the Central Coast Half & 10km, organised by the Central Coast Hash House Harriers, who also have a number of Trotters as members. This latter event continues to show spectacular growth and attracts many runners from Sydney these days. We are fortunate to have it on our doorstep.

"What goes around, comes around" and the pay-off for being a diverse and inclusive organisation is the growth in opportunities to run both within and "adjacent to" our club.

Dave Byrnes

RUNS FOR THE MONTH

JANUARY

- 1-Jan-11 Keith's Run (10.9km)
- 8-Jan-11 Kincumber Mountain (14.7km)
- 15-Jan-11 McGuigan's Run (10.5km)
- 22-Jan-11 Tegart's Revenge (14.6km)
- 29-Jan-11 Flat 10km Time Trial

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

TERRIGAL TROTTERS MINUTES OF MEETING

Monday 6th December 2010

Terrigal Surf Lifesaving Club

Meeting Open:

7:31 pm

Present:

Dave Byrnes, Mark Dunlop, Roger Matthews, Wayne Doherty, Mark Andrews, Jo Ridley, Steve Gray, Kevin Andrews

Apologies:

Chris Scarlett

Confirmation of Previous Minutes:

Moved by Roger Matthews, seconded by Jo Ridley; minutes accepted.

Business Arising from Previous Minutes:

GNW 100's: Race Director, Dave Byrnes, informed Committee that event was a success on by all measures with feedback overwhelmingly positive. Although final budget was not complete it was expected to be close to break even. There has already been a post mortem meeting with lots of positive input on how to further improve the event. Dave thanked everyone one involved for their efforts and support.

Trotters Award Document: Mark Dunlop plans to have a draft document to table at the February meeting..

Maps for New Trotters: Jo Ridley informed Committee that 5 maps have been drafted and now Chris Scarlett is working on final artwork.

Vacant Committee Position: the Committee welcomed Steve Gray, thanking him for accepting the vacant Committee position.

Committee Members Page: Mark Dunlop sent email to newsletter editor with 2010/2011 Committee Members details.

Club Person of the Month:

Dave Byrnes: Race Director GNW 100's

Nominees for Club Person of the Month:

Dave Byrnes: Race Director GNW 100's

Greg Love – operating gear truck for the entire GNW's

The Committee would like to acknowledge all the Trotters who contributed to the success of the GNW's. With so many helping, and at risk of missing out anyone, the Committee decided to not individually nominate each person.

Female Athlete of the Month:

Deidre Moran – Central Coast Half Marathon, 1:50:54

Nominees for Female Athlete of the Month:

Deidre Moran – Central Coast Half Marathon, 1:50:54

Lyn Bromwich – Central Coast Half Marathon, 2:02:38

Lyn Bromwich – Trotters 10km Flat Time Trial, 52:52

Male Athlete of the Month:

Gary Pickering – GNW 100miles, equal 11th, 31hrs 49mins

Levi Martin – GNW 100miles, equal 11th, 31hrs 49mins

Nominees for Male Athlete of the Month:

Gary Pickering – GNW 100miles, equal 11th, 31hrs 49mins

Levi Martin – GNW 100miles, equal 11th, 31hrs 49mins

Darrel Robbins – GNW 100miles, 4th place, 28hrs 5mins

Darren McClellan – GNW 100km, 4th place, 14hrs 37mins

Robbie Wilkinson – Central Coast Half Marathon, 1st Trotter to finish, 3rd M 40-49, 1:25:50 **PB**

Tom Robertson – Central Coast Half Marathon, 1:29:27 **PB**

Tom Robertson – Trotters 10km Flat Time Trial, 41:28 **PB**

Greg Love – Victorian 50km Track Championship, 3rd place, 4:13:57

Greg Love – Victorian 6hr Track Championship, 3rd place, 67.227km

Treasurers Report:

November 2010

Income: \$20,813.84

Expenditure: \$19,388.89

Surplus/Deficit: \$1,424.95

Moved by Roger Matthews, seconded by Wayne Doherty.

Correspondence In/Out:

Email to Gosford City Council: from Dave Byrnes, on behalf of Terrigal Trotters, with feedback for the 5 Lands Walk Masterplan, strongly supporting any developments that would improve the opportunities for walking and running in safe and scenic locations on the Central Coast.

Email from Bruce Renwick: suggesting an alternative run be substituted for the Charles Kay 10km Time Trial scheduled to be run on Christmas Day. The Committee agreed and there will now be a Dingo Run on 25th December.

Email from Gosford City Council: with update on the 5 Lands Walk Masterplan and summary of round 1 community feedback.

Letter from Gosford City Credit Union: notifying Totters that fixed term deposit, Bay to Bay sinking fund, has matured and will be re-invested.

Flyer for 31st Thredbo National Running Week: including schedule of events and fees. Mark Dunlop informed Committee that Steve Cannon had indicated he will be attending along with a group of Trotters. The Committee made \$200.00 available to Steve for use as needed for Trotters representation; Moved by Dave Byrnes, seconded Mark Andrews, motion carried.

Australia Day Celebrations: Dave Byrnes to follow-up.

Digital Running Clock: Dave Byrnes has conducted investigations into suitable clocks and tabled a flyer, including, features and specifications, for a Seiko Sports Timer ST-306. Dave also tabled a quote with breakdown of costs. Committee members agreed to make information available to members and call for feedback with a view to make a decision at February meeting; Dave Byrnes to organize information flyers for members.

General Business:

Trotters BBQ: Mark Dunlop informed Committee that Trotters portable BBQ is faulty and suggested purchasing a new one, similar type available for \$99. Moved by Mark Dunlop, seconded by Wayne Doherty; motion carried.

Drink Roster for January: Dave Byrnes, Mark Dunlop and Steve Gray to liaise.

Bay to Bay: Mark Andrews and Kevin Andrews have taken on the role of the Co Race Directors. First organizing meeting has been held and Bay to Bay Committee is seeking sponsors. Bay to Bay Committee is also seeking applications from Charities who wish to be financial beneficiaries of the event; Mark Andrews to organize notice in Trotters newsletter.

Storage Shed: Mark Andrews suggested Trotters consider hiring a storage shed to centrally store all Trotters equipment and supplies. A stock take could take place and a sign in/sign out register for those who use stored items implemented. Mark expects the cost to be from \$1000 to \$1500 per annum; Mark to investigate and table options at next Committee meeting.

Trotters Contact List: Jo Ridley suggested that a new Trotters contact list be published with details and contact information of those Trotters who wish to be included. Once complete the list will be made available to all members: Kevin Andrews to organize.

Club Registrar: Roger Matthews suggested Trotters may be able to offer assistance to Trotters Club Registrar, Leon Harradine, who is having ongoing health issues. A working bee at Leon's property was one suggestion; Kevin Andrews to speak with Heather Harradine on behalf of Trotters and see how Trotters can best help.

Runs for December

4 th	Dave's Damn Run
11 th	Marg's Meander
18 th	Pony Club
25 th	Dingo Run

Next Meeting:

Monday, 3rd January 2011
Terrigal Surf Lifesaving Club @ 7:30pm

Meeting Closed:

9:12pm

THE 10TH INAUGURAL RUNNING OF THE "ROUND THE BAY" CLASSIC

Sunday, 2 January 2011

The 'Round the Bay' classic will be held on Sunday 2 January 11, 37.1 easy kilometres around Brisbane Water, start 5.00am at Gosford Waterfront and finish in the same place with breakfast supplied.

The only thing it will cost you is your energy. So start training, this is by far the premier running event on the Coast. Our world champion will be there, Wayne Daley holds the record for running every 'Round the Bay' since its inception.

More information see and speak to Keith King.

THIS EVENT IS ONLY OPEN TO MEMBERS OF TERRIGAL TROTTERS

A doctor was addressing a large audience in Oxford...

"The material we put into our stomachs should have killed most of us sitting here, years ago. Red meat is full of steroids and dye. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High transfat diets can be disastrous and none of us realizes the long-term harm caused by the germs in our drinking water. But, there is one thing that is the most dangerous of all and most of us have, or will eat it.

Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 70-year-old man in the front row raised his hand, and softly said, "Wedding Cake."



RIDLER'S RESULTS YOU CAN RUN BUT YOU CAN'T HIDE



Merry Christmas one and all. I hope that 2010 was a great year and that 2011 will be even better.

COAST TO KOSCIUSZCKO 10.12.2010

7th Darrel Robins 35:24:33 All 240kms of it (he's one tough human being)

Rumbalara Bush Run 13.2km 12th Dec 2010

Position	Trotter No	Time	Name		
18	302	1:25:30	Dot	Stockwell	F
22	27	1:26:21	Ken	Hickson	M
24	705	1:27:44	Peter	Hood	M
25	405	1:27:55	Ian	Morgan	M
27	698	1:30:19	Tammy	Shafer	F
28	21	1:30:23	Dennis	Robertson	M
34	486	1:36:59	Jo	Ridley	F
36	268	1:41:36	Clark	McCallum	M
47	718	2:10:30	Bionda	Hiensch	F
48	8434	2:10:37	Ivy	Krishnan	M
49	719	2:11:08	Narelle	Stylianou	F

Rumbalara Bush Run 16.2km

4	8428	1:25:28	Brett	Starkey	M
7	88	1:30:30	Greg	Love	M
10	643	1:32:14	Stuart	Baverstock	M
12	410	1:32:29	Robert	Scoines	M
13	8215	1:33:06	Craig	Etchells	M
14	690	1:33:31	Tom	Robertson	M
16	739	1:33:51	Matthew	O'Shea	M
17	773	1:34:13	Jason	Kirksmith	M
18	576	1:38:00	Steve	Guest	M
19	267	1:39:36	Wayne	Daley	M
25	147	1:45:06	Peter	Diggelman	M
31	546	1:50:31	Sharon	Harrison	F
32	505	1:51:26	Greg	Brown	M
35	593	1:55:32	Steven	Gray	M
36	622	1:56:33	Daniel	Draper	M
37		1:58:12	Margaret	Beardslee	F
39	639	2:04:03	Deidre	Moran	F
47	107	2:26:39	Lyn	Bromwich	F
50	747	2:52:30	Kathy	Hanisch	F

A big representation of Trotters at the inaugural Rumbalara Bush Run. Well done Colin for putting on a great run. I hope it will be a regular on the calendar.

TELL ME YOUR RESULTS

I want to help celebrate your achievements

Email grahamjoridley@gmail.com or see me on Saturday morning

A funny thing happened the other week on a Trotters run. I was with a small group and we were chatting - not loudly I might add.

Anyway, we ran past a lady who was standing in her front garden. She didn't have the friendliest look about her.

The purple dressing gown, fluffy slippers, curlers and rolling pin in her hand gives you an idea of her persona.

And I have a feeling she got up on the wrong side of her cage, 'cause as we ran past, she inquired in a clipped voice as to the club we belonged to.

Here's the funny bit.

One of our group - lets call him Mr X to protect the innocent - quipped quick as a flash:- "We're from Hash House Harriers". Cheeky, but stroke of genius, thinks me, but the brilliant work was quickly undermined.

Another of our group - let's call her Sue McBride to protect the innocent - says quick as a flash:- "No we're not - we're from Terrigal Trotters".

Lucky she's not your barrister, huh?

A couple of things can be learned here, people.

1. Respect residents and try to run quietly in built up neighbourhoods.
2. Choose who you run with. Carefully.

Chris Hatcher

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December

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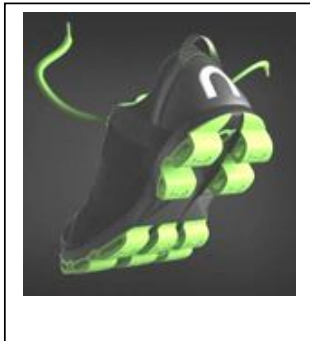
Join us on facebook
Join us for a social run Wednesday 6pm



NIKE Newtons REEBOK On Zoot

NEW PRODUCTS THIS MONTH

Swiss "On" Shoe with Cloud Technology



The On is a midweight, really well cushioned training shoe, that could be used for races 10k+. It has a interesting new look and rides smoothly on the run. Ideal for runners wanting a high level of cushioning across the whole shoe.. definitely worth a try



Reebok EasyTone
For the girls
Ideal to tone and strengthen while you walk.. the "wobble board" style sole decreases stability and makes your leg muscles work harder.

What to buy for CHRISTMAS?.....

A Coast Runners Shop GIFT VOUCHER

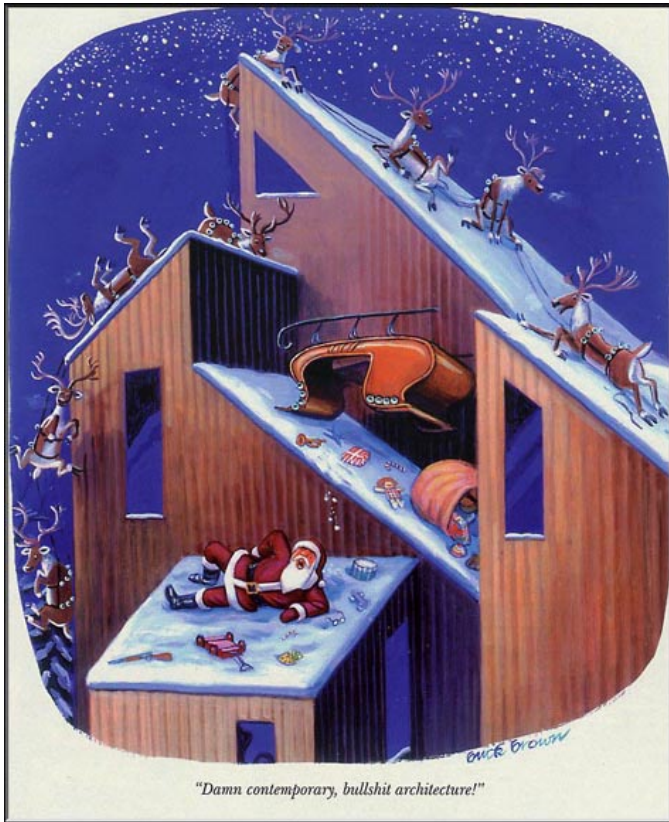
Garmin * Timex Polar * Tens Machine

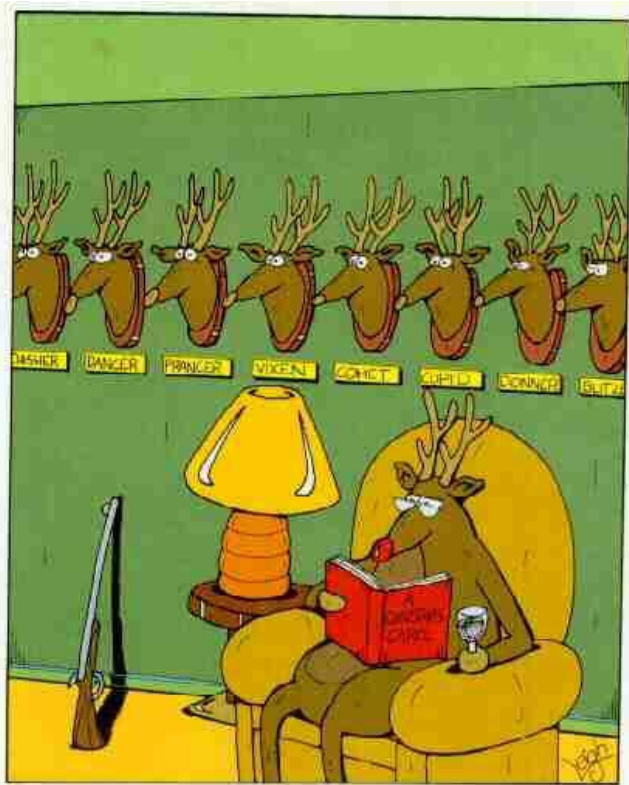
Caps and Visors from Asics New Balance and Nike Sox + Laces * Elastic Laces

Swim Accessories Eyeline Athletic Equipment Compression Shorts Regular shorts

ASK FOR YOUR TROTTERS LOYALTY CARD

when you buy any non special shoe. You receive ongoing discounts .





All of the other reindeer used to
laugh and call him names.

OFFICE BEARERS FOR 2009-2010.

President: Dave Byrnes

Vice-President: Leon Harradine

Secretary: Mark Dunlop

Treasurer: Roger Matthews

Committee: Rob Waite, Gina Stuart, Mark Andrews, Paul Davison, Wayne Doherty

Clothing Officer: Tina Baverstock

Registrar: Leon Harradine

Race Results Co-ordinator: Gina Stuart

Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Public Officer: Kevin Andrews

Auditor: Harwood Chartered Accountants

Volunteer Co-ordinator: Paul Davison

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

President: Flying Foxy Hardcore #3 Associate Member

Associate Member Criteria: Non runner – Bike only

Club HQ and Start Area: On Yowie @ Bensville

Club Emblem: The Waratah. Club Colors: Bush Themes

Present Membership: 8 However 007 is on the skids

Event Dates: Monday and Thursday Arvos

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 880 784 for details.

NEW SOUTH WALES RUNNING CALENDAR

Sat-Sat 8-15 Jan 31ST THREDBO NATIONAL RUNNING WEEK

Annual week long festival of activities for runners and family members, including fun runs and walks around the Village, relays, sprint and 1500m handicap, mountain runs, golf, tennis, duathlon, and other social activities. contact: Phil Aungles. email: paungles@tpg.com.au.

Sun 13 Feb THE ORCHARD CLASSIC

Ourimbah State Forest is famous for its long run to the Orchard and back. Paul Arthur is now offering the chance for runners to test themselves on this gruelling 32km run. contact: Cale Bowd. email: freeworld92@hotmail.com. Sat

12 Mar SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. 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

the last word...

I was walking down the street when I was accosted by a particularly dirty and shabby-looking homeless woman who asked me for a couple of dollars for dinner.

I took out my wallet, got out ten dollars and asked, 'If I give you this money, will you buy wine with it instead of dinner?'

'No, I had to stop drinking years ago', the homeless woman told me.

'Will you use it to go shopping instead of buying food?' I asked.

'No, I don't waste time shopping,' the homeless woman said. 'I need to spend all my time trying to stay alive.'

'Will you spend this on a beauty salon instead of food?' I asked.

'Are you NUTS!' replied the homeless woman. I haven't had my hair done in 20 years!'

'Well, I said, 'I'm not going to give you the money. Instead, I'm going to take you out for dinner with my husband and me tonight.'

The homeless Woman was shocked. 'Won't your husband be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting.'

I said, 'That's okay. It's important for him to see what a woman looks like after she has given up shopping, hair appointments, and wine.'

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