



Terrigal Trotters NEWSLETTER

March/April 2011

MILESTONES

1000 Runs:
Ross McGuigan

Giddy all,

“So, where was the March Newsletter,”

I hear you cry?

And with good reason.

There weren't none.

By the time I collected all the bits and started it, well, it was April.

But alas, the Editorial Department has made up for its appalling work ethic with a unique combination of both March AND April - at no extra charge! Incredible.

Not only that, but it's a bumper issue, including great yarns about running, hiking, Ironmaning, racing on ice and yep, even more running!

And guess who just turned 1000?

Happy running!

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.terrignaltrotters.com.au • Email: admin@terrignaltrotters.com.au

PRESIDENT'S REPORT

20 April 2011

I'm back from the bush and, after five weeks of not running a step, am struggling to get running fit again. This is despite averaging 25km a day with a pack in the mountains while hiking. It just doesn't seem fair.

But the reality is that you need to be running regularly to keep the muscles, ligaments, tendons and cardio-vascular system fine-tuned, and that fine-tuning atrophies quite quickly if you have extended time off.

On the plus side, I've had enough time off over the years to know that I just need to persevere (without overdoing it) with the running and the fitness will return. A good rule of thumb for me is that if I have five weeks off it will take me about five weeks to get back to where I was. I also know that my fitness worries are trivial compared to some.

All runners are forced to take time off on occasions and often the road back is a long one, especially from serious injuries and illnesses. You don't have to look further than some of our Trotters' club-mates to see examples of people who have dealt with serious injuries or other medical issues and are gradually working their way back to fitness.

One of the good things I see in our club is the supportive environment that it provides to those coming back from life's big challenges, using walking and running as a means of regaining their health, fitness and confidence.

Perhaps it's the most important thing we do as a club.

Dave Byrnes

RUNS FOR THE MONTH

APRIL

23rd Bob's Hill
30th Charles Kay Hill
10km Time Trial

MAY

7 May Avoca Steps
14 May Pony Club
21 May North Avoca Lake
28 May Flat 10km Time Trial

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

SIX FOOT TRACK

Pos.	Trotter No	Time	Name	
50	8112	4:26:58	Brendan	Clark
73	88	4:33:23	Greg	Love
105	449	4:42:46	Mat	Robbie
127	773	4:48:16	Jason	Kirksmith
130	517	4:49:49	Dave	Byrnes
175	702	4:59:15	Steve	Coote
181	739	5:00:02	Matthew	O'Shea
187	677	5:01:36	Rod	Northey
191	546	5:02:57	Sharon	Byrnes
219	483	5:09:33	Graham	Ridley
220	590	5:09:34	Tina	Baverstock
243	638	5:13:45	Joe	Rolella
249	8210	5:14:17	Luke	Martin
285	198	5:20:09	Danny	Moore
323	276	5:26:07	Tom	McNally
401	505	5:36:15	Greg	Brown
434	8420	5:39:30	Mark	Hope
522	512	5:52:33	Nick	Thompson
589	622	6:01:43	Daniel	Draper
593	752	6:02:53	Maria	Timmers
606	147	6:05:42	Peter	Diggelman
628	669	6:11:15	Chris	Scarlett
653	534	6:15:09	Susan	McBride
690	397	6:21:18	Joanne	McCarthy
771	165	6:42:08	Sue	Ingham
781	145	6:43:51	Jenny	Harwood
795	311	6:46:25	Chris	Hatcher

So the race has been run, but the pain remains. As I sit here writing up the results I'm as sore as I've ever been. I blame a lack of training and less than perfect conditions. It was obvious at the start that it was going to be a warm day. A lot of runners were shirtless. I saw Dave, shirt off with his number on the front of the shorts. This year the numbers had the runners name on them. I remember thinking thank god his name wasn't Dick or Willie.

I set off and felt ok, but made the mistake of going too fast to the river. Once out into the open on those hills I died a very painful death as many of you noticed as you and half the field came past. I tried to run and was doing just enough to be disqualified in a walking race, but it was painfully slow. Although a shower of rain at about 35km helped a lot and got me to the finish. I think generally times were down and anyone having a good run has done very well indeed.

Despite clocking a personal worst it was still a great day out and I am hooked on this race. So once the pain subsides I'll forget how bad it was and be ready to go again. So see you all next year entry permitting.

Ridler

A MONTH ON THE AUSTRALIAN ALPS WALKING TRACK

Dave Byrnes

The Australian Alps Walking Track (AAWT) follows the Great Dividing Range for 650km from Walhalla in Victoria's Gippsland to Tharwa, just south of Canberra. It had been on my "bucket list" for a while and I decided to have hike it as soon as Six Foot Track was out of the way.

Last year, I hiked the length of the UK from Lands End to John O'Groats and enjoyed B&Bs, pub lunches, and well-marked trails pretty much all the way. The AAWT is a completely different kettle of fish. For a start, the only towns the trail passes anywhere near are the ski villages at Mt Hotham and Thredbo, and neither has much in the way of a general store. I solved this problem by driving down to Melbourne in February and hiding plastic drums, each with about five days of food and other supplies plus some treats, in five locations





along the route. My step-mother warned that the wildlife would be dining well on the contents before I arrived (“rats can eat through anything”) but, in the event, all were intact when I reached them, though I did have trouble finding some of them again and had to resort to my GPS!

Another challenge was the quality of trail. Following a number of extensive bushfires during the past decade in Victoria, many sections of the AAWT have been swamped with regrowth. I had some miserable days literally forcing my way through dense scrub, made worse by getting saturated on wet days, hoping I was going the right way. If I averaged a kilometre an hour in such places I was doing well! Efforts are being made to clear the track, but there’s a lot more to do. There are trail markers in places, but navigation was a challenge in

others. In eastern Victoria there are so many brumbies roaming that they have carved their own network of trails (marked with huge piles of manure and the occasional dead horse) that often led me astray from the AAWT. All up, I reckon I lost about a day's worth of hiking time during the trip through navigation errors.

As with most trips, it's the challenges, and overcoming them, that provide many of the best memories and "envelope stretching" experiences. We generally wouldn't care to repeat them, but value the lessons learned and confidence gained.

On the whole, though, the trip was pure pleasure. Once I got in the groove, I was comfortably hiking 30km a day, savouring the high country scenery and enjoying the good weather that accompanied most of my trip. Setting up camp each night and eating meals by the light of a dying sun, or by the light of a candle in an old historic cattleman's or miner's hut, was just magic. Scanning the brilliant night skies for constellations, satellites and the occasional meteor as a frost settles, can't be beaten. The mornings were very cold but, once I was up, it was exciting to get ready for the new day, not knowing what sights and adventures would befall me.

Life became very simple and walking became my vocation. Concerns focused on water, food and shelter, and the walking left lots of time for pondering big issues and small, as well as listening to whatever local ABC radio stations I could pick up and learning about regional concerns such as fruit flies, flooding, alpine grazing and so on.

I'm already thinking about what's next.

BAY TO BAY

The Bay to Bay Fun run is getting closer, Sunday June 19. Organisation is well under way but we will need as many Trotters as possible to volunteer on the day. It's a great community event and a chance to help raise money for our nominated charities - Response Services and Suicide Safety Network.

Please give your name to Mark Andrews, Kevin Andrews, or any B2B committee member.

At 4.45am the day started out wet.

By lunch time it was still wet.

In the afternoon it continued to be wet.

Once the Sun went down, the rain continued to fall down.

And at Midnight, when the race finished, those who were still up, still had their umbrellas up, as the rain continued to fall down.

NEW ZEALAND IRONMAN 2011 WILL BE REMEMBERED AS "A WET ONE".

In the days leading up to an Ironman Triathlon there are various things which you hope will go smoothly and which need to be completed before you line up on race day. You hope that your bike will come through the Oversize Baggage door at the airport and not be lost somewhere – You hope that your bike wasn't damaged in transit as you unpack it from the bike box – You hope that you can put it together again ready for the inspection by the bike mechanics to ensure its road worthiness – You hope that it passes their inspections – You get your wetsuit dipped in cleaning solution so you don't introduce any nasty bugs into the pristine waters of Lake Taupo, situated in the centre of the North Island of New Zealand – You register and receive your race numbers and various race bags for the event – You check in your bike at the bike compound – You check in your race bags at the registration tent – You attend the pre race briefing and carbo loading dinner and finally, you get the kids to bed and yourself as well, at a reasonable time the night before race day. All of this was achieved under lovely sunny skys and clear but crisp New Zealand Autumn nights. Unfortunately however this was all about to change.

At 4.45am when the alarm went off on Saturday 5th March 2011, it was raining. And it didn't stop for the next 48 hours. Fortunately for me though, I only had to be out in it for about 10 hours. The volunteers and the supporters were in it for 17 hours – An Ironman can be just as tough on the volunteers and spectators as it is on the competitors.

Sabine, Tristan, Killian and I ducked and dived under the various shop

awnings to try and stay dry as we made our way from our Hotel to the race registration tent. I went and had my number marked on my arms and legs and then made my outside to my bike. I quickly pumped up my tyres, put my computer, drink bottles and bike shoes in place and then ran back to the tent trying to avoid the puddles and mud along the way. Back inside the tent it was warm and humid and the air was thick with nervous tension and apprehension. We found a little spot to sit down and let the kids run around and it was soon time to put on the wetsuit and start to make the 400m trek from the transition tent to the swim start.

The rain continued to come down. At 6.45am the start cannon boomed and the Professional field were on their way. I said goodbye to my family and walked down to the waters edge. I turned around to look at them for the final time and was greeted with the saddest sight you could imagine on race day - all the spectators, my family included, huddled together, seemingly under the one umbrella they were that tightly packed together, standing behind the fence anxiously trying to spot their loved one for one final wave. I gave Sabine my final wave and then dived into the cool, clear water of Lake Taupo. The local Maori people had asked the Gods of the Lake to welcome us into their water and to help us whatever way they could for the rest of the day – fortunately and also unfortunately the Gods do listen to their requests, because it was the same Gods that they had been asking to send some rain to the local farmers for the last few months as it had been a pretty dry Summer. Unfortunately they decided to send all the rain on the wrong weekend.

At 7.00am the cannon boomed for a second time and the Age Group field was away. I had a pretty clear start and got myself into a nice easy rhythm straight away. I soon found a pair of feet that were going at about my speed and tucked in behind them for the long drag straight down to the first buoy at the half way turnaround. As I reached this point I decided to do a bit of breast stroke and take stock of how I was going when bang – a big left hand from someone belted me in the eye knocking my goggles off my face. Thankfully it didn't cut my eye or break my goggles and I was able to put them back on and continue back to the start/finish line. I felt strong and comfortable in the water - completing big long strokes, maintaining an easy tempo with my kicking and just cruising along with my breathing. The 3.8km swim felt easy and I was in total control as I exited the water in 59:39. A minute or two slower than I predicted but so far everything was going perfect. I felt great.

I ran through the swim exit and started the 400m jog up to the Transition tent expecting to see Sabine, the boys and our friends from Auckland whom had come down to watch me, Karyn & Graham. Unfortunately we all missed each other, but I did manage to get out onto the bike course without slipping off like a few of the others around me. I rode up the hill and out onto Broadlands Road to head toward the 45km turnaround at Repora. As I rode along the rain tumbled down, the wind was blowing hard in my face and I felt like a million dollars. I was riding exactly at the speed I had hoped and was feeling great. As I went around the roundabout at Repora I received a physical and emotional boost – the wind was now at my back and was blowing me back to town. I rode through town at the 90km half way point in 2:27:50, about 6 minutes quicker than I had predicted. Everything was going to plan. The tail wind had done its job. Was this to be my perfect day? I was wet to the bone but as confident as a 45 year old recently divorcee at a skanky night club. Things were going perfect. I had time up my sleeve going back into the headwind and I knew the tail wind would bring me home somewhere around the 5 hour mark for the ride.

Unfortunately though, just like the 45 year old at the night club trying to pick up a 20 year old, things don't always go to plan. For some reason, that I am as yet unable to totally work out, I started vomiting at about the 110km mark. All that I could keep down was a bit of water – no food, no bananas, no carbohydrate gels, no electrolyte drinks, nothing. For the next 50km I was unable to stomach anything more than a few sips of water. Thankfully it was a cold, wet day as had it been hot and humid then I probably would not have made it back to town. At the 160km mark, because I had been unable to stomach anything, my body simply ran out of energy and I struggled to turn the pedals over at all. My average speed went from the high 30's to the low 20's, even with the tail wind. I rolled into town feeling very dejected completing the 180km ride in 5:23:08 – 20 minutes slower than I had hoped. I sat down in the transition tent and briefly thought about the Marathon that was to come.

The volunteers in the transition tent basically pushed me to my feet and shoved me out the door. One said, "get some food and drink into ya and you'll be right". I took some electrolytes, chips, a chocolate bar, some coke and some water and headed out into the rain. I swallowed a bit of everything except the chocolate bar. For some reason I couldn't actually

chew it? I saw Sabine and went over to tell her what had happened. I told her that it was going to be a long Marathon but that I'd give it a go. Later that night she told me when I first went over to her she immediately thought I had put heaps of sun cream on my face and had been unable to rub it all in. I hadn't put on any at all. I was pale, cold and dehydrated but thankfully only had 42km to go.

Originally the plan was to run the first 10km at 5min/km and then pick up the pace to 4min 30sec/km and then push for 4min 16sec/km. This was in the hope that I would run around a 3hour 10min marathon. I started out at my 5min/km pace but when the time came to pick it up my body couldn't respond. I tried, but it just wasn't there. I was now able to keep everything in my stomach which was a confidence boost but as it turned out I actually consumed too much during the run. After the race I weighed 1.3kgs more than when I started. Something just wasn't quite right. I crossed the line in 10hours 10minutes and 04 seconds. This is a 1 minute PB.

1415 competitors started the race and 1249 finished it. In atrocious conditions I struggled over the line in 163rd position, 31st of 206 in my age group. I ran a 3:37:06marathon – a good 20minutes or so slower than I had hoped.

So, yes I am thankful and happy that I have completed another Ironman, in a PB time as well – that's now 7 finishes from 7 starts – but I still think I've got my best time in me somewhere. Like most people that swim or run or ride or paddle or jump or kick or shoot or concentrate or go to night clubs or whatever else they do, I still think I've got my best in me somewhere. I'm still yet to have that perfect day where everything seems to just go right.

Later that night as I lay shivering in the bed with Tristan and Killian putting blankets over me and trying to rub my body to warm me up, Sabine said "Maybe next year...." I straight away said "no way" - but now that I'm back home and the pain has abated..... maybe next year.....



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



Flat Time Trail 26th March
2011

Position	Trotter No	Time	Name	Points
1	536	0:34:09	Mark Warren	794.7
2	646	0:34:56	Matt Baker	816.0
3	8210	0:37:24	Luke Martin	725.7
4	90	0:37:52	Barry Willis	837.6
5	730	0:38:23	Levi Martin	701.3
6	709	0:39:13	Jessica Mitchell	773.8
7	8104	0:39:20	Mitch Baker	750.9
8	665	0:39:24	Ian Temblett	760.7
9	658	0:39:57	Mark Dunlop	695.6
10	766	0:40:46	Adam Kranz	665.7
11	734	0:40:56	Michael Miles	709.9
12	267	0:40:59	Wayne Daley	767.5
13	483	0:41:57	Graham Ridley	725.9
14	690	0:42:31	Tom Robertson	638.3
15	576	0:42:40	Steve Guest	708.0
16	723	0:43:02	Matt Collins	653.3
17	598	0:43:02	Gary Pickering	743.2
18	654	0:43:04	James Moran	659.7
19	780	0:43:05	Troy Kastelan	654.6
20	787	0:43:10	Leanne Barrow	0.0
21	8367	0:43:18	Moe Jichi	703.8
22	130	0:43:33	Kevin Byrne	629.9
23	785	0:43:47	Mark Hope	634.7
24	735	0:43:53	Jamie Collins	660.3
25	173	0:43:55	Mike Randell	728.3
26	266	0:43:57	Tara Wood	690.5
27	676	0:44:34	Suzy Woodbury	685.6
28	8278	0:44:57	David Ritchie	690.9
29	677	0:45:26	Rod Northey	600.6
30	546	0:45:30	Sharon Byrnes	700.6
31	403	0:45:41	Mel Robbie	688.5
32	774	0:45:43	Sam Sirilo	593.7
33	788	0:45:51	Tony Croft	664.2
34	272	0:46:56	Brooke Davison	578.3
35	8	0:47:17	Steve Hughes	699.9
36	147	0:47:33	Peter Diggleman	684.1
37	669	0:47:47	Chris Scarlett	568.4
38	773	0:47:48	Jason Kirksmith	577.4
39	593	0:48:34	Steven Gray	693.5
40	83	0:49:13	Mike Thorpe	702.9

38	773	0:47:48	Jason	Kirksmith	577.4
39	593	0:48:34	Steven	Gray	693.5
40	83	0:49:13	Mike	Thorpe	702.9
41	622	0:49:18	Daniel	Draper	551.0
42	8176	0:49:37	Michelle	Pepperua	612.9
43	607	0:49:45	Jeff	Dick	642.9
44	554	0:50:31	Duncan	McCubbin	638.5
45	502	0:50:32	Heiko	Schaefer	734.9
46	21	0:50:41	Dennis	Robertson	653.0
47	778	0:51:03	Steve	Martin	594.8
48	736	0:51:04	Jenny	Barker	624.3
49	8390	0:51:12	John	Schulze	652.0
50	8435	0:52:11	David	Kelpsa	520.5
51	8328	0:52:11	Colin	Smith	528.9
52	602	0:52:16	Jason	Menzies	531.7
53	248	0:52:32	Les	Lowe	598.8
54	89	0:53:05	Mark	Andrews	508.2
55	777	0:53:40	Soozie	Jeffree	565.8
56	715	0:54:20	Detta	O'Dwyer	No DOB
57	540	0:54:43	Tony	Nygaard	561.0
58	92	0:55:15	Mike	Osbourne	609.6
59	8318	0:55:15	Heidi	Webster	549.6
60	385	0:55:23	Nick	Dent	597.6
61	756	0:55:26	Colin	Bullard	501.3
62	752	0:55:39	Maria	Timmers	546.5
63	698	0:55:39	Tammy	Shafer	564.7
64	488	0:56:22	Roger	Matthews	597.5
65	8186	0:56:33	Yvonne	Mathot	538.9
66	679	0:57:14	Karen	Skinner	552.8
67	8426	0:57:53	Shayne	McLaren	469.3
68	586	0:58:18	Donna	White	527.7
69	17	0:59:23	Margaret	Aurisch	667.1
70	396	0:59:31	Wendy	Button	568.5
71	641	1:00:21	Jon	Stevens	No DOB
72	207	1:01:13	Greg	Tegart	518.1
73	481	1:01:14	Tony	Collins	559.9
74	494	1:03:26	Mark	Rollins	491.8
75	8432	1:03:27	Ken	Wong	428.1
76	776	1:04:07	Melanie	Thomas	No DOB

Newcastle Hill to Harbour 3rd April 2011
Half Marathon

position	trotter No	time	Name		Points
20	690	1:32:39	Tom	Robertson	M 646.6
38	654	1:37:21	James	Moran	M 633.7
58	544	1:41:21	Craig	Gustard	M 599.3
114	639	1:55:53	Deidre	Moran	F 597.2
10km					
22	709	0:39:42	Jessica	Mitchell	F 764.4
70	173	0:44:22	Mike	Randell	M 720.9



The Ridler has a day out and is very thankful to get a Gel from Eric. It was a tough day in less than perfect weather conditions. Wearing the mask for five hours sent me insane and wearing your underpants on the outside is definitely not a good idea (lets say the gentleman's area was less than comfortable by the time I finished)

Canberra Running Festival 9th April 2011

position	time	name		points
Half Marathon				
391	1:47:32	Heiko	Schaefer M	759.2 1st 70+
401	1:48:04	Deidre	Moran F	640.4
Marathon				
112	3:12:42	Greg	Love M	764.8
205	3:26:15	Joe	Rolella M	611.2
304	3:37:39	Marimar	Walton F	666.4
387	3:47:01	Tony	Croft M	608.8
583	4:02:56	Graham	Ridley M	568.9
50km Ultra				
77	4:53:16	Graham	Ridley M	571.0

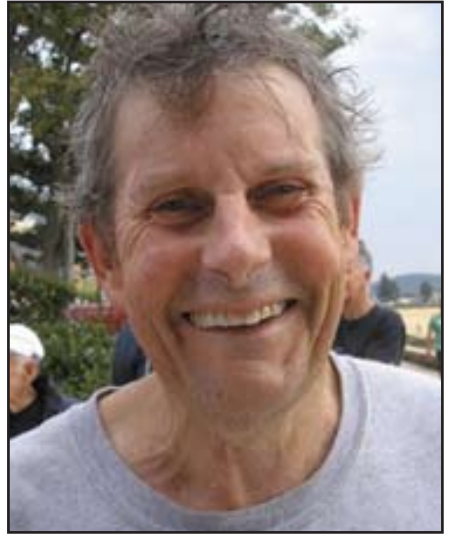
TELL ME YOUR RESULTS

I want to help celebrate your achievements. Go to 'Tell Us Your Results' on the Trotters website or Email grahamjoridley@gmail.com or see me on Saturday morning

TIME WARP

Each month, Margaret Aurisch pulls the old results journal out of the Trotter's vault, blows the dust off, and shares with us the achievements of the more chronologically challenged among us.

This month, we profile Ken Hickson aka Ulla. Trotter #27



Ken started running with Terrigal Trotters in 1986 and is approaching his 1000th run. Ken has competed in events from middle distance on the track to ultra marathons.

Best 6 @ 6 19.03

Best 10K 37.07 10K championships at Adcock Park 1991

Best marathon 2.51.10 Sydney to Blacktown 1992

Best half marathon 78.40 Sydney half 1992

Central Coast Surf to City 11km 39.38

Ken has finished 52 marathons, 83 half marathons and 4 six foot tracks. Of the 52 marathons, 15 have been sub 3 hours.

Ken ran the Sutherland ultra 80km in 9 hrs 30 mins and has completed 12 Palm Beach to Manly 30km.

Ken has been competitive in Iron Man triathlons and has completed 4 with a best time of 11 hrs 45 mins at Busselton WA in 2004 and has completed 12 half Iron Man triathlons.

Ken is still competitive both on the road and on the track

1000 RUNS



Another one of our finest has clocked up a grand.
Yep, Ross McGuigan (Viscount Roscoe, Earl of Terrigal)
has 1000 Trotters runs under his belt...
and still counting.

1000 SATURDAYS? GET A LIFE NUMBER 24!!!

Being so introverted, not many people know much about this man of mystery. So it's the Newsletter's responsibility to kick the door down and give you a peek inside the chapel, that is Ross McGuigan...

1983 McGuigan had his FIRST RUN, Erina Bush...and there was bush, not the current artificial Greenie substitute.

In the next 27+ years he has co-hosted, with Michael Aiken TT#13, the Annual Trotters Christmas Party on 7 occasions.

Established the infamous McGuigan's Run (It SUX).

Still wants it incorporated as a Time Trial.

Was a member of the Trotters Corporate Cup winning Bay to Breakers team.

Completed the TT Melanovac 100km Run to Sydney Hospital.

Became Trotters first "ELDER", a strangely omnipresent position, misunderstood yet aspired to by many.

Self elected as the inaugural Trotters Mufti when "calm" was necessary across the Cultural Divide.

Provided "Crass and Vulgarity" from "Trotters wall" for many years, in the company of "Others".

RARELY HAVE SO FEW OFFENDED SO MANY SO OFTEN!!

Established the Crack Legal Team of Whitesmith Gullible and Bingo, a "free of charge" legal advice team. on ALL THINGS LEGAL, available to all TT, 30 HOURS OF EVERY DAY, INCLUDING CHRISTMAS AND GOOD FRIDAY...at twice the Free Rate.

Still campaigning for the first/annual TT Nudie Run!!

Confidant to all, acquaintance to some, friend to but a few...

Run on McGuigan and continue to attack Life's Hills!

ADHD REPORT

On Tuesday 16 March 2011 an ADHD group comprising Barry Bowden, Keith King, Rob Wait and Wayne Evans headed for Bulahdelah for three days. Tuesday afternoon Rob went for a paddle and the rest of us played a very relaxing round of golf with Barry the victor. Back to the Myall Motel for a swim and walked to the pub for drinks and dinner.

Wednesday we set out on a five hour mountain bike ride on back roads and bush tracks before another swim and to the bowling club for drinks and dinner. An impromptu game of bowls saw Rob and Keith win the official ten ends but Wayne and Barry saved some face when they were in front after another four unofficial ends.

Thursday we crossed the new bypass that is under construction to hike up the mountain, a great view from the top and an interesting alum mining history. Back to the motel for another swim and travelled home.

NEXT ADVENTURE

Monday 16 May to Wednesday 18 May 2011

Day 1: Drive to Wisemans Ferry the MTB ride to Ten Mile Hollow Camping Area via the Old Great North Road for the nights camp.

Day 2: Ride to Mogo Camping Area for the second nights camp.

Day 3: Ride back to Wisemans Ferry via St Albans and travel home.

Contact Keith King if you are interested in attending 4369 7469.

Our thoughts go out to Kim Cook, who had a very nasty "off" while out training on his bike. The result was a broken scapular, collar bone and several ribs - and two bouts of surgery.

Kim was training really well and looking forward to a strong Ironman race at Port Macquarie.

We wish him a speedy recovery.

And spare a thought for Deb, she has to nurse him!

ANTARCTIC RUN

Heiko Schaefer has now claimed the bragging rights for being the first Trotter to have run a marathon in Antarctica and also the distinction of having a marathon run on each continent.

Time: 5.39.04

Place: 43 (100 starters, 78 finishers)

Category (70+) 1 (3 starters, 2 finishers)

Hardest thing I've ever done (mentally and physically)! Hit the wall early and hard (around 25k mark) but was able to hang on and lurch the remaining 17k to just before the finish line where I was stopped by officials for two minutes from crossing because a penguin was standing on the line and you are not allowed to approach a penguin to closer than five metres. (The reverse of course does not hold and penguins may get very close and personal incl. pooping on your shoes).





4333 6064

Mon Tues Thurs and Fri .30-5.30
Wed 9.30-7pm Sat 9-3pm

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Days are shortening...

Reflective Vests from \$25

Increase your training options

Buy a headlamp

From \$35

- **Timex * Garmin* Polar ***
- **Endura * Nathan* Camelapak* Injinji * Thorlo**



NIKE Newtons REEBOK On Zoot

ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school.

These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.
- Warm cookies and cold milk are good for you.
- Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out in the world, watch out for traffic, hold hands and stick together.
- Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die. So do we.
- And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK.

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

A FEW QUICKIES...

My neighbour knocked on my door at 2:30am this morning.....can you believe that..... 2:30am?!

Luckily for him I was still up playing my Bagpipes.

I sat on the train this morning opposite a stunning Thai girl.

I kept thinking to myself, please don't get an erection, please don't get an erection..... But she did.

Did you hear about the fat alcoholic transvestite?

All he wanted to do was eat, drink and be Mary.

I was in bed with a blind girl last night and she said that I had the biggest penis she had ever laid her hands on.

I said "You're pulling my leg"

Knowledge is knowing a tomato is a fruit.
Wisdom is not putting it in a fruit salad.

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

Sun 24 Apr RUNNING WILD LONG COURSE TRAIL SERIES

RACE 3: MT SOLITARY MARATHON

Start 7.30am Distances: 22km, 44km

Email: runningwildnsw@gmail.com.

Sat-Sun 30 Apr-1 May WILDENDURANCE

A spectacular and challenging 100km teams-only trail trek in the heart of the World Heritage listed Blue Mountains National Park. Contact: The Wilderness Society. email: wildendurance@wilderness.org.au.

Sun 1 May CHARLES STURT UNIVERSITY BATHURST HALF MARATHON & 10K

Great compact, flat, fast course. Entry includes the famous free sausage sizzle at presentation. Excellent random draw prizes on offer.

Email: email@bathurstrunning.com.au

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...

A nice, calm and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?"

The lady replied, "I need it to poison my husband."

The pharmacist's eyes got big and he explained, "Lord have mercy! I can't give you cyanide to kill your husband, That's against the law! I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looked at the picture and replied, "You didn't tell me you had a prescription."

The Terrigal Trotters Newsletter is proudly brought to you by the crack legal team of

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