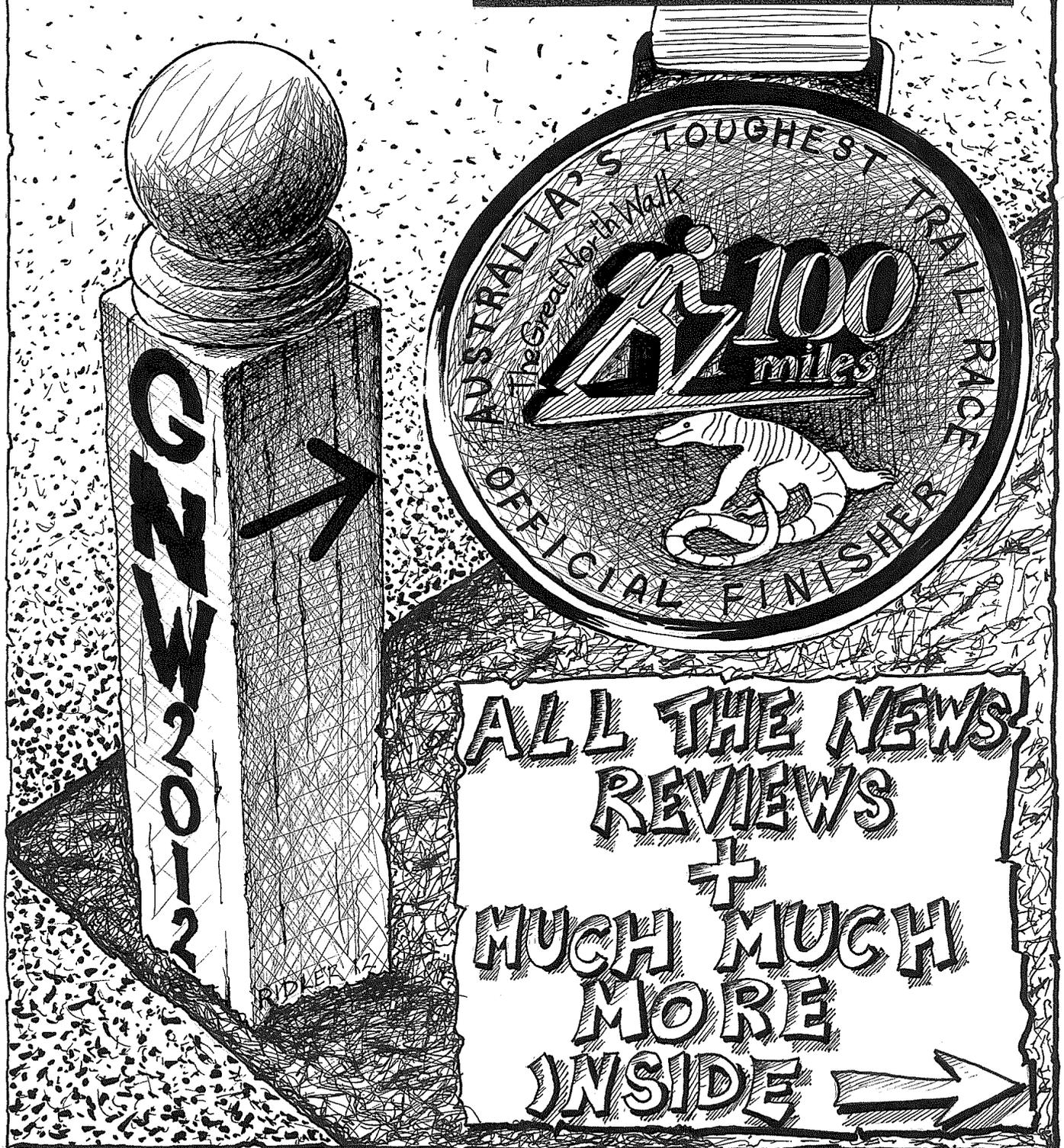




**TERRIGAL TROTTERS
NEWSLETTER
DECEMBER 2012**

Website: www.terrigoaltrotters.com.au

Email: admin@terrigoaltrotters.com.au



2012

**ALL THE NEWS,
REVIEWS
+
MUCH MUCH
MORE
INSIDE** →



Congratulations to all who help to make the Bay to Bay Fun Run and Half Marathon the success it is.

Last night (Sat 17th Nov), the Terrigal Trotters were awarded 1st place at the Central Coast Sports Federation Awards presentation for the Bay to Bay Fun Run and Half Marathon in the category of Best Sporting Event on the Central Coast 2012. The presentation of the award recognises the dedication and commitment of the directors and volunteers of the Terrigal Trotters in the staging of this fantastic community event as well as the profound input that we have had in supporting many, many charities over the past 30 years.

We are now in preparation for the 2013 events and I look forward to your continued involvement. This club of ours has made me very proud to be a member and its President. Thank you.

Regards

Kevin Andrews #1



THE 2012 GREAT NORTH WALK 100s

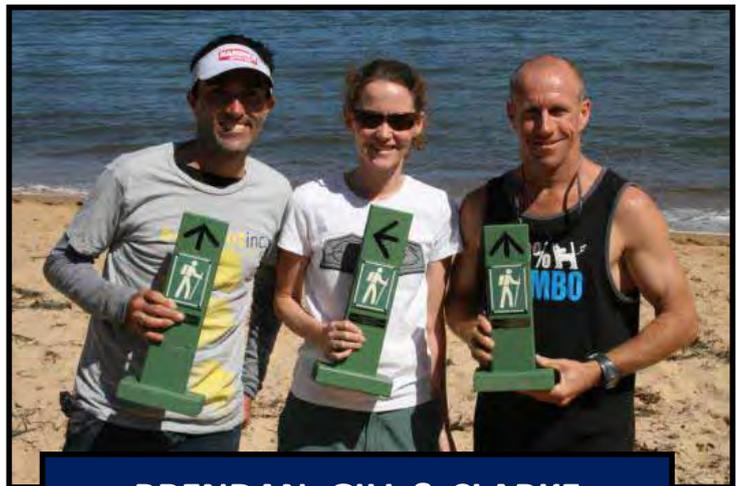
By Dave Byrnes

A weekend of cool weather, with a wet Saturday, meant that bushfire risk ceased to be an issue for the 140 runners (13 from Asia and the Pacific) who started the GNW100s from Teralba on Saturday 10 November 2012. Despite some thirsty leeches, the cool damp weather provided ideal running conditions and all of our open course records were broken, most by huge margins.



Overall Place	Name	Time (Previous Record)
100 Miles (actually 175.3km)		
1	Brendan Davies	19:27 (22:02)
4	Gill Fowler	23:58 (25:03)
100 Kilometres (actually 103.7km)		
1	Clarke McClymont	09:58 (11:36)
2	Beth Cardelli	12:36 (12:48)

Brendan Davies, winner of the 100 Miles, is truly a world class athlete, with an 11th place in this year's World 100km Championships in Italy, so it was a privilege to watch him finish more than 4 hours ahead of second place, and make it a very early morning for the few volunteers who made it to Patonga in time for his finish at 1:27am. Interestingly, more than a quarter of the 100 Kilometres finishers had yet to make it to Yarramalong (103.7km) when Brendan reached the 100 Miles finish (175.3km). Gill Fowler, a rognainer, was the first woman to ever break 24 hours and looked likely to finish in second place overall before flagging just a smidgeon in the last 25km.



BRENDAN. GILL & CLARKE

Forresters Beach runner, Clarke McClymont, destroyed the 100 kilometre record, breaking 10 hours for 103km! He was so fast, we were still in the process of setting up some Checkpoints when he arrived. As he neared the

Finish, he could smell a sub-10 hour time and was running close to 4:30mins/km pace for much of the last 10km along the back roads into Yarramalong. It was good to see him finally run a time matching his potential after a couple of mishaps in the last two years. Another popular performance was that of Grant Campbell, who has started the GNW100 Miles in every one of the previous seven years and never made it to the Finish. This year, at his eighth attempt, he finally making it to the beach at Patonga where he got a huge cheer. His support crew included several Terrigal Trotters so we are claiming some of the credit for his break-through after so many years!



GRANT CAMPBELL

Trotters was again well-represented in the field. Greg Brown backed up last year's breakthrough with another strong 100 Miles finish, while Sharon Byrnes, Graham Ridley and Mark Tucker ran very creditably, all reaching 100km or further, before being forced out for various reasons. In the 100 Kilometres, all of our Trotters starters ran strong races to Finish in good times. Steve Guest, despite a recent dancing injury, led our team home and it was good to see the newbies – Jason Kirksmith, Lindsey Schultz and Graham Fowler – have successful debuts.

The cooler conditions helped the attrition rates with only 10 (15%) of the 65 starters dropping out of the 100 Kilometres and 25 (33%) of the 75 starters



dropping out of the 100 Miles. As usual, a number of competitors had falls, became ill or injured, or got lost, but none was serious enough to warrant the involvement of emergency services. We had to retrieve six runners from various

parts of the course – two from Watagan Forest near Mt Warrawalong, two from Jiliby State Conservation Area (one of them the missus!), one from Palm Grove Nature Reserve and one from Brisbane Water National Park behind the firing range.



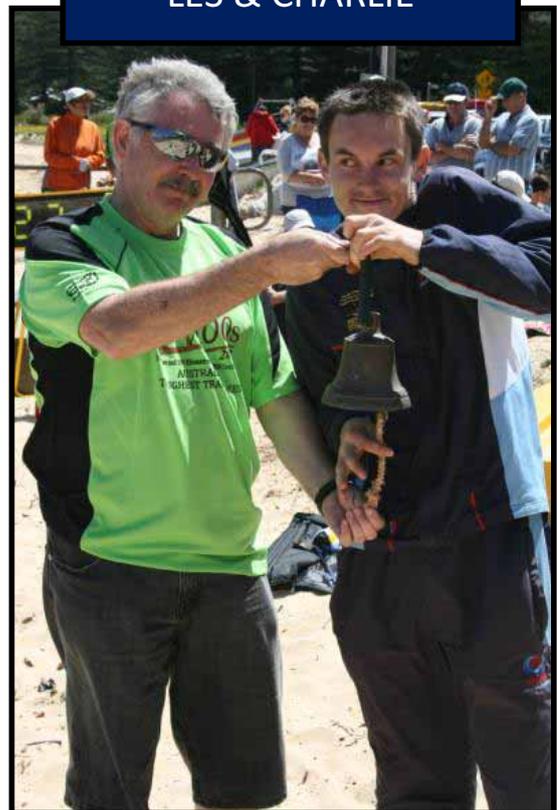
SWEEPER, ROB SCOINES

The feedback we have had from competitors has been overwhelming and positive. They have particularly praised the enthusiasm and professionalism of the support and help they received from the volunteers at the Checkpoints. We have succeeded in building an event with challenge and character that has become immensely popular and I would like to thank all those Trotters who have continued to devote large chunks of their time to make it happen.

BBQ BRUCE

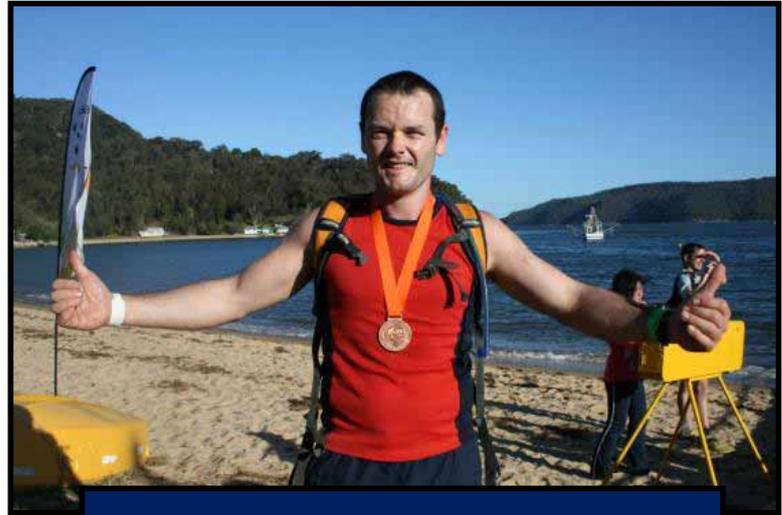


**BELLRINGERS
LES & CHARLIE**





MALAYSIAN PRIDE



DOUBLE THUMBS UP, GNW 100
MILE FINISHED!

NUTTERS, FARTS and CRAPS

As runners start setting their goals for 2013 they sometimes come to the realisation that Saturday Trotters runs are just not far enough.

Never fear, there are now 3 extra (albeit unofficial) Trotters groups to increase your distances.

NUTTERS (New Unofficial Terrigal Trotter Extended Runs Society); Nutters leave at 5.30 from the surf club car park and run for an extra 30mins at about 5min kilometre pace. The route taken is designed to meet up with the official Trotters run and so you can sign in with Kevin with a clear conscience!

FARTs (Further Additional Running Trotters); FARTS have yet to be set up but I feel there is a need for such a group. It'll be for those who, perhaps, cannot run at 5.30 but who would still like to run additional distances. This may only be a few loops of the Haven or a run to the end of Ocean View and back but just a little extra distance might help you to reach your goal.

CRAPS (Continue Running At Pace Society); as the name suggests this is not for the feint hearted or for the 'normal' runners amongst us, this is an additional group for the faster Trotter runners, the speed is quick and the course may be hilly - you've been warned!

My broken GNW attempt..... (DNF @118km)

Okay, so I'm going to have to suck up a few funnies at my expense (Carl's first off the mark... I'm the laughing stock(ing) at the moment).... after taking Tony Collin's advice (which he swore by) to wear little anklet stockings (which he did when pacing Pat Farmer from Pole to Pole last year) to prevent blisters. Mid race I decided to switch from normal socks (which were muddy and wet) to stupid friggin stockings at about 60km to reduce the likelihood of blisters. That was to be my demise. Don't ask me why, in the middle of a cow paddock at Watagan Creek, I had this sudden urge.

Anyway, I continued on in cruisey mode and got into the Basin (CP3) just past my planned time of 6pm for a quick cup of tea and coke before heading off to try and get to Cedar Brush trackhead before dark (and Yarramalong before 9.15pm). I was going really well until I hit that 11km road to CP4...that's when I knew I had some serious problems with my feet, with the pad of my right foot in some serious pain with each footfall. I started walking/jogging, the walking was frustratingly slow and the jogging was frustratingly painful....so I tried to balance the two and knew my feet were on the verge of being showstoppers. It ended up getting worse very quickly, and



It's All Smiles At The Start!!
The 2 Graham's, Steve & Sharon



Greg Shows Some Muscle??

I ended up being 45minutes over my planned arrival time into CP4.

Not having a spare pair of socks in my drop bag at CP4 (and leaving the muddy ones in my CP3 drop bag), I (well, Danny) put some blister bandaids on the painfully blistered pads of my feet before we headed off

together for CP5. Alas, the pain, after only 11km (which took 3 bloody cold hours) was too much and I called for my favourite taxi. Whilst waiting in the freezing cold at the archery range, I kept falling asleep whilst trying to text my waiting pacers at CP5 and CP6...much to Danny's amusement. My micronaps and predictive text made these simple texts one of the most difficult and frustrating experiences! I don't know how many times I typed up a message to Gareth and then, almost finished, fell asleep, pressed a wrong button and lost the whole bloody lot! Then the same with Suzy's message. I just couldn't control my body to stay awake.

Anyway.....I had fun and have some nice memories...nice enough to try again.

My deepest thanks to Gareth, Bruce, Gabby, Suzy and Danny for giving up their Saturday night/Sunday morning to be my pacers/crew. Maybe next year? ☺

Danny, you were magic. If I give this thing another go, I want you as my pacer again.....please. Except when you took that wrong turn I warned you about ☺ and we were fluffing around in the freezing forest, temporarily lost. You were so good we had Graham Wye even want to hang out with us for a while. A nice little threesome in the middle of the night, lost in the darkness in the valley of hell. Graham suggested we ship some more myrtle rust in to get that section closed again. I couldn't agree more!

Thanks Danny for washing and tending to my feet so tenderly at CP4, I felt like a queen at that moment! Thanks too to Denis and Giselle(?) for feeding me hot soup, sausages and hot tea whilst my feet were being tended to. Thanks also to Carl (about bloody time you showed up!), Kevin (that headlight really does look rude) and Darren (I sooooo wanted to lie down on your massage table!) for telling me to HTFU and get back out there. You were all right. And, if the blister pads had held, I think I may have made it.

And, as always, thanks to the beautiful Jo Ridley. You just keep on giving. At every single checkpoint you were there, filling my bladder and waiting on me, whilst I avoided Jonathan King's interrogating about my welfare (I STILL feel



fantastic, Dr King ☺), and drank/ate heaps before entering the checkpoints with the scales. It worked!

And finally, to all the Terrigal Trotters and friends who gave up their weekends to volunteer and make the GNW100's such a roaring success. You guys rock!

In the meantime, to repair my feet and actually be able to walk on them, I am wearing my uggies and don't care if I look like a bogan today ☺ whilst being really pissed off with myself for making such a simple, stupid mistake that ended up being a show stopper. The rest of me feels really good just a few hours on and I am kicking myself....with the least blistered foot.

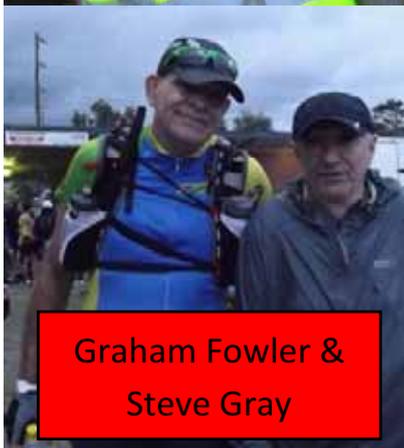
One of the motivating factors for leaving CP4 and continuing was the fact that, if I finished, I wouldn't have to ever do it again...ever.. and do the "soft" 100km option instead. But now I have to plan for next year! Bugger. ☺ But at least I got to see the RD during the weekend....and steal a kiss when he dropped me home (not too long as Bill Thompson was in the car too!).



The Man of the Moment with the Mrs



Adam & Crew



Graham Fowler & Steve Gray



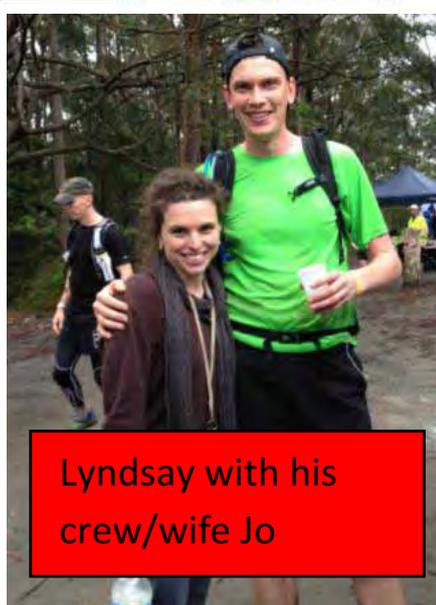
Steve With His Crew (Guesty's Girls)



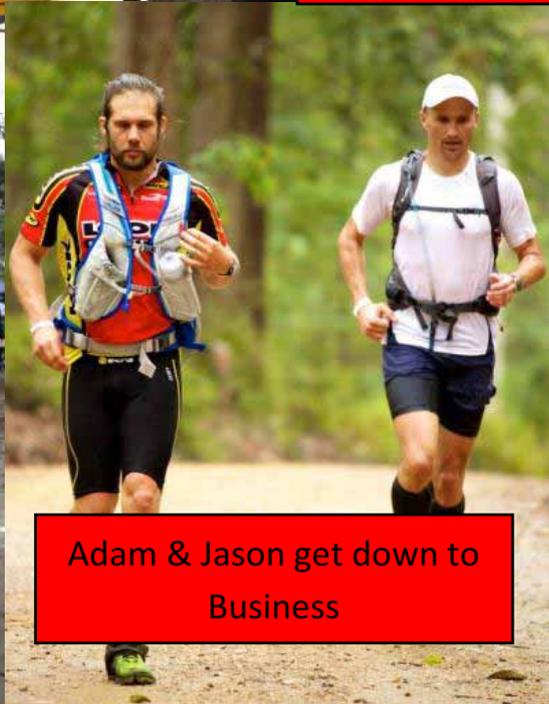
Greg the Hero of the 100miler!!



Gary Pickering and Rob Scoines keep busy before Sweeping



Lyndsay with his crew/wife Jo



Adam & Jason get down to Business



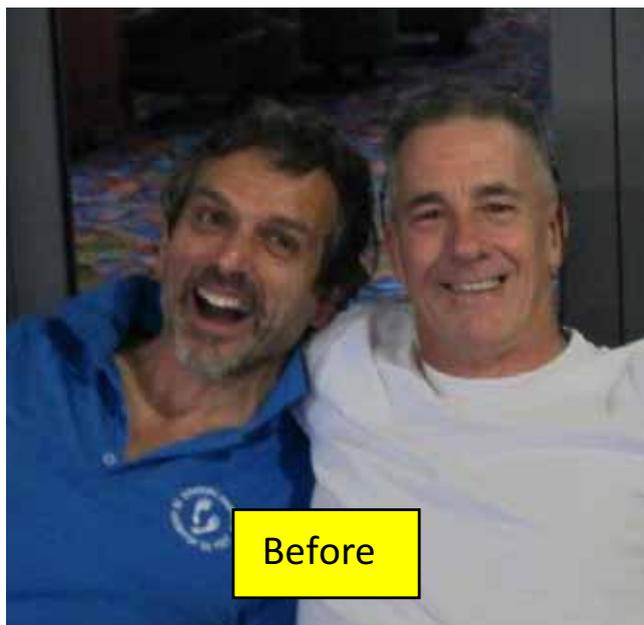
Pacer Bruce takes on the nightshift



Checkpoint 3 "The Basin" Prepared for Anything!!

PACING THE GNW by Kevin Andrews

How privileged was I to be asked to be the pacer for Graham Ridley - the Riddler. I didn't know what to expect when I knew that I would start my 70 or so kms with the Riddler at about midnight - never having run in the dark before by choice and certainly not with a headlamp. Heading off from Yarramalong (CP 4) at about 11.30pm with great anticipation for me and for the Riddler with tired and very blistered feet, we headed up Bumble Hill - albeit very slowly. I was amazed how good these headlights are and then finding out how easy it was to navigate the track. After about 1/2 hour or so we were overtaken by some fellow competitors sprinting past at about 10 -15 min per km pace - very fast compared to us. Do you know how many steps it takes to get up Bumble Hill? Thousands of 'em!!!. Time for a song. Unfortunately the Riddler was not into duets so I had to do the harmonies as well as the doo wop, doo wops.

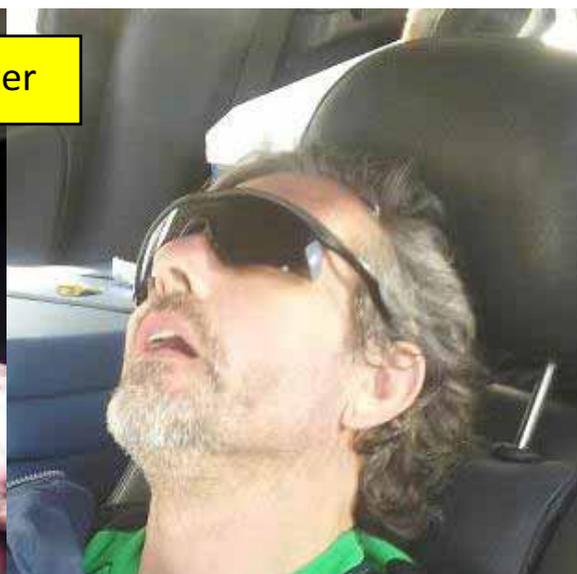
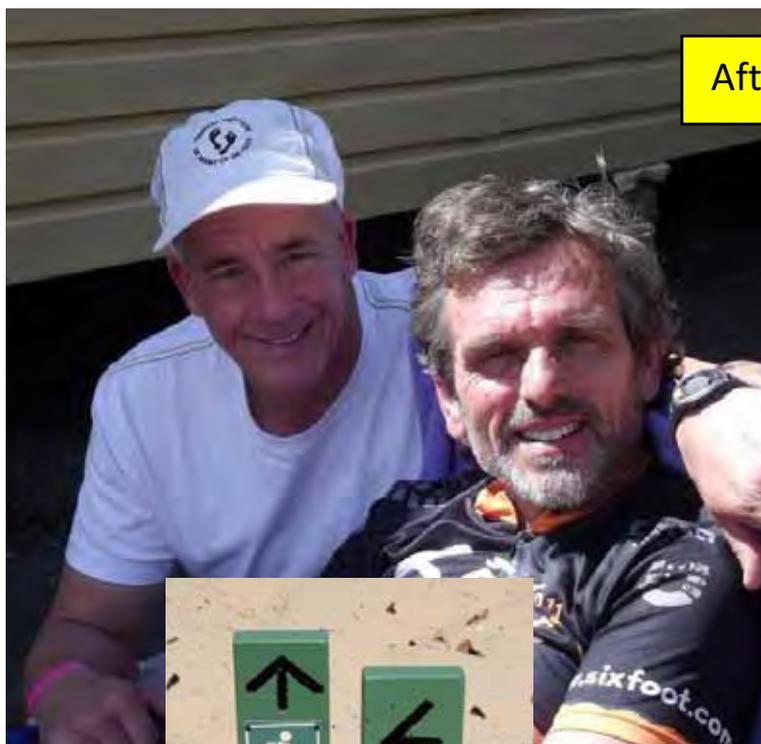


Now past Bumble Hill and into some more bush tracks, it was time for a bit of Elvis on the duke box followed by some Big O and Beatles. Still no doo wop, doo wops. This is gunna be a long night!!!!!!!!!!!!!! The Riddler said to keep a lookout for some power lines which we had to follow and there they were. Up another big hill and more bush. "Keep looking for the marker poles with the GNW walkers on them" I kept thinking to myself in between songs. We came across a cleared paddock and the stars were shining brightly above so I said to Graham to switch off his light. "Why ", he said. "So we can look at the stars, you d#\$khead"!!!! What a beautiful night for a stroll in the bush!

The Riddler's feet were killing him but he didn't say a word of complaint. Only about 20ks to the next checkpoint - give or take 5ks. Then the weirdest thing occurred. We see a light coming toward us and think that we are lost or they are. Upon meeting this fellow all decked out in walking apparell - camel pack, hiking boots, gators and headlight - we ask "Are you in the race?" "No was the reply - just walking to Newcastle"!!!! VERY, VERY errie at 2am I can tell you. Then we see another light coming toward us - we ask "Are you in the race?" "Yep. The track's not that way". The three of us then backtrack a bit and thankfully finding the correct track which was covered by a fallen tree.

A few hours later we hear not far behind us a voice calling "HEY" fairly loudly. So I called back "HEY" in the same tone. Then we heard it again so I replied

again. After 4 or 5 of these we met the Malaysian guys and told them that we heard them calling so we called back. To our amusement, they thought they were in a valley that echoed very well. Great humour was shared by all. Now down into the forests of Ourimbah and the giant trees. What you could do with a chainsaw in that place!!!!!! For those that have not experienced night running and forests, add Ourimbah to your list. The giant (and I mean GIANT) fig trees and magnificent Sydney Blue gums have got to be seen to be believed. And tree ferns and stag horn ferns by the hundreds. All this time I am just soaking up the atmosphere of a new dawn emerging with many birds calling and the Riddler is still pressing on. I cannot begin to imagine the excruciating pain he was suffering from blisters and siezing muscles to allow me the exillerating experience of night bush running with him. Soon we emerge from the bush at Somersby with about 2ks of road to go and every step is agony. The last 28ks were certainly no easier but now CP5 is in sight. 30ks down and the Riddler is out having completed 132kms of the toughest trail race in Australia. This guy has far more grit and determination that I could ever imagine and I am so proud to have had the honour of sharing 30 or so kms with him. Thanks Riddler. We will negotiate the fees for next year when your ears stop hurting.



Handcrafted By
Kev



ELVIS AND THE RIDLER
SPEND THE NIGHT TOGETHER

LOOK AT THE
SIZE OF THAT
TREE AND DID
YOU SEE THE
STAG FERN

MY LEG
HURTS



J. Polak
10/11/2012

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7 April 2013

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TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH OCTOBER 2012

The Terrigal Trotters Committee acknowledges the following outstanding performances and contributions to our club.

CLUB PERSON OF THE MONTH

Graham Davis

Organising & coordinating the Trotters Relay for Life Team & the BBQ for Girakool to Patonga.

Year after year Graham gives so much to our club, always willing to help, we are all very lucky to have him.

FEMALE ATHLETE OF THE MONTH

Melanie McDonald

Melanie McDonald – Melbourne Marathon, Personal Best, 2:55:30

WOW! An amazing time by an amazing athlete. First female running as a Trotter under 3 hours, ever!

MALE ATHLETE OF THE MONTH

Ross McGuigan

Relay for Life, 89 laps, 35.6km

Hampered by hamstring problems leading into the relay, this middle of the night performance was outstanding on so many levels. Well done Rossco!

The full list of nominees can be found in the Trotters monthly meeting minutes.

If you wish to nominate a member for consideration for the any of the above awards, please send email to Terrigal Trotters (link on website home page) or inform any Committee member. All nominations will be accepted.

OFFICE BEARERS FOR 2012-2013

PRESIDENT	Kevin Andrews
VICE-PRESIDENT	Mark Andrews
SECRETARY	Mark Dunlop
TREASURER	James Moran
GENERAL COMMITTEE	Dave Byrnes Dennis Robertson Graham Davis Jo Ridley Lyn Bromwich
CLOTHING	Tina Baverstok
REGISTRAR	Kevin Andrews
RESULTS TABULATOR	Bionda Hiensch
WEBMASTER	Dave Byrnes
NEWSLETTER	Jo Ridley Mark Dunlop Jenny Barker
AUDITOR	Jennifer Harwood Harwood Chartered Accountants
PUBLIC OFFICER	Kevin Andrews
LIFE MEMBERS	Kevin Andrews Leon Harradine Keith King Marg Aurisch Col Wood Steve Cannon Jenny Harwood

TERRIGAL TROTTERS MINUTES OF MEETING

Monday, 5th November, 2012

Terrigal Surf Lifesaving Club

Meeting Open:

7:34pm

Present:

President – Kevin Andrews, Vice-President – Mark Andrews, Secretary - Mark Dunlop, Graham Davis, Dave Byrnes, Jo Ridley, Lyn Bromwich, Dennis Robertson, Jenny Barker.

Apologies:

Treasurer – James Moran.

Adjustment & Confirmation of Previous Minutes:

Adjustment to nomination for Female Athlete of the Month:

Deirdre Moran - Lake Macquarie 10.5km, 2nd Female 40-44, 0:47:20

Moved with adjustment by Mark Andrews, seconded by Jo Ridley; carried.

Business Arising from Previous Minutes:

Super 7's Revamp: Dave Byrnes informed Committee that spreadsheets need to be updated in line with new format of competition, Dave plans to complete after the conclusion of GNW 100's; when updated the spreadsheet will be forwarded to Trotters Results Coordinator to use when calculating Super 7's scores and progressive points tally.

Drink Roster: November/Mark Dunlop & Dennis Robertson, December/Jo Ridley, January/ Kevin Andrews & Graham Davis.

Newsletter: October newsletter well received by members, next newsletter due out end of November.

Trotter Database: Ongoing, report progress at February 2013 meeting.

Bay to Bay: Kevin Andrews informed Committee that Gosford City Council has introduced a new event application form and this will need to be completed and submitted. The first planning meeting of Bay to Bay Committee is scheduled for Monday, 19th of November, 7:30 pm at Terrigal Surf Life Saving Club. The Committee is seeking applications from local charities to be beneficiaries of surplus funds. The Bay to Bay Committee is also inviting members of Trotters who may be interested to join the organizing team; Mark Dunlop to send out email to Trotters group seeking suggestions for charities and also inviting members who may be interested in assisting.

Excess Stock Clearance: planned for near Christmas, date to be confirmed.

Trotters Photo Competition: Ongoing.

Relay for Life: Graham Davis informed Committee that Trotters had 30 members in the Relay for Life Team and collectively raised a total of \$2523 towards the appeal; the total raised by the Mingara Relay for Life Appeal was \$408,000 (this was \$100,000 over target). A Trotters team has already been entered for Relay for Life 2013 and it was moved that Terrigal Trotters donate \$10 per 2012 team member, a total of \$300, to kick-start the fundraising. Moved by Graham Davis, seconded by Kevin Andrews; carried.

Girakool to Patonga: Dave Byrnes informed Committee that approximately 50 runners participated and feedback had been overwhelmingly positive. Dave added that cost of organizing transport was covered by those taking advantage of the service.

Milestone Awards: Kevin Andrews informed Committee that milestone bags have been ordered and should arrive in approximately 2 weeks. It was confirmed that Clothing Officer, Tina Baverstock, will be responsible for organizing all Trotters clothing items, including milestone awards, while Kevin Andrews will be responsible for organizing all non-clothing milestone awards.

GNW 100's: Dave Byrnes informed Committee that plans are on track for the event, with approximately 150 competitors across both distances; of these 80 participants in the 100 mile and 70 in the 100km, with around 80 male competitors and 70 female. Dave added there are a number of international runners with Japan, Indonesia, Malaysia, New Zealand, New Caledonia, China and French Polynesia represented.

Club Person of the Month:

Graham Davis – organising and coordinating Trotters Relay for Life Team
 Graham Davis – organising and cooking BBQ for Girakool to Patonga

Nominees for Club Person of the Month:

Graham Davis – organising and coordinating Trotters Relay for Life Team
 Graham Davis – organising and cooking BBQ for Girakool to Patonga
 Col Wood – recording laps run by Relay for Life Team members
 Paul Davison – coordinating Girakool to Patonga
 Brian Dawson – manning drink stop, Girakool to Patonga
 Greg Love – manning drink stop, Girakool to Patonga
 Dave Brynes – organising runner transport, Girakool to Patonga
 Darren McClellan – donating massage voucher as prize for 6 @ 6

Honorary mention - Dave Girvan, manning Girakool to Patonga drink stop.

Female Athlete of the Month:

Melanie McDonald – Melbourne Marathon, Personal Best, 2:55:30

Nominees for Female Athlete of the Month:

Melanie McDonald – Melbourne Marathon, Personal Best, 2:55:30
 Tina Baverstock – Relay for Life, 50 laps, 20km
 Karen Boyd-Skinner – Charles Kay Hill 10km Time Trial, 49:44PB (2min 44secs faster than previous best)

Male Athlete of the Month:

Ross McGuigan – Relay for Life, 89 laps, 35.6km

Nominees for Male Athlete of the Month:

Ross McGuigan – Relay for Life, 89 laps, 35.6km
 Ian Temblett – Relay for Life, 136 laps, 54.4km
 Ian Temblett – Charles Kay Hill 10km Time Trial, 39:07 PB
 Chris Fuchs – Charles Kay Hill 10km Time Trial, 38:54 PB
 Wayne Evans – Girakool to Patonga, 3hrs 25mins
 Gary Pickering – Hume & Hovell 100km Ultra Marathon, 7th place overall, 1st M50-59, 13hrs 49mins
 Barry Willis – Fernleigh 15km, 1st M50-59, 56:08
 Steve Coote – Melbourne Marathon, 3:59:15 PB

Treasurers Report:

Report tabled by Mark Dunlop on behalf of James Moran

Summary for October 2012

Income :	\$1,399.60	After deducting \$4,198 in GNW Refunds.
Expenses:	\$5,896.05	GNW Expenses \$3,938 + Running Event expenses - GNW run, Girrakool to Patonga.
Deficit:	(\$4,496.45)	
Surplus YTD:	\$26,741.77	Surplus due to GNW receipts, expenses to start coming in over the next month.

Bendigo Bank Balances

Terrigal Trotters	\$44,349
Bay to Bay	\$12,015

Terrigal Trotters Inc. has now been set up for GST and the GST number is the same as the ABN (84 506 919 570). James has calculated the GST return for quarter ended 30 September 2012 and we will need to pay \$2,841.29 to the ATO by mid-November. The payment of \$2,841 is predominately due to the GNW Receipts.

Treasurer's report moved by Mark Dunlop seconded by Mark Andrews; carried.

Safety & Marshalling:

This issue of members running in dark clothing and also running whilst listening to Ipods was raised again. The Committee reinforced the message that the most appropriate clothing when running should be light in colour with an aim to be highly visible to road traffic. The Committee also discourages the use of any music playing device out of concern for the safety of members. Notice in regards to this is permanently on the Trotters website but should also be reinforced where possible including announcements and in Trotters newsletter.

Uniform Report:

Mark Andrews suggested that the Trotters Logo be placed on the rear of the Trotters running singlet, the Committee agreed; Mark Dunlop to liaise with Clothing Officer, Tina Baverstock.

Correspondence In/Out:

Email from Godfrey Franz: requesting assistance from Trotters in organizing a beach fun at Terrigal in early 2013, the event being a fundraiser and profile builder for the Liberal Party's federal election campaign for the seat of Robertson. The Committee decided that Terrigal Trotters will not have any official involvement with the event, but will inform members and those who may be interested in helping can make contact and help as needed as individuals: Mark Dunlop to follow-up.

Letter from TAD Disability Services: Thanking Trotters for the generous donation including receipt for \$20,000.

Letter From Cancer Council: Thanking Trotters for supporting the 2012 Relay for Life Appeal and information on the 2013 event.

Letter from Australian Taxation Office: confirming Terrigal Trotters Incorporated registration for GST.

General/Other Business:

Christmas Party: Christmas party to take place on Saturday 22nd December, 8:30am at The Haven, Graham Davis to organise BBQ, Jo Ridley to organise party games, Kevin Andrews to confirm Santa, gifts for children not to exceed \$10. Trotters run on the morning of the 22nd will be Santa Run and all members are encouraged to dress up in their favourite festive attire, \$25 prize for best dressed.

Halloween Run: with the success of the Santa Run and the willingness of Trotters to dress-up, Dave Byrnes suggested that Trotters have a Halloween run starting in 2013, to be run on the closest Saturday to 31st of October. The Committee agreed to trial a Halloween run in 2013, details to be posted closer to date.

Terrigal Sporting Bodies: Mark Dunlop informed Committee of a newly formed organization that is a collective body of representatives from a cross section of sporting identities within the Terrigal area/precinct, a sub group of the Central Coast Sports Federation. It was suggested it may be of value to Terrigal Trotters to join both groups; Mark Dunlop to distribute information to Committee Members prior to next meeting.

Sporting Event of the Year: Kevin Andrews informed Committee the Terrigal Trotters organized Bay to Bay Fun Run and Half-Marathon have been selected as finalists for the Central Coast Sports Federation Award for "Sporting Event of the Year". The awards recognize outstanding achievement and contribution by Central Coast sporting clubs and Kevin will organize Trotters representatives to attend awards night to be held at Mingara on the 17th November.

Trotters BBQ's: Jo Ridley suggested that where possible, Trotters use only free range eggs and when available, free range meat products, the Committee were supportive of the idea. It was moved that where possible, Trotters use only free range eggs and meat products for all catering; moved by Jo Ridley, seconded by Graham Davis, carried.

Runs for November

3rd Cromarty Hill
10th Fatman's Run
17th The Round Drive
24th Flat 10km Time Trial

Runs for December

1st Dave's Damn
8th Marg's Meander
15th Enzo's Edventure Run
22nd Kings Avenue (Santa Run)
29th Charles Kay Hill 10km Time Trial

Next Meeting

Monday, 3rd December, 2012
Terrigal Surf Lifesaving Club @ 7:30pm

Meeting Closed:

8:45pm



Santa Run

Sat 22nd Dec

↑ No one can out do the Cannon's but why not give it a try !!!



This is a great social event for all Trotters & their families.

Breakfast provided & Games for the kids.

**Please provide a \$10 gift for each child (& place it
in Kev Andrews Van, or see Beverley)**

SHOP INSTORE OR ONLINE



www.coastrunnersshop.com.au

info@coastrunnersshop.com.au

<http://shop.coastrunnersshop.com.au/>



CHRISTMAS DEAL:

FREE Bring your
newsletter and receive a Coast
Runners Shop Hat with every
purchase over \$100

4333 6064

Mon - Fri 9.30-5.30
Sat 9-3pm



NIKE Newtons



Orthoheel  **adidas**  **inov-8**  **Reebok**

GARMIN* Timex * Polar * Endura * Nathan*Camelpak* Spenco * Fuel Belt





Club Polo Shirt - \$30

Embroidered logo

Ladies' and men's styles available.

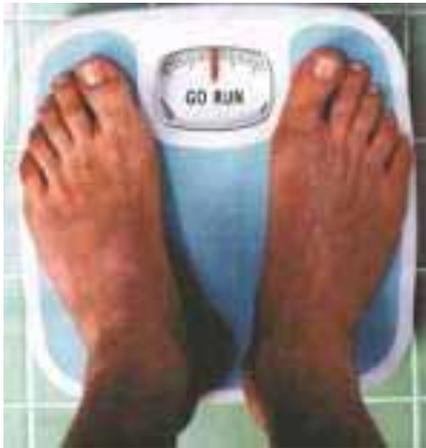
For any uniform enquiries

contact Tina (tel: 0403 247623

email: tinaviglione@yahoo.com.au)

with your size, Trotter Number

Club Singlet-\$45 Cap-\$15
(Singlet & Cap together - \$55)



Have you heard about the three-star restaurant on the Champs-Élysées that makes omelettes with only one egg? Apparently in Paris, one egg is un oeuf.

If you are not on the Trotters Email List, you are missing out on all the latest news, & updates. Go to the website www.terrigoaltrotters.com.au & click on this icon



Keep up to date with latest Trotters' news or find someone to run with on a particular day by joining



Canberra 2013

The Diary of a First Time Marathoner

By Trotter # 736, Jenny Barker

Those of you who have already run a marathon might find this scarily familiar; if you do not then I must be more anally retentive than I already think I am.

As you may know the Canberra is in April, despite this being a good 6 months away I have already booked the accommodation to make sure I am not too far away from the start line. Also I have read Hal Higdon's book twice and studied his approach to first time marathon-ing and have decided to ignore it; after all what does he know about it?! He talks a lot about just finishing your first marathon and not being bothered about the time...

but I will never win the Trotters Debut Marathon Award with that attitude and after all that is the only reason I am putting myself through this torture!

I have written out my training schedule, tweaked it, colour coded it, I have used bold font in some places and italics elsewhere. For motivation I have stuck it to the wardrobe door and added some photos... my husband thinks I have a screw loose.

I have studied all the different protein shakes on the market and bored anyone who will listen as to the nutritional components of each make and type. I have spent \$75 (paid by cash so hubby won't find out!) on a tub of vanilla flavoured oughness and I just hope it works better than it tastes.

I'm ignoring everything that hurts in the morning (back, calfs, feet) in the hope that it will all miraculously feel good after I have slogged my way round 42.2km, perhaps not a sensible approach but it seems to work for everyone else.

At the moment I am in 'pre' training mode which is doing than before but not as much as later. The official start date for my training is 10 December, a whole 18 weeks before the big day which seems a ridiculously long time to train for something, I just hope I have the stamina and the interest level to get me to the start line!



I.T.B.S. – Iliotibial Band Syndrome

By Trotter #573, Darren McClellan

Most runners have heard of the dreaded ITB (Iliotibial band) syndrome. The other part to this nasty injury and what is more important is the TFL muscle (Tensor fascia Lata).



The TFL blends into the ITB and is connected to the muscles of the hip.

The ITB runs from the TFL to the lateral epicondyle of the femur (outside of the knee) and is a non-contractile piece of tissue which means it can't become 'tight' of its own accord. However with the TFL attaching into it, if the TFL becomes tight, it will pull on the ITB and hence tighten it (note that the Gluteus Maximus also does this).

So when you think about it, if you have issues in the hip/glute area you are prone to ITB problems. Generally it's not the ITB that gets tight but rather the TFL. If the TFL gets tight it will pull on the ITB. That's when you feel the pain on the outside of the knee that feels like a knife is being stabbed right in the knee!

It's most common to feel pain once you have been running for a certain period of time (20min-30min) and once you stop the pain tends to go away but as soon as you start running again.....OUCH is back! You are then forced to walk back.

Causes of ITB are many:

- Too much running too soon
- Excessive uphill and downhill running
- Running stairs
- Over pronation of the feet
- Muscular imbalance of the hip
- Running on uneven surfaces such as the beach
- Running in circles on a track
- Running in crap shoes.....and the list can go on and on and on!

Ok so how do we treat this demon of an injury?

- Avoid activity's that bring on the pain
- Avoid running on hills..esp downhill
- Soft tissue therapy
- Dry needling
- Self massage such as foam roller can be helpful but extremely painful! If you use a foam roller also focus on your TFL

How long can you expect to be out of running? Well it could be anything from a week up to 3 months. Depends on how long you have had it for and what's caused it. Most people though are back in action between 2-6 weeks.

How do we prevent ITB problems occurring in the future?

Make sure you follow a good strength program focusing on your glutes and hips as well as your core...(and situps are no good!) and of course get yourself regular massage to keep your muscles from getting too tight and keeping them in good condition.



Darren specialises in sports massage, sports injuries and trigger point therapy. If you are suffering from injuries, muscle tightness, stress or headaches, massage can help you.

**Darren McClellan Sports
& Remedial Massage
28 Kildare St Bensville
0404181861
www.dmcorefitness.com**

FIVE MINUTES WITH A TROTTER

Trotter No: 715
Name: Detta O'Dwyer
Married/Partner/Single: Engaged
Occupation: Occupational therapist
Favourite Distance: Half Marathon Bush
Favourite Trotters Run: Muzza's Run/Seymour Ponds
Race PB's: 10k 56mins/ Woodford to Glenbrook 2h 38m
Your Shoe Brand: I mix it up but using Inov8 at the mo.
Other Sports: Cross Fit



List Your Favourite:

Food: Italian
Music: Dance
Actor/Actress: Susan Sarandon



Movie/TV: Dark Knight Rises/Winners & Losers

Drink: Mocha

Vehicle: BMW Sports (chance would be a fine thing)

Travel Destination:



If you were marooned on a desert island, what 3 things would you take with you ?

1. Running Shoes
2. My Kids
3. Chocolate



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

My fiancé Carl

If you could change one habit/feature in yourself, what would it be?

Nothing, I'm happy being me

Name the 3 Top Items on your Bucket List:

1. Get Married
2. Do charity work to help the less fortunate
3. Run 10k's under 55 mins

FIVE MINUTES WITH A TROTTER



Trotter No: 808
Name: Graham Fowler/Aka The Russian
Married/Partner/Single: Single
Occupation: Business & Marketing Consultant
Favourite Trotters Run: Anything with Matcham Valley or Kincumber Mountain
Favourite Distance: 103.7K (GNW100km)
Race PB's: 10k: 48m54s (Sydney Striders Homebush Bay 2008) Half: 1h51min17s (Lake Macquarie 2012) Marathon: 4h26m49s (Hunter Valley 2012) 100km: 20h57m (GNW 100k 2012)
Your Shoe Brand: Varies, currently Inov8 & Saucony
Other Sports: Nothing current. Long retired rugby union forward.



List Your Favourite:

Food: Duck Curry
Music: 70/80's Rock -ACDC, Angels, Queen etc
Actor/Actress: Tommy Lee Jones/Catherine Zeta-Jones
Movie: Once were Warriors
Drink: The occasional chilled Vodka
Vehicle: Porsche
Travel Destination: Tasmania



If you marooned on a desert island, what 3 things would you take with you ?

1. Ipad
2. Fully Stocked Winnebago
3. Steve Gray's phone # (because he always gives me the right directions)



If you were allowed a companion who would it be?

The Minogue sisters

If you could change one habit/feature in yourself, what would it be?

Sporting ability that matches my ambition

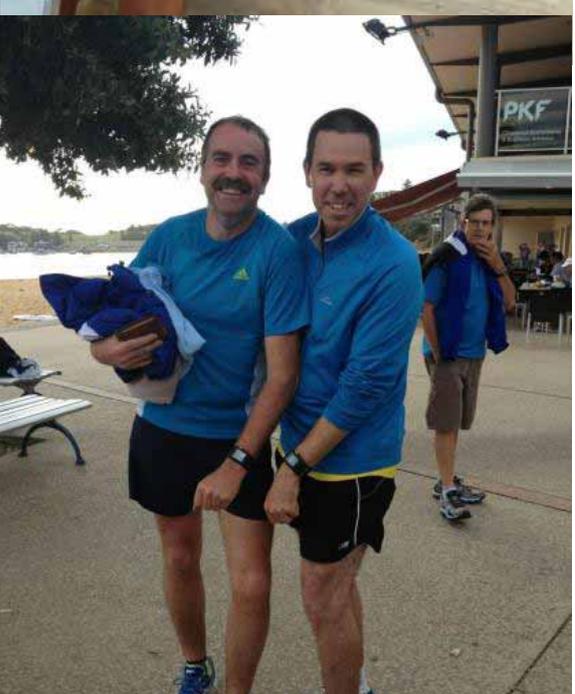
Name the 3 Top Items on your Bucket List:

1. Get intimate with the GNW post at Patonga
2. Coast to Kosiosko Ultra
3. Beat Steve Gray





Fatman Run Turns into Hero Worship



YONDI'S RESULTS PAGE

Share your achievements, send me your results

E-mail: yondisresults@gmail.com

SMS: 0410 573 419

Fitzroy Falls Marathon 6 October 2012

Marathon

PLACE	NAME	TIME
7	Mark Tucker	3:22:39
32	Gary Pickering	3:42:41
48	Joe Rolella	3:54:08
65	David Fogg	4:06:51
80	Mari -Mar Walton	4:17:54
117	Steve Gray	4:56:01
119	Graham Fowler	4:56:41

10K

PLACE	NAME	TIME
110	Detta O'Dwyer	1:06:44

Melbourne Marathon 14 October 2012

Marathon

First name	Last name	Gender	Total Time
Melanie	McDonald	Female	2:55:30
Gary	Pickering	Male	3:40:00
Steven	Coote	Male	3:59:15
Chris	Scarlett	Male	3:59:16
Mark	Andrews	Male	4:47:55

Half Marathon

First name	Last name	Gender	Total Time
Leigh	French	Female	1:51:04

Relay for life 2012 13-14 October 2012

Trotter #	Name	Laps	Distance(m)	Distance(km)
1	Kevin Andrews	26	10400	10.4
21	Dennis Robertson	53	21200	21.2
24	Ross McGuigan	89	35600	35.6
27	Ken Hickson	25	10000	10
107	Lyn Bromwich	35	14000	14
130	Kevin Byrne	5	2000	2
136	Debbie Bloffwich	12	4800	4.8
248	Les Lowe	52	20800	20.8
264	Sonia White	25	10000	10
293	Alison Antony	86	34400	34.4
366	Wayne Evans	35	14000	14
474	Stephanie Stockwell	25	10000	10
483	Graham Ridley	127	50800	50.8
505	Greg Brown	126	50400	50.4
513	Liza Whitfield	13	5200	5.2
531	Mark Tuxford	31	12400	12.4
557	Sabine Byrne	25	10000	10
558	Tania Thompson	12	4800	4.8
580	Dina Batt	12	4800	4.8
590	Tina Baverstock	50	20000	20
620	Alison Allen	12	4800	4.8
631	Wayne Doherty	26	10400	10.4
655	Tristan Byrne	22	8800	8.8
658	Mark Dunlop	32	12800	12.8
665	Ian Temblett	136	54400	54.4
713	Dave Fogg	73	29200	29.2
759	Bruce Litterick	29	11600	11.6
760	Joanne Litterick	37	14800	14.8
811	Katie Dillon	25	10000	10
-	Brendan Fogg	16	6400	6.4
-	Killian Byrne	11	4400	4.4
-	Oliver Baverstock	8	3200	3.2
	TOTALS	1291	516400	516.4

GNW SERIES - GIRRAKOOL TO PATONGA 21 October 2012

No.	Runner	RunTime (approx)	Comment
1	Jess Mitchell	2:38	
2	Mark Lee	2:38	
3	Michael Miles	2:38	
4	Jo Rolella	2:52	
5	Danny Moore	2:56	
6	Johan Ohlund	2:56	
7	Pete Hall	2:56	
8	Adrian Smith	3:22	Detoured via Wondabyne (2 nd time in his last two G2Ps!).
9	Damien Meyer	3:22	Led astray (to Wondabyne) by Adrian Smith
10	Bruce Litterick	3:25	
11	Dave Fogg	3:25	
12	Wayne Evans	3:25	
13	Lee Davison	3:33	
14	Ciaran Lynch	3:34	
15	Fiona Blakeway	3:34	
16	Peter Hood	3:37	
17	Kelli Warren	3:46	
18	Monica Nicol	3:46	
19	Jo Litterick	3:50	
20	Deirdre Moran	3:52	
21	Kev Andrews	3:52	
22	Kerry White	3:57	
23	Tammy Shafer	3:57	
24	Sonia White	4:16	
25	Kev Dean	4:16	
26	Sonia Romaine	4:16	
27	Lynne Pinsent	4:16	
28	Cheryl Nas	4:16	
29	Charmaine Nicholson	4:16	

30	Detta O'Dwyer	4:20	
31	Rob Whitfield	4:21	
32	Liza Whitfield	4:26	
33	Barry Bowden	4:26	
34	Sabine Byrne	4:35	
35	Karen Cannon	4:35	
36	Marg Aurisch	4:36	First G2P run (as opposed to walk) in 26 years.
37	Jo McCarthy	4:36	
38	Judy Murray	4:43	
39	Lynn Bromwich	4:45	Included detour.
40	Levi Martin	5:00	Somersby to Patonga (43.2km)
41	Adam Kranz	5:10	Somersby to Patonga (43.2km)
42	Jason Kirksmith	5:10	Somersby to Patonga (43.2km)
43	Graham Ridley	6:47	Patonga to CP6 (Pacific Hwy at MM Creek) and return(50.8km)
44	Steve Gray	6:55	Somersby to Patonga (43.2km)
45	Greg Brown	12:06	Yarramalong to Patonga (71.6km)
46	Sharon Byrnes	12:35	Yarramalong to Patonga (71.6km)
47	Graham Fowler	13:04	Yarramalong to Patonga (71.6km)
48	Steve Guest	DNS	Is this better than a DNF?
49	Ian Temblett	N/A	Gosford to Patonga (claimed the record, but Mick Miles wasn't having it!)
50	Bart Rathael	N/A	CP6 to Patonga

Hume and Hovell 50/100k Ultra 20-21 October 2012

2012 Hume & Hovell 50/100 Ultra - 100k

Event Descr	Pos	Name	Category	Time	Categ Pos
100k	9	Gary Pickering	50 - 59 yrs	13:49:01	1

Charles Kay Hilly Time Trial 27 October 2012

Placing	Name	Time	Trotter Number
1	Michael Miles	0:37:15	734
2	Jessica Mitchell	0:38:31	709
3	Chris Fuchs	0:38:54	817
4	Ian Temblett	0:39:07	665
5	Levi Martin	0:39:55	730
6	Mark Dunlop	0:40:22	658
7	Scott McDonald	0:40:57	8184
8	Jason Kiskrsmith	0:42:03	773
9	Steve Guest	0:42:24	576
10	Johan Ohlund	0:42:52	843
11	Mike Randell	0:43:19	173
12	Danny Moore	0:43:28	198
13	Suzy Woodbury	0:43:43	676
14	Graham Steele	0:44:41	529
15	Wayne Daley	0:45:06	267
16	Katy McCaig	0:45:24	816
17	Rochelle Jillett	0:45:43	8426
18	Greg Love	0:45:49	88
19	Troy Kastelan	0:46:06	780
20	Joe Rolella	0:46:46	638
21	Ciaran Lynch	0:46:51	838
22	Katie Sandmeyer	0:47:33	848
23	Adrian Smith	0:47:35	258
24	Dave Smith	0:48:47	8332
25	James Wright	0:49:16	791
26	Steve Hughes	0:49:39	8
27	Karen Boyd-Skinner	0:49:44	679
28	Greg Brown	0:49:45	505
29	Trent Playford	0:50:08	571
30	Dane Playford	0:50:31	8436
31	Peter Jackson	0:50:39	585
32	Ken Hickson	0:50:54	27
33	Martin Ayres	0:51:04	804

34	Bruce Litterick	0:51:06	759
35	Gary Pickering	0:51:31	598
36	Graham Ridley	0:51:32	483
37	Kevin Myers	0:51:39	850
38	Wayne Evans	0:51:59	366
39	Chris Birchall	0:52:07	802
40	David Booth	0:52:09	711
41	Steve Gray	0:52:11	593
42	John Schulze	0:52:17	795
43	Tammy Shafer	0:52:33	698
44	Graham Fowler	0:53:12	808
45	Barry Bowden	0:53:41	515
46	David Hopkins	0:53:42	548
47	Kim Chase	0:53:48	8447
48	Tina Baverstock	0:53:58	590
49	Jo Litterick	0:55:26	760
50	Anthony Passarelli	0:55:30	8401
51	Kelli Warren	0:55:39	600
52	Yolande Walker	0:55:40	621
53	Monica Nicol	0:55:41	618
54	Lyn Bromwich	0:56:23	107
55	Melanie Bournnell	0:58:32	561
56	Damien Meyer	0:58:32	842
57	Gisele Rossini	0:58:55	834
58	Wayne Doherty	0:59:03	631
59	Rod Tawyer	1:01:48	827
60	Cass Herrick	1:06:33	828
61	Gabby Ivan	1:06:34	831
62	Judy Murray	1:10:42	722
63	Tony Collins	1:13:13	481
64	Mark Rollins	1:14:30	494

6@6 OCTOBER 2012	3/10/12	10/10/12	17/10/12	24/10/12	31/10/12
FEMALES					
Kerry Hope					27.55
Diedre Moran					27.47
Katie Dillon				27.26	
Vicki Townsend	34.45	34.43	33.20	32.48	33.49
Natasha Konic	34.57		34.42	34.48	35.23
Suzy Woodbury				24.56	
MALES					
Joel Green			28.15		
Charlie Brooks		23.41	28.09	22.08	
Ian Temblett					23.23
Mike Randell	24.52	24.15	24.02	24.45	
Greg Brown					29.05
Colin Barnett	26.50				
Wayne Daley		28.06	28.08	26.40	2 laps
Adrian Smith	25.40	25.24	28.08	26.40	25.12
Julian Hanson	21.34 PB		22.09	22.10	21.47
Michael Frost	24.44	18.59 (4 laps)			
Ian Morgan	28.12				
Hayden Nancarrow				27.26	
Mark Hope					25.09
Charlie Dorion	24.39	23.54			
Mark McKay	18.14 (3 laps)	17.51 (3 laps)	18.00 (3 laps)	17.50 (3 laps)	
Simon Warren		33.23	24.12		
Gus	26.38	26.21 PB			
JUNIORS					
Liam Townsend			23.20	23.02 PB	
Ryan Green			28.09		
Brendan Fogg		31.36 PB		31.45	
Isabella Batt		19.27 (3 laps)	26.43 (4 laps)	25.34 (4 laps)	25.51 (4 laps)
Mia Hardy		28.47	29.50		

Zara Allen		18.55 (3 laps)	26.43 (4 laps)		
Georgia Warren		33.24	33.43		
Theo Ogundana- Watson		17.50 (3 laps)	17.53 (3 laps)	17.45 (3 laps)	
Kurt Hansen				27.51	
Sybella McKay	18.14 PB (3 laps)	17.50 (3 laps)	18.00 (3 laps)	17.50 (3 laps)	
Skyelah Townsend	22.13 (3 laps)	35.10	32.50 PB	26.52	

6 @ 6

- WHEN:** 6pm Wednesdays
- WHERE:** Opposite Gosford Leagues Club corner of the oval & primary school
- HOW MUCH:** 50 cents to enter
- HOW FAR:** It is a 6km time trial but you don't have to run the whole course
Each lap is 1.2km long
- DRINKS:** Drinks are provided
- TIMES:** Times will be recorded and will be posted on Terrigal Trotters Facebook page
- PRIZES:** Lucky draw night is on the last Wednesday of every month.

SEE YOU THERE

Run 4 Fun 10k 4 November 2012

Place	Name	Net Time
80	Ian Temblett	0:37:46
792	Kevin Andrews	0:47:25
2662	Wayne Doherty	0:57:36

GNW 100's 10-11 November 2012

GNW100 KILOMETRES RESULTS

Overall Place	Last Name	First Name	Event	Category	Cat Place	Time
11	GUEST	STEVEN	100K	M50-59	1	13:59
12	KIRKSMITH	JASON	100K	M18-39	8	14:04
15	KRANZ	ADAM	100K	M18-39	9	14:22
•	TUCKER	MARK	100M	M40-49		15:32
•	BYRNES	SHARON	100M	F40-49		16:18
•	RIDLEY	GRAHAM	100M	M50-59		16:52
42	SCHULTZ	LINDSEY	100K	M18-39	20	19:19
44	GRAY	STEPHEN	100K	M60+	1	19:40
52	FOWLER	GRAHAM	100K	M40-49	9	20:57

GNW100 MILES RESULTS

Overall Place	Last Name	First Name	Event	Category	Category Place	Time
34	BROWN	GREG	100M	M50-59	2	33:52:00
	RIDLEY	GRAHAM	100M	M50-59		DNF[CP5]
	TUCKER	MARK	100M	M40-49		DNF[CP4]
	BYRNES	SHARON	100M	F40-49		DNF[CP4]

Noosa Triathlon

Name	Swim	Bike	Run	Overall	Category	Cat place	Overall
Debbie Wooden	0:36:05	1:29:52	0:55:37	3:01:35	50-54	30	3047
Kim Cook	0:33:34	1:16:38	0:44:51	2:35:03	55-59	20	1539

Make sure you know who is, and who isn't a running marshal

Runners in a 10km race in Newcastle, UK went the wrong way after mistaking a passing cyclist for their course guide. About 530 athletes took part but instead of following the lead bike, many followed a member of the public wearing a bright yellow top.

Apparently, the cyclist was dressed in fluorescent clothing and as the leading group of runners ran closer to him they mistook him to be a race official and mistakenly followed him to the right instead of carrying straight on.

Some participants, including the eventual winner were thought to have continued on the correct course, only to find themselves behind runners they had been ahead of.

For fairness, all runners were called back to the start for the race to begin again, but this time the correct marshals were pointed out!

2012-13 Terrigal Trotters Calendar

Saturday, 22 December 2012

TROTTERS SANTA RUN AND CHRISTMAS PARTY Dress up for the Run and join us for the Christmas Party 8:30am (after Trotters Run) at the Haven Terrigal. Trotters will provide food and drink and Santa will arrive at 9:30am.

Sunday, 6 January 2013

THE 11TH 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. **See Keith King for details.**

Sunday, 20 January 2013

WAMBIE WHOPPERS 21km

In memory of Muzza, 6:00am from Wamberal Shops.

Monday, 28 January 2013

AUSTRALIA DAY WATERFRONT PICNIC/BBQ

Fun and games on the Davistown waterfront starting at 11:30am. All Trotters and their families are welcome. **See Steve Cannon for details.**

Sunday, 17 February 2013 (tbc)

GNW100s SERIES - YARRAMALONG TO SOMERSBY (26KM)

Trail runs along the Great North Walk. Trotters will organise a bus to and from the runs which are only open to Trotters.

See Dave Byrnes 0428 880 784

Saturday, 9 March 2013

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.

Sunday, 24 March 2013 (tbc)

GNW100s SERIES - SOMERSBY TO STAPLES LOOKOUT (31KM)

Trail runs along the Great North Walk. Trotters will organise a bus to and from the runs which are only open to Trotters. **See Dave Byrnes**

0428 880 784

Brain Teaser Answers

The Surgeon is the boys mother.

O all the other crows would fly away.

The other end of the rope isn't attached to anything.

Because they are born in Holland.

31st Dec.



Runs for the Month

1st Dec 2012	Dave's Damn Run	15.3km	
8th Dec 2012	Marg's Meander	11km	
15th Dec 2012	Enzo's Adventure Run	13.1km	
22nd Dec 2012	King Avenue	9.6km	Don't forget the dress up & party at 8.30am
29th Dec 2012	Charles Kay Hilly Time Trial	10km	
5th Jan 2013	Bob's Hill	11.3km	Round the Bay 6th
12th Jan 2012	Captain Cook Run	15.2km	
19th Jan 2013	Muzza's Run	16.3km	Wambie Whoppers 21km Muzza run 20th
26th Jan 2013	Flat 10k Time Trial	10km	



How did Darth Vader know what Luke got him for Christmas?? He felt his Presents!!

Are You Special?

Only 5% of us can do the following????

- Lick your elbow.
- Touch your chin or nose with your tongue.
- Wiggle your ears.
- Sneeze with your eyes open.
- Raise one eyebrow.
- Twitch your nose. Go On Give It a TRY!!!



Two hikers on a trail in the forest come around a bend to find an enormous brown bear about 75 yards up the trail. The bear spies them and begins to run towards them at a gallop. One hiker drops his backpack, sits down, throws off his boots, and starts lacing up a pair of running shoes. The other hiker says "What are you doing? You will never outrun that bear". The first hiker replies, " I don't have to outrun the bear....."





Brain Teasers



After a car accident, a father & son were rushed to emergency & operated on at the same time in different theatres. Upon entering the theatre the surgeon declared "that is my son" how can this be?



There are 6 crows sitting on a fence near Farmer Joe's farm. If Kevin shoots one of the crows, how many will be left sitting on the fence??

How is it possible that a Donkey tied to a rope 20 metres long, can eat some hay 50 metres away? It doesn't bite through the rope, & no one unties him from the rope!!



Why are so many famous artists Dutch?

The day before yesterday I was 25 and the next year I will be 28.

What day is my birthday?



Care for a Ride?

