

THE SPARTAN

CLUB PATRON - Robert de Castella

May/June 2018

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FROM THE PRESIDENT

Hi Spartans,

Hi Spartans! I'm loving this last bit of autumn technicolour in the foothills along with its bracing temperatures and I hope you've enjoyed the outdoors of autumn wherever you have been experiencing it. Late last month I had a fantastic Sunday morning with a very lively and raucous bunch of Spartans at our Spartans Club Run at the mighty Tan, which was looking brilliantly autumn. The dry weather enabled us to have a coffee on the outside deck which was a lot more enjoyable.

As we approach the midpoint of the year we are thrilled to announce that our guest of honour for the 2018 AGM on Monday, October 1 is Ireland's famed Olympic medallist Sonia O'Sullivan who has run everything from a 2 minute 800m to a 2:29 marathon. We eagerly await her recollections of her stunning career right from the early days when she announced herself on the world stage as a 20 year in the 1990 European Championships in Croatia through to the first decade of the 2000s and beyond. There will be more details soon.

Our competition winners for Japan's Teganuma Half Marathon in October are very excited about their upcoming adventure. I'm certain that Spartans Anne Ziogos and Michelle Tham will acquit themselves wonderfully and will be fine ambassadors, not only for the Melbourne Marathon and Spartans but Australia as a whole. Now in its fourth year, there has been much fine-tuning of the arrangements for this self-initiated cultural exchange initiative between these 2 sports-mad countries given that it is essentially organised by volunteers.

On Committee, we've had preliminary discussions regarding an enquiry sent to us a couple of months ago asking for our goodwill and permission to wear the Spartan Running Man logo

on the singlets of other clubs. Just to recap, we have numerous proud Spartans that are also members of other clubs and wish to advertise that on other clubs' singlets while running in events other than the Melbourne Marathon. The small amount of feedback from members has been negative on the proposal and the straw poll at the last Committee meeting was also negative. Personally, I think this issue will re-surface in coming years but for now it appears resolved in the negative. If you do have other ideas or proposals on this issue please drop us an email.

There have been a couple of persistent proposals from a couple of Spartan members to have Spartan Neville Gardner re-instated as a Spartan Legend and we will deliberate yet again on this issue and put it to a final vote in the June Committee meeting and inform you of the result. Personally, it has been an absolute honour to serve on this Committee for over 8 years and invariably that has involved deliberating on what sometimes have been enormously complex and extremely emotive issues where the decisions taken haven't pleased all, which essentially describes democracy all over the world.

Finally, given that I consistently encourage all Spartans to encourage and inspire others, I would like to invite any of you that have participated in something inspiring or life-changing on the health or sporting fronts to please write a couple of paragraphs or so for inclusion either in the newsletter or on the website. I am already following up with a couple of you in finalising your written contributions but there are so many inspirational stories of 'overcoming' adversity that I hear during runs that I wish I could capture for our readership. Ideally, these work best when willingly volunteered for the good of all rather than having to 'pull teeth' and harass people for their input, so we very much look forward to hearing from you!

Happy winter running Spartans!

Jay Fleming (S1012)

MARATHON EARLY BIRD ENTRIES CLOSE JULY 3

After July 3:

- The price will increase;
- Bibs will need to be picked up from the race office at the MCG;
- **You will not be able to request a personalised bib.**

Note that there are some changes to the registration process. Team Spartans has been created, so please nominate this if you have no other affiliations. No password is necessary.

TODAY'S PARKRUNNERS, TOMORROW'S SPARTANS

The parkrun phenomenon is a Johnny-come-lately on the Melbourne running scene. The UK phenomenon was brought to Australia in 2011, first to Queensland and then to Albert Park in Melbourne. ("Albert Melbourne parkrun"). But unlike many fads, parkrun shows every sign of being here to stay.

By May this year I counted 45 Spartans who had run more than 2,500 parkruns between them. This group included the President, Treasurer and at least one committee member of the Spartans Club, who all proudly register their club as "Spartans", a description that appears in results every time they finish a parkrun. One Spartan has finished over 300

parkruns (Michael Miriklis), and several others over 100 (e.g. Peter Bearsley, the late Jim Grelis, Vicki Thompson, Greg Payne and Peter Logan). Our oldest Spartan still running, Anthony Martin, is also the oldest parkrunner on the local scene. Anthony has completed 73 parkruns and holds the VM85-89 event record at more than 10 separate parkrun venues. Fairly soon, Anthony will give a few VM90-95 parkrun records a shake-up.

What is parkrun? A free-of-charge, non-competitive 5km run or walk held weekly at many parks across Melbourne, Victoria, Australia and several other countries. Registered parkrunners can set personal goals to run many parkruns at the one venue – or run at many venues here and abroad. Initial registration (also free-of-charge) gives you a barcode that is scanned at the end of any parkrun anywhere in the world and all your times are recorded. Every parkrunner takes a turn at volunteering in a role of their choice (e.g. marshal, timekeeper) roughly once for every 10 – 15 parkruns they run or walk. Volunteering makes parkrun work.

A glance at the original list of finishers in Albert Melbourne's first parkrun on 19 November 2011 reveals not only qualified Spartans but, more importantly, young distance runners now moving towards their Spartan singlet (Luke Brophy, Kai Ooi). There is the real value of the connection between parkrun and the Spartans Club. New Spartans in future years will come from the ranks of today's parkrunners.

At parkrun, an interest in running can be nurtured by the support of the parkrun community and occasional tips from experienced parkrunners such as Spartans.

If you have never run a parkrun, don't miss out. Register now and drive or run the short distance to a parkrun near you. The infectious community spirit fostered at parkruns means that running never seems a solitary experience. Most parkruns are followed by convivial chat over coffee or brekky at a local café.

The national site will enable you to easily find a parkrun convenient to you. Simply go to <http://www.parkrun.com.au/> . For the Albert Melbourne parkrun, go to <http://www.parkrun.com.au/albert-melbourne/> .

(Article by Vin Martin, Spartan S0478 and keen parkrunner, who runs or walks mostly at Albert Melbourne parkrun around Albert Park lake).



Peter Bearsley and Jim Grelis, Peter Logan, Sonia O'Sullivan and Vin Martin, (all at Albert Park), Antony Martin at Frog Hollow, Vicki Thompson, Rod Bayley at Studley Park, Bruce Hargreaves at Tamborine Mountain.

Club Run, June 24



All current and potential 2018 Spartans are invited to a club run around the Tan on Sunday June 24. We will meet outside the Observatory, Birdwood Avenue at 8am and run/jog/walk a lap or two of the Tan. Afterwards we can have a coffee or meal at Jardin Tan. Please wear your Spartan singlets so we can make a show. Parking is free on Sundays. We will run clockwise (up Anderson St hill) so if you arrive late, run in the other direction

and you should meet up with a group. Contact David Foskey at djfoskey@ozemail.com.au or 0432 146 747 for further information. See [here](#) for details of our recent runs.

Running with headphones by Jay Fleming

On the personal front, I had a phone call from a young lass completing a thesis on commonly-available measures employed to mitigate the physical and mental pain of sports and enhance results, which in our case was to examine the effects of listening to music on the pain of distance running. She also asked if she could record my contribution to save taking copious notes, to which I agreed. Having made a couple of similar phone calls myself during studies I roughly knew what was expected so I asked her if she wanted my actual thoughts and practices in my own running or if she wanted something semi-slanted toward certain predetermined written outcomes. She assured me she wanted individual personalities and personal slants in her work and she was calling a diverse number of people so was happy to get numerous angles on this.

I started by saying that even though she got my number as Pres from the Spartans website, perhaps she was asking the wrong person as my marathon results have been extraordinarily ordinary. I have always been quite paranoid of over-training due to spending much of my early life supporting both of my parents with extreme joint pain and compromised mobility through overuse issues. Therefore, my 'marathon preparation' since the early eighties has always involved extremely light training for each marathon (with the exception of 1995, dunno what happened that year ☺). Therefore, I certainly wouldn't be taking any of my running methodology with even a grain of seriousness. She laughed and assured me that all angles are welcome for the balance of her piece and just to relax, speak openly and forget about comparisons. So, I started out hoping not to bore her too much too early, by saying that, rather than being performance or results-driven, running for me has always been a very sensory experience except for my childhood years as a skinny little runt in the late sixties when it served to escape some ugly bullying at St Kilda Primary School.

I mentioned that over the years I had tried running with several designs of headphones



while listening to some of my favourite music but I always kept going back to running without music. While elsewhere in my life I'm an absolute music freak who attends live gigs and concerts regularly, this is not so during running or cycling. I prefer listening to the actual soundtrack of the moment I'm running through rather than discarding that soundtrack in favour of another one. My soundtrack of

the current moment on various days might include any of the following: crows, honking horns, goats, rustling leaves, an ungainly unexplained persistent squeak from one shoe but

not the other, crunching gravel, kookaburras, wind rustling through leaves, breaking branches, squawking toddlers, doof-doof from passing pedestrians' ramped-up headphones, the woosh of passing cyclists, soft rain on leaves, driving rain on corrugated garage rooves, dogs skidding to a halt on the other side of the fence, dogs headbutting fences when they don't skid in time, arguments from over the fence, 'carguments' from passing cars, car tyres driving over lane-reflector bumps, the green-man sound at traffic lights, clanging of waiters clearing tables ...

You get the drift I'm sure. None of these sounds are exciting or earth-shattering but they are my unique ever-changing sounds and their order, composition, volume and length has never been the same previously, is never ever the same during an individual run and will never ever be the same again, whereas any of my 12K songs on my iPod are always the same even on shuffle.

After being surrounded by technology and gizmos all day in the workplace, I don't even wear a watch at home. I fully understand that for serious and elite sportspeople, listening to music during grinding and constant pain distracts and diverts the person from the physical or mental pain and the temptation of giving up while also providing them with extra adrenaline surges to smash through the barriers by enabling their third and tenth winds. However, for those of us who enjoy the simple privilege of just celebrating life by simply participating in any sporting pursuit, coz we can, while we still can, it can be a little more philosophical than that. In a world of astounding fakery and facades where 'keepin it real' has sort of become the exception, I have always liked the opening lyric from Johnny Cash's brilliant song 'Hurt':

I hurt myself today/To see if I still feel/I focus on the pain/The only thing that's real

I like pain. I like to meet it regularly as I do any old friend. I like the way it contorts my face and makes me wince. I like the way joints and muscles feel during marathons and I also like the DOMS (delayed onset muscle soreness) later which somehow reassures me that I've done the right thing. Pain is organic. I have no desire to escape or mask pain by putting a soft-focus lens on the grimace of distance-running. The lass was kind enough to thank me for my time and interesting input and I thanked her for not nodding off during the twenty minutes of her life she'd never get back 😊

Last Sunday, along with many of you, my fellow Spartans, I had the enormous pleasure of completing the Great Ocean Road marathon, and for the tenth time being totally blown away by its exhilarating soundtrack. It included crashing waves, headwinds and crosswinds, running over sticky asphalt due to spilt energy drinks, the crying baby being pushed 44km in a pram by one entrant 😊, locals standing in front of their houses informing me of the distance remaining while offering delicious snakes, the informal banter with the same few photographers who kept snapping us and driving ahead of us to do it again and finally the rockstar welcome in Apollo Bay followed by the unparalleled sound and aroma of a coffee machine.

"Be where you are; otherwise you will miss your life." – Buddha

A Long Run *This story has been submitted by a Spartan who wishes to remain anonymous.*



Many years ago (the statute of limitations has passed) I decided that Albert Park Lake would be the location of my last long run before the Melbourne Marathon. I parked at Power House and set off on what was planned to be the first of six laps. Halfway around the lake on my first lap I passed a picnic area when a small dog ran out and barked briefly from a distance. Its owner called it back.

On my second time at the same spot, the dog ran out again, a little closer and a little louder. Once again its owner appeared apologetic and tried to control it.

On each of the next three laps, the scene was repeated except that the dog was getting much closer and louder. On the fifth lap it almost tripped me. I was starting to suffer a little at this stage, and spent the next lap worrying about the dog, and plotting my revenge. If it ran out again, I would pick it up by the scruff of its neck and throw it into the water.

Sure enough, on my sixth lap the dog ran even closer, seemingly intent on biting my leg. I leant down, picked it up by the scruff of its neck and held it high planning to send it several metres into the lake. The owner once again ran out and seemed upset by this action. I was starting to realise this was not something a mature adult should do, therefore I gently placed the dog back on the ground and continued running, perhaps a little quicker. I didn't look back.

The dog had the last laugh. It managed to bite the back of my hand at some stage in its adventure, said wound becoming seriously and painfully infected over the next few days.

RECIPE FOR SUCCESS

To live a healthy lifestyle and to be able to get through the demands of the daily slog (not to mention training on top of all that) we need to fuel our bodies. We are now becoming more aware of the importance of the good bacteria in our systems. Let's face it, we can't live a healthy lifestyle without healthy bacteria in our guts. The bacteria in our gut also need a good and nutritious diet. Here is a recipe that ticks all the boxes and hopefully will keep you running for longer and stronger.

CHOCOLATE NUT TRUFFLES (great to take out on long runs with you, for extra energy)

Ingredients:

1 cup raw macadamia nuts
water as needed
½ cup maple syrup
1 cup raw cacao powder
½ cup chopped nuts



Method:

1. Place the macadamias in a food processor or high-speed blender and process until finely ground. Slowly add a little water and process again until a thick paste forms.
2. Add maple syrup and cacao powder and briefly process until combined.
3. Using damp hands roll the mixture into balls at your desired size.
4. Line baking tray with baking paper.
5. Place cacao powder for rolling in one bowl and chopped nuts in another. Around 3 tablespoons of each. You can add more as needed.
6. Roll the truffles in either cacao powder or nuts and place on lined baking tray.
7. Place in the refrigerator and chill for at least 4 hours.
8. Keep in a sealed container and enjoy at any time.

SPARTAN PROFILE

MAUREEN WILSON (aka Claws)

Place of residence:	Bayside, Melbourne
Main life focuses:	Spending as much time as I can with family & friends.
Proudest achievements:	Being resilient & meeting the challenges life throws up.
What the world needs most:	Love.
Main influences on my life:	Family and inspirational endeavours by weekend warriors.
First car:	Humber Hawk
Favorite song:	Run The Red Light
Favorite band:	British India
Favorite movie:	The Way We Were
Favorite book:	Scott Jurek_Eat & Run & his recent release_North
Favorite dish:	At the moment_Quinoa Bircher
Favorite soup:	Sweet Potato & Cauliflower
Favorite bread:	Sourdough
Favorite salad:	Anything as long as it has Asparagus & Sweet Potato :)
Favorite season:	Fun in the Sun
Favorite dessert:	Anything Cacao!
Favorite coffee:	Don't do.
Favorite drink:	Rose
Favorite liquor:	Tia Maria
Favorite indulgence:	Travelling overseas/interstate for an event.
Favorite smells:	Champs Elysees, Paris, Fifth Avenue - perfume guys!!
Favorite pet:	None
Favorite chef:	Anyone that cooks me a meal!
Favorite sound:	Morning alarm!
Favorite obsession:	Being fit!
Favorite sporting meltdown moment:	Sally Robbins.....??
Favorite sporting moment:	Greg Welch taking out Ironman in 1994

Favorite overseas country: Africa
Favorite overseas city: New York
Favorite cities in the world to live: Melbourne, Sydney, Perth, Brisbane, Adelaide!
Always wanted to visit: Cuba
Favorite female sportsperson: Anna Meares
Favorite male sportsperson: Steve Moneghetti

MEMBERSHIP RENEWAL NOW DUE FOR 2018/2019

The Spartan financial year is 1 July to 30 June, so fees for 2018/19 are now due. Can't remember if you have paid? Look up your name via this link: <http://melbournemarathonspartans.com/financial-spartans/> If you are not there you haven't paid so here's how:

\$20 via EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number	Cheque for \$20 via Post: "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084 Please include name and/or Spartan Number
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If you are a current member, you do not need to fill in a Membership Form* but please advise of any changes to your contact details via spartans.team@hotmail.com. OR*: [Download the membership form](#) and email or post it in. **THANK YOU** 📧

ADVERTISING ON THE WEBSITE!

Don't forget, we now have advertisers: <http://melbournemarathonspartans.com/advertisers>
Please identify yourselves as Spartans when you visit them.

Would you like to advertise your business or know of someone who would? Please email Committee member John Kaparelis via spartans.team@hotmail.com.

WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?

Do you have a favourite run you would like to share with us? Perhaps a recipe? Perhaps a Spartan Profile? If so, please email us at spartans.team@hotmail.com and we'll include it in the next Newsletter.

SPARTANS' CLUB STATEMENT OF PURPOSE

To advance the sport of marathon running to athletes of all ages and abilities and to encourage and assist all runners to achieve Melbourne Marathon Spartan status.

To provide a platform and environment for runners to receive and to build upon their achievements enabling progression through the various Spartan milestone singlet colours.

Assist in the promotion and publicity of the Melbourne Marathon and the charities it supports.

BENEFITS OF BEING A SPARTAN

The Melbourne Marathon Spartans Club is a club consisting of marathon runners from all walks of life, ages and abilities that have achieved Spartan status by having run ten Melbourne Marathons.

The benefits of membership include regular newsletters, organised training runs, being presented with a Spartan singlet after ten years and subsequent milestone Spartan singlets each five years, the opportunity to attend our AGM and hear a top-line guest speaker, being able to avail of refreshments and free massage after finishing the marathon, receive benefits and discounts from companies that advertise on our website

COMMITTEE		
President	Jay Fleming	0418 374 783
Vice President	Paul Basile	0439 718 281
Treasurer	Rod Bayley	9077 7192
Secretary	Anne Ziogos	9592 4481
Webmaster	David Foskey	0432 146 747
Immediate Past President	John Dean	9337 7179
Committee	John Dobson	0412 688 287
Committee	John Kaparelis	0447 447 448
Committee	Colin Silcock Delaney	5598 6090

Life Members

Paul Basile, Rod Bayley, Peter Battrick, John Dean, John Dobson, Peter Feldman, Jack Fredrickson, Christine Hodges, Ken Matchett (Dec'd), Conor McNeice, John Raskas, Peter Ryan, Maureen Wilson, Ron Young, Shirley Young (Dec'd)

JOIN OUR MAILING LIST

If you would like to be added to our mailing list or if you know someone who might like to join, please use [this link](#).