

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

August, 2014

Email: spartans.team@hotmail.com

Website: www.melbournemarathonspartans.com

Postal: P.O. Box 162., Rosanna Vic 3084

Melbourne Marathon Spartans Club Annual General Meeting

Monday, 15 September 2014 at 7.30 pm

Harrison Room at the Melbourne Cricket Ground ("MCG")

All Spartans and their families are most welcome.

The only thing we do ask (for MCG security and catering purposes) is that you let us know the names of those attending.

RSVP 5 September 2014 to:

Felicity Doolan: spartans.team@hotmail.com or Tel: 0411 405 529 **OR**

John Dean: jkdeano@hotmail.com or Tel: 9337 7179

How to get there:

COMING BY FOOT – Enter through Gate 1 between light towers 5 & 6 – take lift/escalator to Level 2

COMING BY CAR – Enter MCG underground parking via Entrance A off Brunton Ave. The Security Officer will direct you to park in the Northern Stand – park closest to lifts 1, 2 & 3 and take lift to Level 2.

Cost: To help with the cost of the night a Gold coin donation would be appreciated.

FROM THE PRESIDENT

Hi Spartans,

Just a brief message in the lead-up to our upcoming AGM on Monday September 15. **Janette & Alan*** are currently speaking around the USA and will be back in Australia the week before the AGM. As an added feature this year for their presentation, we will have a large screen on which to project their many images. As you can imagine, running the equivalent of a marathon for 366 consecutive days around a country as beautiful as this provided the opportunity to capture some breathtaking images.

We would love to see as many Spartans and family members as possible sharing their running and life adventures over the past year. Come and welcome our incoming Spartans and applaud our milestone Spartans. Come and exchange pleasantries with old friends and say "hi" to some new ones over a slice and beverage. Hear some inspirational people speak both on and off the stage. Add some inspirational words and adventures of your own.

There is still one vacant spot on Committee. We have been immeasurably enriched by two incoming members this year to replace a couple of notable departures. If you have been considering nominating for a while and you feel that this may be the right timing for you, may I encourage you to fill out a nomination form <http://www.melbournemarathonspartans.com/files/CommitteeNomination.pdf> or otherwise express your interest by email or on the night.

The MCG staff have asked us to get back to them with approximate attendee numbers. Could I please impose upon you to indicate your attendance (and number attending) by RSVP by September 5?

I really look forward to seeing you on what promises to be a tremendous evening at the mighty MCG!

Jay Fleming (S1012)

***Janette Murray-Wakelin & Alan Murray**



To inspire and motivate conscious lifestyle choices, to promote kindness and compassion for all living beings and to raise environmental awareness for a sustainable future, veteran raw vegan runners Janette Murray-Wakelin and Alan Murray ran together around Australia, 15,782 km, 366 marathons each in 366 consecutive days throughout the year 2013.

Janette and Alan finished running 365 marathons in 365 days in Melbourne December 31, 2013. On January 1, 2014 they ran one more marathon (#366) to set a new World Record for the most consecutive marathons, the only couple to run around Australia, both 60+ years young, fuelled entirely on a raw vegan plant-based diet and wearing barefoot shoes!

Together they have proven beyond any doubt, that by living a conscious lifestyle, you are never too old (and never too young) to achieve optimum health and physical fitness.

Alan Murray and Janette Murray-Wakelin, originally from New Zealand, are internationally acclaimed endurance athletes and inspirational speakers and have travelled and lived worldwide. Alan and Janette are now living a conscious lifestyle near Melbourne, Australia, with their son and daughter-in-law and three of their

grandchildren. Alan and Janette have many stories to tell about their very diverse, adventurous life. Their personal lifestyle throughout 43+ years of marriage and raising a family, having a successful business partnership and extensive world travel, has always been centered around health and wellness and a conscious lifestyle. From sailing in their 40' sailboat with their two young children throughout New Zealand, the South Pacific and Papua New Guinea, to working their 400-ton freight boat on the inland waterways of Europe; from traveling in their converted bus from Holland to Portugal while home schooling their children, to residing on Vancouver Island Canada while their children furthered their education; and from operating a 100' hotel boat in France taking guests on health oriented canal cruises, to running the length of New Zealand with the support of their two (adult) children, Alan and Janette enjoyed a physically active, healthy lifestyle throughout their traveling years with their family. Alan and Janette have collectively participated in 60+ international marathons and ultra runs, and to celebrate the year 2000 and Janette's 50th year, they ran the length of New Zealand covering 2182 km, running 50 marathons in 50 consecutive days.

The next chapter in their lives created the biggest challenge. At 52, Janette was diagnosed with breast cancer and the prognosis was only 6 months or possibly a year with conventional chemotherapy and radiation treatment. The natural path that Janette chose to take with the support of Alan and her family, resulted in an inevitable journey to healthy living and the passion to share their (extensive) knowledge and experience with others. They founded a Centre for Optimum Health in Canada, where their focus was on encouraging healthy lifestyles through living nutrition and exercise for the mind, body and spirit. Their vision was to share their knowledge gained through their multitude of life experiences, and to encourage natural, healthy lifestyles within their community. Alan and Janette established a highly successful Living Food & Conscious Lifestyle Course and have shared their secrets of good health through a series of inspirational presentations internationally during the past ten years.

**We look forward to hearing from Janette & Alan at our AGM on
15 September 2014.**

FROM THE SECRETARY

Dear Spartans,

Can you believe it's six weeks to go until the Melbourne Marathon? That means 3-4 very very big runs to do. Talk about being at the business end. But we love it, don't we?

But before the Melbourne Marathon is an even bigger event and that is our *Annual General Meeting*. How exciting! Please RSVP by 5 September.

Also a little bit of housekeeping for the big night, the Minutes of last year's Annual General Meeting will not be circulated in hard copy at the AGM however, are always available to view via our website – just go to the "Admin" tab.

As always, if you have any feedback - good, bad or indifferent please email me at spartans.team@hotmail.com.au.

Happy running ☺
Felicity Doolan (SF0080)

THE WALL – The History of the Melbourne Marathon 1978-2012

This handsome hardcover book is still available to purchase. It is most certainly a book you will be proud to display on your coffee table and one that you can pick up anytime and read of your fastest marathon or look again at some of the 500 pictures it contains.

The Author, Chris Muirden, is a journalist and has been the Course Director of the Melbourne Marathon on many occasions. Chris has also run three Melbourne Marathons in times under 2:46 and has given us several course briefs at past AGM's.

This is a great read and gift for any runner and with the Spartans Club being given a limited number of books for sale at \$10.00 each don't miss this opportunity to purchase a copy.

The History of the Melbourne Marathon 1978-2012 by Chris Muirden will be on sale at the AGM and at Expo on Marathon day for \$10. (Please note that \$5 of each sale will go directly to Melbourne Marathons charity - CPEC.)

SPARTAN SINGLETS

If you would like to upgrade your old singlet there will be an opportunity to do so at the AGM. Cost is \$45 per singlet. (We also have some limited stock of the old style singlet at \$10 per singlet.)

OLD RUNNING SHOES

Don't forget, if you have any old running shoes that you think could be recycled bring them along to the AGM and we'll arrange for them to be given to special/underprivileged children through Spartan Legend **Peter Ryan**.



STATEMENT OF PURPOSE – PROPOSAL FOR AGM

Update of Spartans Club (A) Statement of Purpose & (B) Club Constitution

At the time of formation of our Club in 1988 a **Statement of Purpose** and **Constitution** were drawn-up that have now been in place for twenty-six years.

Whilst both documents have served the Club well during this time, no-one envisaged in those early years that the Club would go from strength to strength as it has done and that it would have presented over 1200 Green Spartan singlets to runners achieving the ultimate – to become a Spartan.

Although both documents are in need of updating, we have elected, as the first step in the process, to update our **Statement of Purpose** so that it can be put to members for approval at our coming Annual General Meeting on 15 September 2014. Once the Statement of Purpose has been finalised, step two will be to draw-up a new Club Constitution.

As the wording of the proposed **Statement of Purpose** is not final at this stage I do ask that you take five minutes to read the **proposed document** and to let any Committee member know of any changes you think would be beneficial.

If you have any experience in the drawing-up of **Club Constitutions** or would like to help in formulating this document during the next twelve months, your help would be most welcome.

1988 STATEMENT OF PURPOSE

1. Ensure that each Spartan and our Club as a whole receive maximum recognition for their achievements.
2. Encourage every Melbourne Marathon competitor to continue through to Spartans status.
3. Keep accurate records of all runners completing at least ten Melbourne Marathons.
4. Assist in the promotion, publicity and staging of the Melbourne Marathon.
5. Assist in the promotion of various charities.
6. Promote the sport of marathon running in our State.
7. To run our own marathons, encouraging the running and conduct of marathons.

PROPOSED 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.

MEMBERSHIP RENEWAL FOR 2014/2015

Your Annual Subscription of \$20.00 is now due! Your payment would be greatly appreciated as it helps fund our AGM/Singlet presentation night/trophies and the cost of the two marquees at the marathon finish. A Membership Form can be found at

http://www.melbournemarathonspartans.com/files/Spartans_Membership_Form_2014_15.pdf.

Payment Options:

At the AGM: please complete the Membership Form and place it, together with your money (cheque or cash) in an envelope clearly marked with your Name & Spartans Number and bring it along on the night.

OR EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number	Or Post: Melbourne Marathon Spartans Club PO Box 162 Rosanna Vic 3084 Please include name and/or Spartan Number
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C'mon Spartans
37th Melbourne Marathon – 12 October 2014

MILESTONES

If you are going to run your 10, 15, 20, 25, 30 or 35th Melbourne Marathon in 2014, we would like to hear from you so we can acknowledge your milestone. Remember that you get your Spartan singlet to run your milestone marathon in. Please email: spartans.team@hotmail.com.

SPARTAN TEAM ENTRIES FOR 2014 MELBOURNE MARATHON

We have nominated a Spartans team once again for the Marathon. If you aren't in another team, please select Spartans. We (probably) won't be the fastest team, but let's be the biggest. There is no password.

2014 ASICS TRAINING SERIES **SUPPORTED BY THE MELBOURNE MARATHON SPARTANS CLUB**

Click link below to view the full Training Program:

<http://www.melbournemarathon.com.au/General/Training-Series>

SPARTAN TENT AT THE MARATHON FINISH

We have again arranged for a tent at the marathon finish for the benefit of Spartans and their families so please come back after you finish and say hello and share your day's experiences. On Race Day the Spartan tent offers:

- (1) A secure bag drop off and collection point. The tent will be manned throughout the day.
- (2) A place to meet family and friends after the run.
- (3) Financial Spartans will be able to take advantage of our three massage therapists **Margaret, Katie and Lisa** at *no cost*. **Due to the high demand for massages after the run non-financial Spartans will unfortunately be unable to avail of this opportunity.****

Light refreshments will be available on the day so come along before the start of the marathon and drop your bags off and afterwards relax and enjoy the day. It's also a point where you can get a few carbohydrates back into your body before heading home. Spartan **Paul Basile** is coordinating the tent activities and is looking for a few helpers so if you are not running this year and can spare some time to help please give Paul a ring on 0439 718 281.

EXPO DATES

The 2014 Medibank Melbourne Marathon Festival will once again run the Active Feet Runners Expo on the External concourse of the MCG. Whilst the Spartan display is limited to Thursday, Friday and Saturday the Expo will be open at the following times:

Thursday 9/10/2014 4.00pm – 6.00pm **Friday** 10/10/2014 9.00am– 7.00pm
Saturday 11/10/2014 8.00am – 3.00pm **Sunday** 12/10/2014 7.30am – 2.00pm

As in past years, the Spartans Club has been asked by IMG to participate in the Expo to which we have agreed. To enable our display to take place we of course need your help over the weekend hence, if you could find an hour or so over the marathon weekend to help man our display that would be fantastic. Please ring our Expo Conveners **Paul Basile** on 0439 718 281 or President **Jay Fleming** on 0418 374 783 if you can help.

RUNNING WITH SPARTANS

Our next "Tan" run will be in conjunction with Victorian Road Runners, scheduled for **Saturday 6 September at 7.30 am for a 4km or 8km (or more!).**



WHERE IN THE WORLD WAS THIS MARATHON (from the July Newsletter)?



Answer is BORNEO!

RECIPE CORNER
Thank you to Sue Nevins



Carrot & Pecan Nut Muffins

Ingredients

- 1 cup Wholemeal Flour
- 1 teaspoon Bi- Carb Soda
- 1 teaspoon Cinnamon
- 1 cup Craisins
- 1 cup grated Carrot
- 1 cup grated Zucchini
- 1/2 cup Raw Sugar
- 1 cup chopped Pecan Nuts
- 2 Eggs
- 1/2 cup Oil

Method

Beat oil and eggs together, add all other ingredients and combine well.
Put into muffin pans and bake for 20-25 mins at 160 degrees Celsius.

ADVERTISING NOW AVAILABLE ON WEBSITE!

Would you like to advertise your business or know of someone who would? Our website now has a page to do so! Check it out:

<http://melbournemarathonspartans.com/advertisers>. For further information, please contact **John Kaparelis** by email: spartans.team@hotmail.com.

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.

Contact Information

Email: spartans.team@hotmail.com

Website: www.melbournemarathonspartans.com

Postal: P.O. Box 162., Rosanna Vic 3084

Life Members

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

COMMITTEE		
President	Jay Fleming	0418 374 783
Vice President	Paul Basile	0439 718 281
Treasurer	Rod Bayley	9077 7192
Secretary	Felicity Doolan	0411 405 529
Webmaster	David Foskey	0432 146 747
Immediate Past President	John Dean	9337 7179
Committee	Cath Bombardieri	0407 996 356
Committee	John Kaparelis	0447 447 448
Committee	John Dobson	0412 688 287
Committee	Colin Silcock Delaney	5598 6090

Website References:

www.melbournemarathon.com
www.melbournemarathonspartans.com
www.coolrunning.com.au
www.vicmastersaths.org.au
www.athsvic.org.au
www.athletics.com.au
www.vrr.org.au
www.runnersworld.com.au
www.run4yourlife.com.au
www.traralgonmarathon.org.au
www.sixfoot.com
www.ausrunning.net
www.runningcalendar.com.au

***Have you changed your email address in the past 12 months?
It could be the reason you are not receiving Spartan newsletters.
Please update via: spartans.team@hotmail.com***

CONTRIBUTIONS TO THIS NEWSLETTER

All Spartans have great stories. If you would like to share one please email us at spartans.team@hotmail.com. We would love to hear from you 😊.