

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

February, 2015

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FROM THE PRESIDENT

Hi Spartans,

I hope you've all had a fantastic holiday break and that 2015 sees you refreshed and starting well. The weather has been beautiful, not only for running in our local areas but also for club runs and some fantastic scenic trail runs.

As Spartans, this year promises to be full of building new relationships with running organisations while further developing and maintaining existing relationships in locations as diverse as Wangaratta, Townsville and Teganuma in Japan.

Additionally, based on your valuable feedback last year, we hope to expand the existing Spartans merchandise range by securing the best bang for buck for members. We also hope this opens up further potential corporate partnership opportunities.

We have many Spartans jetting off around the country and overseas. Please drop us a line regarding your preparation, story or challenge. One of the more notable running anniversaries this year is the 90th running of the iconic Comrades Ultra

Marathon in South Africa and we have quite a few Spartans participating. We wish you the best of preparation guys.

Just a quick "shout out" to Spartan Ray Cilia who, along with carer Ken Bolitho have been doing it really tough health-wise. We hope that the move from Howlong to Shepparton late last year brings renewed vigour to both of you and that you find camaraderie and support among the running community of the region, especially Spartans.

If you would like to catch up with fellow Spartans a little more regularly or perhaps at a different location to your usual club run, why not join us on the first Saturday morning of every month at 7:30 in the CBD for the VRR Tan runs. It's always a great catch-up and a terrific start to the weekend.

In the next newsletter, we will be announcing the first of our random prize draws to current financial Spartan members. We will also be announcing the winners of our Teganuma Half Marathon competition, where the final say will be from the host family in Japan, with some input from Committee. We hope that this opportunity becomes a regular one and that we have the privilege of reciprocating.

Finally, I would like to take this opportunity to formally acknowledge the inspirational contribution that Pete Battrick has made over nearly four decades to the status of Spartan Legend, not just for his longevity, dedication and fierce determination but for the way he has conducted himself over that time.

As the number of Spartan Legends now dips to single digits, we on Committee are ever mindful that both past and present Spartan Legends are forever enshrined as both, Melbourne Marathon and Spartan running royalty.

Jay Fleming (S1012)

FROM THE SECRETARY

Dear Spartans,

The rumours are true. I'm watching "I'm A Celebrity Get Me Out Of Here". I grew up watching the Brady Bunch and can't believe I'm now watching Marcia Brady as a mature woman eating live cockroaches with Merv Hughes. Or did I dream that? What does that have to do with running? Well I dreamt of being a Spartan and here I am Secretary of the Spartans. Crazy stuff.

All that aside, I hope everyone has had a good running start to the year. I never stop running but haven't done anything of note apart from a couple of little fun runs with my daughters - which of course I love.

I hope you enjoy the Newsletter - my fave is the picture below....I got an email from a new Spartan's partner just before Christmas to help him (secretly) purchase an extra singlet to frame for Christmas. It was so lovely to see the finished product and the Spartan's reaction upon receiving it.

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

Happy running ☺
Felicity Doolan (SF0080)

SPARTAN CHRISTMAS SURPRISE



Georgia Iliadis (SF0085) became a Spartan in 2014. Her partner, Mark, secretly organised the above gift for her – what a guy! Congratulations Georgia.

WANGARATTA MARATHON & FUN RUNS – 22 FEBRUARY 2015



Into its fifth year the Wangaratta events have grown from humble beginnings to a major regional carnival approaching 2500 entrants. Participants are treated to a friendly, thriving regional community just 2 hours from Melbourne in the Ovens and

King Valley. The courses are flat and fast and meander along the multi-use sealed paths next to the Ovens River and One Mile Creek through urban Wangaratta. The 10km and 5km fun run courses also incorporate a lovely section of urban trail. With an AIMS / IAAF certified marathon and half marathon course, and each of the 10km, 5km and 2km courses also measured to the same standard, entrants are encouraged to target personal best results in these events and be confident that their finish time is on an accurate course. Bib chip timing is included for all events (start and finish mat) as are customised finisher medals in each event (different colour for each event).

Live entertainment, food and beverages, free parking and a baggage hold facility are some of the additional inclusions in the entry fee which is just \$80 prior to 20 February 2015 for the marathon. All other entry fees are equally as value focused and are thanks to the support of our wonderful team of committed sponsors and volunteers. Our motto is "more people moving more often" and with an early marathon start available to all entrants we value and welcome all standards of runner and fitness enthusiast.

Please consider joining us for the fifth edition of this welcoming regional event!

Contact: Justin Scholz: justin@wangerattamarathon.com.au.
www.wangerattamarathon.com.au

Look out for Spartan Committee member John Kaparelis (S0749) who will again be a Pacer this year!



THE TRIPLE 7 QUEST

As the Australian Open comes to a conclusion, a band of 40 runners from 6 continents are converging upon this metropolis to begin a first-of-its-kind event – The Triple 7 Quest – 7 Marathons, 7 Continents, 7 Days. These adventure-athletes will be running 7 official, professionally organized marathons or ½ marathons on 7 continents in 7 days.

Steve Hibbs (USA) and Ziyad Rahim (Canada), the event's organizers discussed the event and its creation. "We were in Berlin in 2013 for the Berlin Marathon and we

were talking about ideas for events we could host. We began spit-balling ideas about running 7 marathons on 7 continents in 7 days and it hit us 'The Triple 7 Quest.'" Hibbs said. "We realized that there have been attempts before to do something similar from an individual standpoint, but nothing with a group. We also wanted to ensure that if we did this, that we would ensure that all of the races were legitimate professionally organized races by independent race directors" Rahim added.

"Right, so we developed the logo, created the website, began publishing our information on Facebook and Twitter and then along comes another company who tries to establish themselves as the 'original'" Hibbs said laughing. "The difference is that we're running official marathons and half-marathons, not landing at an airport and going for a group jog. All of our events are being recognized by Guinness for world record purposes and consideration" Hibbs continued.

"We've taken great care to ensure that there has never been nor ever will be an event like this." Rahim concluded. "What our runners will accomplish when they cross the finish line in Antarctica will be ground breaking and record setting. No other event out there can compare to The Triple 7 Quest."

The Triple 7 Quest begins with the Carlton Classic Marathon in Melbourne on February 8, 2015. There are already over 500 runners registered for this event. From there the group flies to Abu Dhabi, UAE to compete in the Abu Dhabi Striders Marathon on February 9, 2015. Next stop is Paris, France, where they will compete in the Torcy International Marathon on February 10, 2015. That evening they board a flight to Tunis, Tunisia, where they will compete in The Carthage Race on February 11, 2015. That is an IAAF certified event with confirmed participation from the top athletes from North Africa. Next the group flies to New York, New York where they will compete in the Lincoln Birthday International Marathon on February 12, 2015. From there the penultimate race is in Punta Arenas Chile, where the group will compete in The Southern Cross Marathon on February 13, 2015. The group concludes The Quest on February 14, 2015 with The Penguin Marathon in Antarctica.

Full details of The Triple 7 Quest – 7 Marathon, 7 Continents, 7 Days™ can be found at www.triple7quest.com

TOWNSVILLE RUNNING FESTIVAL 2 AUGUST 2015

<http://melbournemarathonspartans.com/PDFs/Townsville.pdf>

For these and other events check out the "Events" page on our website:
<http://melbournemarathonspartans.com/events-2/>

SPARTAN WEBSITE – FEEDBACK SOUGHT

I'm interested in feedback on the website: what's good, what's bad, what's missing?
The website has many aims:

- Communicate Club news, e.g. date of the AGM;

- Be the source of information about the club:
<http://melbournemarathonspartans.com/frequently-asked-questions/>
- List all members:
- Support our advertisers: <http://melbournemarathonspartans.com/advertisers/>
- Honour the stories of individual members:
<http://melbournemarathonspartans.com/stories/>
- And there is more!

My personal favourite items are the stories provided by members. Some of these have required significant extraction, some have been sent in. Don't be shy, send us some words and a picture or two. The story should concern you as a Spartan, but some people have interpreted that very liberally.

I am particularly interested in topics that could be on the site but aren't. For instance, a list of the coffee shops in Melbourne that best look after our members. Well, that is a poor example, but you get the idea.

Technical Help Wanted

It has recently occurred to me that the group of people who understand the nitty-gritty of the website is small, consisting solely of me. I intend to stick around for a while yet, but it would be valuable to share the information.

I'm not looking for any help in administering the site (although wouldn't say no) but think there must be someone in the wider Spartan community who has the necessary expertise or network to be able to organise a transition should it become necessary.

Such details as hosting and domain name registration details spring to mind. It is a Wordpress website using a commercial theme. There is no PHP (but might be one day) to complicate matters. I'm a programmer by profession, but this is only the second website I've built. Contact through spartans.team@hotmail.com

David Foskey (S0025)

SPARTAN SINGLET

New Singlets are \$45 and we also have some limited stock of the old style singlets at \$10 per singlet. Please email us if you would like an extra Singlet.

MEMBERSHIP RENEWAL FOR 2014/2015

Still haven't paid your membership? It's never too late! Payment options are below:

| | |
|---|--|
| EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743 Please include name and/or Spartan Number | Cheque via Post: "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084 Please include name and/or Spartan Number |
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2015 MELBOURNE MARATHON – 18 OCTOBER

Registrations to this year's Marathon are now open! Don't forget to join the Spartan's team. Here is the link to enter:

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=11686&OrgID=1142>

MILESTONES

If you are going to run your 10, 15, 20, 25, 30 or 35th Melbourne Marathon in 2015, we would like to hear from you so we can acknowledge your milestone. Remember that you can purchase your Spartan singlet to run your milestone marathon. Please email: spartans.team@hotmail.com.

RUNNING WITH FELLOW SPARTANS



Join the **Victorian Road Runners** on the first Saturday of each month at the Tan, commencing at 7.30 am for a 4km or 8km (or more!). Jay hopes to see you for a lap or two and a catch up on Saturday 7 March.

<http://www.vrr.org.au/>

Another opportunity is Parkrun.

To enter a Parkrun event for the first time, go on-line to register (you cannot register at the event). You only have to register once and that registration gives you entry to any Parkrun here or overseas. Registration for Parkruns is free. All your event times, places and age gradings are recorded for easy reference. Upon registration, every Parkrunner receives a personal barcode which is matched to and scanned with the position in which they finish and their finishing time.

<http://www.parkrun.com.au/albert-melbourne/>

RECIPE CORNER



HOT BREAKFAST IN A JAR

Thank you Cath Bombardieri (SF0068)

Ingredients

Glass jar
3 cups quick-cooking oatmeal
1/3 cup brown sugar
2 tablespoon dry milk powder
1 teaspoon cinnamon (or more, to taste)
3/4 teaspoon salt
1 cup dried fruit (raisins, cranberries, sultanas, currants etc)
A sprinkling of unsweetened desiccated coconut

Method:

Combine all the ingredients except dried fruit. Mix well in a bowl. Combine the dried fruit in a separate bowl and mix together. Slowly layer the fruit and the oatmeal in a jar. Repeat. Add one cup of oatmeal mix to 1 cup boiling water when you want a healthy, hot & quick breakfast.

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 email: spartans.team@hotmail.com.

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.

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 Dobson | 0412 688 287 |
| Committee | John Kaparelis | 0447 447 448 |
| Committee | Ashley Page | 0448 866 025 |
| 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
www.parkrun.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 😊.