

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

July, 2014

Email: spartans.team@hotmail.com

Website: www.melbournemarathonspartans.com

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

***Notice of Annual General Meeting
Monday, 15 September 2014 at 7.30 pm
to be held in the***

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

Guest Speakers: Janette Murray-Wakelin & Alan Wakelin

ANNUAL GENERAL MEETING

With only two months to go until our Annual General Meeting, I am pleased to again announce that our headline Speakers for this year will be Janette Murray-Wakelin and Alan Murray.

In our last Newsletter I advised that our Guest Speakers at this year's AGM would be none other than this remarkable couple. I must admit I am very much looking forward to hearing Janette & Alan speak of their 2013 effort of running around Australia and in doing so, running 366 marathons in 366 days.

To simply pack your bag and travel around Australia for twelve months, let alone running a marathon every day, is certainly some mean effort. Whilst putting your life on hold for twelve months would be hard enough, one cannot understand the logistics of putting something like this together, let alone having to run a marathon every day for the next year.

Having previously heard them speak, I found them both extremely engaging and very down to earth considering their astounding achievement. They do have a good story to tell which should set the tone for a good evening. They also have many images of their odyssey to share with us.

I look forward to seeing you on the night.

Jay Fleming, President
(S1012)

**Melbourne Marathon Spartans Club
Annual General Meeting
Monday, 15 September 2014 at 7.30 pm
to be held in the**

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.

Closing date is 5 September 2014

Bookings are essential to:

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

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

How to get there:

Harrison Room

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.

WELCOME TO THE JULY NEWSLETTER

This is my second Newsletter as Secretary. THANK YOU for your welcoming and encouraging emails since our last issue. Runners are just the best!

Our Webmaster (Spartan David Foskey) has some interesting statistics regarding our Newsletter. We send it out via "Mailchimp" - this software provides a lot of information about the popularity of our Newsletters. For instance, we know that 312 recipients opened the last email, and 207 of them went on to open the newsletter itself. The great majority of "opens" are from Australia (85%) with three quarters in Victoria. However, 9% are opened in the US, followed by Japan, Indonesia, Croatia, South Africa, Germany and South Korea. Spartans obviously travel!

For those of you (like me) training for this year's Melbourne Marathon no doubt your longer runs will have started getting longer. At the moment I only do one marathon a year, unlike many of you, who continue to inspire me.

As you can see by our first page our AGM is fast approaching. As we prepare for this very important night, I wanted to let you know that 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. Also Committee Nomination forms are available here:

<http://www.melbournemarathonspartans.com/files/CommitteeNomination.pdf>.

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)



FROM THE PRESIDENT

Hi Spartans,

It's hard to believe that our AGM is less than nine weeks away. Over the last couple of months the Committee has continued to develop and pursue some more important initiatives, some of which are as follows:

1. Our website now has sponsored advertisements from businesses that see our database of health-conscious and determined runners as a great targeted audience for their products and services. We hope to increase the range and geographical availability of these in due time. The aim is to not only provide more exposure for these businesses but to increase the benefits of the \$20 annual Spartan membership which would encourage more Spartans to pay their annual membership dues.
2. We have been fleshing out our Club's Statement of Purpose and would love you to be a part of it by encouraging you to hop onto the website and have your say in formulating this document. See details of what is proposed later in this Newsletter.
3. We have been trying to kick-start some Spartan group runs over the last 18 months with limited success. In order to provide members with the opportunity of a more energized group running experience, we have decided to restore an alliance with the Victorian Road Runners ("VRR"). We therefore encourage all Spartans to attend the VRR Tan Runs on the first Saturday of every month at 7:30 AM. The run is around Melbourne's most popular Tan Track (around the Botanical Gardens) and you can run either one or two laps of the 4km course. There is nothing stopping any Spartan doing more laps if they so wish and to then relax and chat over coffee. By wearing your Spartan singlet you are sure to attract the attention of those aiming to achieve the ultimate in becoming a Spartan and at the same time help promote our Club. Leading up to the Marathon the VRR run dates are August 2, September 6 and October 1. We also plan to network with other running clubs as we fully appreciate that many Spartans are also members of other clubs and are committed to other running calendars.

We will also be initiating more Spartan group runs for those who find it difficult to get to the CBD. These hopefully will be at most points of the compass including Eltham, The Dandenongs and Mornington Peninsula. We will be announcing these on the website next month.

4. All is on track for the AGM. Please diarise 7 30 pm, Monday September 15 at the MCG's Harrison Room. See above for details of how to get there. All incoming and milestone Spartans will be presented with their singlet by our guest speakers and they will also receive a copy of Chris Muirden's fantastic book 'The Wall'. Chris will be at our AGM and has kindly offered to personally sign his book. This book will also be on sale to all attendees of the AGM and Expo for the heavily reduced price of \$10, of which half will go directly to CPEC. At \$10.00 it also becomes an ideal gift.

If you are on the lookout for some additional training singlets, we will also be selling the remaining stock of 'older 'style' Spartan singlets at both the AGM and Expo at the heavily reduced price of \$10.

Our Guest Speakers, Janette and Alan will also be signing copies of their books on the night so yet again it promises to be an inspirational evening.

As we haven't had Spartans merchandise to sell for quite a while we hope to have some available for purchase at the Expo. We have a Survey for you to help us decide on what to sell. Please refer later article. The Survey is very brief and will take less than a minute to do.

The Melbourne winter has been exhilarating so far. I hope your training for the big one is kicking off soon, although running in some of these strong gales feels like you are running backwards and sideways.

Happy training.
Jay Fleming
(S1012)

**The Melbourne Marathon Spartans Club
is proud to announce our headline speakers at the 2014 AGM:**

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.**

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.

OLD RUNNING SHOES

At last year's AGM Peter Ryan was overwhelmed with the volume of preloved running shoes brought to the Meeting. Let's send him home again with a car load! If you have any pre-loved running shoes please bring them to the AGM and Peter will find a good home for them – they go to underprivileged/special children at his School. Shoes must be in a reasonable condition and clean. Thank you.



*** SPARTAN MEMBERSHIP – SUBSCRIPTION IS NOW DUE! ***

If you have not yet paid your \$20 Subscription fee, now is the time! You can either EFT* or visit the website to download a Membership Form (http://www.melbournemarathonspartans.com/files/Spartans_Membership_Form_2014_15.pdf).

*Account name: Melbourne Marathon Spartans Club
BSB: 633-000
Account No: 139201743
Please include name &/or Spartan Number ☺

C'mon Spartans
37th Melbourne Marathon – 12 October 2014

For the latest news on the 2014 Melbourne Marathon
Visit Melbourne Marathon Spartans website at

<http://melbournemarathonspartans.com/>

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**

Tired of running those long lonely training miles by yourself with nothing but your watch, your music and the pavement for company?

Why not join your fellow Spartans and other marathon/half marathon runners with the same Marathon goals in a 12 week series of training runs aimed at having you prepared, peaking and motivated to tackle the Melbourne Marathon on 12th October 2014. The idea is for all Spartans to join the training series and to train in the company of others with the same goals and at the same time promoting the Spartans Club by wearing your Spartan singlet. By wearing your singlet you are sure to attract the attention of those aiming to achieve the ultimate in becoming a Spartan.

The following are details about the Run Series:

- Commencing on **Sunday 27 July 2014**, the 2014 ASICS Training Run Series will guide your Marathon/half marathon training with varied paces, distances and courses to follow.
- Each separate training group will have at least one Run Leader to take command, so all you need to do is select your group then tag along for the ride, what a way to run.
- Sessions are held on Saturday mornings (**Half Marathon training only**), Sunday mornings and Wednesday nights giving you the flexibility to select any session or all, to supplement your training.
- Sessions are FREE to attend with a gold coin donation to CPEC optional.

The Training Run Series follows a graduated program specifically designed to have you in condition when it counts. With experienced coaches to supervise the training and Run Leaders guiding you each step of the way, group training is an enjoyable way to build up the training kilometres whilst meeting new training partners along the way.

The run courses are designed to take in the elements you'll encounter on race day, so why not join in this 12 weeks run series commencing on **Sunday 27 July 2014** which will no doubt help you achieve your marathon goal, whether that is to run sub 3.00 hours or to simply finish the race.

Weekly Sunday Training Starts 27 July 2014

Start Time: 8.30am

Start Location: Genesis Fitness – 441 St Kilda Road Melbourne.

Weekly Wednesday Training Starts 30 July 2014

Start Time: 6.00am

Start Location: Janet Lady Clarke Pavilion, Queen Victoria Gardens, Linlithgow Av Melbourne

Weekly Saturday Training Starts 2 August 2014 (Half Marathon Training only)

Start Time: 8.00am

Start Location: Integrated Health, 264 Springvale Road Glen Waverley

Click link below to view the full Training Program:

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

The official Melbourne Marathon Physiotherapy group, Integrated Health, will be providing a physiotherapist from 9:30-11:30am for all entrants training that morning to ask about injury prevention and injury management leading up to your big event.

Good luck with your training and we look forward to hearing of your marathon/training experience.

MEMBER CONTRIBUTIONS

From Spartan Bruce Hargreaves:

Comrades 2014 – please click to view Bruce’s experience of this year’s Comrades:

<http://melbournemarathonspartans.com/comrades-2014-bruce-hargreaves>

From Spartan John Kaparelis:

Pace Runner at the 36th Annual Gold Coast Marathon 5-6 July 2014 - please click on link to read John’s experience as a Pace

Runner: http://melbournemarathonspartans.com/stories/#John_Kaparelis

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 @

spartans.team@hotmail.com.

TAN RUNS



As per the Presidents Report our next “Tan” run will be in conjunction with Victorian Road Runners, scheduled for **Saturday 2 August at 7.30 am for a 4km or 8km (or more!)**.

SPARTAN SINGLET

Upgrade of Spartan Singlets

During the past twelve months the Committee has been looking at various options as to how it could upgrade its full singlet range but unfortunately it had concluded that unless any upgrading was done over a number of years, it would not be possible from a financial viewpoint.

However, given that we do work closely with Melbourne Marathon (IMG), one avenue that was pursued was that we approach IMG to see if they could help/support us in achieving an immediate full singlet range upgrade as against it being done over a number of years and/or when finances permitted.

I am pleased to advise that an approach was made to IMG and that they were most supportive of our upgrade desire and as such they presented the Melbourne Marathon Spartans Club with a cheque for \$5,400 allowing the full upgrade to take place. Thank you again to Greg Hooton of IMG.

If you would like to upgrade your old singlet there will be an opportunity to do so at the coming Annual General Meeting on 15 September 2014. Further details will follow in our August 2014 newsletter. Given also that we will have surplus stock of the old style singlet and that our Treasurer will no doubt want to move that stock along, there will be an opportunity to also purchase these old style these singlets at \$10 per singlet.

John Dean
(S0020)

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 will pick it up to read the report 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 Marathon 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, marathon runner and essential reading for Spartans!

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 CPEC.)

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



Answer is **ICELAND!**

WHERE IN THE WORLD IS THIS MARATHON?



Answer in the next Newsletter.

SPARTAN MERCHANDISE - SURVEY

As per our last Newsletter, the Committee is considering introducing Spartan merchandise. **THANK YOU** to those Spartans who have told us what you would buy. What fantastic suggestions we have received.

Can you please help us further by completing a VERY BRIEF on-line survey?
Here is the Link: www.surveymonkey.com/s/5T6TYF9

RECIPE CORNER

Thank you to Spartan David Foskey



Pritikin Fruit Cake

Well before Atkins and the Paleolithic diet, the Pritikin diet promised long life and health. The following recipe was published in 1979, and it is part of my pre marathon ritual to make the cake. My children even like it.

Ingredients

- 1 Cup of Currants
- 1 Cup of Raisins
- 1 Cup of Sultanas
- ½ Cup of Glace Cherries*
- ½ Cup of Mixed Peel*
- ¼ Tsp Ground Cloves
- ¼ Tsp Ground Nutmeg
- ½ Tsp of Ground Cinnamon
- 1 Cup water
- 2 Cups Self-Raising Wholemeal Flour (stone ground)
- 1½ Cup Skimmed Milk
- 1 Unbeaten Egg White
- *Wash to remove syrup

Method: Place fruit, spices and water into a large saucepan. Stir until mixture simmers – at least 3 minutes. Cool for at least 30 minutes, but don't let it get cold. Then add flour, milk and egg white all at once. Mix thoroughly. Line a medium sized cake tin with foil. Pour mixture in, and bake in moderately hot oven (190 degrees) for 45 minutes. Variations: fruit juice for water (eg unsweetened pineapple juice) or preserved ginger instead of cherries.

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 | tbc |
| 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 | tbc |

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 😊.