

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

August, 2015

Email: spartans.team@hotmail.com

Website: www.melbournemarathonspartans.com

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

FRIENDLY REMINDER TO RSVP!

2015 Annual General Meeting

Monday, 14 September 2015 at 7.30 pm

Guest Speaker: Lavinia Petrie

**Melbourne Marathon Spartans Club
Annual General Meeting
Monday, 14 September 2015 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.***

****RSVP 1 September 2014***

****RSVP to either:***

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. A Security Officer will direct you to park in the Northern Stand – park closest to lifts 1, 2 & 3 & 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,

September has always been my favourite month of the year. I just love the look and smell of everything out there. As an added bonus, along with all the fellow dads out there, we get some lovely and creative presents from the kids next weekend. Sadly, for the second year running, my beloved Collingwood players will get to fully enjoy Melbourne spring in all its September glory without the worry of playing those pesky finals matches.

So far this year, many from our Spartan Community have jetted interstate and overseas to challenge themselves in marathons, trail runs, ultras and ironman events. For those of us that have stayed home to enjoy the hospitality of the world's most liveable city, the business end of the running year has well and truly started, with just over 6 weeks to go till the big one.

As notified throughout the year, we on Committee have taken steps to re-frame the 3 decades old Spartan Constitution. It has not been an easy exercise and we have greatly appreciated feedback from Spartans. Any feedback and input received from members has been taken under advisement and, going forward, we will be presenting any proposed amendments to be passed by the membership. It is imperative that we pass an initial version of the new document, without feeling pressured to create something set in concrete that will last indefinitely. As the only constant has always been change, periodic amendments are perfectly appropriate for such documents and, given the enthusiastic involvement of Spartans thus far, I'm certain we can all contribute to this as our beloved event evolves.

I very much look forward to seeing as many of our Spartan family as possible at our upcoming AGM night to acknowledge our incoming and milestone Spartans and to hear and be inspired by the mighty Lavinia Petrie.

Jay Fleming
(S1012)

FROM THE SECRETARY

Dear Spartans,

If you are training for this year's Marathon, I hope it's going well.

Our AGM is fast approaching so if you are planning to attend and haven't RSVP'd please do so NOW. Thank you to those who have already contacted me ☺. For new Spartans, and those celebrating milestones, your loved ones are most welcome to see you receive your new Singlet. And just for some extra fun, we have a door prize this year - how exciting!

If you would like to view last year's AGM Minutes you can do so via this link:

<http://www.melbournemarathonspartans.com/files/AGM2014Minutes.pdf>.

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

Happy running ☺
Felicity Doolan
(SF0080)

UPDATED CONSTITUTION

The Committee has drafted a new Constitution (aka "Governing Rules") which requires adoption by our Members. This will be an Agenda item at the AGM. This document is available via the following link:

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

If you have any feedback/comments before the AGM regarding this document, please contact Committee member Ashley Page apa16161@bigpond.net.au.

SPARTAN SINGLETS

New Singlets are \$45 and we also have some very limited stock of the old style singlets at \$10 per singlet. These will be available at the AGM!

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 via Legend Peter Ryan.



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.

MEMBERSHIP RENEWAL FOR 2015/2016 - \$20

If you haven't paid your membership for this financial year, payment options are below:

Payment options are below:

<p>EFT: Melbourne Marathon Spartans Club BSB: 633-000 Account No: 139201743</p> <p>Please include name and/or Spartan Number</p>	<p>Cheque via Post: "Melbourne Marathon Spartans Club" PO Box 162 Rosanna Vic 3084</p> <p>Please include name and/or Spartan Number</p>
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If you are a current member, you do not need to fill in a Membership Form each year however are most welcome to. Obviously if any of your details have changed we would like to know so that our database is up to date. The Form is available via the link below or just drop us an email on spartans.team@hotmail.com.

http://www.melbournemarathonspartans.com/files/SPARTANS_MEMBERSHIP_FORM_2015_16.pdf

2015 MELBOURNE MARATHON – 18 OCTOBER

If you haven't registered, 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>

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 massage therapists 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 2015 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 15/10/14: 1600-1800
Saturday 17/10/14: 0800-1500

Friday 16/10/14: 0900-1900
Sunday 18/10/14: 0730-1400

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.

HISTORIC RACE PHOTOS

Thanks to ex-President John Dean we have a large collection of race photographs which are gradually being uploaded to the website. They are organised by years and for some years we have a lot (1978 - 400+), others very few (2004 - four).

Unfortunately, there is nothing after 2010 at the moment. It will be some weeks before everything we have is uploaded.

The photographs have no descriptions, the quality varies, and there are some duplicates. If you can identify Spartans before they achieved their numbers, please let us know. Here is the page: <http://melbournemarathonspartans.com/race-photos/> Check back every now and then.

Webmaster & Legend David Foskey

VICTORIAN ROAD RUNNERS



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, 5 September. <http://www.vrr.org.au/>

WINNERS!

RANDOM PRIZE DRAW FOR FINANCIAL SPARTANS

Our most recent prize draw was held at our August Committee Meeting. This time our Immediate Past President John Dean drew our winner. Congratulations to **LYNN PERKS (SF0075)**! We hope you are enjoying your copy of "The Wall" and your new Spartans mug!



John Dean, very ably assisted by Cath Bombardieri

MY FAVOURITE RUN

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



RECIPE CORNER



Time for a Carb loaded Recipe!

ITALIAN BEANS WITH PASTA

Ingredients:

- 1 Tablespoon Olive Oil
- 1 Red Onion, chopped
- 2 Garlic Cloves, crushed
- 125 Pancetta, chopped
- 1 Tablespoon fresh Thyme or Rosemary, chopped
- 400gms tin Borlotti Beans
- 250ml Vegetable Stock
- 400gms Pasta (e.g. Penne)
- 2 Tablespoons fresh Parsley, chopped

Method:

1. Heat the oil in a pan and cook the Onion, Garlic and Pancetta for 4 minutes. Stir in Thyme OR Rosemary.
2. Drain and rinse the Beans and stir into the Onion mixture. Pour over the Stock and bring to the boil. Cover the pan and simmer for 10 minutes.
3. In the meantime, cook the Pasta.
4. Using a slotted spoon, remove a quarter of the bean mixture from the pan and set aside in a small bowl. Pour the remaining bean mixture into a blender and puree until smooth. Season to taste with sea salt and fresh ground pepper, then pour sauce back into pan.
5. Add the reserved Beans and Parsley.
6. Drain the Pasta, add to the sauce and serve immediately.

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.

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

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 ☺.