



THE FOX

Letters to the Editor/Club Correspondence
Address to: PO BOX 527 DAPTO NSW 2530

AUGUST 1995

PRESIDENTS MESSAGE

At long last, here it is! This is the first newsletter the KJ's have published in almost 20 years since our last newsletter "Mt Kembla Runners News" came and went. A lot has changed at the Kembla Joggers since the last issue of "Mt Kembla Runners News" went to print. The KJ's have grown to become a club which is considered by many to be one of the most active and professional road running outfits in this state. Our membership numbers have steadily increased from a small handful all those years ago to close to 300 in 1995.

With ever increasing membership numbers it becomes rather difficult to keep everyone informed about what's happening in the club. Because most information is given verbally at KJ events, it is very easy to miss out on this info if you don't make it to one or two races in succession. It is expected that the newsletter will be published on a regular basis, i.e. every 4 weeks during the Winter Season

and every 8 weeks during the Summer Season.

The newsletter should provide you with all the gossip regarding upcoming events, activities, social functions and the like as well as reports on club member performances in club and non-KJ races. It will also feature regular articles from club members who have expertise on health, fitness and training issues. Sue Mulready (Food For Fitness) and Phil Parle (Physio On The Run) join us for the first issue. Andrew Lloyd, Commonwealth Games gold medallist, will contribute regularly with Lloyd's Running Tips. Also expect news from our Vets Club, Ultra Club and Juniors throughout the season plus lots more.

Beside this input, much of the newsletter's success will depend on your support. This means providing us with written or verbal reports on individual and team performances involving KJ members, photographs and even the odd tale or funny story about some of your own running experiences or even something you witnessed during a KJ event. If you have any suggestions or

comments about the content or format of the newsletter let us know - once again, your involvement will make the difference.

So until the next issue best of luck in your running pursuits in particular the upcoming City to Surf on August 13.

Hope to see you at the next KJ event.

Neil Barnett

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HELP

Helpers wanted

KJ volunteers are required for the Dapto Long course Duathlon on August 20, 1995, which is jointly organised by the Illawarra Triathlon Club, Illawarra Cycle Club and the Kembla Joggers.

Last year almost 20 KJ's gave up a Sunday morning to help marshal the run leg of the duathlon event. It is hoped that as many KJ's will volunteer again this year with the start/finish time recording likely to be added to our duties.



The club was given a very generous portion of the event proceeds last year in recognition of our efforts. A free lunch was also provided to all helpers on the day.

The event starts and finishes at Dapto High School and from memory gets under way at 10am. If you would like to give the club a hand and get to see some Australian class duathlon action at the same time, register your name with Karl Stamp on 566616 as soon as possible.

UPCOMING EVENTS

August

5	7 km	Mt Kembla	3pm
13	14km	City to Surf	10am
19	8 km	West Dapto	3pm

September

2	10 km (xc)	Cordeaux Dam	12pm
	5 km (xc)	Jnr Dash	
		Cordeaux Dam	12pm
16	7 mile	Mt Kembla	3pm
	3 mile (alt)	Mt Kembla	3pm
23	3 x 3 mile relays	TBA	12pm

October

7	1st race Summer Series	TBA	
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KEMBLA JOGGERS PRESENTATION NIGHT

Friday 3rd November
Kembla Grange Turf Club

Tickets available soon - price TBA.
Provisional bookings can be made by
contacting Robyn Henry 565274.

TRIAL BY WATER

A SYDNEY WATER PROPERTY ACCESS UPDATE

As most KJ's are probably aware, Sydney Water (formerly the Water Board) advised the club in June last year to seek an alternative venue to the Upper Cordeaux region for future club activities and training.

An extract from the first letter written to the KJ's stated that *"water quality problems associated with unauthorised entry and activities have been recently identified in the Upper Cordeaux area. This has led to the need for additional measures to be undertaken by the Board and other agencies to reduce access into this area to minimise catchment degradation and improve water quality inflow into Cordeaux Dam"*. A more recent letter repeated the above comments but also contradicted them by saying *"the Board appreciates that the activity of your Group may not contribute significantly to the water quality problems in the area,"* So then, why the problem?

The KJ's have used the Upper Cordeaux venue for a small number of club events and training for almost 30 years without any hassle or complaint. Apparently it has taken Sydney Water this long to realise the "threat" that the club poses to the water quality of eastern NSW. The club's presence has if anything provided benefits. On many occasions club members have cleaned up other peoples

rubbish and have reported antisocial behaviour, stolen cars etc to local Sydney Water authorities.

It is also surprising to hear Sydney Water claim that they have been unaware of our presence for the best part of three decades. On the odd occasion some of the more friendlier Catchment Services rangers would actually stop for a chat to see "how the race was going" or "who was winning". Our presence at Upper Cordeaux is something which has never been kept a secret by the KJ's.

The claim that the KJ's are a threat to the drinking water quality is an absolute nonsense. Sydney Water has no answer as to how running on a short section of sealed road causes more soil erosion than running on the unsealed (dirt) public accessible Orchard Rd which traverses only metres away from the dam water supply. Come to think of it who has ever heard of a bitumen road subject to soil erosion?

Since the first directive was issued to the club by Sydney Water we arranged a meeting with local authorities to try and sort out a compromise. The meeting went very well and it appeared that we had reached a sensible agreement regarding our future at Upper Cordeaux. Despite approval by local officers, management in Sydney did not approve and issued another directive to the club.

The club then approached the then Minister for Planning, Mr Robert Webster, but after several months were told that he would not overturn Sydney Water's refusal to allow the club limited access. He was presumably acting on Sydney Water Advice.

In April the new Minister for Planning, Mr Craig Knowles, was approached and in May he met with the club to hear our concerns. The Minister's Office was supportive of our argument and advised the club and Sydney Water several weeks ago that he believed the KJ's activities posed no significant threat to water quality. This also included a recommendation to allow us limited access in the future.

Sydney Water then advised the club (and less than 48 hours before the 9 mile!) that despite this advice their position had not changed. The local rangers have however been most supportive and it is true to say that they are the "meat in the sandwich" as far as this issue is concerned.

At the moment the issue lies in the hands of people in higher places. Unfortunately we continue to wait. But wait we will. The club is confident that eventually we will win this race. We will not give in until we do. You can be assured of that.

Watch this space.

LLOYDY'S RUNNING TIPS

With the City to Surf fast approaching here are some useful running tips which should help you to maximise your fitness and avoid those nasty injuries.

1. Always stretch at least 10 minutes a day. Never stretch to the point of pain. Hold your stretch for 30 seconds.
2. Always build up distance gradually e.g. 1st through to the 3rd week 50 km then increase by 15km to 65km, maintain for 3 weeks then increase as before.
3. Always listen to your body. Don't be afraid to take a day off to recover. Remember a small injury can't turn into a major injury with rest.
4. Always warm up and warm down before and after your race.
5. When racing set achievable goals. Don't sprint at the start of the race. This will cause lactate acid build up resulting in very tight muscles and a poor race result.
6. Rotate your training shoes. Check for any unusual wear patterns. This may help stop injuries from occurring.

7. Change your shoes every 6 to 12 mths depending on training distance.

If you have any questions relating to your training program feel free to chat with me at the next KJ event.

All the best,

Andy Lloyd.



TOM MISKELLY MEMORIAL HALF MARATHON 24 JUNE 1995

The Kembla Joggers own Tom Miskelly Memorial Half Marathon was held on June 24 in near perfect conditions. A respectable turnout meant some close competition excepting at the front end of the field.

Petri Laajoki won the event in style for the second year in succession, this time by almost 5 minutes ahead of second placed Chris Stocker who finished in 78.14. Petri's time of 73.15 was only 23 seconds outside his own course record which was he set in 1990. Geoff Stalker was third home in 78.39.

Karen Blay set a 30-34 age group record with her time of 93.22 to take out the Kembla Joggers Shield for first placed female. Paula Crinnion (104.37) and Mandella Parmenta (106.03) were 2nd and 3rd placed female competitors respectively.

Most runners enjoyed the course which is best described as tough but fair. The run along the Cleveland Road "Big Dipper" is always a hard slog but once onto Avondale Road most runners seemed to hit their straps.

There were only a few casualties in this years event and most of these were due to flu or niggling injury. All other competitors managed to finish in one piece and can be congratulated for their fine effort, particularly those competing in their first Half. Many KJ's backed up from the Sydney Half only 3 weeks earlier to record a PB performance.

Many thanks should go to all those KJ's and their families who turned up and marshalled or assisted with timekeeping etc. Their involvement ensured that this event ran smoothly from start to finish. Also thank you to Peter Evans and Brian Wilson of Discount Bikes for once again donating the trophies which were awarded to first male and female runners.

REWARD OFFERED

A reportedly handsome reward has been offered by the deserving winner of last year's "Ballsup of the Year Award" - Kevin Brennan. Kevin's efforts in 1994 have been unequalled in 1995, except by Kevin himself.

In a desperate attempt to ensure this prestigious trophy goes elsewhere this season, Kevin has resorted to offering a healthy sum to any KJ who can successfully out do him for the prize.

Nominees must have contributed in part or full to some major "stuff-up" or "balls-up" during the course of the 1995 season to be eligible. All nominations to Kevin. All nominations which involve Kevin to the committee.

Phillip Parle

- DOB:** 02/09/60
- Place of Birth:** Manly, NSW
- Family Status:** Married one son, Jack 5yr old
- Occupation:** Physiotherapist
- Other Sports:** Cross-country skiing, swimming, bushwalking
- Favourite Food:** Indian Curry
- Favourite Drink:** Guinness
- Favourite TV Show:** Drop the Dead Donkey
- Favourite Music:** Folk
- Best Times:** 5km: 16.50 Fitness 5, 1992
10km: 34.11 College to Coast 1991
½ mar: 77.38 KJ half, 1991
marathon: 3.05 Perth Marathon, 1987
- Preferred Shoes:** New Balance
- Toughest Event:** 3 Ports Race (a combined yachting/running event).
- Aspirations:** To run sub 50 min (City to Surf) sub 34 min (10km), sub 2.40 (marathon) and to win a KJ event on h' cap. *Anything else Phil? - Ed.*
- Most Admired Athlete:** Rob DeCastella



KJ PROFILE

PHYSIO ON THE RUN

Cross-Training for Injured Runners

By Phil Parle

Common Question

I am injured? What is the best form of training to do in the meantime?

The aim of Cross training for injured runners is to maintain one's aerobic fitness with a reduction of stress to the injured part and hopefully return to running with an otherwise better level of fitness.

- * *Swimming* is excellent for Lumber spine, hip and knee injuries from the point of view of enhancing and maintaining mobility and good muscle activity. Swimming reduces stress on the injured part and incorporates upper trunk and other muscle activity which runners tend to neglect. However due to its lack of specificity and "horizontal" position, it is less likely to have a large cross-over in aerobic fitness for running.

Research supports this except in the case where you are either a very good swimmer or a very unfit runner.

- * *Aqua Jogging* if performed at a similar intensity aerobic workout can achieve some degree of cross-over aerobic fitness for short distances. It is an excellent form of exercise especially in the early stages of rehab when the aim is to reduce impact and also at the stages when trying to increase the mileage. It is not entirely the same as running as there is no jarring to adapt to but when used for the purpose suggested is an excellent form of cross-training. For low back sufferers (ie Me) it provides a terrific mix of stabilising and mobility work around the trunk and hips.

- * *Cycling* if performed with the same principles of aerobic overload can be utilised as an aerobic alternative. It can be useful for many lower limb injuries particularly shinsplints, stress fractures (when stabilised) ankle injuries and some knee injuries.

Other forms of cross-training provide their own benefits. Gym work under guidance can be utilised to recondition the injured area, strengthen or increase power in all muscle groups. Aerobics can be utilised for enhancing flexibility as well as providing by definition a solid aerobic workout.

When suffering running overuse injuries, utilise cross-training with the understanding of the benefits it can deliver. It can be time well spent.

Phillip Parle
City Physiotherapy Centre
Shop 3, Simpson House
135-137 Crown Street
Wollongong
PH: 042 261015

Phillip Parle - BApp Sc Phyio
P.G.D. Mammips Physio (Syd Uni)
P.G.D. Sports Physio (WA)

Reduced Rates for crippled KJ's
(see Page 8)

Most of us are now aware that a high carbohydrate, low fat diet is best for enhancing sports performance. We have also been taught that the majority of carbohydrates we consume should be complex rather than simple sugars. It is suggested that athletes derive 60 - 70% of calories from carbohydrates (which should be increased to 70 - 90% for 3 days preceding a race). A popular question many still ask is "...should we change what we eat leading up to a race, and if so, how?" ...

Firstly preparation will depend on the length of the event. If your race is to be less than 2 hours, continuing with your normal high carbohydrate diet will be sufficient. For races over 2 hours, carbohydrate loading may be of assistance, to increase your glycogen stores and ensure that maximum energy is available to you during the event. This used to involve depleting the body of glycogen stores by maintaining training and eliminating carbohydrates from the diet about a week before the event. This would be followed by consuming large amounts of carbohydrates for the days leading up to the race. This method has since been modified, and now involves simply following a high carbohydrate diet during the final week before an event, when training is being tapered.

It should be noted that carbo-loading also results in more fluid being stored in the muscles. For this reason it is not recommended for shorter races as extra fluid retention can leave you feeling heavy and bloated.

Always remember there is nothing to be gained from overeating the night before a race. The ideal meal the night before is a serving of rice, potatoes or pasta with a low fat sauce and maybe a small portion protein, such as fish, chicken or lean meat. Fats and protein take much longer to digest than carbohydrates, and large serving should be avoided. Many also prefer to avoid foods that are high in fibre, such as beans, wholegrain bread, etc. that may cause problems to those who suffer gas, diarrhoea etc.

FOOD FOR FITNESS

Pre Race Nutrition

Susan Mulready

Dip. Nutritional Science

The most important thing to remember when planning your pre-race meal is to experiment in training to determine what works for you. Remember that everyone is different.

Below I have listed guidelines:

- * Eat 2-3 hours before the event to allow time for digestion
- * The meal should be high in complex carbohydrates
- * Avoid fats and protein
- * Drink plenty of fluids (water or a sports drink)
- * Avoid simple sugars/glucose especially in the hour prior to the race

Many people make the mistake of thinking that foods high in sugar taken immediately before a race will provide quick energy, but this is not so and may actually jeopardise your performance. It will play havoc with your blood sugar levels and may in fact leave you feeling fatigued. The foods you consume the day before an event are much more important than what you eat immediately before.

If you are one of the many that find it impossible to eat on the morning of a race (maybe due to nerves), a carbohydrate sport drink is a suitable alternative. Remember that this pre-race meal is important to replenish your glycogen levels and maintain normal blood sugar levels.

Planning pre race eating need not be a problem, if you plan ahead. If you will be travelling to a race be sure to take adequate supplies of food, water, sports drink etc. With forward planning you can save last minutes hassles.

Sue works for Nutrafit, Nutrition & Health Consultants,

Shop 5 Northbeach Novotel.

Discounts apply to all KJ's.

(see Page 8)

Sue has a Diploma in Nutritional Science & is a Level 1 Triathlon Coach.

KJ Membership Cards

KJ membership cards will be issued to all KJ members soon. Membership cards are valid for the 1995 Winter Season and 1995/6 Summer Season which ends in March next year. Your card will entitle you to discounts on a range of fitness/health products and services when presented to the supplier. Please make the most of this service and support those businesses which support the Club.

Although there are only a small number of business participants at this stage, it is hoped that the list of discounts will continue to grow. If you are part of a business or organisation that would like to get involved feel free to register your interest with the Club at any time.

DISCOUNT PARTICIPANTS

Sportsco

Crown Central, Wollongong
Up to 10% on all stock.

Nutrafit

Shop 5 Northbeach, Novotel
Ph: 265353
25% off fitness & Nutritional Assessments.

Phil Parle

City Physiotherapy Centre
Crown Street Mall, Above
Pigalle Cafe
Ph: 261015
All visits \$30 (usually \$40 first visit, \$35 each other visit)

VETS NEWS

By Jim Hennessy

Thursday 27th July 1995 was the first anniversary of the weekly track runs at Beaton Park. Not one night has been missed since commencing, including Christmas and Easter and in all weather conditions. Although some nights have been wet, cold or windy an average of approximately 25 runners have turned up each week to run sprints, middle and long distance races.

Regulars Karen Blay, Dave Higgins, Ray McCauley, Andrew Krajewski, Chris Stocker, Pasco Coppolaro and Peter Issa have all run personal best times over 3000m and 5000m in recent times. These Thursday night runs which commence at 6.30pm are open to athletes of all ages. If you have not tried track running come and give it a go.

What a great achievement by Peter Trad to get back running after a necessary long lay off. Peter ran 11 min 4 sec for 3000 m on 13/07/95. It shows what determination, intestinal fortitude and the love of running can do. Bruce Medley is doing lots of training since retiring and is running very well. Bruce has broken many records for our winter series courses in the 60 years division. Peter and Bruce were both running members of the Australian record breaking team for Kembla Joggers Sydney to Melbourne run in 1991.

TRACK PROGRAM

10 Aug 3000m & 1500m
17 Aug 5000m & 800m
alternates each week following
races start at 6.30pm
entry to track is \$1.90

High Energy Chews - Editors Choice

They're a healthier source of instant energy than commercial sweets.
Makes 12-15

Blanche almonds	50g	Sunflower seeds	50g	Stoned (pitted dates)	50g
Raisins	50g	No-need-to-soak dried apricots	50g	Desiccated (shredded) coconut	50g

1. Put almonds and sunflower seeds in a blender or food processor and grind. Add the dried fruits and process for a further 2-3 minutes.
2. Form the mixture into small balls and roll in the coconut.

SYDNEY HALF MARATHON 28/05/95

As many as 35 KJ's competed along with 4000 or so other runners in Australia's most popular half marathon on May 28, 1995. For the first time a mini bus was used to transport the KJ contingent to and from the event - many thanks to Peter Rowles for this.

The course was changed from previous years due to Police requests and most agreed the race was much tougher than before. The run up Macquarie Street was particularly hard going especially on the 2nd lap however most of us seemed to handle the new demands OK.

The new start in Lower Fort Street, The Rocks, was not ideal because of its narrowness and this meant many of our runners lost as much as 1.30 at the start due to congestion. Those further back in the pack were not even that lucky. It is hoped common sense will prevail and improvements will be made to the start by race organisers in time for next year's event.

The weather was perfect and the atmosphere as cheerful as you could expect for a half marathon. The scenery along the course must be the best any half marathon has to offer anywhere in the world but unfortunately there was very little chance to enjoy it.

Some exceptional performances by KJ members were recorded on the day. Kerry McCann was 1st female home in a time of 73.39 just one second off the event record. Kerry is hitting top form again and we all expect her to perform strongly in the upcoming World Champs in August.

Fifteen year old Stephen Locke competed in his first half and clocked a top time of 80.52 which placed him 151st overall. Stephen's enthusiastic but modest approach to running should see him greatly improve his half marathon times in future years.

First KJ male home was Gary Burton in 79.02 with Chris Stocker recording a solid 79.52 to be the 2nd placed KJ male. Neil Barnett finished 3rd in 79.59 after running with Stephen Locke over the first half of the course. Ray Agostini (84.06), Jeff Dunning (85.40) and Dave Higgins (90.58) also performed very well.

JUNIOR NEWS

The NSW Combined High Schools Cross Country Championships were held recently at "The Crest" at Bankstown. A number of KJ's junior members also competed at these titles. The races are open to students from State, Catholic & Independent schools, so reaching this level is quite an achievement, and congratulations should go out to all athletes.

Outstanding results are as follows:

BOYS

Brendan Cato 4th 12yrs
Stuart Perry 5th 16yrs

GIRLS

Elivia Comer 7th 15yrs
Lauren Elms 2nd 15yrs

Bethany Comer, Laila Comer and Stephen Locke also competed.

Stuart Perry and newcomer to KJ's Lauren Elms (better known for her track running) were selected in the NSW all schools team to contest the Australian Cross Country Championships to be held soon in Launceston, Tasmania.

We wish these athletes well.

THE ARCHIVES

The following was taken from the November 1978 issue of "Mt Kembla Runners News", the first newsletter published by the Kembla Joggers and which was first printed in June 1976 (then called "The Kembla News").

"JIM KING OF THE MOUNTAIN"

"If ever congratulations were in order they are to Jim Hennessy. What a fine year he has had. Starting with a heavy program of long distance work, many times 18 miles around the mountain by himself, he was able to achieve the strength and condition to carry him through a long and arduous road racing season with flying colours.

Some of the highlights are - smashing the three previous best times on the mountain,
the 4 mile in 21.24,
the 7 mile in 38.33 and
the 9 mile in 49.30.

It is noted he set the new time for the 9 mile the day after a very strong run in the Nowra Circular 7. He has been the corner stone of the very successful Mt Kembla "A" team (yet to be beaten in recent times).

Further fine performances were - Gosford running 16th, Warilla 5th, City to Surf 35th, Nowra Run 10th, Goulburn 2nd, Gerringong 2nd, Coledale 5th, Sutherland 9th. A truly fine effort by Jim which will be very hard to equal".

KEMBLA JOGGERS CONTACT LIST

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