



GEELONG REGION CROSS-COUNTRY TEAM NEWSLETTER



Issue # 5

June 2001

GEELONG RUNNERS EXCEL AT FLEMINGTON

Famous Flemington Race Course was the scene for the second race of the Athletics Victoria Winter Season. Unlike the last two years where rain dampened proceedings, there were to be no excuses as the thoroughbreds from Geelong toed the starting line under cool, still conditions.

In the Men's Open 10 km. Race, Craig Mottram rebounded from a recent 5000 metre race in Japan with a dominating performance. Content to sit in the pack during the first part of the race, Mottram and Glenhuntly's Michael Power pulled away from the field on the second of three laps. Appropriately, Mottram surged for home as he rounded the statue of Phar Lap to win comfortably from an in-form Power.

In the Under 20 Men's 10 km. Richard Jeremiah gave the opposition no chance as he went to the front then tried to improve his position (as Maurie Plant would say!). Although tiring a little over the last few kilometres, Jeremiah went on to win by the length of the Flemington straight in a most impressive first up run. Simon Taylor, sporting a new aero-dynamic haircut, ran solidly to finish 7th.

Under 18 runners, Jason Leishman (still not fully recovered from a cold) and Simon Cole both ran well to finish in the top 20. In fact, Simon ran a clever, even paced race with fellow club member, Karen Dorris to record a substantial P.B. over the 10 km. distance.

Two weeks ago, Tyson Mahon rode 100 kms. on a school camp in preparation for the Brimbank Park Relays, causing his rivals to believe the "Torquay Tornado" was vulnerable. However, for Flemington he was fully rested and flew around the 3 km. course in a fast 9 minutes 13 seconds, a hundred metres clear of second place.

Chris Last also ran very well to record a P.B. over 3000 metres in only his second run for Geelong. Great running, guys!

In the Women's Open 10 km. Karen Dorris was the leading Geelong runner with a very competitive 15th placing. A top ten finish for Karen this Winter Season is a realistic goal. Patti Galvin, tuning up for next month's Gold Coast Marathon, ran a great race to win the Women's 40 + Section. Patti also cleaned up on the team bus raffle so that she arrived back in Geelong with a Gold Medal around her neck and a pocket full of cash.

Jo Wall, despite running in a unfamiliar singlet, (thanks Bianca! Did Jo give you half of her silver medal?) continued her great early season form with an excellent second place in the Under 20 race.

Under 18 women, Phoebe Darbyshire and Rebecca Wiasak both looked very comfortable in finishing in the top ten in their first ever 10 km. race. Well done girls - you'll be lining up for a marathon soon!

Taryn Rau ran a fantastic race over 3 km. to finish third in the Under 16 Girls' Race. Bianca Cheever also ran well to finish high

up in a very competitive section.

Kelsey Rau, in her first race for Geelong, ran very well against older girls to finish 4th. Chelsea Merry continues to be up with the leaders with a top ten finish.

FLEMINGTON ROAD CHAMPIONSHIPS

(Saturday 19th May.)

MENS OPEN 10 km.

Craig Mottram	1st	28.51
Lee Troop	16th	30.27
Darren Lynch	25th	31.11
Mark Tucker	31st	31.34
Mark Boxer	34th	31.42
Damian Cranage	52nd	32.49
Michael McNaughton	56th	33.06
Darren Riviere	80th	33.52
Dean Goddard	126th	35.35
Geoffrey Purnell	135th	35.54
Paul Wilson	154th	36.38
Paul Stewart	155th	36.42
Hugh Thyer	233rd	39.55
Neil MacDonald	305th	45.14
Vin Gasper	D.N.F.	
Tom Paton	D.N.F.	

Fastest	- C Mottram (Geelong)	- 28.51
	- M Power (Glenhuntly)	- 28.55
	- M Thompson (Glenhuntly)	- 29.48
	- N Harrison (Glenhuntly)	- 29.49
	- R Gleisner (Ballarat Y.C.W.)	- 29.53
	- P Sly (Peninsula R. R.)	- 30.00
	- G Schmidlechner (Doncaster)	- 30.02
	- D Quin (Melb. University)	- 30.03
	- R Taylor (Old Hailebury)	- 30.03
	- L Gloster (Glenhuntly)	- 30.15

UNDER 20 MEN 10 km.

Richard Jeremiah	1st	31.49
Simon Taylor	7th	35.07
Travis Trevarthen	16th	38.47

Fastest	- R Jeremiah (Geelong)	- 31.49
	- C Perrett (Sandringham)	- 32.22
	- T Wallace (Peninsula R.R.)	- 32.27

UNDER 18 MEN 10 km.

Jason Leishman	15th	36.01
Simon Cole	19th	37.00

Fastest	- C Ferry (Peninsula R.R.)	- 33.33
	- C Appleby (Ringwood)	- 33.33
	- A White (Box Hill)	- 33.58

UNDER 16 MEN 3 km.

Tyson Mahon	1st	9.13
Chris Last	14th	11.23

Fastest	- T Mahon (Geelong)	- 9.13
	- S Ellis (Eureka)	- 9.29

- D Locke (Peninsula R.R.) - 9.32

WOMENS OPEN 10 km.

Karen Dorris	15th	37.05
Patricia Galvin	23rd	38.26
	(1st in 40 +)	
Inge Magher	51st	42.28
Lucy Mills	60th	44.21
Andrea Cannell	61st	44.38

Fastest - S Power (Glenhuntly) - 32.37
 - S Michelsson (Collingwood) - 34.19
 - S Gibbs (Peninsula R.R.) - 34.51
 - H McGregor (Knox Sherbrooke) - 35.03
 - E Carney (Inv.) - 35.35
 - N Chapple (Box Hill) - 36.05
 - L Dick (Ringwood) - 36.07
 - E Jackowski (Essendon) - 36.11
 - S Clarke (Peninsula R.R.) - 36.15
 - M Murray (Doncaster) - 36.18

UNDER 20 WOMEN 10 km.

Joanna Wall	2nd	36.07
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Fastest - V Mitchell (Eureka) - 35.10
 - J Wall (Geelong) - 36.07
 - J De Bruin (Box Hill) - 37.26

UNDER 18 WOMEN 10 km.

Phoebe Darbyshire	5th	42.38
Rebecca Wiasak	7th	44.29
Hayley Cook	D.N.F.	

Fastest - J Keage (Box Hill) - 36.23
 - C McKechnie (South Bendigo) - 40.43
 - L Biffin (Keilor St. Bernards) - 41.13

UNDER 16 WOMEN 3 km.

Taryn Rau	3rd	10.41
Bianca Cheever	12th	11.35

Fastest - F Nash (Doncaster) - 10.16
 - J Reynolds (KNA) - 10.29
 - T Rau (Geelong) - 10.41

UNDER 14 WOMEN 3 km.

Kelsey Rau	4th	11.31
Chelsea Merry	10th	11.51

Fastest - K Katsaevaki (Doncaster) - 11.13
 - S Hall (St. Stephens Haw.) - 11.24
 - L Boyle (South Bendigo) - 11.27

VOTES FOR "BEST PERFORMED GEELONG REGION ATHLETE" AT FLEMINGTON ROAD RACE

For each race of the A.V. Winter Season 3, 2, 1 votes will be given by the committee to both Men and Women athletes to decide the "Geelong Region Best Performed Athlete".

Men.

3.	Richard Jeremiah
2.	Tyson Mahon
1.	Craig Mottram

Women.

3.	Joanna Wall
2.	Patti Galvin
1.	Taryn Rau

RUNNER PROFILE

This profile features a runner who, although still under 20, has represented Australia on the track and in cross-country. Also, at the Flemington Road Race, he was a convincing winner of the 10 km. against the best Under 20 athletes in the state.

Richard Jeremiah

Occupation Student at Melbourne University
(Commerce/Arts)

Age 18 **Date of Birth** 3 / 12 / 82

Height 183 cm. **Weight** 64 kg.

Married / Single Semi - Single

Coach Bruce Scriven

Personal Bests

800m.	1:51.57
1500m.	3:51.79
3000m.	8:27.5
5000m.	14:48.48
10000m.	30:50 (on the road at Flemington 2000)
2000m. Steeple	5:48.1
3000m. Steeple	8:59.14

Favourite Food Risotto

Food Eaten Before a Race Pasta or Risotto

Favourite Drink Baileys on Ice or Tropical Cordial

Favourite Movie Top Gun

Favourite Book The Day of Confession

Favourite Music / Band "R & B", "House", "Dance", almost all types of music, "Craig David"

Favourite TV Show Seinfeld

Favourite Night Spot "Next Blue" (at Crown Casino)

Favourite Holiday Spot Wilson's Prom. and Queensland

A Recent Training Week

Mon. am. 40 minutes easy
pm. 30 minutes easy plus weights

Tues. pm. Track Session:
3000m. @ 70 seconds per 400m.
(400m. recovery)
1000m. @ 65 seconds per 400m.
(400m. recovery)
6 x 200m. @ 28 / 29 seconds
(200m. recovery)

Wed. am. 60 minutes easy
pm. Weights

Thur. pm. Fartlek Session:
6 x 3 minutes / 1 minute easy between.

Fri. am. 40 minutes easy plus weights
pm. 30 minutes easy

Sat. am. Threshold Run (20 minutes @ Threshold Pace)
or
pm. Race.

Sun. a.m. Long Run (90 minutes easy)

Other Training / Recovery Sessions.

Massage once a week. Weights and Swiss Ball three times a week.

Favourite Training Session Track Sessions

Favourite Race 1500 metres and the Steeple.

Best Ever Performance Running 1:51.57 at State League / 2000metre Steeple at 2000 Victorian All-Schools where I ran 5:48.1

Favourite Place To Train In Kew around the Yarra / and Olympic Park

Toughest Ever Training Session 7 x 800 metres with 200 metres jog between / then lap jog / then 4 x 200 metres with 100 metres jog between.

Most Admired Runner / Person Herb Elliott, Hicham El Guerrouj

Advice to Other Runners "train and run as you feel" and "listen to your body".

Goals for the Future Represent Australia in the Olympic Games, World Championships or 2002 Commonwealth Games

Anything else????

Ritchie has run 14.19 for the "Quarters" session which indicates a 5000 metre P.B. is not far away!

He also recorded an extremely high VO₂ max reading of 79 ml / kg / min. on a treadmill at a recent Middle Distance Runners Camp in Canberra despite having to complete the later part of the test twice due to an equipment 'stuff-up'.

VO₂ max indicates aerobic power although there are other factors that are important in determining running potential. However, elite runners tend to have VO₂ max readings in the high 70's and higher. The average 25 year old male has a VO₂ max of 40 - 45 ml / kg / min. while marathon great, Rob de Castella's reading was recorded at an amazing 86 ml / kg / min.

Ritchie is very keen to have another go at the test in a fresh state to see what he is capable of.

Watch out, Deek!

RACE ENTRY CHANGE

Please note: If you have not entered A.V. Winter Races with a season's ticket there is a change to the entry dead-line.

You must be entered by midday the Monday before the race you wish to run. However, I would suggest that you don't leave entry to the last minute.

You can enter on-line via the Athletics Victoria web site on:

www.athsvic.org.au

You will need to use your credit card.

or

Fill in a race entry form and post / fax with the appropriate money to:

Athletics Victoria

Olympic Park

Swan Street

Melbourne, 3004

Phone: 9428 8195 Fax: 9427 9183

You do not need to enter the relays.

DON'T MISS THESE GREAT NIGHTS!

The Committee of the Geelong Region Cross-Country Team takes great pleasure in inviting you and your loved ones to the following fantastic functions:

FUNCTION NUMBER ONE

What: A fabulous meal and drinks.

When: Saturday June 23 at 6:30 pm.

Where: The Bush Inn Hotel.

Why: After competing in "The Athlete's Foot" Geelong Athletics Cross-Country Championships or the Victorian Schools Cross-Country Championships, come along and have a delicious meal with your team mates.
(then tell them how well you ran!)

Could you please notify Lee Troop or Neil MacDonald of numbers for our meal at The Bush Inn A.S.A.P. so that final arrangements can be made.

FUNCTION NUMBER TWO

What: Trivia Night.

When: Saturday July 14 at 7:30 pm.

Where: The Geelong Cross-Country Clubrooms (the blue building under the James Harrison Bridge.)

Why: What better way to celebrate after the Bundoora Cross - Country than to get together for a night of fun, fun, fun!

Put both the above dates on your social calendar

A BIT OF A CHAT AND A COFFEE WITH 'SCRIVO'

A few Saturday's ago I was fortunate enough to catch up with 'coaching guru', Bruce Scriven at the Zen Coffee Shop for a chat and a cuppa. This is the full transcript of that discussion, a copy of which is in the hands of Bruce's Solicitors, "Martin, Barton and Fargo". All names and dates have been changed to protect the innocent.

N.M. Bruce, first - congratulations on your appointment to the coaching panel for the upcoming World Athletics Championships. On a personal note, it must be a highlight of your coaching career?

B.S. It certainly is a highlight and it's doubly so because we have some Geelong representation in the team with Georgie and Craig. Also my great mate, 'Bart' will be there too as a member of the team in the medical area.

N.M. What exactly will your role be?

B.S. I'll be in charge of the middle distance and distance events except, of course for the walks where Ron Weigel will

be solely responsible, thank heavens!

N.M. How many athletes will you be looking after?

B.S. I think it's eight or nine, depending on whether Grant Cremer makes the team or not.

N.M. When and how did your coaching career develop?

B.S. It basically started as a school coach when I was talked into being involved with the Corio Club and some students I was teaching. I was coaching them at the school level but they did not have a coach at the club level - people like Shaun Ballans and his sister, Tracey, Ken Massari and so on. That's basically how I started.

N.M. Who has influenced your coaching?

B.S. Quite a number of influences, from Bob Fowler to some of the better known Australian coaches such as Dick Telford and Chris Wardlaw and most certainly Peter Fortune. Internationally I would say Louis D'Oliveria who is the coach of all the great Brazilian middle-distance runners. He came and stayed in Australia for a while and I certainly learnt a lot from him in a couple of weeks. Also, I would have to mention England's Alan Storey and Nick Bideau for his great wisdom and experience.

N.M. Specifically, what sort of sessions did D'Oliveria and Storey emphasize in their training?

B.S. With D'Oliveria it was what he called 'race play' which was making sessions very specific so, for instance, if you were training for an 800 you might do 300 fast, 200 easy, then 300 fast so that you 'played' working on the start of the race and the finish. Alan Storey was very much into getting a great endurance base then incorporating 'varied pace running'.

N.M. How many athletes are you currently coaching?

B.S. Probably, at various levels, about 15 - 20. I try not to count them.

N.M. Do you have any preference for coaching sprinters to middle distance runners?

B.S. Ahhhhhh..... probably a preference for middle distance and distance runners. However, I'd better be careful as Clayton Veltman should be here soon!

N.M. What about your own athletic sporting career?

B.S. I was one of those school athletes who could probably make the sprint team but was better at middle distance. I was roughly a two minute 800 metre runner. Then when I came down to Geelong I ran with the Geelong Cross-Country Club for medium results.

N.M. When you were growing up, who were your sporting heroes?

B.S. Probably the great athletes - people like the great Herb Elliott, and Landy I remember quite well. Ron Clarke, too. Any of the really successful Australian athletes were my heroes back then. However, I was interested in a number of other sports so I followed the great Australian tennis players and cricketers and footballers.

N.M. So, it's fair to say that you've got all-round sporting interests?

B.S. Yeah, I certainly love sport.

N.M. What is your exercise regime now?

B.S. I still run virtually every day, as much as I can, running anywhere from 30 minutes up to no longer than an hour. I also do a bit of gym work say, five days a week. I love a game of tennis and what ever else is on the go.

N.M. At this very moment in time, if your life depended on it, what could you run for 5 k?

B.S. I always wanted to be able to forever run under 4 minute k's but I can't do it anymore so I'd rather not guess.

N.M. Can I put you down for "just" over 20 minutes

then?

B.S. You'd better put down over 20 minutes!

N.M. A few people who know you well, doubt that you sleep. How do you fit in all your teaching, coaching and personal commitments?

B.S. Geah, that's a pretty heavy question, Neil! Well, given that I will be retiring from teaching shortly I could say that teaching has taken a backward step over the last few years, but I do need to keep focused on that because I do teach Year 12's. Some days are obviously really busy and it's really hard to fit everything in so it's going to be good to be coaching full-time shortly.

N.M. Outside of athletics, what interests do you have?

B.S. I do love a glass of red wine and sparkling white wines and a good Sauvignon Blanc. But on a more serious note I love many different types of music, including lots of modern stuff. However, Irish music is a real favourite.

N.M. Are you a fan of "Van Morrison" and "The Chieftans"?

B.S. Van Morrison is probably one of my favourites. Yes!! Yes!! The Chieftans too!

N.M. What about other interests?

B.S. I like a good book. I've read all of John Fowles books which includes "The Magus" and also Patrick White and other good Australian stuff.

N.M. With you teaching literature, it comes with the territory, I suppose?

B.S. It does.

N.M. What about horse-racing?

B.S. I love horse-racing. It's probably my real relaxation.

N.M. Are you successful on the punt?

B.S. I actually don't punt alot. But I've had my share of luck. However, one has one's ups and downs with punting.

N.M. Another highlight must have been the last two Olympics with Paul Byrne, Georgie Clarke and Craig Mottram selected. What memories do you have of Atlanta and Sydney?

B.S. One of my greatest memories of Atlanta is just walking into the stadium on the first day. I often tell the story of how glad I was that Paul wasn't running on the opening day - he was running the next day, because it was quite overwhelming just seeing the size of the stadium. We'd also had a harrowing time just getting there because Paul had an operation not long before Atlanta. I remember thinking, well, he's in the team now, there's not much more we can do, let's just enjoy the experience. And we certainly did that. We have some fantastic memories of Atlanta.

Sydney of course, being a home Olympics, was fantastic. I have not heard one person say anything but great things about Sydney and I guess it's something we won't be able to do again. Well, not in my lifetime, anyway.

N.M. At the Australian Olympic Selection Trials, what were your thoughts while watching the last lap of the Men's 1500 metres?

B.S. I still thought Craig would win but it was never going to be a clear cut win which I thought it might be leading up to the race. And then up the straight, with Craig's fall..... I suppose traumatic is the word that best fits.

N.M. What happened next? How did you prepare Craig for the 5 k which, if I remember correctly, was less than an hour later?

B.S. Well, first of all I had to find him, which I did. However, I had all sorts of help, it was quite amazing, really. There was the Nike crew and the M.T.C. crew, Shannon and phone calls from Nick Bideau and I seem to remember that Andrew Lambart

was around so it really didn't take much convincing to get him ready. Of course, he was devastated at the time but it was something that had to be done so he did it.

N.M. And what about physically ready - just a massage and a light jog?

B.S. Yeah, I think he did have a light massage but I'm not really 100% sure. He certainly warmed down a bit then warmed up again and away he went. There wasn't much time to do anything else other than that.

N.M. What race instructions did you give him?

B.S. Just to sit with the other contenders if he could but we were aware that Wardlaw was saying that the marathon runners, who were also in the race, would try to blow them away after a couple of kilometres but as it turned out it was the class 5 k runners who were in the finish.

N.M. You have watched and followed athletics for a long time. What's the best performance you have witnessed?

B.S. I would have to say Michael Johnson's 200 metre run in Atlanta (Johnson ran an unbelievable 19.32 to put the World Record out of the reach of mere mortals for decades!) But that whole race was fantastic - I think that the second and third runners in the race were also close to the old World Record and then they got down on their knees and bowed and scraped to 'the great man'.

N.M. Geelong is only half jokingly referred to as the "Geelong Institute of Sport". Why are there so many promising athletes around Geelong at the moment?

B.S. I think there are a number of reasons. State League is an absolutely great contributor to the success of our runners. It is no coincidence that we had virtually no one, we got into State League and then we started to improve. We've also got a good track. And I reckon that Geelong is one of the best places in the world to train because we've got a number of beautiful venues. In some ways we take it all for granted because we live here but when you go away you realise how lucky we are. We don't have to travel far, there's not the hassle with traffic. We also have Eastern Park, the river, the beaches, the You Yangs, clean air, good environment, nice people. What more can you want?

N.M. Every Tuesday you and a group of Geelong's best runners travel to Melbourne to train with Melbourne's best middle and long-distance runners. How does this work and what do you hope to gain?

B.S. It works to varying degrees, I think. Overall, it has been very worthwhile. What we try to do is work out a program that we think will fit all of the athletes and we adjust the times to suit capabilities. What we hope to achieve is a major breakthrough by getting the best to train together to push forward so that Australia can get back to where it used to be in the world of middle-distance running.

N.M. On any given Tuesday, how many different groups would be training with you?

B.S. Probably three or four groups running differing paces.

N.M. Do you co-ordinate workouts with the coaches of the other athletes?

B.S. Yes. For example, Kris McCarthy is coached by his father so we discuss the session and what Kris should be doing during this phase of his preparation.

N.M. What session did you do last Tuesday?

B.S. Craig Mottram and Michael Power did 1000 metres at 67 seconds per 400 metres, 30 seconds rest, 400 metres in 59 seconds, jog 200 metres. Craig and Michael did this four times. Most of the others did the same session but at their level.

N.M. What did Georgie do?

B.S. She did a 1200 to start with, then 30 seconds rest followed by a 400. She then had a longer break then did a 600 with a 30 second rest followed by a 300. She then finished with some 200's.

N.M. You and many of your athletes work with Nick Bideau. What does this involve?

B.S. Nick manages about four or five of them which means that Nick and I co-ordinate a lot of things. I view it very much as a team thing. He's of enormous help, particularly with the overseas program, accommodation and that sort of thing for the athletes that go on to race in Europe. Also, he has a wealth of athletic experience.

N.M. For a while you were involved with the Geelong Football Club. What did this involve and what memories do you have of this time?

B.S. Very good memories. I had a number of positions there. The first year or two I co-ordinated their pre-season program, then for a year or two I was just "running coach", then two years co-ordinating the overall fitness program. Finally I became "sprint coach" for the last couple of years. There were lots of good memories and lots of good people to work with. I was very lucky to have worked with people like Malcolm Blight and Gary Ayres. When you're working closely with people like that you can't help but learn.

N.M. Athletic coaches are the 'flavour of the month' with football clubs right now with John Quinn at Essendon and Boydan Babijczuk at Hawthorn. Is there a chance you might be lured back into football coaching?

B.S. I would say none what-so-ever. I sort of feel like I belong in athletics and that's what I really want to do. I also think that with some of the footy stuff you need to be a bit younger too considering the amount that needs to be done. Anyway, I want to be a full-time athletics coach.

N.M. You mentioned Malcolm Blight. Is he an eccentric genius?

B.S. I think he's a genius - I'm not sure that he's all that eccentric. He's actually a very, very practical person who manages people well. However, he sometimes manages people well by surprising them and I think that's why some people call him eccentric. If you watch Malcolm Blight's record, although I haven't followed it as closely over the last few years, almost every game we played we were in front at quarter time and that was because of his planning - he was so much smarter than many of the other coaches. I remember one match against West Coast. We had about eight players out and we knew we couldn't win the match but we were still in front at half time because of his planning and tactics. So I reckon, yes, he is probably close to a football genius.

N.M. Which of the Geelong footballers would have made great athletes?

B.S. None of them.

N.M. You introduced the 5 x 1000 metre Time Trial (with double run time recovery) as a Pre-Season Fitness Test. What sort of times were the footballers running?

B.S. The times varied enormously. There were some good athletes there in those days, people like Marty Christensen and Barry Stoneham, who in his lighter days was a sub 2 minute 800 metre runner. They could run close to 3 minute kilometres. Then you go out to Billy Brownless and Gary Ablett who would struggle just to run five lots of one kilometre.

N.M. Talking of footballer / athletes, both David and Tim Clarke had great athletic potential, especially considering they were only part time athletes. What memories do you have of their

running days?

B.S. Timmy did run internationally. He was an Australian junior representative in the World Cross-Country. That is a measure of how good he is. There is no doubt in my mind that he could have been an international athlete. David, well, he is super talented and could have been a top runner, also.

N.M. Bruce, next year there will be some changes in you life in regard to work and coaching. Could you please explain these changes?

B.S. Well, I will be retiring from teaching so that will be a huge change. Next year I won't have two jobs.

N.M. Are you looking forward to that?

B.S. Yeah, I am looking forward to that. It will be fantastic that I can devote myself fully to what I really love doing, not that I dislike teaching, Neil - I don't want you to think that, you being a fellow teacher.

N.M. Well, thank you very much for your time. One last question: what will Bruce Scriven be doing in ten years time?

B.S. @#*\$#!&, who knows???? I'll be happy to be still alive I think, Neil.

N.M. Still down at Landy Field most nights of the week and on Saturday mornings, under drizzling skies, like this morning?

B.S. Well, that would be nice, wouldn't it! I hope so.

WHAT MAKES A CHAMPION?

Hope you enjoy this story featuring two of the great runners from the last thirty years. It certainly inspires me when I'm feeling a little lazy and it's cold and wet outside.

"One dark, mid-winter evening in early 1971, Steve Prefontaine and Frank Shorter were on a ten mile training run high in the mountains outside of Taos, New Mexico. It was cold - the bitter, goes right through you like a knife kind of cold that often descends on the Rockies like a sheet of ice after the sun goes down.

There was no spandex back then, no Lycra, no polypropylene tights, no shoes with air or gel in the soles, no heart rate monitors or digital watches. Those of you who have run in such conditions know that the winter wind bites right through those flimsy nylon tops we used to wear and once the wetness freezes, your legs and arms numb up. You can't see because sleet and snow are blowing directly into your face, crusting up and freezing your eyelids and turning you into a snowman - or snowrunner, in this case.

It was Shorter's and Prefontaine's second run of the day, and it came after a full afternoon of skiing on the difficult, double black-diamond slopes of the Taos Mountain. The two runners were freezing, tired and cranky.

"Frank, this is crazy. Let's head back, light a fire and have some dinner," Prefontaine said through the ice hanging from his moustache and eyebrows".

Shorter looked over at his friend, squinted into the blinding snow, and said, "Steve, no one is training as hard as we are right now. No one!"

And with that, the duo put their heads down and finished the run, warmed only by the knowledge that they were doing the best training they possibly could.

Maybe Shorter was right. Perhaps he and Prefontaine were training better than anyone else in the world just then, better than Lasse Viren or Juna 'the Cruel' Vaatainen in Finland, Mamo Wolde and Miruts Yifter in Ethiopia, Derek Clayton in Australia, Kip Keino in Kenya, or Brits Ron Hill, Ian Thompson and David Bedford. There is no way to know for

sure, but we do know that few people in the early 1970s were putting in 270 kilometre weeks at high altitude as Shorter sometimes did, along with fast track sessions.

What is just as important is that Shorter believed he was doing the best possible training he could - a faith that he was training better and harder than any of the world-class runners he would be facing in the Munich Olympic Games filled him with confidence - a confidence that helped him to do the workouts necessary to win an Olympic Gold in the Munich Olympic Marathon and a Silver Medal four years later in Montreal."

taken from
"Running Tough" by Michael Sandrock
Human Kinetics.

Don't forget - our next race is "The Athletes Foot" Geelong Athletics Cross - Country Championships on Saturday June 23 at Marcus Oldham College

Under 16 Men and Women	4 km. at 2:15 pm.
Senior Men and Women	8 km. at 3:00 pm.

Good luck and good running to all Geelong Region Cross-Country Team members competing in the

Victorian Schools Cross-Country Championships at Bundoora Park
also on Saturday June 23.

Hopefully, you'll be able to tell us all about your race and have a celebratory meal later that night at The Bush Inn Hotel.

then one week later on Sunday July 1 at Albert Park

8:30 am.	Women Under 14	5 km. Road Race
	Women Under 16	5 km. Road Race
	Women Under 18	5 km. Road Race
	Women Under 20	5 km. Road Race
	Men Under 14	5 km. Road Race
	Men Under 16	5 km. Road Race
	Men Under 18	5 km. Road Race
	Men Under 20	5 km. Road Race
9.00 am.	Women Open	15 km. Road Race
	Women 40 +, 45 +	15 km. Road Race
	Men Open	15 km. Road Race
	Men 40 +, 45 +, 50 +	15 km. Road Race

A bus or buses will be leaving Norlane Waterworld at 6:30 am. sharp.

Please confirm your seat on the bus by notifying Neil MacDonald (52 231620) by the Tuesday prior to the race.

There will be a charge of \$6 per person to cover the cost of petrol and bus hire.

**FINALLY, THANK YOU TO THE
FOLLOWING FOR THEIR
FANTASTIC SUPPORT OF THE
GEELONG REGION
CROSS-COUNTRY TEAM**

**GEELONG
PHYSIOTHERAPY CENTRES**

**'DIZZY' LYNCH
AND
"THE BUSH INN HOTEL"**

**THE CITY OF
GREATER GEELONG**

**TONY STEWART AND
"THE ATHLETE'S FOOT"**

**CRICHTON COLLINS AND THE
"PAKINGTON BAKERY"**

**GEELONG
ATHLETICS INC.**