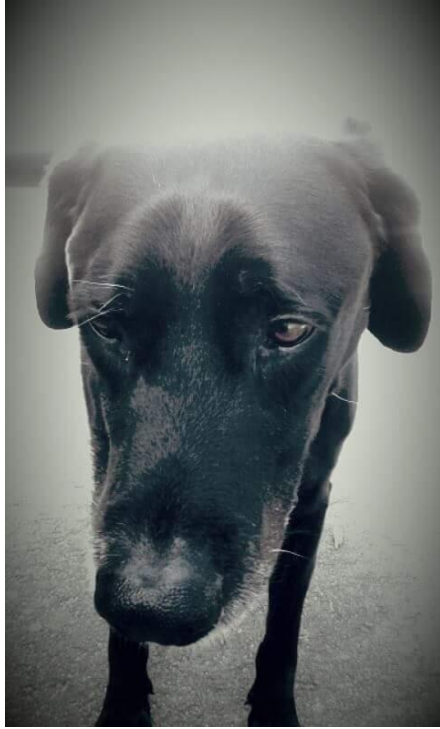


GEN RUN SQUAD : PRE-SUMMER RAMBLINGS



GEN RUN SQUAD : PRE-SUMMER RAMBLINGS

VALE 'RUN DOG' COSTA...

As many of you know, earlier this month, Steve and I lost a huge member of our family and our lives; Costa. For us, the loss has been devastating. You can never prepare yourself for the way in which you might feel when the time comes, nor can you expect to know how you will react, the time it will take you to grieve, and the emotions that you will have to come to terms with. I find myself missing him constantly; he was always with me at home, in the car, coming to training, for walks and out with the horses. And; unlike my shadow, he seemed to appear when the day was at its darkest and he would shadow and comfort me as only our fur babies can. He had a knowing, an empathy, an understanding – far beyond that which I could fully comprehend. Steve and I always spoke to him as we would

a friend, not a dog, because he always understood what we meant.

In the end it was something in his brain that wasn't supposed to be there that became his enemy; a battle the three of us tried so hard to fight together but, in the end, could not defeat. It has taken me time to want to, or be able to write this to you all, to tell you all, because we know that Costa meant so much to so many and it would be selfish of us to think that he was significant only to us. There will always be days (like today as I reflect here with you all) that the sadness and loneliness will be overwhelming, and a struggle to come to terms with the fact that we shall never see our black dog again. However, there will (I hope), be more often than not, days filled of wonderful memories and only happy

IN LOVING MEMORY

thoughts when we come to remember all the joyous times the three of us spent together over the past 12 wondrous years.

Just days ago, we received a lovely heartfelt card from the Wandin Vet Clinic who were always there to keep Costa happy and healthy, and who, in the end, were there to make his lasting moments comfortable – the quote inside the card is so very true and for Steve and myself, never more so; "Dogs are not our whole life, but they make our lives whole".

Thank you so much to everyone who passed on their sympathies to us, who dropped in to check on us, sent flowers and cards, and understood when we just couldn't talk about it. It is hard to put on a brave face in times of sadness and grief, but having all our Gen Run friends around has

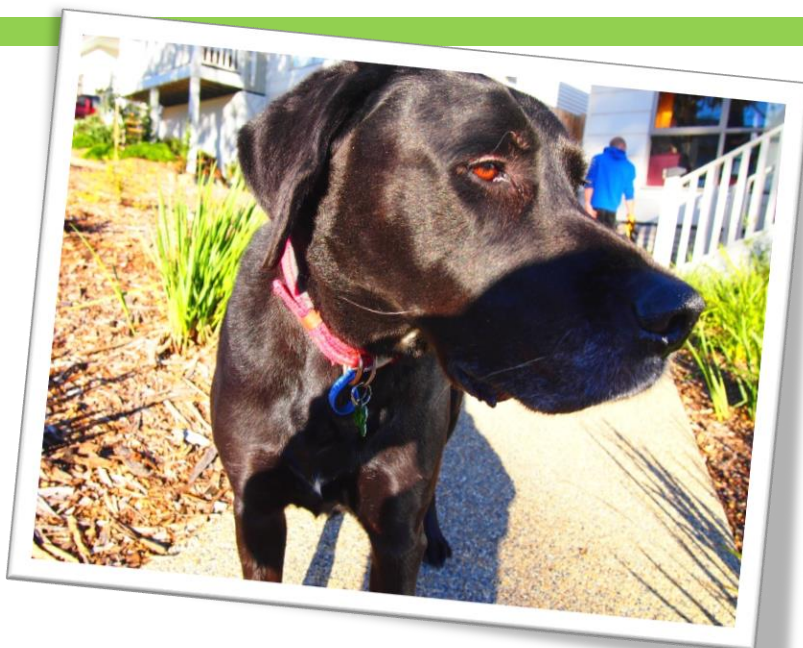
made the recent weeks much more bearable.

We will miss you black dog beyond words and comprehension, and know, in some way, we will meet as soulmates once again.



Run Dog

Cold race mornings with Costa, supporting his Gen Runners from the sidelines.



We don't stop running, so you don't have to!

A reminder to everyone that the Gen Run Squad continues training all through the Christmas period and into the New Year! December and January are busy times for us all; and more than ever we feel it is important to provide a time and place when you can meet up with your running buddies and all enjoy some 'you time', some 'time out' from the chaos of the silly season! Running is, for most of us (though forgive me for being presumptuous if this does not apply to you) our relaxation, our stress relief, our meditation. Our lives are made better for running. We are happier, calmer, we think straighter, have more energy, and greater tolerance when we run – and hence, when we are injured and can't run, we go just a tad crazy!

Give yourself a little gift this Christmas and allow time for you to keep up your running; for your sake, and the sake of those around you!

I have included in this email the December training schedule. Session times and locations remain the same, with the exemption of the last two Friday morning hill sessions of the month, where we will be holding 'special location' training at Inverness Road in Mt Evelyn, and The Fire Trail in Montrose. Both locations are great training for those entered in Two Bays Trail Run in January so please attend if you can.

Up-coming Races

December 2016 & January 2017

There are so many races coming up over the next 8 weeks that you could practically run a race every weekend! Here's a brief rundown on what's on during December and January:

RUNNING EVENTS

- **SUNDAY 4TH DEC:**

CARMAN'S WOMEN'S FUN RUN

Catani Gardens, Melbourne

- **WEDNESDAY 7TH DEC:**

EMMA & TOM'S CHRISTMAS RUN

Albert Park Lake, Melbourne

- **SATURDAY 10TH DEC:**

FIELD OF DREAMS SUNSET RUN

Lysterfield Park, Lysterfield

- **SATURDAY 17TH DEC:**

GOLD RUSH TRAIL RUN

Hepburn Springs/Daylesford Lake

- **SUNDAY 25TH DEC:**

CHRISTMAS DAY PARKRUN

- **SATURDAY 31ST DEC:**

ROCK AROUND THE CLOCK

You Yangs Regional Park

- **SATURDAY 7TH JAN:**

PORTSEA TWILIGHT

Point Nepean National Park, Portsea

- **SUNDAY 15TH JAN:**

TWO BAYS TRAIL RUN

Dromana/Cape Schanck, Peninsula

- **THURSDAY 26TH JAN:**

ROSEBUD AUSTRALIA DAY FUN RUN

Mornington Peninsula

GEN RUN SQUAD 2016 XMAS PARTY

'PEOPLE'S CHOICE AWARD' NOMINATIONS

This year we will be hosting an awards ceremony at the Gen Run Squad Xmas Party and we are now calling for nominations for the 'People's Choice Award'!

Members who are nominated should be someone who you feel cover some, or all, of the following criteria:

- ✓ Embrace the spirit of Generation Run
- ✓ Bring humour and a sense of fun

- ✓ Are encouraging and supportive
- ✓ Challenge you to be a better runner
- ✓ Inspire you
- ✓ Are inclusive and friendly to new members

Nominations will be open for the next 2 weeks and will be voted on in the week prior to the Xmas Party on December 18th.



TO BE HELD AT: The Village Food Store

126A Canterbury Rd. Heathmont Community Shopping Village

ON THE DATE OF: Sunday 18th December

AT THE TIME OF: 3pm – 6pm

Please join us for a social afternoon gathering in a comfortable private setting

This year we will be presenting annual awards and a media arrangement

A delicious finger food afternoon tea will be provided

All members, juniors and their families are welcome!

Please RSVP via email, messenger, text or in person by:

Sunday 4th December

Please send in your nominations via email, Facebook message, text message or in person at training – I will be reminding everyone over the coming weeks.

This is a chance to let one of our members know just how special they are to the squad and for us to thank them for wholeheartedly embracing the spirit and ethos of our running squad.

BELLE IS BACK!



BELLE RUNS NYC MARATHON 2016!

Belle has returned from her travels across the USA and a little New York Marathon thrown in for good measure! Congratulations Belle on a fabulous effort in NYC and on getting 're-hitched' as only you can in Vegas – by ELVIS!

TRUE THAT!

Neil

A day in the life of a runner. On the run i hated everything and didnt want to do this stupid thing called running ever again. Two hours later, I have two new pairs of runners



THE BEST THINGS ABOUT RUNNING...

12:00 PM

I ran with a lady from maroonah runners club yesterday, we got eachother over the line

Seen

How great is that! 😊 Good on your Tom! I'm sure she would have been very appreciate of your support 😊

Thats the great thing about running, everyone knows what the pain is like so they encourage and support



Brigitte is named October 'Parkrunner Of The Month'!

Brigitte was named 'Parkrunner of the Month' in October for her inspiring determination to continue her running and volunteering at Lilydale Lake Parkrun, despite her recent illness. Well done Brigitte!

Getting Back on the Bike

A Tale of Courage and Determination

I am pleased to report that despite a broken clavicle, scapula and two cracked ribs, as well as a partially collapsed lung, our



Kirsty is, in true 'Kirsty-fashion' back up and at it, after only a bare 2 weeks! Already back in training on her wind-trainer and walking close to 80km a week, Kirsty's resilience and determination is nothing short of inspiring. There was incredibly, never a doubt in her mind that she would get back on the bike and resume her training for next year's Amy Gran Fondo World Road Cycling Championships in France. Kirsty's 'Never Quit' attitude is something we can, and should, all take on board and implement in to our own lives when times get tough.

On visiting Kirsty at home following her discharge from hospital, the outpouring of love and admiration for this incredible woman was obvious! I could have been mistaken for walking in to a florists with the array of bright and colourful blooms that adorned the home wall-to-wall; kitchen bench, dining table and every space in between! Even her desk at work became a display of roses, gerberas and glorious floral arrangements!

Kirsty you are a true testament to the mental strength required by athletes to become the best they can be. You inspire me everyday and I can't wait to be cheering you on in France as you show them all how we Aussies do things!



As many of you may already know, our longest standing, most vibrant and entertaining member Kirsty, was recently involved in a serious cyclist versus car incident on the well-known '1/20' - a popular road for local cyclists as they work up and down on their hill repeats, from The Basin to Sassafras and return.

GEN RUN SQUAD : PRE-SUMMER RAMBLINGS

Afterglow Twilight Trail Run -Torquay-

Rainbow unicorns, neon lycra, glitter tutus, glow sticks, flashing lights, cool tunes, beer on tap and an electric vibe – could be mistaken for a strange kind of rave party, however this is another breed of Saturday night revelers – these are the Afterglow Trail Runners and they know how to party!

Buses came and off they went to begin their evening trail race!



From Addis Point as the sun grew ever lower in the sky, the 22km runners set off. Through single tracks and coastal bush, sand and graveled paths, chasing the fading daylight and constant tick of the clock they ran. 10km later they picked up the short course runners and together they all



wound along the course in a stream of color and light. Past fire-twirlers and a lone musician they sped; a long stretch of firm sand, then turning to brace against the head-wind they fought their way back to awaiting family and friends, a vibrant finish-line, refreshing oranges and a well-earned pint!

Strong runs in the long course from the Gen Run Squad saw: David qualify for Two Bays 28km in just a smidge over

2hrs,

Mel posted an incredible result of 6th female overall and 3rd in her age category, Renee finished in the top 10 of her age group, and Coach Steve just missed a podium in his age group and placed 10th male overall. In the 12km race Macca ran the furthest she has ever run (by 5kms! In the dark!) and finished an impressive 11th female overall in the process! Andy, fueled by Chili Pork Nachos and with the title of 'Official

Sweeper' ensured that all runners made it to the finish-line by cut-off and (hopefully) left no-one behind!

With sand in their socks, wind-swept hair, empty bellies and a sense of that wonderfully unique post-race fulfillment, our Gen Runners sought warmer clothes, one of Michelle's delicious protein bliss balls, a refreshing beer and a late (but not forgotten) dinner as they went their separate ways back home, back to the accommodation, or back to the pub.

Happy and spent. That's running.



RUN FOR THE YOUNG – LILYDALE LAKE



Run For The Young

Half Marathoners Lisa and Terry : those post-race endorphins!



A stream of local runners, Park-runners, Gen Runners, Maroondah Runners, DTR's, Up n' Active Runners, and everyone in between, flowed across the lawns from Lilydale Lake at 7am this morning. They would cross Swansea Road then ascend the short climb to the Warburton Trail where they would

continue their efforts to their 5km, 10km, 21km or 42km halfway turn-around points, from where they would then return; another climb, and then the homeward descent, back to where it all started minutes or hours before.

The Gen Run Squad had a great team of runners across the events, and from the happy smiles I saw whilst cheering them on along the trail, a most enjoyable morning!

Congratulations to Hannah who took out the top podium in the 10km race, to Lauren for her win (whilst out on a tempo run!) in the Half Marathon, and to Coach Mak who ran yet another PB in his magical year of 2016, to finish the marathon in an impressive 3:08hr!

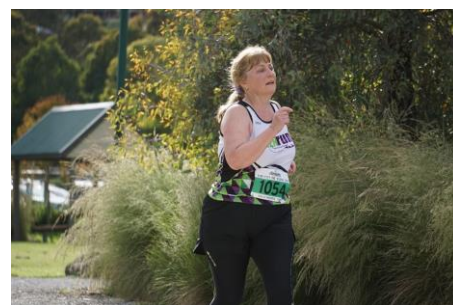
It was fabulous to see you out there in your Gen Run attire – it stands out so well, we can see you coming a mile away!

I think this is a lovely local event that really showcases the fabulous running trails we are blessed with in this area. It always strikes me how wonderfully friendly and supportive the volunteers and marshals are, and just how many faces I recognize out there giving it their best shot and embracing their running.

Thank you to Gary who was out on the Warby Trail this morning with his camera to take some terrific photographs and for always being so generous with his time and enthusiasm towards his fellow running buddies. Just being there on the sidelines to clap and call out a word of encouragement can make all the difference to a tired runner.



"Did you say something Neil?"



"Sally - Always giving it her best"



"Running away from the pub?!"



"Looking great ladies!" Nikki & Kirsty

December *means* SUMMER! We made it!!!

GEN RUN SQUAD – DECEMBER TRAINING SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 st 6:30PM Croydon Athletics Track MRC & Gen Run | 2 nd 6:15AM Lilydale Lake HILLS | 3 rd 8AM – Social Run/ 'Lilydale Lake Parkrun' | 4 th RACE – Carman's Women's Fun Run Catani Gardens, St Kilda 5km/10km/21.1km |
| 5 th 6:45PM Croydon Athletics Track | 6 th 6:45PM Lilydale Lake | 7 th 6:15AM Croydon Athletics Track 4:15PM Gen Run Junior Squad Croydon Athletics Track | 8 th 6:30PM Croydon Athletics Track MRC & Gen Run | 9 th 6:15AM Mt Evelyn Athletics Track HILLS | 10 th 8AM – Social Run/ 'Lilydale Lake Parkrun' | 11 th Rest Day ☺ Long Run Day ☺ Recovery Day ☺ Sunday Funday! ☺ |
| 12 th 6:45PM Croydon Athletics Track | 13 th 6:45PM Lilydale Lake | 14 th 6:15AM Croydon Athletics Track 4:15PM Gen Run Junior Squad Croydon Athletics Track XMAS SPECIAL! | 15 th 6:30PM Croydon Athletics Track MRC & Gen Run | 16 th 6:15AM Lilydale Lake HILLS | 17 th 8AM – Social Run/ 'Lilydale Lake Parkrun' RACE – Gold Rush Trail Run Hepburn Springs/Daylesford 21km/11km | 18 th GEN RUN XMAS PARTY! 3PM – 6PM Village Food Store Café, Heathmont |
| 19 th 6:45PM Croydon Athletics Track | 20 th 6:45PM Lilydale Lake | 21 st 6:15AM Croydon Athletics Track | 22 nd 6:30PM Croydon Athletics Track MRC & Gen Run | 23 rd * 6:15AM HILLS Special Location Inverness Road, Mt Evelyn | 24 th CHRISTMAS EVE! 8AM – Social Run/ 'Lilydale Lake Parkrun' | 25 th CHRISTMAS DAY! Parkrun ☺ At selected locations |
| 26 th BOXING DAY! Public Holiday 6:45PM Croydon Athletics Track | 27 th 6:45PM Lilydale Lake | 28 th 6:15AM Croydon Athletics Track | 29 th 6:30PM Croydon Athletics Track MRC & Gen Run | 30 th * 6:15AM HILLS Special Location The Fire Trail, Corner Glasgow & Sheffield Roads | 31 st NEW YEARS EVE! 8AM – Social Run Special Location TBA | * LILYDALE LAKE – Swansea Rd, Lilydale. Meet in car park at the toilet block. * MT EVELYN ATHLETICS TRACK – Burdap Drive, off Hereford Rd – enter driveway of Yarra Hills Secondary, Mt Evelyn Campus. * CROYDON ATHLETICS TRACK – Norton Rd, Croydon. |

"I sure wish it
was hotter and
more humid out"

Said no runner ever!

your  cards
someecards.com



And that's a wrap!

Thank you to you all for embracing the Gen Run spirit; for your enthusiasm at training, your kindness and support of each-other, your humor and your dedication to become the best possible version of yourselves.

Coach Steve and I are always looking for new ways to improve Gen Run for you all and are always open to, and keen to have as much input from you all as possible. Generation was created for you – because we believe that this is:

'Your GENERATION to RUN!'

If there is anything you would like to see implemented at training, a special location you would like to organize a group run in, a fundraising or charity effort you would like to be involved in – anything at all – please tell us 😊

HAPPY **'SUNDAY FUNDAY RUNDAY'** GEN RUNNERS!
Make it count and we look forward to seeing you at training!
As always – **HAPPY RUNNING** - from your coaches Bec and Steve 😊

