



MARCH 2017

**“Run”
because
there will**

**be a day when I can no longer run—
Today is not that day!**

Wow! We are just 4 weeks into Autumn and there has been so much going on within our Gen Run community! To highlight some outstanding achievements and to give you a quick insight into what you can find in this edition of the ‘Gen Run News’ (yet to have a more interesting title and very much up for suggestions here!):

- ◇ KIRSTY WINS THE TOUR OF MANSFIELD
- ◇ JEN WALKS 22KMS FOR CYSTIC FIBROSIS
- ◇ BOOST ATHLETICS EXPLODES ONTO THE SCENE
- ◇ SHAREE STEPS UP ONTO THE PODIUM AT BRIMBANK MARATHON
- ◇ NEIL BARES ALL IN KING ISLAND
- ◇ BRON HIKES TASMANIA’S SOUTH COAST TRACK IN 9 DAYS
- ◇ GEN RUN GOES HARD’CORE’ ON MONDAY NIGHTS
- ◇ SARAH RACES TOWARDS HER 100TH DAY STRAIGHT OF RUNNING
- ◇ OSCAR GETS CHOSEN TO REPRESENT AT THE SPECIAL OLYMPIC’S NATIONALS IN QLD THIS JULY

Without a doubt we have spectacular humans among us! On top of this there are many races coming up in the next few weeks and plenty of Gen Run fun to be involved in; so get on out there!

GRAB A COFFEE & HAPPY READING!



PHOTO CREDIT:

Karen Mays Photography



KIRSTY HAM:

C Grade QOM





BOOST : ATHLETICS : FAST!

To captain our 32 strong, three teams of junior and senior athletes on Saturday at the inaugural 'Boost Athletics' event was without a doubt one of my most proud moments. To see the track and field awash in the vibrancy of the Gen Run green and purple, our squad buzzing with passion, enthusiasm and excitement for themselves, their team-mates and their competitors; made my heart leap with joy and a great fondness for all our wonderful members.

The feedback and comments we have received from other clubs, athletes and spectators was full of praise for you all and is the reason we have become such a recognised and well-respected running squad.

Thank you, to all who participated, volunteered, cheered, took photographs and commented via social media; Boost was a success because you got out there and gave it a go without reserve!

Photo left: Jarrod, Nigel & Craig deep in serious discussion

"Well done to all Gen Run athletes and supporters...your 3 teams definitely made a difference to the atmosphere and success of the event"

Michael Clarke— Boost Athletics Event Director

**FEEL FREE TO JOIN
US NEXT WEEK!**

*\$50 FOR 8 WEEKLY
SESSIONS*



DOWN TO THE CORE!

Monday nights have just become even more hard-CORE with the introduction of the first of many NEW Gen Run 8 week programs. This Monday kicked off with the first session of our 'Down To The Core' program with over 20 (slightly apprehensive but) enthusiastic participants! These fully coached, planned and progressive sessions are focused on building strength and stability through the core, hip, pelvic and spinal muscles for enhanced posture, muscular power and balance.

The effect; to improve running efficiency, reduce injury and create strong and lasting foundations and good habits for the future.

These sessions are designed so that anyone and everyone may be involved. We teach various levels of the exercises from beginner to advanced, and further adaptations or alternatives where required. We work hard, we laugh, (then our abs hurt!), we grimace and we sweat; then those who are real suckers for punishment, stay on and run!

Nigel has even said he would perform a new rendition of the popular REM song, with the slight lyric changes to:

"Every muscle hurts...sometimes".



Kirsty competes in her second C-Grade staged cycling tour at Mansfield over the weekend and returns triumphant with an overall win and the title of QOM!

FROM RUNNER TO CYCLIST IN SECONDS!

For Kirsty, her one true love has always been running.

The problem is, that running just doesn't love her anymore!

After 10 marathons, ultras and various other running events, races and training sessions; running (and Kirsty's knack for injuring herself) has taken its toll. So she turned her sights back to cycling; where in a past life she had taken extremely naturally to this slightly lower-impact sport. For the brilliant runner Kirsty has been, there is little doubt that she is an even better, more talented cyclist, with last weekend's top podium finish at the Tour of Mansfield demonstrating this.

In her second ever staged cycling event, Kirsty has already progressed from C-Grade to B-Grade, with her sights set on an A-Grade title in the lead up to the Amy Gran Fondo World Championships in France this August.

In addition, Kirsty was also, last week, offered a full sponsorship from Giant Cycles and is now one of their LIV Ambassadors and sponsored riders!

This is a huge achievement and an inspiring transition, and we look forward to watching her journey as she pushes on towards France.

STRIPPED BARE IN KING ISLAND!

Neil is certainly not known for being the shy and retiring type, a trait for which we can all agree we find somewhat endearing and very much humorous. For the 24th year, the inhabitants of scenic King Island (people and cattle) were this month, treated to the annual King Island Imperial 20: a challenging 32km handi-capped footrace, the only coast to coast race in Australia.

However, as thrilled as we are that Neil completed his second Imperial 20, the more humorous event is the 'JBS Meat Run Beach Sprint' held on the Saturday afternoon on British Admiral Beach—or as it is better known:

The Nudie Run!

Thankfully we were spared the photographic evidence of Neil's participation, however, it is safe to say, he wasn't sporting his Gen Run colours!

Good on you Neil!



WALKING FOR CF

On Saturday the 18th March, before the sun had risen, Jen joined many other charitable Melbournians at Princes and Royal Parks with headtorches and full of enthusiasm for an endurance walk of 10.8km through to 65km. Their aim, to raise money for Cystic Fibrosis research through the Murdoch Children's Research Institute and the Monash Foundation. This complicated disease **has no cure**. It is a chronic and inherited condition that affects the lungs and digestive systems, and impacts around 70,000 people worldwide. Very close to Jen's heart, she walked a tremendous **22km in 4 hours!** Jen who joined the Gen Run Squad nearly 4 months ago, does many walks for charity and has embraced her running training and the Gen Run community with a positive attitude and a compassion for others.

Jen is the first to admit that training is not easy for her. She suffers from an old ankle injury which she keeps braced and yet she pushes on up those Friday morning hills with determination and resilience. You will now see Jen (and she's roped her Mother in too!) at our 'Down To The Core' sessions on a Monday!



RUN THE ROCK—100 DAYS AND NOT STOPPING NOW!

Since our last report on Sarah's 'Days of Running' challenge there has been no stopping this Perseverant Park-runner, Resilient Road-runner, Tenacious Trail-runner and all around inspiring Super-woman! Full of energy and a zest for her running, Sarah will be executing her **100th** run in a row on Saturday March 1st at the iconic 'Run The Rock' event at Hanging Rock! Set to be a fabulous fun run as always, event organisers; Sole Motive will be doing a feature on this incredible achievement of Sarah's and Gen

Runners attending this event will be celebrating with her for sure!

I (Coach Bec) am very much looking forward to witnessing this milestone for Sarah and sharing in the excitement of the day!



Will you be joining us this Sunday for the Eltham Fun Run/Walk? Take on the 5km run/walk or the 10km run along the picturesque Nillumbik walking

paths, then join us for brunch afterwards at 'Second Home' just a few minutes recovery walk from the start/finish line.

Races start at a leisurely 9am so you can even sleep-in!

WHAT'S ON?...

2017
eltham
funrunwalk
Fundraising event for people with disabilities

Herald Sun | CityLink
RUN for the KIDS®
SUNDAY APRIL 9, 2017

WHAT ABOUT R4TK'S?!

Have you entered one of Melbourne's favourite races yet?! R4TK is on again next month and offers something for everyone with the 4.8km or 14.6km courses, winding their

way around streets, over bridges and through the tunnels of Melbourne that are usually inaccessible to foot traffic. A festival-style post-event village will provide a hub of activity for all finishers and spectators within King's Domain and we are expecting a fairly large Gen Run contingent at the event. Both Coaches Bec and Steve will be running this year, so join the Gen Run team for a great day out!

My First Podium- My Dream Come True!

By Sharee George—*Gen Runner & member of DTR*

My events had been locked in for 2017.

It was to be the year of the podium, something I wanted to achieve by my 42nd Birthday in December this year. I had already achieved some great results recently running in the 28k Two Bays Trail Run & the 1 Loop 21k Roller Coaster Run but it was now time to step it up & focus on the main goal, the podium!

I had done the training, I was feeling good & most of all I had my friend Oliver to run with on the day. He was well aware of my goals and had no doubts that they were achievable. The event was the Brimbank Park Marathon 42.2k. The location was Keilor, along the Maribyrnong River, a beautiful course indeed. The predicted weather was to be a HOT 32 degrees. The start time for the marathon distance was 8:30am so I was well aware of the open spaces & that I'd be out there running for at least 4 hours in these conditions. I was well hydrated in the days leading up to the event & made sure I was sensible by wearing a hat & sunscreen on the day. With my new shoes & running gear on, I was ready to go! This day was different though, sometimes you need to believe in those who believe in you. Oliver had a plan for me, there were no promises! It was pretty much to get me around the course in the fastest possible time on that day.



“sometimes you need to believe in those who believe in you”



We had previously discussed the plan along with doing 3 laps of a nearby oval as a warm up followed by a short stretching Yoga session prior to moving to the start line area. (Something I have never done before prior to an event start)

But it worked! I was no longer the chatty, friendly one forgetting to start my Garmin, using the first km to warm up. I was silent, in the zone, the one already warmed up, stretched, focused & extremely determined, feeling like a rocket ready to blast off! I couldn't believe how good I felt.

Standing at the start line listening to the race brief I did my usual look around the crowd, looking at bibs to see who else was doing the marathon, looking at other females, were they big, small, stronger, more professional? Beginners? I have a very bad habit of doing this and I lose my focus & self confidence big time when I do it. Thankfully Oliver pulled me up on it real quick & reminded me that it was 'my race'.

This is however when I noticed Trish Yates, she's tall, lean, pretty, very athletic & super, super FAST! The podium had her name all over it, just being in this race with

her was awesome as she is someone I have quietly looked up to for a few years now especially at Trails+ events but my mind drifted away for a brief moment after seeing her, I wondered why I was there at all, could I do this? Should I have just signed up for the 21k instead? But thankfully I was soon distracted by Oliver taking a selfie of us just seconds before the start. How exciting! My Garmin was on! We were off & yes just like a rocket, a sprinter, I was flying downhill, I was in the moment & it felt awesome, I remember smiling with happiness that we were finally on our way. Oli pretty quickly pulled me back, 'Your pace is too fast' Let them go! Let them go he said, I didn't want too & it seemed I almost went from 1st place female to last place female in an instant! This really bothered me at first but I had to believe in him & believe in myself, I still had at least 40k ahead of me. We found our place in the field & continued on for around 15k, this is when I decided to take my first Gel. I didn't feel desperate for it but the time felt right. It was really starting to heat up now. Oli was really watching me to make sure I stuck to the plan to have a full cup of water at 'every' aid station.



We were passing some runners & some runners were passing us. I could see other females in front of me & still a few behind me so I was feeling somewhere in the middle of the pack at this stage of the race. (The middle of the pack is often my finish position & I guess my comfort zone) It was feeling like most other races I have done although I could feel that I had a lot of reserved energy within me & my focus had grown deeper as the race moved into the second stage.



At around the 28k mark, Oliver suddenly felt unwell. Oh No! My friend, my running buddy, my running hero! How could this be? He's so strong & positive & he runs 100k events, even Miler events but right now he's hurting, hurting real bad. It seems for once that he needs my support & I'm ready to give up my race to help him. He's even wobbling in his stride & lost his wonderful personality, I don't like seeing him like this. I try so hard to help but NO he sends me on my way ... You've got this! Stick to the plan & I'll see you at the finish line he says. I feel selfish & almost sick to the stomach, how can I leave him like this, what if something happens to him? But then I made a massive decision. OK. So if I'm to take off right now, I've got to do this, I've got to run my guts out, it's going to hurt, it's going to be hot & I'm going to be all ALONE! Will I get lost? Do I really know the course? Can I stay strong? Will I give up?

Well... I took off and I did NOT look back, I was nervous. I could not see the female runners in front of me but I did know for sure that Trish Yates was flying in 1st place & I was certain of at least another 2 maybe 3 behind her

so I assumed I may have been in 4th or 5th position but I wasn't really sure. It was now around the 37k mark, I was working hard! ALONE! And thankfully following the correct course. The sun was so hot on my skin but I didn't let it bother me, I had the protection there so I felt ok. Oh WOW.... Is that another female runner up ahead???? It was hard to tell as that's how far away I was. OMG... If it is a female I still have around 5.5k to catch her. I'm sure I squealed to myself with excitement, C'mon Sharee, keep going, you're moving forward, you can now see her. Another km done & I'm closer now, so close that I can hear her footsteps and she 'must' be able to hear mine. The excitement is building for me. I look down at my left arm to the special words my eldest son wrote on me, it said "Keep On Running". I get even closer now, she's super fit with strong arms, she has great running style & makes it look easy. I was intimidated by her at the start line but now it's on, it's me & her (in a nice way of course) I think about my move to pass her, will I be able to hold the pace? What if she passes me again? So I held on for a bit, I just stayed a few metres back & waited for the perfect section to pass. A slight downhill, off I go! Far out nothing was bothering me now, I imagine myself being like 'Lucy Bartholomew' my most inspired Ultra Trail Runner, so strong, flying, no fear, smiling as she does, Go! Go! Go! I say to myself, I don't look back, not once do I look back, this is not a run it's definitely now a full on RACE! My effort is awesome, I had no idea I had this in me, I'm hurting but I'm pushing, pushing more than I ever have then I see her... NO WAY!!!! It's the 2nd place female up ahead with just 3k to go!! I get goose bumps, even on a 32 degree day I feel a shiver of excitement, C'mon Sharee, keep going but every step I took it seemed she did too! I just couldn't get to her. Then I noticed her stopping at the Aid station, this is the moment that she also noticed me & I could just tell that she was surprised. It wasn't the other female who had been on her tail for most of the race it was me & I was coming in strong! I had water on me so there was no need to waste precious time so I used this to my advantage & ran straight thru. She was aware I was only minutes behind her now, she constantly looked back at me at every corner we turned.

I still didn't really know if I was sitting in 4th place or 3rd place but I guessed 4th place so I had to find the extra strength to battle it out. I was now only metres away, I could hear her breathing! I just couldn't push any faster & I was starting to feel devastated for trying so hard & yet it seemed I was just going to miss the podium again!!! I'd given it my best, more than my best but it still felt like it wasn't good enough. I wanted to do this not just for me, but for Oli, for those who support me such as Bec Rosel from GEN RUN, my best friend Lisa Stanchinotti from Eildon, my kids of course & all my DTR friends (Dandenong Trail Runners) too! All these people were on my mind during this race and they mean the world to me!

I pushed one last time, it was uphill now, I could see the finish line & I could hear the cheers but I just couldn't pass her! She crossed the finish line. Congratulations to Dawn! She was awesome! What a chase! I honestly thought she'd got 3rd place female & so did she but NO... she was in fact 2nd place female, therefore I was officially 3rd FEMALE!! This was the best news ever. YAY FOR ME!!!! The race director congratulated us immediately & showed me the times, I was only 40 seconds behind 2nd place! I shook Dawn's hand & thanked her for the awesome chase! She agreed it was super tough out there & we laughed at the fact she kept looking back at me! We had a photo together and sat down, I met her partner who was lovely and super proud of her. He was actually just as happy for me! I cannot tell you how happy I was right there! It was a feeling that I will never forget, a feeling of winning a battle, a feeling of self satisfaction & finally for me, feeling like a 'real runner'. Like I'm worthy to be in these longer distance events. A great feeling!

The presentation was so fantastic, being 3rd I got called up first. It's funny because I'd thought about this for so long & visualised myself as being changed in fresh clothes, deodorant on & face all washed with time to spare but NO, I had lost track of the time after the event, it was all happening. It was so exciting, my name was being called 'Sharee George' WOW... finally... it was ME! YES ME! But I was so sweaty, I still had so much sweat on my face and my black cap had the biggest build up of white salt I've ever seen but hey, I was getting up there! So how do I do this I said to myself, do I walk to the back & step up onto the podium to face the crowd or do I just walk forward & step up! It's the little things! It was new to me, all of a sudden I was overwhelmed, this was the day, this was the moment, this was the PODIUM!!!! I stood tall, real tall & super proud. My face was hurting from smiling so much. I smiled at people I knew & smiled at plenty of strangers too. Everyone was so thrilled for me, I could feel the honesty & excitement around me. Dawn in 2nd & Trish in 1st we were all standing together! It was us, the winners!! Plus I was standing next to Trish, as mentioned earlier someone I've admired since starting my running way back at Maroondah Dam a few years ago. Gosh it felt good. There were people with camera's taking plenty of photos. I was so grateful because I had my hands full of prizes & wanted to make sure these precious moments were captured & they were.

It was now time to step down, but I had my own presentation to make. It was to the race director himself, Brett Saxon! One of the nicest people you will ever meet. I was always impressed with his generosity to donate to CanTeen Australia (Young people living with Cancer) I noticed this several years ago when I first signed up for my first Trails+ event. I was so impressed, unlike many other events that do not give back, Trails+ is passionate to do so.



In a conversation one day a long time ago I said to Brett, "Well if I ever get to stand on the podium, I'll personally donate \$100 on the day". So from that day forward I would take along the \$100 note in the white envelope. It came to many events with me. (just in case!) It was kind of a secret nobody knew about & I'm not sure if Brett really did think I would do this & had probably even forgot about this over time but of course I would do this, I wanted to give back too! So I asked to use the microphone! I didn't have a speech as such prepared it just came from my heart as it was right there but looking back I said what I wanted to say and that was pretty much thanking him & all the Trails+ team & volunteers for their support over the years that I had been chasing a dream. I handed over the \$100. I think a few people had tears, I know I wasn't far off it as my voice became shaky towards the end but it was closure for me & I wanted to share it with those willing to listen and did they listen, I had strangers again hugging me, it was just amazing the impact I think I had on these people, I had no idea. It really was special and the day was clearly meant to be.

BUT... then I looked around... reality had set in that thru all the rush, the high & the excitement that Oli had missed the presentation! He was still out there, OH NO!! I felt awful about this, all the fuss was being made of me but I now had brave concerns for him, was he OK? Maybe I should never have taken off from him? I asked some officials if anyone had heard from him, just then, you wouldn't believe it, I looked around & he was coming in up the pathway heading straight for the finish line, What an absolute legend! He was going to finish this! I still had my trophy in my hand, I asked if I could run down & meet him which they said yes of course!

I can't remember a lot but I do remember Oli's huge smile! I ran at him holding the trophy high, we had a hug then ran across the finish line together. Another incredible moment in my running journey, he was so stoked, he knew I'd worked hard to reach that position. I thanked him a million times & talked his ear off the whole way home to Croydon South!

What a ripper day! I couldn't have done it without him. The friendship is GOLD!

It wasn't my fastest marathon to date with a finish time of 4:48 but it was the toughest effort so far!

I finally feel satisfied with my running ability & what I am really capable of achieving, something I've questioned for a long time.

Now to rest up for the Princes Park Marathon on Sunday the 2nd of April

I hope that my achievement & personal experience may encourage & inspire you to follow your dreams, believe in yourself & understand that it may take a while to get there but you will in the end.

Do I dream another podium? Only time will tell. Keep on Running!



Are you on Strava?

Log-on and request to become a member of the Gen Run Strava Club! Log your runs with your fellow Gen Runners, follow segments, runner's stats and allow us to share new routes and run with you!



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The Road to Boston...

The 17th of April marks Marathon Day for Gen Runner's Craig and Jarrod, who, in a matter of weeks, will be jet-setting off to compete in this world-renowned distance race. First run in 1897, the Boston Marathon has since been held on Patriot's Day (the 3rd Monday of April) every year and attracts both elite and amateur runners in their 1000's. The event also attracts a phenomenal 500,000 spectators each year who line the streets of Massachusetts from Hopkinton to Boston to cheer runners on. Both Craig and Jarrod have tackled the marathon distance before, however not on this scale, and it is sure to be one they won't forget (for all the right reasons). Closer to the date we will be sending through information on how to track our athletes on race day through the Boston Marathon app.

We wish Jarrod and Craig the best of luck in their final weeks of preparation and taper.