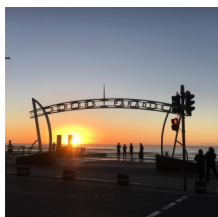


TOP STORIES

IN THIS EDITION:



THE AFTER THOUGHT—
The Runner's High!



LEG BURNERS—
WE'VE HIT HALFWAY!



GREY APPAREL IS IN!
DON'T BE LEFT BARE-CHESTED!



RACE INTO SPRING & SPRING
INTO RACES!
RUN MELBOURNE!

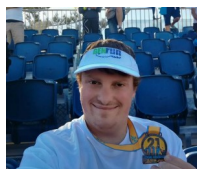


OSCAR CLEANS UP AT THE
SPECIAL OLYMPICS :
PROUD AS PUNCH!

I run because...

The Mid Winter News, not Blues!

GOLD COAST SHINES AGAIN!



TOM (Tiger) - "The Man of the Moment" -
in his words: *"Well I've done it, all the training, the early mornings, the injuries, the sore body days, all worth it. I am so proud of myself, never in a million years would I ever have thought I'd be capable of doing something like this! From a 132kg couch potato to a half-marathon finisher! Now time to rest and then prepare for the full (hopefully). Thanks so much to everyone who gave me support, especially my Coaches [Bec Rosel](#) and [Stephen Rosel](#) and everyone at Gen Run, thanks to my family especially to my Mum [Nikki Raisbeck](#) and Dad for not giving up on me and getting me into running, I love you so much. Now the man of the moment [Martin King](#) you were with me every step of the way, you are an amazing person, words could never describe how grateful I am and I couldn't do it without your support [#nevergiveup](#)".*

THE LONG AWAITED PB - The Sweet Reality!



The old saying - 'Good things come to those who wait' could not be more true when it comes to obtaining the elusive PB, and perhaps few knew this more than Lisa. That was until the right day, the right race, the right conditions, the right mental and physical strength; Gold Coast Marathon 2017—Sunday 2nd June.

It has been a tumultuous 18 months for this much loved Gen Runner; she has seen it through with endless injuries and niggles, forced rest, the loss of loved ones, overseas travel, moving house, and moving jobs and she has resurfaced triumphant! On Sunday 2nd June, Lisa took on the Gold Coast Marathon with a 'can do' attitude and ran a smart and strong race to finish with a HUGE 7 minute PB in a time of 3:46:45. That's a 5'22 pace!

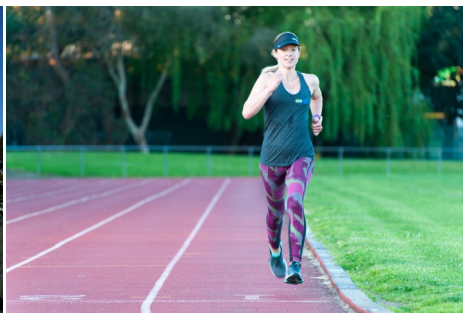
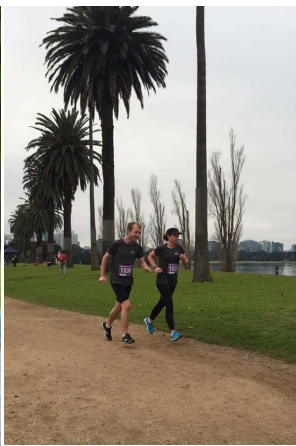
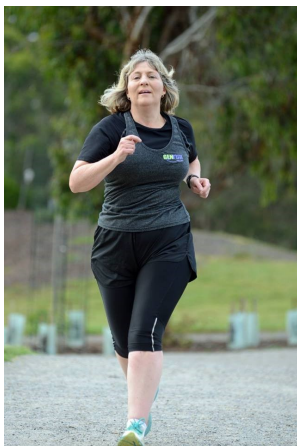
It's been a long time coming, but it has come!

Twenty Minutes Ahead of Time - Nikki Glitters like



GOLD!: *Nikki Raisbeck is our quiet achiever. This year alone she has broken her half marathon PB 3 times over and has just bettered (or more fittingly, annihilated!) her previous marathon PB by an extreme 37 minutes to bring it home in 4:50hrs, a whopping 20 minutes faster than her goal time! How does she celebrate such a feat? In her words - "I'm off to eat my body weight in chips!"*

Currently taking a well-earned rest period, Nikki will return slowly to running in a week's time, then shall refocus her training for Wonderland in August.



**Gen Run Grey
Apparel is in
stock!**

Collect your grey apparel line of Gen Run merchandise from your coaches at training now! Orders of hoodies, long-sleeve running tops, tees and singlets are all now available and in stock! PLUS we still have a supply of black and grey beanies for these Winter months!

CUSTOM APPAREL will be in stock shortly so please, remain calm, we thank you for your patience



JOIN your fellow GEN RUNNERS at this year's RUN MELBOURNE event to be held on SUNDAY 30TH JULY at FEDERATION SQUARE.

With a (now) 6km, 10km and 21.1km Half Marathon, you have the opportunity to become part of the buzz and vibe as you take in all of Melbourne's iconic landmarks on your race around the CBD! We already have over 15 of our members registered and training hard for this event, and Coaches Bec, Steve and Burleigh Boy are all looking forward to cheering you on!

SPECIAL OLYMPICS - Junior National Games on the Gold Coast - July 2017

This week, 200 young athletes with an intellectual disability aged 8-15 have come together on the Gold Coast (QLD) to compete across four sports at the fourth Junior National Games. The sports they will participate in are athletics, basketball, football and swimming all held at Runaway Bay Sports Super Centre.

Oscar Payne (eldest son of Michelle and Andy, and face of Oscars 100) is one of these talented young athletes, chosen to represent his state at a national level.



On Tuesday 4th July, Oscar took to the podium in all his events with silver medals in his 50m, 200m and long jump finals, and a bronze in his 100m. Oscar was the youngest competitor in 3 of his 4 events! PLUS, a gold medal for his winning basketball team! An outstanding achievement and some exciting times ahead for this passionate junior! **WELL DONE OSCAR!** Look at that smile!!!



Your 'Gen Run' Squad team has been created and is ready for you to join at this year's 2017 Melbourne Marathon Festival!

Join your fellow Gen Runners in the 5.7km, 10km, 21.1km or 42.2km event.

Coach Bec will again this year be an official Marathon Pacer and Coach Steve will be working hard at the Active Feet pop-up store and (hopefully) getting a race in too! **SIGN UP NOW**

Register here:

<http://melbournemarathon.com.au/>



Join Team 'Gen Run' this October for Melbourne Marathon 2017!

KNOX DOG PLAY

PARK—Knox Park, Ferntree Gully Rd, Knoxfield

Run, walk or just play with your 'best friend' then join us all for **BYO PICNIC!**

Gen Run Dog Squad's
**DOG-JOG & SOCIAL
CANINE CORROBOREE**

**SATURDAY 5TH
AUGUST**

*Great walking/running/bike path along the Corhanwarrabul & Ferny Creeks.

*Bring a plate of something to share and let's have a picnic!

*Make it a family outing!

Meet at
10:30am and
stay as long as
you like!



Meet Coach Steve:

Ever since I could run; I did.

When I was younger, running is what helped me to be better at sport until I finished with competitive sports in my early 20's. From there I had to find a substitute for sport, so running became my passion.

Running can be done anytime and anywhere. It allows us to be free and to take in the wonderful outdoors we are so privileged to have. Running has allowed me to explore the world and wilderness; from running big city marathons to single trails over mountain ranges. To share this with friends and my wife Bec makes it even more amazing.

I really wanted to make my life about running, so I changed my career and 5 years ago I started working at Active Feet. This has allowed me to work in the running industry and share my passion with others. I love a new pair of running shoes to put on, and to share this with like-minded people makes the working day ever so nice. I love the technology and ever-changing world of running shoes and to be able to help runners make an educated discussion about their next shoe choice is very important to me.

2 years ago, my wife started up her own running squad (Generation Run) and I wanted to help her as much as possible. I became qualified as an Athletics Australia Recreational Running coach and have now done my Level 2. I wanted to be able to help train others to be the best they can be. I wanted to motivate and encourage others to follow their dreams and to run.

Running for many people doesn't come naturally. It is hard work; no matter the distance. For me, a hard and fast 5km race can be as tough as a marathon. I have raced many distances; 5km, 10km, 21km, 42.2km and 56km; on both trail and road. Still undecided as to which I like best, I do however, know that I love and respect each distance and race.

Running for me isn't always about what you achieve; it's about meeting others and sharing a common passion. I love to support others and help them achieve the bigger picture. Running brings people together for many different reasons, but in the end the finish line is the goal.



“Ever since I could run; I did.”

Meet Coach Bec:

As someone who took up running less than 7 years ago (in my late twenties), to improve my figure and fitness; if I had been told back then that I would go on to be ranked number 18 female in Australia over the Marathon distance (2014), have my own Recreational Running Squad – Generation Run, and live, breath and sleep running, I would have said they were delusional! The universe has a funny way of working things out, and now, I wouldn't possibly have it any other way. Every day, often twice, or three times a day even, I get to see the enormous benefits that running has on individuals. To see how life-changing such a simple activity can be; and it is, a simple activity. We start running from such a young age and we think nothing of it, it's natural, it is a part of us all, we just forget about it as time goes on; we lose the pure joy of running down a grassy embankment, our legs running away with us, the gay abandon that we felt as a child. Now, as a coach, I guide people through their running journeys. From 5km to ultra-marathons, from track to trail, from feeling like they don't know how to run, to becoming a regular runner and an inspiration to their friends and family, a role model to their children, and a new and improved version of themselves.

Daily, I share my training with my husband (and Generation Run Assistant Coach) Steve. Not solely running; also cycling, horse-riding (my other hat – a Horse Riding Instructor), gym work, swimming and deep water running. We share our little house with our pet Galah Birdie, and outside our pet duck Daffy and his 2 pigeon friends Chesty and Newbie. Plus, our 5 horses who reside at my parent's property just up the road!

I aspire to be a better runner, faster and more enduring. To bring the joy of running to so many more people in our community and beyond. To one day run a Farm Stay/B & B with Steve, hold training camps and restful getaways. To see more of the world. To (we must dream big, right?!) one day wear the green and gold for Australia. And finally,

when life gives way to time, knowledge, and experience, to write a book about it all.

Who knows?

Someone might just read it and be inspired, or at least amused!



CALLING FOR VOLUNTEERS



Please make yourself known to your coaches if you are available to volunteer for this event! We need helping hands to marshal, assist competitors and event organisers, and of course to support!

To all our Gen Runners born in JULY...

Happy Birthday!

Paul Brown—July 7th

Caragh Spicer—July 24th

Lauren Starr—July 13th

Mel Jeff—July 26th

David Bain—July 17th

Henry Martin—July 26th

Dave Angove—July 20th

Antoniette Anastasio—July 30th

Tom Raisbeck—July 21st

