



# Energy City Harriers NEWSLETTER

Issue 2

July 2009

## Welcome

The club is booming!! Our membership stands at around 115, the highest I believe for some years.

It is great to see so many new faces at both our Tuesday night and Saturday morning pack runs/walks. Remember when running/walking at night or early morning to wear your reflective belts or tops and adhere to all road rules - cars have right of way. Also remember to look out for everyone in your pack.

With the various events we have held I have been most impressed with the assistance offered by the committee and club members. These events could not have been the success that they were without everyone's support and I thank you all.

The mid-winter social function at the Auto Lodge with Geoff McGrath last Thursday evening was very enlightening. I'm sure those who attended came away inspired by his enthusiasm and achievements. Remember his advice - don't make any rash commitments that you might come to regret later!

The club is having a fantastic season and there have been many improved performances by members - helped under the guidance of Gerald and his Monday and Thursday night sessions.

We are now gearing up for the road season and I am sure we will again see improved performances by many.

**Helen Begg**  
President

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[www.thefrontrunner.co.nz](http://www.thefrontrunner.co.nz)

25 Devon Street East

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If you have recently purchased a club singlet from The Frontrunner (the pale blue colour) please go back to The Frontrunner with your singlet and it will be exchanged for another in the correct colour.

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**"My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants."**

# Upcoming Events

25 July

- Pack run from clubrooms 8.00am - Coastal Walkway.  
*(Points = 3)*
- Patuha Lodge. Meet at Lodge at 1.00pm. Afternoon at Patuha Lodge following the run.  
*(Points = 6)*

1 August

- Pack run from clubrooms 8.00am - Te Henui Walkway.  
*(Points = 3)*
- NZ Cross Country Championships, Christchurch. Full details advised closer to day.  
*(Points = 6)*

2 August

- Taupo Half Marathon  
*(Points = 6)*

8 August

- Pack run from clubrooms 8.00am - Coastal Walkway.  
*(Points = 3)*
- McIntryre's Invitation. Meet at Rimutauteka Rd 1.30pm. Run across farmland. Wear old shoes! Please bring a plate.  
*(Points = 6)*

15 August

- Pack run from clubrooms 8.00am - Back Beach via Herekawe Walkway, low tide 10.07am.  
*(Points = 3)*
- Club Road Championships, Kaimata St, New Plymouth. 5km (1 x 1km circuit). Sealed handicap event. Please bring a plate. Full details advised closer to day.  
*(Race points)*
- Tough Guy Rotorua

22 August

- Pack run from clubrooms 8.00am - Te Henui Walkway.  
*(Points = 3)*

- Taranaki Road Championships. Full details advised closer to day.  
*(Points = 6)*

- Sunday 23 August - Taranaki Schools Road Relay. Helpers required!

29 August

- Pack run from clubrooms 8.00am - Huatoki Walkway.  
*(Points = 3)*
- Stratford relays. Full details advised closer to day.  
*(Points = 3)*
- Mountain run. Meet at North Egmont at 9.00am. Brunch at North Egmont Visitor Centre.  
*(Points = 6)*

5 September

- Pack run from clubrooms 8.00am - Coastal Walkway.  
*(Points = 3)*
- Vice President's Invitation - Henwood Road at 8am. Morning tea to follow. Please bring a plate.  
*(Points = 6)*

- NZ Road Championships, Dunedin. Full details advised closer to day.  
*(Points = 6)*

12 September

- Pack run from clubrooms 8.00am - Te Henui Walkway.  
*(Points = 3)*
- Club Trip - Red Forest Relay, Rotorua. Full details advised closer to day.  
*(Points = 6)*

19 September

- Pack run from clubrooms 8.00am - Coastal Walkway.  
*(Points = 3)*
- Hutchinson Cup, Hurworth. 10.4km handicapped road event. Afternoon tea and prizegiving at Max and Carolyn Dravitzki's, Carrington Rd, New Plymouth. Please bring a plate. Full details advised closer to day.  
*(Points = 6)*

26 September

- Pack run. Meet at from Bellringer Pavilion, Pukekura Park at 8.00am.  
(Points = 3)
- Brooklands Circuit Race, Kaimata St, New Plymouth. 6.4km (4 x 1.6km circuit) estimated time event. No watches. Please bring a plate. Full details advised closer to day.  
(Points = 6)
- NOTE LAST POINTS RACE.

3 October

- Pack run. Meet at Bellringer Pavilion, Pukekura Park at 8.00am.
- NZ Road Relay Championships, Christchurch. Full details advised closer to day.
- Sunday 4 October - Daily News Half Marathon.

10 October

- Marathon clinic. Meet at Bellringer Pavilion, Pukekura Park at 8.00am.



**CITY NEW WORLD  
NEW PLYMOUTH**



**80's, 90's and Now!**

## Tips for the Aging Runner

The younger club members can ignore this article. However the majority of Energy City Harriers fall into the category of aging runners. Athletes peak at about 30 for shorter distances and up to 35 for longer races. This means that even Karl is approaching the downward slope! I had a nasty reminder of getting older after trying to keep up with Karl & Ed on the Stratford Mountain run. I was exhausted at the finish when Cheryl said "remember you are not 50 anymore" - ouch! As we age we get slower, need longer to recover and are more injury prone. How best to cope? Firstly we need to realistically adjust our expectations while maintaining motivation. One of the best ways to do this is to use age-adjusted times. There are a number of on-line calculators which allow us to plug in age, gender and race times and compare to other age groups. So instead of going for a personal best, aim rather for an age-adjusted pb.

Realise that with age there is a finer margin between optimum training and overtraining. This means that it is easier to get injured if we overtrain. Remember OPTIMAL STRESS + OPTIMAL REST = OPTIMAL PROGRESS. Each workout should have a goal and an optimal pace. The goal of the run may be 1) speedwork (fast enough to stress the body but slow enough to recover for the next hard workout) 2) recovery - one of the commonest errors is doing recovery runs too fast 3) endurance - about 60-90 sec slower than marathon pace 4) socializing - achievable with all the above.

Mix it up - different speeds, different running surfaces, different shoes, different distances. Variety makes running more interesting and makes us less injury prone. Stretching is probably more important as we get older as is core strength. There is a definite place for cross-training. Remember the main goals are to keep running. To keep enjoying our running and to be running like Gerald does at the age of 66.

Robin Grant

## Past Events

### Tough Guy 2008

When Brenda Cottam gathered a group of us together for Tough Guy Challenge in Rotorua, I don't think any of us 'newbies' to the run had ANY idea what we were in for! Getting ready for the race was a challenge in itself...putting socks over the top of shoes to prevent grit getting in, taping our shoes to our feet so that the swamp didn't 'eat' them, wearing as much skin tight gear as possible to prevent the mud weighing us down, layers of thermals on top to try to keep the warmth in....am I painting a picture of what is to come??!

The start line was at the base of a hill equivalent to Belt Rd, all 2000 of us lined up, nervous laughter sounding through the hills. The countdown began and we were off....up a hill, down a hill, up, down, up, down...then the first of the mud sessions...pretty tame, 30m ankle deep mud. No worries....we're tough....even after I grabbed the taping next to the mud for support, only to find that it was an electric fence to keep us herded through the mud. I'm learning the hard way! On we ran with mud bricks attached to our feet now instead of light running shoes. Up a hill, down a hill, up, down, up...get the drift?? Lungs burning, legs on fire, mud bricks on feet...still feeling tough. Then we hit the swamp, leaping in only to stop suddenly in glue like waist deep mud. Plodding slowly through, trying to aim for the shallowest mud possible only to hit an unseen hole and disappear up to armpit height mud. Out of there round a corner and across some wooden planks just to realize that the only way to carry on the run was to jump into the lake and get across to the bank. Lung shrinking cold lake. Out of the water over a series of fences, under a 20m barbed wire section, under a rope netting...and finally we get to haul ourselves up another hill to carry on the run. The hill to come was the biggest scariest hill yet. So steep that there were 3 ropes hanging down it so you could haul yourself to the top of the hill without sliding back to the start. Excellent, my arms needed a workout! From here the troops soldiered on through bush, up steps equivalent to the back beach series, up more hills, through more mud, to find ourselves back at the start and aiming for lap 2! Yes, lap 2!

But I have to say, the next lap was a beaut! By the time I'd hauled myself round the first time, I knew I could do the second, so the race was on! The blokes were determined to get in front, the women were determined to get back for the hot showers. After a sprint finish with another Tough Gal I crossed the finish line....only to be handed a can of Waikato Draught. Off for a hose down by the water truck, then headed as fast as my freezing body could move in the direction of the 'hot' showers. Which, you guessed it, were cold! Are you brave enough? Are you tough enough? We were! We survived and will be back for more next year!

Jane Elder

## TIMBERCO

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**"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"**

## Useful and Interesting Links

[www.coolrunning.co.nz](http://www.coolrunning.co.nz)

<http://www.kevinross.co.nz/Marathon-Calculator.190.0.html>

<http://nz.mapometer.com/en/>

<http://www.enteronline.co.nz/>

## Energy City Harriers Committee

President:	Helen Begg	752 7590
Club Captain:	Steve Grant	751 3259
Vice Captain:	Steve Dixon	753 6894
Secretary:	Jane Elder/Brenda Smith	
Treasurer:	Cheryl Leuthart	753 2144
Handicapper:	Brian Hall	752 7590
Subscriptions Secretary:	Brian Hall	752 7590
Committee:	Gerald Dravitzki	
	Robin Grant	
	Keith Goodwin	
	Mike Ingram	
	Steven Dickson	
	Julie Johns	
	Michelle Coulton	



**ENERGY CITY  
HARRIERS**

P O Box 683, New Plymouth

Clubrooms

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