

Running on Empty

Official Newsletter of the Bendigo University Athletics Club

Newsletter 2, 2013



facebook.com/bendigouni



twitter.com/bendigouni



bendigouni.com

Welcome to Running on Empty, edition 2!!

And we look at what was making news this month around the club.....

Bendigo Lake Relays

A very successful day out for the 10 Uni teams at the recent Athletics Bendigo Lake Relays held at Lake Neangar in Eaglehawk. Uni had a total of 32 runners, with many podium finishes. Highlight of the day was winning both the Open Men and Open Women titles. Melissa Douglas (14:22), Maree Platt (15:39) and Alison Cartner (13:43) easily held off South Bendigo's Open Women's team to record a 40 second win. The depth of quality runners really showed with our Open Men's team convincingly beating the second placed Harriers Open Men by a handy three minutes! The team included Bryan Keely (10:33), Leon Keely (10:10), Fraser Walsh (10:39) and Andy Buchanan (9:49). Our Open Men's B team came in a strong third place, with Andrew Creer (10:50), Jarrah O'Shea (13:03), Craig Feuerherdt (11:48) and Tracey Wilson (11:39). Our 50+ Men also took out first place, with a very strong team consisting of Jim Russell (12:01), Gavin Fiedler (13:32) and Mike Bieleny (10:36). Other podiums for the day included Under 18 Men who placed second (Matt Heislars, Ryan Brook and Max Pearce) and our Under 12 Girls who finished third (Tully Rowe, Millie Lourie and Charlie Lourie). Many thanks to all who helped out on the day, in particular David Heislars.



Not bad for old fellas! - Mike Bieleny along with club stalwarts Jim Russell and Gavin Fiedler taste victory in the 50+



Smiles all round! - Mel Douglas and Maree Platt celebrate taking the win in the Open Womens

Uni Invitation

Once again our club put on a fantastic Invitation which is always one of the showpiece events on the Athletics Bendigo calendar. A cool, sunny day greeted runners for the descent into the One Tree Hill bushland. Many thanks to all the members who volunteered throughout the day and to our executive for all the hard work that went into the day to make it the success that it always is. Other clubs envy our Invitation and for good reason. Notable results from the day were; Fraser Walsh 1st U20 7.5km, Mike Bieleny 1st 50+ 7.5km, Tina McBain 1st 50+ 7.5km and Belinda O'Sullivan 1st Open 4km. Along with many placegetters in all age groups it was great to see a very good showing from our members!

Buchanan's at Boston

Once again Alan and Jenny Buchanan have taken a lovely overseas holiday and decided to run a marathon in the progress (whilst leaving their son at home to look after the veggie garden). This time it was the highly prestigious and highly publicised Boston Marathon. Alan took back some bragging rights after finishing in a time of 3:36, with Jenny not far behind in a time of 3:40. Hopefully upon their return from Canada, the staff at *Running on Empty* will be able to afford an interview and story from the famous running couple.

London Marathon

Continuing on the international theme, Kevin and Frances Walsh also ticked off another one of the six major marathons, this time running the London Marathon. Once again the kids were left at home which is a concerning growing trend. "It was a fantastic event with over 35,000 people running, we were feeling a little anxious because of what had happened at Boston but turned up race day and that all went". Kevin finished in a time of 3:45 and Frances 4:30. "For the full 42km's of the course people were yelling and cheering, London put on a great day weather wise. It wasn't going to be fast times as so many people in it but the atmosphere was second to none". Well done again, another couples of marathons to add to the tally of Uni members this year!

Ironman Australia @ Port Macquarie

For some reason, some of our members feel that running, even a marathon, doesn't put their mind and body through enough and want another challenge. Well for these 'crazy' people Ironman Australia in Port Macquarie was the goal. Ideal conditions greeted the 1600 athletes and more importantly five Uni members. David Meade lead the way finishing in an unbelievable 9 hours and 9 minutes, completing the marathon in a very handy 3:10. David placed 5th overall and won his age group. Jason Sim was the next Uni member across the line in a time of 10 hours and 44 minutes (216th overall), closely followed by Russell Tremayne in 10 hours and 46 minutes (226th overall), Roy Preece 10 hours and 53 minutes (256th overall) and Ben McDermid 11 hours and 4 minutes (328th overall). Well done to all these athletes!!

Media Watch



Al and Jenny Buchanan make yet another appearance in the local newspaper with family friend John McGrath before their trip over to Boston

Who's hot at the moment....

- Mike Bieleny once again, this time for receiving Bendigo Athletics Outstanding Veteran of the Year Award. This award is given over the summer period, where the board nominate a veteran who is excelling in their age group and to our knowledge Mike is the first BUAC athlete to win this award. Just showing that life really does start at 50!
- Bryan Keely has been nominated for the Australian team to compete in the World Orienteering Championships to be held in Finland in July. Bryan will contest the sprint race.
- Uni members @ Mothers Day Classic—What's better then breakfast in bed on Mother's Day? Or having an excuse for not cooking your mum/wife breakfast in bed? A lovely 4 or 8km Fun Run through Beischer Park. This was a clear choice for many of our members who competed in the event. Congratulations to everyone who finished and supported this great cause!
- Mel Douglas for her completion of her first half marathon during the Great Ocean Road marathon carnival. A fantastic time of 1.53 will be sure to keep Mel in training for some more of these!



and who's not....

- Boston bombing—Many can still not believe or understand how this happened and why they would target a sporting event, in particular a marathon. One can only hope that this does not affect the great Boston Marathon and also other marathons around the world.

David Heislars....This is Your Life!!

Shayne spends a few moments with our vice president.



David Heislars was born on the 19th August 1965. He spent the first two years of his life in Bright before his family moved to Daylesford and then to Creswick. At the age of nine the family moved again, this time to the big smoke at Mt Waverley. At the end of his secondary schooling he attended Melbourne University where he studied Geology/Geophysics.

David's first real job was with an environmental consulting company in Brisbane. Eventually, in 1994, his career brought him to Bendigo. He is now employed with Kilter and manages 10,000 ha of land for sustainable agriculture and environmental outcomes in Northern Victoria.

In 1995 David married Janine. They had previously met in Melbourne and Janine followed David to Bendigo. Janine is a qualified accountant and now runs her own bookkeeping business – One Time Finance Admin. They have two children, Matthew and Emily, who both run for our club. Matthew is in Year 9 and Emily is in Year 6 at Girton Grammar.

David has always enjoyed running for fitness but had never really run competitively until he joined BUAC four years ago. The longest he has raced so far is 19km event at Marysville in April this year. His career highlight was winning the Richard Kitt Memorial, 1500m event at this year's Bendigo International Madison carnival.

David's ambition is to compete in this year's Run Melbourne half marathon and then possibly a marathon within two years.

Saturday mornings on race day generally start with a healthy breakfast of porridge at about 8am. He follows this with a light lunch which he eats certainly no later than 12.30pm. Lunch often consists of a hot dog in bread, yoghurt and a piece of fruit.

David is currently vice president of our club and he along with his family have been great contributors to our club.



#unipride



Looking for training partners??

One of the most popular running groups in Bendigo is the McGrath-Buchanan training 'supergroup', the group meets at the John Bomford Centre car park (next to Kennington Reservoir) on Thursday mornings at 6.00am and again on Sundays at 7.00am.

And for those looking for a bit of friendly competition, every second Tuesday night starting at 6.00pm at Lake Weeroona there are time trials around the Lake of either 1500m (1 lap), 3000m (2 laps) or occasionally 6000m (4 laps). These races are run in a very social atmosphere and a great way to see yourself improve each time you have a run. Next races will be run on June 4, June 18, July 2, July 16. For enquiries phone, Greg Hilson 54483846.

Some fun facts about Running...

- Athletes dressed in red are more likely to win events compared to athletes wearing any other colour!
- An average man has enough energy in his fat stores to run non-stop for 3 days at 24km per hour—that's fast!!
- The oldest person to complete a marathon was born in 1911, making him 100 years old at the time. He was an Indian man named Fauja Singh. Fauja didn't even start running until he was 89 years old....it's never too late to start!!
- When we run, the human heart creates enough pressure to squirt blood 10 metres!
- Runners who played ball sports as kids had nearly 50% fewer stress fractures than runners who didn't. Stanford University found that runners who played ball sports had, "greater and more symmetrically distributed bone mass"
- Physically active people have a 60% lower risk of Alzheimer's disease than couch potatoes



Pre-race nutrition

Here at *Running on Empty*, we are big on pre-race nutrition and will bring you some of our favourite pre-race meals if you get stuck for ideas for tea on a Friday night before a race.

This month, Lee gives us one of his favourite pasta recipes.

Chicken Creamy Pesto Pasta

Ingredients:

- 350g pasta (whichever sort is your favourite)
- 300mL light cream
- 1/2 cup basil pesto
- 3 brown onions—sliced
- 400g skinless chicken breast fillets (sliced)
- 1/2 cup sundried tomatoes
- Parmesan Cheese
- Pane di casa loaf (warmed)

Directions:

1. Cook chicken fillets until browned and cooked through
2. Add Pasta to a saucepan of boiling water and cook until tender then drain.
3. Place pasta into pan on medium-low heat, add cream, pesto, onion, chicken and sundried tomatoes. Stir to combine and cook for a few minutes until heated throughout
4. Serve into bowls and serve with warm pane di casa
5. Enjoy!!



Contributions

If you would like to contribute a story, photo, joke or anything else to *Running on Empty* then please feel free to let Lee, Andy, Shayne or Alan know. We also encourage anyone to 'dob in a performance' of a fellow member to get all the performances of our members up in lights!

What's coming up.....

Date	Event	Location	Distances	Date	Event	Location	Distances
June 1	South Bendigo Invitation	Woodvale	1,1.5,3,6.5k	June 22	BU—Junortoun Jog	Junortoun	1,3,8.6k
June 8	BU—Rifle Range Rattle	Junortoun	1, 3.4, 8k	June 22	AV XCR—Bundoora Park	Melbourne	8, 12k
June 8	AV XCR—Brimbank Park	Melbourne	6, 16km	June 29	Eaglehawk Invitation	Lake Neanger	1,3,6k
June 15	BU—Mandurang Meander	Mandurang	1,3,6.2k	July 6	BU—Pearces Road Rally	Mandurang	1,3,6,7.5k
June 15	BU—Club Mid Year Night Out	TBC	N/A	July 6-7	Gold Coast Marathon	Gold Coast, QLD	5.7, 10, 21, 42k