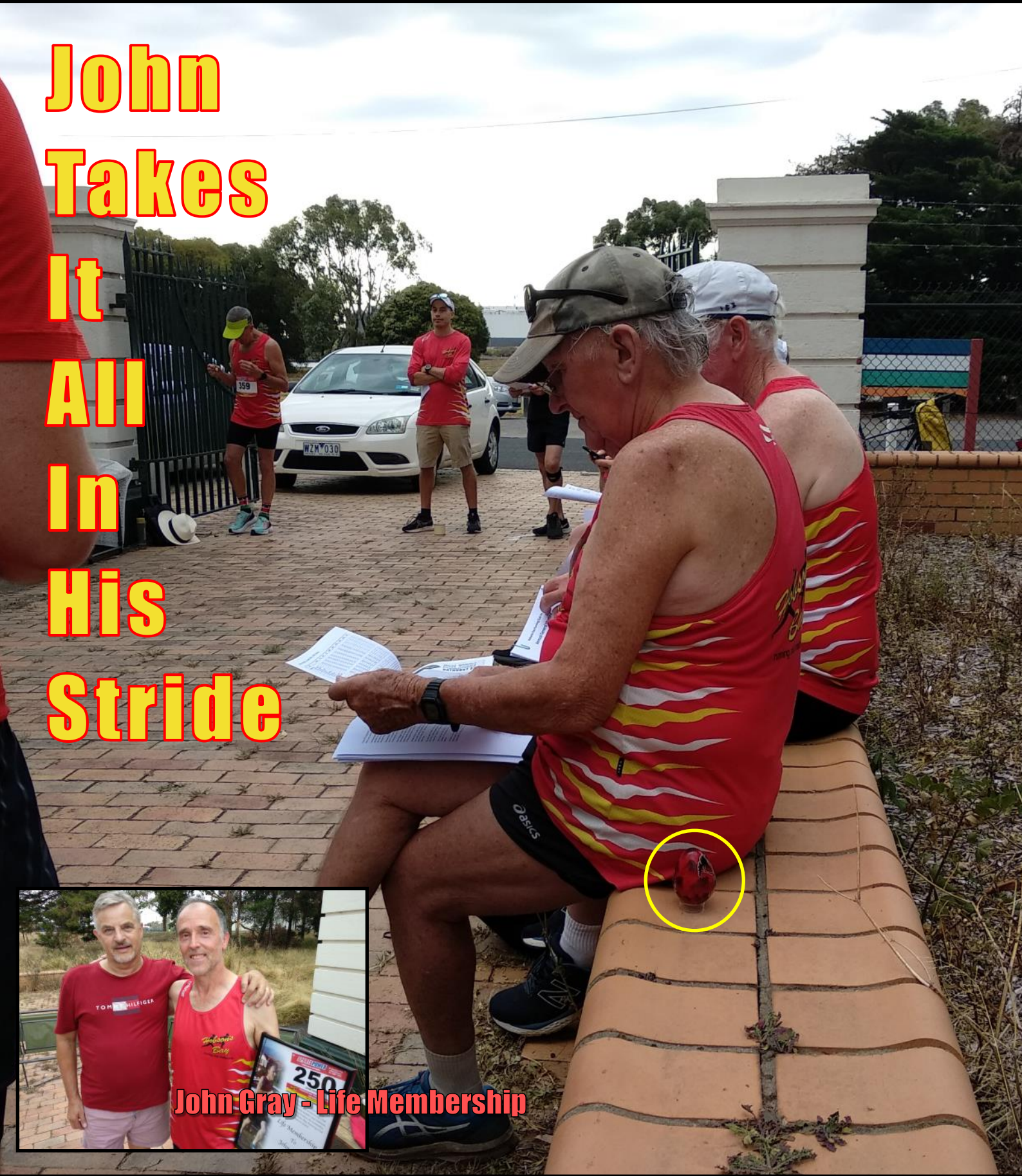


John Takes It All In His Stride



John Gray - Life Membership



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President:
John Gray

Secretary:
Bronwyn Rowleson

Treasurer:
Peter Buissink

Handicapper:
Mick Beasley

Editor & design:
Michael Slee 9687 0157
michaeljslee58@gmail.com

Committee members:
Brian Armstrong, Tameka
Day, Sarah Lowe, Andrea
Mongan, Terry Pearce, Daryl
Sadgrove

Past Patrons:
Ted Joy & John Condon

Website: hobbos.org.au
Email: enquiries@hobbos.org



HELPERS - nothing happens without 'em

Forthcoming Events

Sat 25th Mar	March Handicap
Mon 27th Mar	Hobbos Committee Meeting, 7pm
Thu 30th Mar	5K Time Trial NPAT
Sat 29th April	April Handicap

As always, see Facebook for latest club updates
& event registration advice

The Hobbos - a social club with a running problem



2023 Membership - Now Open

Members fees are as follows (they have changed):

Individual: \$60	Concession/Pensioner/Child*: \$30
Family of 2: \$120	Family of more than 2: TBA

***a child not part of a family membership**

Runners who are not financial members are free to enter the monthly handicap but are not eligible to win the PRIZED KENYAN EGG

FACEBOOK & INSTAGRAM

Don't forget our social media. It's a great way to share information or gossip, rather than waiting for the newsletter.

WEBSITE

www.hobbos.org.au

NEWSLETTER CONTRIBUTIONS

Don't miss out on getting your story in, contact Michael today.



From the Editor's Desk

with Michael Slee



This issue of Home Runs is packed!

A **Strength Training** article by **Victor Chea** 'new physio' at **Symmetry** provides some food for thought. We travel with **Andrew Greaney** as he pushes himself to the limit on **Oscars 100 Hut2Hut**, a gruelling trail event. Our Tassie correspondent, **Brian**, keeps us up to date in the busy world of **Hobbos Coaching**. New **Life Member** and **Club President John Gray** introduces you to our 2023 committee (John too will be in Tassie by the time you read this - more trail running). There is an **Easter Gift** report and with it the wrap up of the **Daylight Saving Series** (DSS) - congratulations Anna. Of course we showcase long time Hobbo **John Beecroft** with his victory in the February Handicap. If you have ever wondered how **Home Runs** is put together then March is the issue you have been waiting for. Using the cover of our newsletter as a focus, yours truly has tried to explain the process I bury myself in on the Monday of Handicap week. It's fun and I enjoy it and it's one of those jobs where you can always do just that little bit more...

The Hobsons Bay running Club has two wonderful sponsors. **John Ayton's Sports Power** (see the ad below) and **Symmetry Physiotherapy** (p11). Each has been a long time supporter of our club and in turn we need to support them... & my **Archies** are the best things I've ever worn!

I am a non-starter for the March Handicap. I will be in Macedon wearing my other hat as the President of the Williamstown Film Society, at the AGM and Information Day for the Federation of Victorian Film Societies. It is a time to catch up with people from other film societies and compare notes, films, local councils etc. and of course we will watch a movie after lunch. So, I won't see you at the start line this month but make sure that there are plenty of photos for next month's issue of Home Runs please...

The advertisement features a large, dark blue sign with the word "SPORTSPower" in bold, red and white lettering. Above the sign, the text "John Ayton's SPORTSPower for all your sporting needs" is written in a stylized font, with "SPORTSPower" in blue and red. Below this, "Corner of Electra & Ferguson Streets, Williamstown" is written in red. To the right of the sign, "15% Hobbos Discount" is written in large, white, bold letters. At the bottom, "WILLIAMSTOWN" is on the left, "SPORTSPower" is in the center, and "YOUR LOCAL EXPERTS" is on the right, all in blue and white. The background shows a clear blue sky and some green foliage.

John Ayton's *SPORTSPower* for all your sporting needs
Corner of Electra & Ferguson Streets, Williamstown

15%
Hobbos Discount

WILLIAMSTOWN **SPORTSPower** **YOUR LOCAL EXPERTS**



Gray Matters

with President John Gray



Your new committee

Please join me in welcoming our 2023 committee, which is only slightly different to our 2022 committee – Matt Davis has stepped down due to family commitments after a few years on the committee, but is returning as one of our coaches. We are joined on the committee by one of our Tuesday night track and monthly handicap regulars, Sarah Lowe. Sarah is a trail runner and marathon runner and a great asset to the club and the committee - Welcome Sarah.



Following the election of committee members, a surprise item of business was the conferring of life membership upon me. I was stunned and lost for words, and honored to be made a life member of our club, joining our pantheon of life members;

Mark Maloney

Eero Keranen

John Condon

Peter Buissink



Everyone knew except John...

I joined the Hobbos about 10 years ago, and after orbiting for a few years, I wanted to contribute to the club so joined the committee. After a few years on the committee, I stepped up to be Secretary for the next 4 years, supporting Mark and then Rob during a period of change

as we implemented electronic timing, Phar Lap, the Daylight Savings Series, became Newport Track tenants, and affiliated with Athletics Victoria. At the end of 2019, Rob stepped down and I became your club President, and immediately had 2 years of covid before this last year of relative normality. It's been a privilege to lead the club over the last few years, to help people maintain their well-being through lockdowns, and to watch people join the club, challenge themselves and enjoy their running, thanks to our wonderful coaching team!

The Daylight Savings Series

The Daylight Savings Series concluded earlier this month with the annual Easter Gift 1500m handicap. Note that as with Easter itself, the date of the Easter Gift moves around from year to year, with the date selected being the last Tuesday before the end of daylight savings, that is at least a week apart from the March handicap, to allow time for recovery.

Well done to **Anna** who's had a great season coming back from giving birth to Teddy and taking out the series, and to Rob, Chris and Jimmy, all having a consistent summer season, with Rob willing himself back into form with great determination.

Meanwhile I used my determination not to run in the shorter events despite being greatly tempted, as I do enjoy challenging myself over the 1500m distance, especially if I have Tam or Terry to go up against. It was all for the best while I focussed on endurance rather than speed, and nursed and juggled a few niggles so I could compete in my two Hobart mountain trail runs, now with one down and one to go this weekend.

Unfortunately I'll be missing the March handicap, to be in Hobart for the kunanyi Mountain Run. While you guys are enjoying morning tea, I'll be in the middle of a 24km trail run with 1600m elevation, along with Diane, Cat and Mandy!

Until next month, stay fit, healthy and safe.



Hobbs Coaching

With Brian Armstrong, Coaching Co-ordinator

March Coaching Update

Congratulations **Rob Falloon**, who has just completed his L2 coaching certificate. Rob has already been coaching to a L2 level, and now this training advances his certification level to match. Well done Rob and thanks you for all you do for our club.

Kate Milnes Walking sessions on Tuesday nights are popular, and we are always looking for more members for Kate's potential next series. Any members family or friends that are looking to start their fitness journey or are coming back from injury, this session is excellent. For further questions, touch base with Kate.

We are currently midway through Kieran's Tuesday track series and feedback is great. Kieran is a valued L2 coach, who is eager to assist members with any coaching queries or plans.

Our Sunday Children and Parents session attendance is a bit up and down at the moment, so we are closely monitoring comments on Facebook to determine if the session will be held each week. Any members interested, please ensure you comment each week.

Last fortnight numbers were great, but more attendance definitely makes it more fun for all.

Track attendance is excellent and Thursday hill sessions are moving along fine with consistent attendance.

It's great to see many PB's lately.

The sub 20 min 5k run target is definitely popular and with some consistent training, can be achievable for a lot of our younger members. While most runners appear to target times, targeting completion at an event you have never tried before, is also something worth considering. For members that run parkrun and haven't tried a trail run, consider training up for something like Goldfields Trail Run. While it is postponed this year, it's a great event and there is an 8km option.

As always, a huge thank you to all coaches below, who with your voluntary contribution make us the best running club around:

Abby Speakman, Alison Sanders, Andrea Mongan, Brian Armstrong, Daryl Sadgrove, Jane Gibbons, John Gray, Kate Milnes, Kieran Leonard, Laura Smethurst, Luke Beck, Matt Davis, Melissa Rutze, Peter Buissink, Rob Falloon, Sherrine McInerney & Tameka Day

Coaching team tip for the month:

'Try following a runner in Strava who inspires you. It's a great way to learn what they do well and what they may not. There are many learning advancements for everyone monitoring other runners'

2023 Coaching Co-ordinator
Brian Armstrong

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Easter Gift Handicap 1500 m - 14th March 2023 at Newport Ath Track

NAME	HANDICAP	GROSS TIME	NETT TIME	PLACE
ELIGIBLE MEMBERS				
Chris Hincliffe	2.00	8.28	6.28	1
Anna Anderson	1.45	8.29	6.44	2
Wade Noonan	3.20	8.42	5.22	3
Karen Hayes	2.00	8.43	6.43	4
Rob Falloon	2.10	8.44	6.34	5
Haydn Northover	3.30	8.47	5.17	6
Ray Barnard	2.00	8.51	6.51	7
Neil Speakman	2.05	8.59	6.54	8
Mario Valastro	3.00	9.01	6.01	9
Elias Ali Haapala	3.30	9.01	5.31	10
Rae Carter	3.00	9.02	6.02	11
Robyn Dols Ringleben	0.40	9.04	8.24	12
Ron Van Der Heide	3.20	9.10	5.50	13
Mark Letman	3.20	9.14	5.54	14
Nicola Wright	0.00	9.26	9.26	15
Stuart O Neil	1.20	9.41	8.21	16
INELIGIBLE MEMBERS				
Chaya Tiktin	2.00	8.15	6.15	
John Horan	2.00	8.28	6.28	
Kevin Aldred	2.30	8.40	6.10	
Thomas Williams	3.30	9.14	5.44	
Elise Hardiker	1.00	10.24	9.24	
Vanessa Coutts	0.00	12.09	12.09	
Guests				
Silvana Valastro	0.00	8.12	8.12	
Anastacia Aldred	0.00	8.22	8.22	
Kylie Lovell	1.55	5.53	3.58	

2022/23 DSS Events

The Annual Spring Gift 1500

Summer Challenge 1000

The Phar Lap 2 Mile

The February Handicap

The Annual Christmas Gift 1500

The Annual Easter Gift 1500



Daylight Savings Series

The Easter Gift - a 1500m track event which has been run since 1999, when the Hobbs was only in its 6th year.

The 2023 Easter Gift was also the final event in the 2022/23 DSS.

Congratulations to **Chris Hinchcliffe** - his flying finish edged Series favourite **Anna Anderson**, into 2nd place and stopped her from winning her second successive DSS event. Anna won the Summer Challenge in February. In third place was **Wade Noonan**.

A balmy evening after a warm day, the Easter Gift attracted a strong field and plenty of families, no doubt keen to sample our world famous BBQs.



Neil, Chris, Rob & Haydn trying to match Cheya's form



New member Kylie chatting with Rae & Ray!



Chris flanked by Anna and Wade



Kieran, Graeme, Kevin & Anastasia, with Gareth demonstrating snag eating technique.

Easter Gift 1500m



2022-2023 The Daylight Savings Series - Points Table after Race 6

Place	Move	Name	Spring Gift	Phar Lap	Xmas Gift	Summer 1000	Feb H'cap	Easter Gift	Best 4
1	-	Anna Anderson	7	15	9	15		13	52
2	+1	Robert Falloon	5	6	15	5	11	8	40
2	+2	Chris Hinchcliffe	5	11		5	9	15	40
4	-2	Jimmy Dywer	8		11	7	13		39
5	+2	Haydyn Northover	11			13		7	31
6	-1	Robyn Dols-Ringleben	5	5	7	11	4	5	28
7	-1	Sarah Lowe	15	5			5		25
7	+2	Mark Letman	5	9		6		5	25
8	+2	Graeme Dewerson	9			5	5	4	23
9	-1	John Gray	4	8	4	4	6	4	22
9	-1	Cain Speakman		5	5	5	7		22
9	+3	Nicola Wright	13	4				5	22
10	+1	Stuart O'Neill	4	5	4	4	5	5	19
10	+5	Kevin Aldred		5		4	5	5	19
11	+5	Elias Ali Hapaala	5			8		5	18
11	+7	Karen Hayes				9		9	18
12	-	Brian Armstrong	4	4	4		5		17
13	-	Brony Rowleson	4	4	4	4	4	4	16
13	-	Peter Buissink	4	4	4	4	4	4	16
13	+4	Neil Speakman	5				5	6	16
13	+9	Wade Noonan				5		11	16
14	-	John Becroft					15		15
14	+3	Mario Valastro		5		5		5	15
14	+3	Elise Hardiker				5	5	5	15
15	+1	Diane Donoghue	4	5			4		13
15	+1	Michael Slee	5			4	4		13
15	+1	Oilly Rees		13					13
15	+1	Steve Fuller			13				13
16	+4	Jude McCann		7				4	11
17		Peter Coulson	5	5					10
17		Alice Fuller	5		5				10
17		Henry Northover	5			5			10
17		Louis Northover	5			5			10
17		Jane Whitmore		5			5		10
17		Ken Smith		5			5		10
17		Peter Whyte		5		5			10



Strength Training for Runners by Victor Chea



If you're like me and a good part of the reason why you're exercising is to improve your quality of life, feel better and possibly live longer; then I hope this article helps you dabble in the iron culture.

"So, what does strength training have to do with running?" You might ask.

Well, there are **9 specific fitness adaptations** that a person can train and adapt to achieve. These are:

1. **Skill development/technique** – improving movement efficiency, e.g improving running technique.
2. **Speed** – Moving at a high velocity. E.g. sprints.
3. **Power** = speed x force. Has both a strength and speed component. E.g Olympic weightlifting
4. **Strength** – the maximum amount of force you can produce in **ONE** effort. E.g maximum squat for one rep
5. **Muscle hypertrophy** – size of a muscle. E.g. bodybuilding
6. **Muscular endurance** – Localised muscle effort e.g., how many push ups or sit ups can you do. This looks at how many reps the chest, shoulders and arms, or the abs and hip flexors can do in a single bout.
7. **Anaerobic capacity** – the **MAXIMUM** amount of work you can do in 30-120s. e.g. 400-800m sprint
8. **Maximal aerobic capacity** – think beep test, VO2 max, shuttle running.
9. **Long-duration endurance** – global endurance, think steady state cardio, how long/far are you able to go at a submaximal pace.

Training to improve your running abilities typically involves hitting a few of these adaptations, namely technique, speed, muscular endurance, maximal aerobic capacity and long-duration capabilities. Running doesn't seem to induce strength adaptations. So then why would strength be important?

Interestingly, there was a study in 2018 that investigated the differences between a set of identical twin males aged 52 years. One was an avid runner; the other was a bit of a couch potato. They investigated the twins' blood profiles, markers of cardiovascular and pulmonary health, and markers of the above adaptations. I mean, you can probably guess the difference between the two. The runner was healthier, had a better resting heart rate, lower cholesterol and body fat percentage, and greater aerobic capacity. However, strength and muscle size were pretty much the same. The runner also had worse muscle quality compared to the couch potato. How can this be?



As we age, we tend to lose muscle (atrophy) and its functional capabilities. A severe amount of muscle loss as we age is a condition called sarcopenia. This condition, and age-related muscle loss in general, typically affects the muscle fibre types (Type 2) that are designed to contract quickly and strongly. In other words, power and strength. A loss of muscle quality and function will lead to reduced mobility and ultimately physical frailty as a result of this process. So, as we age, muscles will largely be composed of the type 1 muscle fibre which is designed to contract slowly and for longer durations. This type is perfect for runners, and of course it tends to be the dominant fibre type in muscle biopsy studies of runners. However, given what I've outlined above, running doesn't induce strength or power gains and if we compound that onto the fact that we lose those Type 2 muscle fibres as we age, we might be in a bit of a pickle.

I'm not saying sarcopenia will affect you, severe muscle atrophy tends to happen in individuals that are resistant to growing muscle and are quite sedentary. Nor am I saying that this process cannot be stopped. As a matter of fact, no matter our age, our muscles will respond positively to strength training. That is, the muscles will retain their type 2 muscle fibres and they will even grow in size and strength! What I am trying to say though is that having both muscle fibre types opens up your avenues to feel good in everything you do, whether that would be having a run in the park, playing with the kids or grandkids, moving the couch out of the way. You name it. I want you to be confident and feel good in everything you attempt to do.

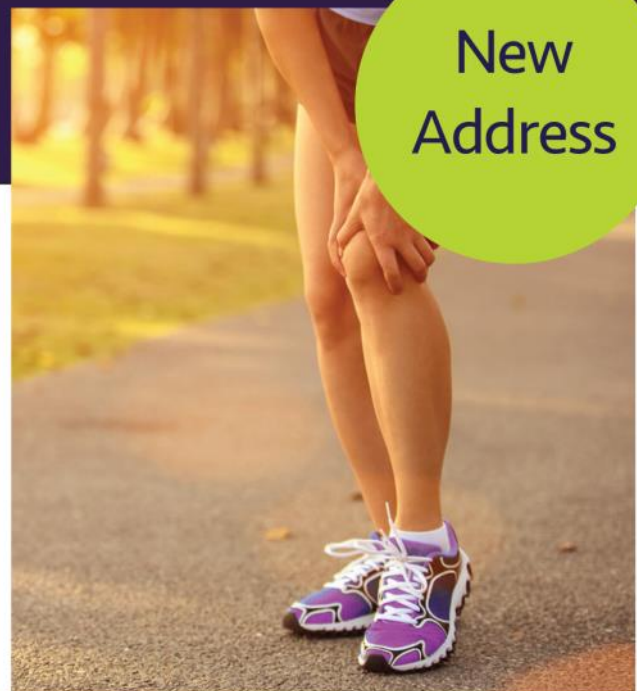
Hit the weights, do a few push ups or squats when you can, do whatever form of resistance training you like. If you do need any help with programming or if you have any more questions, come see us at Symmetry Physiotherapy.



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The Handicap

Mick Beasley's Facebook Post:

Results for the February Handicap are up, the second one this year run in pretty evil conditions. Kudos to everyone who stepped up and participated today - a few people looked in serious need of water at the finish.

John Becroft took out the win with his best time since February last year.

Jimmy Dwyer matched his PB - the only person to get even close - but had to watch as the final finisher snatched the win from under his nose. Still, it means he won't suffer the Handicapper's bastardry in March - unlike John. It is interesting to see both ends of the field sharing the top spots on the podium - I don't recall that happening in recent years.

My tip for the day was Rob Falloon who came in third.

Finally the Speakman plot for club domination is gathering pace, with Lois having her first canter through the arch. Welcome Lois!

That makes a half-dozen eggs...

...Kenyan Eggs that is.

John Becroft has been a Hobbo since the early days. His bib number – 55 – underlines this fact. He competed in his 50th Handicap in June of 2001 and took home his first Kenyan Egg 2 months later in August. He has won the Handicap on 6 occasions: May 2004, April 2007, January 2012, January 2014 and February 2023

most were doing it tough. PBs were well out of reach.

Following the handicap itself, morning tea and presentations at the Gatehouse, the club held its AGM. The high point of which was the awarding of Life Membership to President **John Gray**. It came as a complete surprise to John and enabled some family snapshots to be taken to preserve the moment for all time.



Pete presents John with his sixth Kenyan Egg

Conditions for the 330th running of the handicap were extremely tough last month. After a warm night the wind was up and it pushed and pulled on both the out and back legs of the course, and when the wind dropped away, which it did on occasions, it was hot. I was stationed as the turnaround point and to my eyes





Hobbos Handicap - February 2023 - 330th Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	John Becroft	39:29	47:59	-8:30	24:12	46:56	23:17	24:42	20	1	21
2	Jimmy Dwyer	40:24	19:24	21:00	19:24	19:24	9:31	9:53	19	12	31
3	Rob Falloon	40:31	25:26	15:05	21:24	23:48	12:39	12:47	18	0	18
4	Chris Hinchliffe	40:43	26:13	14:30	23:39	23:39	13:18	12:55	17	0	17
5	Michael Musgrove	41:00	41:20	-0:20	35:15	40:53	20:48	20:32	16	7	23
6	Cain Speakman	41:00	20:35	20:25	19:44	19:52	9:59	10:36	15	4	19
7	John Gray	41:09	20:54	20:15	18:51	19:55	10:15	10:39	14	2	16
8	Graeme Dewerson	41:13	21:53	19:20	20:26	20:43	10:41	11:12	13	0	13
9	Sarah Lowe	41:38	25:28	16:10	24:04	24:04	12:17	13:11	12	0	12
10	Jane Whitmore	41:39	26:09	15:30	23:08	25:03	12:55	13:14	11	1	12
11	Ken Smith	41:43	41:13	0:30	22:28	37:27	20:16	20:57	10	0	10
12	Stuart O'Neill	41:47	26:02	15:45	24:27	24:27	13:03	12:59	9	0	9
13	Graham Edwards	42:03	46:03	-4:00	36:14	45:30	22:39	23:24	8	6	14
14	Kevin Aldred	42:09	24:54	17:15	23:36	23:36	12:18	12:36	7	0	7
15	Neil Speakman	42:25	26:15	16:10	24:00	24:00	13:11	13:04	6	0	6
16	Gareth Coakley	42:40	21:40	21:00	19:10	19:18	10:03	11:37	5	0	5
17	Sue Walker	42:59	30:19	12:40	22:44	27:43	15:02	15:17	5	0	5
18	Abby Speakman	46:04	26:04	20:00	20:26	20:31	12:52	13:12	5	0	5
Ineligible											
1	Brian Armstrong	40:12	22:12	18:00	18:09	18:45	10:59	11:13	10	0	10
2	John Horan	41:44	25:54	15:50	24:41	24:41	12:26	13:28	10	0	10
3	Elise Hardiker	41:45	30:15	11:30	28:59	28:59	15:31	14:44	10	0	10
4	Ann Girvin	36:20	33:20	3:00	23:56	27:46	16:36	16:44	10	0	10
5	Vanessa Coutts	47:57	47:57	0:00	42:51	43:57	24:08	23:49	10	0	10
6	Lois Speakman	48:25	48:25	0:00			24:07	24:18	10	0	10

Results are displayed in Finishing order for the Greenwich Cup, and by Elapsed time otherwise.



Best I introduce myself...

Hi, my name is Andrew Greaney and my wife Denise and I live in Newport with 2 boys Finn and William.

A good place to start is a little bit about me from a running perspective. I'm conscious many (most!!) of you reading this will have no idea who I am.

I was never a runner. While always very active in team sports, running was never at the top of my list. There was always an excuse for me. It started to change soon after arriving and settling in Melbourne – from New Zealand originally but arrived having spent the best part of 10 years based in London. I was sitting at the MCG during the Melbourne Marathon festival waiting for my wife Denise, to finish her run in the 10km event. A lady sat next to me, looked me up and down and posed the question "Why aren't you running?". Without skipping a beat, I replied "Knee reconstruction". This was not true but got me thinking why I had avoided the question. And she had a good point. My running journey started that day.

Slowly at first, and just for general fitness. Then I did Run for the kids. Then Run Melbourne 21km. Then another half. And another one. Then I thought, why not a Marathon? So, I trained for it alone and made a training plan from reading magazines. And I eventually got there. I look back on those early days and shake my head about the wasted kms I put in..... for anyone reading this and wondering about joining up with the HOBOS. Do it! I wasted so many good years and potential by thinking I wasn't fast enough or fit enough to join up and learn.

I managed to complete a few road marathons over the next 10 years. But I put my hand up now and I say I am a failed Marathon runner. Very few I did went anything close to plan and there are a few physios around Melbourne who probably have holiday houses off the back of my treatments!

Then one day in 2019 Denise suggested we go for a run out at the You Yang's. As a runner, I hated hills. I also thought trail runners were a bit weird. Some of them even used poles. And they had to carry around packs. It wasn't for me. But I went out and did a 12km run. And loved it. Just loved it from the word go. While road running doesn't seem to suit my poor running technique, the constantly changing terrain and elevation have meant that apart from a few heavy falls, I've been largely uninjured. The running and training is certainly a lot different with speed and KMs replaced by time on the feet with very specific training for uphill, downhill, technical, rocky, muddy, hot, cold.....

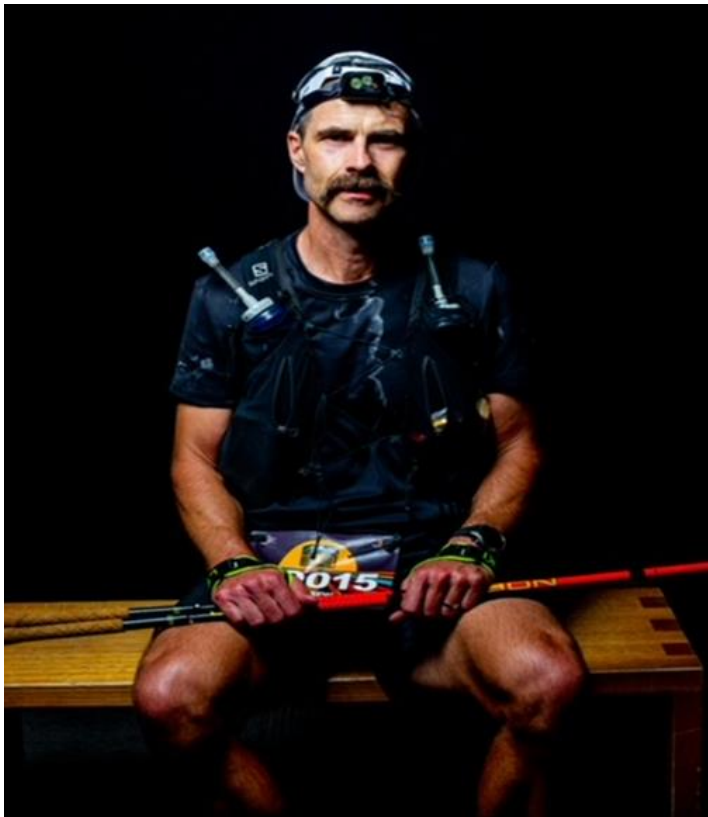
Some people would say I am now addicted, but I prefer referring to it as my passion. One that helps me stay both mentally and physically healthy.

Which brings me back to the intent of this article. A review of my most recent run, the **Oscars 100**



Hut2Hut. It was 12 months in the making. While I had been aware of the run, I had dismissed even attempting it only 2 years prior. Even within trail running, the Alpine Ultras are a little different. Typically having a lot more elevation, the need to be more self-sufficient and with very challenging terrain under foot.

Again, I was inspired by Denise (do you notice a theme?) and her friend Kate who completed a run as part of the Hut2Hut running festival in 2022. This run is organised by a family who have been living with Autism and have designed an event to raise awareness for, and raise money to support early intervention to assist other families and individuals ([About – Hut 2 Hut \(oscars100.com.au\)](https://about-hut2hut.com.au)). The meaning and purpose behind the race really resonated with me and is something I have become more interested in supporting so committed to completing this event one day as I was waiting for Denise to finish the 50km race.



The race itself is designed to push an individual to, and beyond their mental and physical limits. There are three options, the Oscar (100km solo and teams), Archie (50km) and Bella (10km). All different and all named after the organiser's family members. I entered the Oscar, which is described as "simply a brute", 100km of challenging trail through Victoria's Alpine Region with 5,800m of climbing, starting, and finishing at Mount Buller.

The Oscar 100 can be done as a Solo (you need

to apply with a running CV and get "invited" and need to complete within 23 hours), or as a team that complete either over 2 or 3 days where you camp at one of the Huts overnight. Having been accepted into the Oscar Solo I had to change my training quite a bit and was part of a 12-month plan.

I mapped out a calendar with my running coach that would essentially use events to help specific focus that would prepare me for Oscars 100. Covid got in the way, and a heavy fall in the Grampians but otherwise I had a good build up across a number of events:

You Yang's 50km – focus on steady, control the heart rate

The Berry Long Run 70km – focus on 8-hour training run. Time on the feet and practice nutrition and hydration

Surf Coast Century 100km – race practice and essentially my "A" race in 2022. I gave this one heap!

Then there was a distinct reset. Slow it down. Go steep. I had a good base and could run long distances at a steady pace. Now I needed to build on it to get the strength in the legs going up and down.

4 Peaks – multi day even that goes up Mount Buffalo, Mount Feathertop, Mount Hotham and Mystic on consecutive days. The race is only "up" but as part of my plan I ran up and down

Mount Buller Sky Run 45km – is on part of the Oscars course and it really gave me a reality check. The 45km was brutal with the terrain underfoot adding an extra dimension

In between the events, there were a lot of training runs. Which largely followed a pattern:

Tuesday – tempo run which always varied

Wednesday – a steady road or trail run

Thursday – a slow build up with effort sets in the middle

Saturday – Long trail run which was typically 5 hours and focus on steep hills

Sunday – Long trail run/hike which was typically 5 hours and hike the steep hills

It would mean between 100 – 140km and around 13-15 hours a week. It took a bit of effort, not to mention understanding, to balance work and family time around it. Early mornings were a must, and just making do with what I had access to. I can tell you one thing, 5 hours at Newport



Lakes going up and down the “hills” is hard, hard work! It also meant my involvement with HOBOS had to take a back seat..... Even to this day if the group warming up at 6am Tuesday morning glances over towards the power station they will probably see me running past as I’m finishing my run. Always open to company from 5am if anyone is at a loose end.....

While I trained the house down leading into the race, I was scared. Nervous. Anxious. Excited. But mostly scared. I wanted to do it but genuinely didn’t know if I could. I reflect on how I was feeling and started to understand what having autism feels like for people. Every day. To go to school. Go to work. Go to the shops. Get out of bed. Every. Single. Day.

Race Day came. Friday 17th, 5am start. Up to this point I had completed 5 runs of 100km. It was the beginning of a run that felt harder than all of those combined.

I’m not sure how to describe it other than very very hard. I respected the course before hand and expected it to be hard. But nothing prepared me for how tough it would be. Very little is runnable. The terrain underfoot is perfect for rolling ankles, or worse. Incredibly steep in places where it felt more like rock climbing than trail “running”. Then it was 36 degrees. And late in the day a lightning storm came in and the entire course was shut down while we all had to wait it out at an aid station.

It is designed to push you to, and beyond your physical limits. Mine came at 57km where I didn’t know how I was going to make the next 3km up and over a very steep climb to the next aid station, let alone the next 43km to the end. I sat under a tree trying not to vomit and get my body temperature down. During the race briefing the Race Director said we would all want to quit at some point during the race. I did, right where I sat. In the back of my mind, I kept telling myself people who live with autism don’t have the option to opt out. And even irrationally, I had all this merchandise (t-shirt, hoody, hat) that I would never be able to wear if I didn’t finish!

Messages of support from my online support crew and fellow runners got me through to the next aid station, cold towel over my head, shoulders and a zoo-padoopa and I felt much better. From that point I thought



I’d be able to manage through.

Most didn’t. The conditions took a toll on most people. Heat stroke. Dehydration. Blurred vision.....

Only 19 of 70 Solo starters finished in one day. By far the largest attrition rate since the event started. I’m proud to say I was 1 of the 19. Although I see no shame in anyone that registered a DNF. It was just brutal. Even including the lightning layover, I completed it in just under 21 hours, comfortably within the 23-hour cut off. Outside my target time, but in no way disappointed with that!

I was broken mentally and physically, but I was able to work through all the challenges the day had (including close encounters with two



snakes!). It wasn’t so much about the run, the purpose behind it and why I was doing it became more important as I worked through the day.

While I was sitting under the tree, I thought it might have broken me from running ever again. Certainly, I thought Oscars 100 was a once only.....

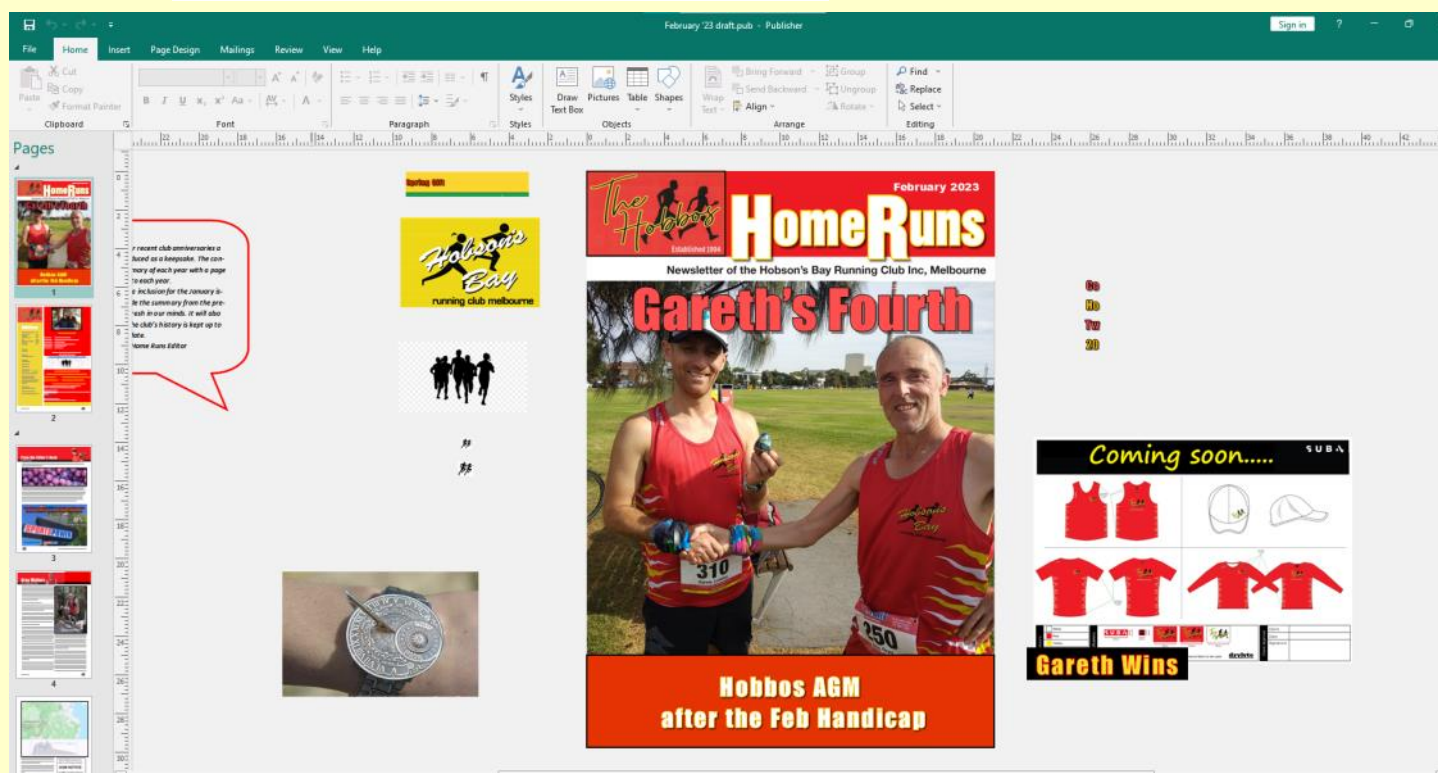
.....I’m already planning on doing Oscars 100 in 2024. Running is funny like that.

By Andrew Greaney



How is a **HomeRuns** cover produced

Newsletter of the Hobson's Bay Running Club Inc, Melbourne



I produce Home Runs using Publisher, part of the Microsoft Office suite of software. I save the entire issue as the next month's newsletter then set about creating it page by page. To give HRs readers an idea of what goes into producing our little newsletter I will focus on the 'Cover', deconstruct it then assemble a new cover page.

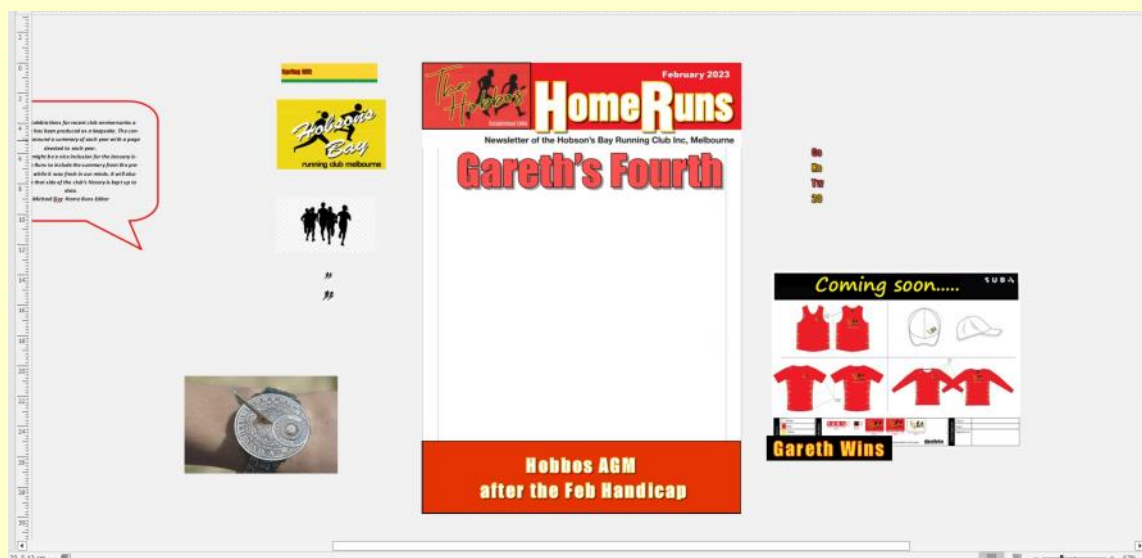


First off I start with the previous month's cover and use it as a template - there's no point in reinventing the wheel. I remove all the elements which I do not need (photos, shapes of colour and text).

To make this article reader friendly I will rely on photos to tell the story with the occasional caption for explanation.

Mark Maloney, Past President and previous publisher (a publisher by trade no less) gave me a crash course when I volunteered to take over the club newsletter. He told me that in its early forms Publisher was quite limited. Now days it does a lot of what his expensive, profession software can do. With lots of Youtube guidance, I have found Publisher very easy to learn and use and the changeover has been pretty seamless... at least I think so.

Michael Slee





Each page is built up in layers. The background photo of Gareth & John has been deleted; so too has the red box announcing the AGM. The headline 'Gareth's Fourth' has been moved to the workspace. I will probably re-use it for the new headline.



In the text box at the top right February was changed to March.

Next task inspect photos of the two Johns - Beecroft & Gray - our handicap winner and our newest Life Member; should make a nice cover. Lots of cropping of photos to make them fit. Each photo given a nice black border.



Headlines for each photo - I used the 'Gareth Wins' text box (visible on the desktop on previous page), changed the background colour from black to no colour/transparent, headlined each picture appropriately.

The desktop above also shows some of the other photos I toyed with for the cover.

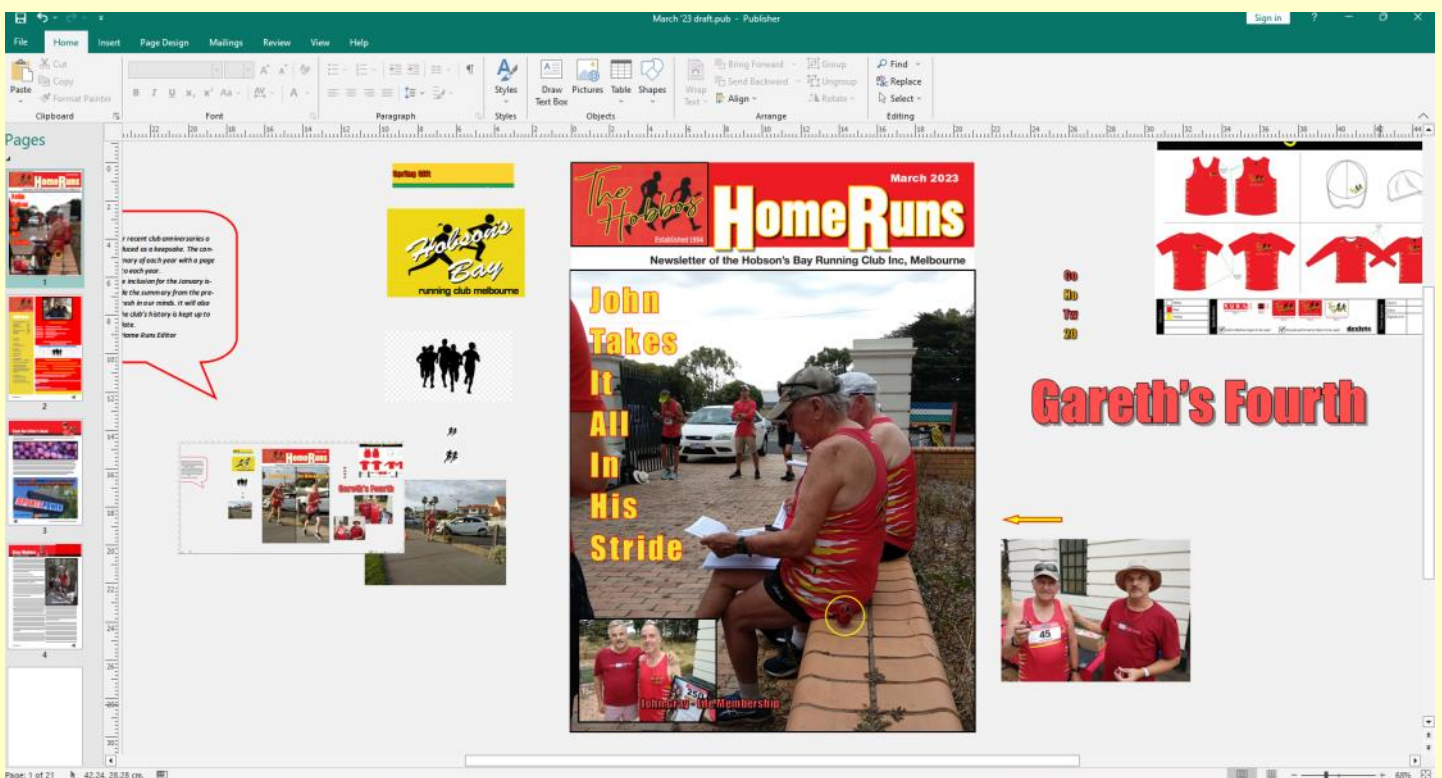
All that's left to do is add in the subheadings for featured content in the March issue.

They will probably go in the bottom left hand corner (under John Beecroft)

and will be one of the final layout decisions made for the March issue, after all the content is in.

In the end I decided to try another approach and went searching through the photos once again.

I stumbled on a wonderful photo of John Beecroft reading reports prior to the AGM, with his Kenyan Egg sitting on the bricks by his side. Perfect. So I started all over again...





Melbourne's leading inner-western suburbs Recreational running club!

Our club offers runners of all abilities the chance to achieve their goal, whatever that goal may be. Guests and visitors including beginners are always welcome at our events and training sessions, which are always free. We only ask that if you like running or training with us, that you support the club and join as a financial member after 3 sessions.

Our 2023 single membership remains at a low \$60/year (including AV affiliation), and has many benefits including Athletics Australia accredited coaches and run leaders, Insurance cover and access to Athletics Victoria services. We have family and reduced rate concession memberships.

Financial members qualify for discounts from our club sponsors:

John Ayton from SportsPower Williamstown (83-85 Ferguson Street)
Abby Speakman from Symmetry Physiotherapy Williamstown (76 Douglas Parade)

Join us for Regular Group Training Sessions and Social Runs

- Track sessions every Tuesday morning (6:00am start) and Tuesday evening (6:15pm start) at Newport Track, led by AA accredited coaches, including warm-up
- Alternative sessions on Wednesday or Thursday evenings (6:15pm start) when advertised
- Sunday morning Long Runs for building endurance (6:30am start), check Facebook
- Sunday morning Newport Lakes laps & Occasional Sunday morning Social Well-being runs

Join us for Regular Handicap Competitions, which suit all abilities

- Traditional monthly 5km Handicap, held at 8am on the last Saturday of every month
- 1500m track events held around Christmas, Easter and Spring, and 5000m track time trial
- Winter 3000m cross-country event at Newport Lakes
- Two mile "Phar Lap" event, Monday before Melbourne Cup at the old Williamstown Racecourse
- Daylight Saving Series, consisting of some of the above events, all followed by free BBQ's
- We also have runners in an AV cross-country team with our friends at Williamstown Athletic Club

**For latest training and event details check our Facebook group page, as
schedules and availability can change at short notice**

Website: www.hobbos.org.au

Email: enquiries@hobbos.org.au

