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The Bi-Monthly newsletter of the Qantas Running Club (Est ~1970)

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EDITORIAL: ABOUT THE EDITOR.

As promised, I would put a blub in about me and my goals and what I have achieved.

I guess I'll start with a little about me ;)

Hi fellow runners, I'm Tara, a mum to 2 amazing little guys (4 and 7 year old), a wife to a FIFO husband and a Qantas employee. I started running about 4 years ago after the birth of my 2nd son, basically to outrun post-natal depression, which I successfully did. I want to take you on my journey from post-natal depression to sitting in my hotel room the night before my first ultra-marathon. My running started with little 1km runs up and down the Freeway cycle path, with 2 kids in a pram and a box of snacks on each lap.



I used running as crux to stave off the negative thoughts and dark clouds that hovered.

The main 2 thoughts that go through my head when I run are don't fall and don't vomit.

No one wants me, my head is clear and for once I started to find clarity in the mess and chaos in my mind.

I started by registering for lots of small runs around home (5km, 8km, 10km) and then in 2017 I decided to tackle my first 1/2 marathon. I have since gone on to finish over 12 1/2 marathons.

Last year, 2018, I had intended to complete in my first full marathon, but after a health setback I had to put it on hold.

Feeling rather disappointed about it (I had been training for 4 months for my full marathon) I didn't let it get the better of me and instead opted for something a little more challenging and decided on my first ultra. On the 10th of October I found the Canberra Running Festival and decided I wanted in! 50km ultra marathon here I come.

I found The Running Centre and Andrea, I sought out her help and guidance to get me to my ultra.

Fast forward to April this year ...

I have trained my butt off for almost 6 months getting myself ready for this run.

A typical training week for me comprises of 4 running sessions, 5 strength sessions and a swimming session An ordinary day for me looks like this:

0430 - up and hit the gym (45 mins to 1 hr of resistance and strength training)

0600 - shower, prep kids lunches and head out the door to work

0730 – 1530 Qantas Ramp Administration Assistant (PERDTB)

1630 - cook dinner for the kids and myself

1700 - (Tuesday, Thursday and Friday) hit the gym or road for my running session.

Friday evenings my kids have swimming lessons, so I take the advantage and swim laps to de-load my body.

Sunday 0530/0600 (pending sunrise) this is my long run day, anywhere from 3-5 hours of running.

I guess this is the point where I have to say how much I appreciate my husband, and mum for supporting me both with words of encouragement and also for watching my little guys for up to 5 hours on a Sunday morning (my mum is amazing and helps with my little guys when my husband is away).

Preparing for the run has been a huge challenge, physically, mentally, emotionally and more than anything time management.

There have been days where I just wanted to roll over, smash the alarm clock against the wall and curl back up into my sheets, especially on those 430 am strength sessions.

The biggest thing I have taken away from all these early starts and late night runs, is "***the day you don't want too, is the day you need too.***" Sure, it could be easy to just roll over, but I have a goal and I'm not going to let anything stop me, even myself.

Sunday 24th March 2019.

The long runs are getting longer, the ramp up is here!

3 weeks out from race day and my long run is 38km, it's 5:30am, the sun is just rising, time to hit the road. It's a lovely 19° and today I am starting from my parents' house. My husband is away for work, the boys and I have had a sleep over, to ensure someone is there for them when they wake up, (this is where my amazing family comes to my rescue). The run starts like any normal run, medium pace, cool weather, very little wind, it's going to be a good run.

Well so I thought, by the time I have hit my first 10km the temperature has risen to 26°

I hit the first stop and refill my hydration pack at the petrol station, pick up a spare bottle of water for half way.

18km turn around point, oh my it's getting hot. Push through, long stretch home now, it's a straight run, back down Tonkin highway, where there is minimal shade and lots of heat.

I make it to the final 8km, running down by the last petrol station and just about stand/run on to a dugite snake! Well I have never jumped so vertically high in all my life. I think the snake was more scared of me than I of it, we both scamper away very quickly.

Round the final loop back to my parents' house, by now the sweat is rolling off me. I am greeted by my ever-supportive grandmother with a "don't you know it's 36° degrees out there, your bloody mad." Well I knew it was hot but not that hot, oops, but I had goals to achieve.

2 weeks out and I have a 1/2 marathon registered race and need to add an extra 4km. Seriously I think this run was the hardest of all my build up and prep, I haven't struggled so much to complete a half in all my runs. Needless to say, I was now very nervous, if I can't complete 25km today, how am I going to do 50km in 2 weeks?

1 week out, all preparations are done, my final long run is a beautiful little 10km. I opted to register for the ASICS bridges run and do it with my 2 amazing and supportive friends, Erin and Kelsey. These 2 ladies have been my support net outside of home and keep me honest and strong. When I'm doing my late night runs, these are the 2 people I message to keep me honest, strong and to kick my butt. To these ladies I say I love you both and owe you!

The final week is here. It's Thursday night and we board on our plane, bound for Melbourne first with a connection to Canberra for the morning.

Beautiful 20° forecast for the weekend ahead. I am so excited and pumped to get this race going, the build up for me seems so insignificant now. I'm nervous, anxious and ready.

We spend the Friday and Saturday sight seeing, shopping and eating. My husband and kids are so supportive and just as excited as I am. It's Saturday night, the night before race day. We take to sushi train for dinner, then head back to our hotel to prepare and get a good night's sleep.

The nerves are hitting me like a freight train.

Race day:

I set my alarm for 5:15, everyone else (hubby and the kids) will be fast asleep so I don't want to wake them.

Up and ready, off I go. Small problem though, arrived at the race and I had forgotten 1 important thing, the race pack!!!

Rush back to catch an uber to the hotel then mad dash back to the start line. It all unravels so quickly from there.

6 mins to the gun, a frenzy rush to the start line while trying to pin my bib on, water packs aren't fitting into my hydration vest, throw the water, stuff them empty into my bag. 2 mins to gun, making my way into the chute, 10 second count down, 5, 4, 3, 2, Hit start on my Garmin, S#@T shoe laces aren't even tied!

1... Everyone has run and I'm tying my shoe laces, what a loser!

Finally I'm off.

Running the first 10km was great, smooth, flat and calm.

10-15km is my usual struggle point so I wasn't too worried. 21km, right hip flexor gets really tight and right glute starts to cramp, I think I might be in trouble. 23.5km left calf cramps and the first round of tears build up (am I going to fail, I've trained so hard, how do I push through?). The 6 hour marathon pacer spots me and can see I'm in trouble, gives me a little pep talk and 2 salt tablets, I've never heard of them or used them, fear starts to kick in. Nevertheless I won't quit, I'll crawl (yes I'm that stubborn sort). Around the 24km mark my calf is a lot better, I will be most certainly be researching salt stick tablets for my next run.

26km, second round of tears, I'm am never going to make it, I'm only half way. Can't cry, pull it together, crying plays havoc with my breathing pattern.

Just shy of 30km (I've slowed to a fast walk) as an older runner paces up behind me, "I've been following you all day, I've been about around 200m behind you"

Not that I know this at the time, but this guy is 76 years old and 2 years ago ran the comrades (86km).

This gentleman is my saviour from 30-35km we run side by side and I find my second wind. At the 35km water station, the gentlemen stops and I push on.

40km, last 10km I'm home and hosed, so I thought, little did I know it would be my hardest 10km.

My running coach Andrea said "run the last 10km with heart" I didn't know that heart and determination would be what gets me through.

I swear the final 10 feels like the longest 10km of my life.

48km, tears again, I realised I am only 2km from the finish, if I pace myself right, it's an easy 12-14 minutes. My legs are like jelly with rocks in them, every time I slow down it gets harder and harder to start my legs running again, but how much have I got left in them. By now I'm too scared to stop in case I can't start again! I've just seen the final corner, I know where I am (keeping in mind, I'm from Perth and have never been to Canberra).

I see the last sprint home down the chute and into the gantry, then I spot my husband, 7 year old and 4 year old. The boys run the final 250m with me and back off just before the gantry.

This is truly the best feeling, I have run my first ever ultra and marathon all in one and I got to finish it with my amazing family watching.



Collecting that finishers medal has by far been one of the sweetest medal moments ever!

PLEASE feel free to email me tarac Connor@qantas.com.au with ideas of what you do and don't want to see in the newsletter.

WARR UPDATE

Amsterdam September 5 – 7, 2019

Registration is open for Warr in Amsterdam at www.worldairlineroadrace.org Qantas Running Club already has a Female team for the 5km who have commenced training ,but are short on a men's team. Perhaps we can get some of our London colleagues to join us.

WARR t-shirt



We have reverted back to the Warr Captain organising the Warr t shirt as was the custom in the past so please send Roger Moresi your ideas for a design. It will depend upon the number of orders and cost before we proceed. In 2006 QRC t shirt won first prize in a t shirt designed by Janene Taylor from Jetstar.

[Early bird registrations have closed but you still have time to register and enjoy the fun in Amsterdam at the KLM Centennial Run.](#)

TOURS&TICKETS

Tours & Tickets has created a special site for WARRriors with all kinds of activities during your stay in The Netherlands. By using the following code you will receive a 25% discount!

WARR ticket site: <https://www.tours-tickets.com/en/warr/>
Code: 25WARR2019

Click on the link below to register:

Paying in USD: <https://raceroster.com/events/2019/20109/38th-world-airline-road-race-amsterdam-2019>

Paying in Euros: <https://raceroster.com/events/2019/23767/38th-world-airline-road-race-amsterdam-2019>

Watch KLM's Marcia Latest Update!

click here: <https://youtu.be/hOjS7Hj7vio>

Follow us:

Twitter @ #WARR2019

Instagram: worldairlineroadrace

Facebook: WorldAirline RoadRace

MEMBER SPOTLIGHT COURTESY OF CHRISTOPHER LYTAS



G'day All, On Saturday I completed what was my 5th Marathon at the Surfcoast Trail Marathon and from a run perspective it was a great day out...beat last year's time at the same event by 30 minutes so pretty happy!!

I posted the below on my socials the following day and wanted to share with the QRC group....running I know for a lot of us is a release and for me it helps me manage my Mental Health. I'm not searching for kudos or likes etc. but just wanted to share this and hopefully it resonates with at least one person and makes a difference. Cheers, Chris

EDIT:

I have completed 5 Marathons...no wait...I HAVE COMPLETED 5 MARATHONS!!! 24 hours later and I still can't quite believe it...I am honestly riding the biggest high right now but at the same time, reflecting on how I made it here. Two and a half years ago I had 1 under my belt which was done in 2014..Two and a half years ago I

was in a mental space I don't ever want to go back to after the suicide of a good mate and the aftermath that followed which literally knocked out my will to live....but I'm one of the lucky ones..I've been given a second chance and I've not only taken it, I've run, literally run with it, setting myself a target after New York in 2017 (number 2) to run 5 by 45 and now here I am..5 Marathons a few days short of my 45th Birthday. My scars, both physical and mental are a reminder of the journey I've been on and still continue to follow because I still have moments and days where the dark dominates the light..the difference now is that most

of the time I have the tools to find the way out and when I don't, I'm no longer afraid to reach out for help. 5 Marathons....5 bloody Marathons...Forge Meaning, Build identity and then invite the world to share your joy. This is the path I follow now.

NEW MEMBERS

Please join us in welcoming our newest members to the Qantas Running Club.

Welcome guys!

- James Robb

PARKRUN NEWS

Congratulations to Jason Vella for becoming the first Club member to complete the alphabet of parkruns . For the latest news and results from weekly parkrun follow the QRC facebook page.

QANTAS RUNNING CLUB MERCHANDISE

The second order of 2XU Custom Qantas Running race singlets arrived earlier this year. So we have ample stock available in the following sizes S, M, L, and XL. Financial members \$30, non-financial members \$50.

Join or Renew your QRC membership as it's cheaper. (\$10 yearly membership + \$30 member price = \$40 then paying the non-financial price of \$50.00. To order please email Roger Moresi rogedoge007@hotmail.com



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UPCOMING RUNS

Let us know if you have a favourite run that you would like to share with our community?

- Sydney Harbour 10k & 5k: 28 July 2019 - <https://www.sydneyharbour10k.com.au/>
- Run Melbourne: 28 July 2019 - <https://events.solemotive.com/run-melbourne/>
- City to Surf: 11 August 2019 - <https://city2surf.com.au/>
- Bridge to Brisbane: 25 August 2019 - <https://bridgetobrisbane.com.au/>
- Beachside Dash: 8 September 2019 - <https://beachsidedash.org.au/about/>
- Launceston Marathon: 8 September 2019 - <http://launcestonmarathon.com.au/>
- Sydney Running Festival: 15 September 2019 - <https://www.sydneyrunningfestival.com.au/>
- Perth Running Festival: 6 October 2019: <https://perthrunningfestival.com.au/>
- Melbourne Marathon Festival: 13 October 2019 - <http://melbournemarathon.com.au/>

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Please join the QRC Facebook and yammer page