

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

Even when you have gone as far as you can, and everything hurts, and you are staring at the specter of self-doubt, you can find a bit more strength deep inside you, if you look closely enough.

— Hal Higdon

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PLEASE feel free to email me [taraconnor@qantas.com.au](mailto:taraconnor@qantas.com.au) with ideas of what you do and don't want to see in the newsletter.

### EDITORIAL: 2020 GOALS AND A FAILED ULTRA MARATHON

2020 is here! What are your running goals for 2020?

Personally, for me I have opted to take 6 months off. I completely exhausted my body and mind in December 2019 training for my 2nd Ultra Trail Marathon (which didn't take place, I'll explain why). For 12 weeks I pushed myself to new limits, enjoyed my short runs (10-15km) and painfully pushed through my long runs (30-45km) every Sunday in 30+ degree heat. I even opted for a treadmill run on one of those days when the temperature started at 29 degrees upon waking at 6am. Much to my surprise I knocked over a new PB, the most amount of KM I have ever run on a treadmill, 36km. Luckily I had Netflix and Christmas movies to keep me company (don't judge me, I'm a sucker for a good Christmas movie). As the run drew near, the temperature in Perth climbed to its highest consecutive run in years. The week of the run the Bureau of Meteorology forecast the temps as follows

Thursday 40°

Friday 40°

Saturday 41°

Sunday 41°

Monday 39°

Needless to say I have more nerves about surviving the run in that heat and trying to keep myself hydrated during the days leading up to it than the actual run itself. On one hand I was desperate to finish what I had been working my body into the ground for, but on the other hand I knew it was totally insane to run in this kind of heat!

I anxiously watched my emails/social media and phone for updates on the weather and run. Then the email came 8:45 Saturday morning (the day before the run), followed by a text message at 11:35am : “Unfortunately due to extreme fire danger we have to cancel 6 inch trail marathon. Please see email or Facebook for details”

I was relieved at first, as there was no way I was going to pull out of the race voluntarily (yes I knew it was insane to run in that heat) then the frustration kicked in. I had trained so hard and for so long and now I wasn't even going to run the event. The offer to run the trail on your own accord was there, but if any of you are like me, I run crazy stupid KM like that on my own. I had no one to run it with me and the fear of snakes and getting lost on a trail by myself was real!

As a result of pushing myself to new limits, I also discovered new injuries and issues that will need some time to recover.

Running is all I know and at the moment, but it's something that hurts, so for now I will channel my energy into recovery and strength training. It's not goodbye to running, it's a watch this space, once a runner always a runner. It's only 6 months and I'm sure I'll be finding my way back to the pavement in no time.

## WARR UPDATE

Waikiki, Hawaii: October 23-25 2020,

Your choice of 5K or 10K (or both) run/walks for charity. For more information,

<https://www.worldairlineroadrace.org/>

## MEMBER SPOTLIGHT: PAMELA HATCH – NEW YORK CITY MARATHON



On November 3, 2019 I competed in the famous New York City Marathon, running through the five boroughs along with 53,628 other runners. I finished in a time of 4:06, a PB and got my name in the New York Times! The atmosphere of the event was amazing and it was wonderful to have my husband cheering me on from the sidelines whilst knowing my family were tracking me on the app back in Melbourne.

The process of training for my second marathon taught me a few things: Training taught me patience. It taught me to be comfortable with being uncomfortable. The race taught me that all the hard work that I put in for 20+ weeks was completely worth it.

"Marathons bring out the best of the human spirit: pushing yourself to accomplish more than you thought possible; working with others toward mutually meaningful goals; erasing barriers of race, age, gender, nationality, and creed. And they do so in a peaceful, joy-filled atmosphere." ~Meb Keflezighi



## MEMBER SPOTLIGHT: JASON VELLA – HONOLULU MARATHON 8 DEC 2019

Done and dusted!

I had one more running goal and that was to run a marathon overseas. I didn't think it would ever happen. It's been 11 years since my last marathon and in-between that time I've had to battle with shin splints, plantar fasciitis, recurring knee pain and a trip to the hospital for dehydration only 7 weeks out.

However today in the fourth largest marathon in the United States I completed my goal. With spectacular views along the marathon course, which many of you will see if you come here for the World Airline Road Race on the 25-Oct-2020.

As the marathon finish is at Kapiolani Park the same park WARR will start and finish. No records for me but I was just happy to finish and take in the wonderful scenery.



## INTERNATIONAL SPOTLIGHT

Rock N Roll Marathon Series <https://www.runrocknroll.com/>

Ever wanted to look at a fun reason to run???

New Orleans in February, Madrid in April, Mexico City in November. Your options are endless really.

Top all that off with a brightly coloured finishers medal and it's all a win.

This might just be the ting for you. Run 1 or run them all.



## 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](mailto:rogedoge007@hotmail.com)



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## FROM THE ARCHIVES

### Albi leads the charge at World Airline Road Race

Qantas Running Club competed with success at the recent annual World Airline Road Race in Dublin.

Olympian Albie Thomas (Jetabout), a world record holder from the '50s, finished second in his age group in the 5km event in 19.23 mins. There was also a 10km event.

The Qantas team also won the Travel Trophy in category "B".

About 4000 runners and supporters attended. Aer Lingus, a major sponsor of WARR '93,

made available its big sporting complex for all social events, which included an awards presentation dinner attended by more than 1000 airline representatives.

Ottawa is the venue for WARR '94 in October. Staff seeking more information about this event or about the Qantas Running Club should contact Carol Harris (2-3138), Tim Garvey (2-7745) or Vince Poulton (2-8263) or write to the club. C/o Tim Garvey at M147/G, Mascot Jetbase.

See if you can spot;

Tim Garvey

Sandy Collinson

Bob McNair

Wayne Williams

Kevin Staines (First warr)

Neil Campbell

all still club members and still running

"Albie Thomas front right, was feted by the Irish press as he had run there successfully in his youth".



Members of the Qantas Running Club, pictured in Dublin for the World Airline Road Race.

## upcoming Runs

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

**THERE ARE SOME AMAZING RUNS COMING UP OVER THE NEXT FEW MONTHS, JUST A SMALL SAMPLE IS BELOW! PLEASE LET US KNOW IF YOU RUN ONE OF THESE.**

RACE	DATE	LOCATION	WEBLINK
<b>Sun Run</b>	1 February 2020	Dee Why, NSW	<a href="http://sunrun.com.au/Web site">http://sunrun.com.au/Web site</a>
<b>Kilcunda Half Marathon and George Bass Coastal Run</b>	2 February 2020	Kilcunda, VIC	<a href="https://runningwild.net.au/coastal-runs/kilcunda-george-bass-coastal-trail-run.html">https://runningwild.net.au/coastal-runs/kilcunda-george-bass-coastal-trail-run.html</a>
<b>Baw Baw Trail Run Festival</b>	29 February 2020 to 1 March 2020	Baw Baw Alpine Resort, VIC	<a href="https://runningwild.net.au/alpine-runs/mt-baw-baw-trail-fest-1-3-12-21-42-km.html">https://runningwild.net.au/alpine-runs/mt-baw-baw-trail-fest-1-3-12-21-42-km.html</a>
<b>Snowies Ultra Trail Run Festival</b>	1 March 2020	Lake Crackenback Resort, Crackenback, NSW	<a href="https://www.trailrunaustralia.com/event/snowy-mountains/">https://www.trailrunaustralia.com/event/snowy-mountains/</a>
<b>Sri Chinmoy Canberra</b>	16 February 2020	Acton Foreshore, Canberra	<a href="http://sunrun.com.au/Web site">http://sunrun.com.au/Web site</a>
<b>Hume Bank City2City</b>	16 February 2020	Albury/Wodonga, NSW	<a href="http://www.city2city.org.au">http://www.city2city.org.au</a>
<b>Run the Bridge</b>	23 February 2020	Hobart, TAS	<a href="http://www.hobartrunthebridge.com.au">http://www.hobartrunthebridge.com.au</a>
<b>Peak 2 Park</b>	1 March 2020	Picnic Point, Toowoomba	<a href="http://www.peak2park.org.au">http://www.peak2park.org.au</a>
<b>Swissmurdi – Perth Trail Series</b>	1 March 2020	Lesmurdie, WA	<a href="http://www.perthtrailseries.com.au/event/swissmurdie">http://www.perthtrailseries.com.au/event/swissmurdie</a>

<b>Takayna Ultra</b>	13 March 2020	North West Tasmania, TAS	<a href="https://takaynaultra2020.raisely.com">https://takaynaultra2020.raisely.com</a>
<b>Run the Course</b>	9 March 2020	Seymour, VIC	<a href="http://runthecourse.com.au/">http://runthecourse.com.au/</a>
<b>Six Foot Track Marathon</b>	14 March 2020	Blue Mountains NSW	<a href="http://www.sixfoot.com">http://www.sixfoot.com</a>
<b>Sunfest Run for Fun</b>	22 March 2020	Sunbury VIC	<a href="http://sunfest.org.au/walk-or-run-for-fun-2/">http://sunfest.org.au/walk-or-run-for-fun-2/</a>
<b>Take a Hike – Toowoomba</b>	22 March 2020	Queens Park Toowoomba, QLD	<a href="http://www.takeahike.org.au">http://www.takeahike.org.au</a>
<b>The Granite Island Run</b>	22 March 2020	Granite Island, SA	<a href="http://www.foamsa.org/">http://www.foamsa.org/</a>
<b>BayBreak Multisport Festival – Marathon</b>	28 March 2020	Urangan Pier Prescient, VIC	<a href="https://www.herveybaybreak.com.au">https://www.herveybaybreak.com.au</a>
<b>Herald Sun/Transurban Run for the Kids</b>	29 March 2020	Docklands, VIC	<a href="http://www.runforthekids.com.au">http://www.runforthekids.com.au</a>
<b>Brisbane’s Great South Run</b>	29 March 2020	374 Paradise Rd Willawong QLD	<a href="http://greatsouthrun.com.au">http://greatsouthrun.com.au</a>

## Contact Us

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Please join the QRC Facebook and yammer page