

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

February, 2012

Club Contacts

President

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Secretary

Graeme Lay spartans.team@hotmail.com

Treasurer

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Websites References

www.melbournemarathon.com Melbourne Marathon
www.vccl.org.au Victorian Cross Country League
www.aims-association.org International Marathons & Road Races
www.coolrunning.com.au/ultra Australian Ultra Runners Association
www.coolrunning.com.au Best Australian Runners Site
www.vicmastersaths.org.au Victorian Masters Athletics
www.athsvic.org.au Athletics Victoria
www.athletics.org.au Athletics Australia
www.home.vicnet.net.au/~roadrun Victorian Road Runners
www.mountainrunning.coolrunning.com.au Australian Mountain Running Assn.
www.ausrun.com.au Australian Runners World
www.traralgonharriers.org Traralgon Marathon Site
www.sixfoot.com 45 kms pleasure & pain

Life Members

Paul Basile
Conor Mc Niece
Shirley Young

John Dean
John Raskas

John Dobson
Peter Ryan

Peter Feldman Ken Matchett Dec'd
Maureen Wilson Ron Young

A FEW WORDS FROM THE PRESIDENT

Hi Spartans

Welcome to the first newsletter for 2012, the year of the Spartans' 25th anniversary and the 35th anniversary of our very own magnificent Melbourne Marathon. It is a year that we hope to come of age as a club by kicking off our own website which we feel will appropriately showcase our history, identity, vibe and character over the years. We are currently exploring several IT options to make this a reality. If you have any relevant IT networking options to help with this please get in touch with us.

Also, please send in any photos, snippets or titbits that you may have relating to the Spartans history and your place in it. We are trying to compile many and missing pieces of our jigsaw in one central portal.

Discussions will be close and ongoing with Greg Hooten of IMG regarding planning for this year's event, as they are just as enthusiastic as we are about this landmark year.

As mentioned in the previous newsletter, we have begun drafting additions to our constitution to facilitate the inception of a Roll of Honour. We feel this will provide a unique sense of belonging and recognition of unwavering and passionate dedication to those who have achieved it, and a huge incentive for the rest of us to strive for as we climb our way through the singlet colours.

We will keep you updated as the arrangements for the year unfold, not only for the event, but also the AGM and the Expo.

We have very much appreciated your feedback and it's terrific when members take a couple of moments out of very busy lives to drop us a line or suggestion.

Hope you've had a great festive season with your loved ones, stocked up on the vitamin D of the hot summer months, and about to take advantage of our glorious autumn weather.

Perfect Spartans weather.

Ain't life grand!

Happy running

Jay Fleming S1012

SPARTAN ENQUIRIES FOR 2012

So far this year 7 competitors have enquired regarding Spartans registration.

SPARTANS WEBSITE

Spartans are again looking at setting up a website. Committee member David Foskey presented a paper on the advantages / disadvantages of Spartans having their own branded website. The positives far outweighed the negatives. The committee is now actively considering all options – if you have expertise in web design / formatting / up keeping and would like to help your club please contact Spartans.team@hotmail.com

SPARTANS ARE ON FACEBOOK

<http://www.facebook.com/pages/Melbourne-Marathon-Spartans-Club-Inc/18794777976884#!/pages/Melbourne-Marathon-Spartans-Club-Inc/18794777976884?sk=wall>

HELP THE SPARTANS GO GREEN

If you currently receive your Spartan Newsletters by post and would like to help your Club save money & resources please email Maureen Wilson at spartans.team@hotmail.com and your email address will be added to the Contacts.

GUEST SPEAKERS

The Committee has further progressed with Guest Speaker options and has “short listed” several names for approach. Once Guest Speaker(s) has/have been finalised details will be released. Stand by!!!

2012 ??

PLEASE TAKE A MOMENT TO SEND US YOUR WILD AND SENSIBLE IDEAS!!

SPARTAN SINGLETS

The Committee is further investigating the ongoing debate on singlet design & fabric preference. Some samples were presented to the Committee for consideration however the Committee are investigating further options for 2012.

MEMBERSHIP RENEWAL FOR 2011/2012.

DID YOU RUN THE MARATHON AND COME BACK TO THE SPARTANS TENT AND ENJOY REFRESHMENTS / MASSAGE AND NOT PAY YOUR SUBS????

C'MON WE WOULD APPRECIATE YOU GET BEHIND YOUR CLUB \$20 PER ANNUM BE PROUD TO BE A FINANCIAL MEMBER OF SPARTANS AGAIN

IF YOU HAVE PAID SUBS IN 2011 – JULY THROUGH TO NOW YOU ARE ALREADY FINANCIAL AND DO NOT NEED TO MAKE FURTHER PAYMENT!!! IF YOU ARE UNSURE IF YOU ARE FINANCIAL THIS YEAR PLEASE EMAIL ROD BAYLEY AT Spartans.team@hotmail.com

**Melbourne Marathon Spartans Membership Renewal
2011/2012**

Email: _____

Name: _____

Address: _____
(Only if changed)

D.O.B. ____ / ____ / ____

Phone (H) (W) (M)

*If paying electronically
please insert name &/or
Spartan Number for
identification*

Spartan Number (if known) S ____ F ____ Incoming 2012

Membership: \$20

Donation: Amount \$..... **Thank you!**

Singlet: \$25 financial member, \$30 non financial member _____ (S) (M) (L) (XL) (XXL)

Postage (\$7.50 *if required*)

\$.00 Total

Cheque

Cash

Electronic deposit

Account name: **Melbourne Marathon Spartans Club**

Bendigo Bank BSB: **633-000** Account No: **139201743**

(In the details section record **name in full or Spartan Number**).

Advice by email appreciated - spartans.team@hotmail.com

Postal Address:

Melbourne Marathon Spartans Club

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Meet Spartans Committee:
Contactable – Spartans.team@hotmail.com



Jay Fleming S1012
President



Rod Bayley S0612
Treasurer



Graeme Lay S1023
Secretary



Cathy Bombardieri SF0068
Committee Member



Maureen Wilson SF34
Life Member
Committee Member



Peter Ryan S0069
Life Member
Spartan Legend
Committee Member



Colin Silcock-Delaney S0147
Committee Member



David Foskey S0025
Committee Member
Spartan Legend



John Dean S0020
Immediate Past President
Life Member



Paul Basile S0874
Life Member
Committee Member



John Dobson S0021
Life Member
Spartan Legend
Committee Member

Quotes:

"Human beings are made up of flesh and blood, and a miracle fibre called courage"

-George Patton

Vision without action is a daydream. Action without vision is a nightmare.

-Japanese Proverb

HAWAIIAN IRONMAN

KONA 08-10-2011

Wow and more wow!!! After winning my age group at Busselton Ironman December 2010 I was off to race Hawaii!!!!

So a winter of slogging out countless hours on the bike and lapping up and down a 25 metre heated pool (160 laps each session) and pounding the pavement I felt ready to dance in Hawaii! I had no preconceived ideas as to how the day would unfold for me nor did I expect to get any big thrill out of being in Hawaii!

My!!! How that changed!!! As soon as I landed at Keahole Airport, Kona and seeing bike cases galore and tanned, ripped bodies abounding I got the vibe that Hawaii Ironman might just deliver something!

Arriving a week before the race gave me a chance to get acclimatized to the heat and become familiar with the layout of the island. No matter where you race an Ironman the format is repetitive – packing enough gear, nutrition & “spare” equipment that anyone not familiar with the demands would simply think you had gone quite troppo!!! Hawaii is no different – so the first few days were filled with assembling the bike, getting it checked over by mechanic – going out for light training swims, rides & runs – just filling in time until race day. Not to mention registration of both person and bike!!! Then a visit or 3 to the Expo tent for more “must haves”, race briefing and pasta banquet.

RACE DAY

Yippee!!! AT LAST!!! Alarm chimes at 4 a.m. and FINALLY I can put training into action.

PRE RACE:

Up at 4 am – block out first, Heart Rate Monitor on chest, bathers, race chip on ankle, Garmin watch on. Breakfast – try and get down enough carbs and electrolyte out the door

First stop – numbering – 387

Next - bike compound Pump up tyres to 110 psi and hope like hell your tyre isn't one to "pop"!!! on with drink bottles - mix of water & electrolytes, on with repair kit

PROS - went at 6:30 a.m 7 a.m. it was all Age Groupers

SWIM

After beach assembly and a swim out for deep water start the gun fires - the mass swim start is chaotic no matter where you position yourself. Expect to get whacked on the head, kicked and dragged ... fun!! Mmmmm!!! Grrrrr - once the mayhem settles I find the swim very relaxing watching the fish for 3.8 kms ... 90 minutes later I was on the pier and heading for



BIKE

Out of the water and through transition to grab bike gear and into the tent for a change and nutrition - enough to consume 1 gram of carb for every kg of bodyweight per hour - and some extra in case you drop some along the way this was the discipline I was dreading 180 kms along the Queen K highway with lava plains either side, a relentless sun beating down on you and reflecting up from the reconstituted lava turned bitumen, wind coming from all angles at speeds and strength that has no set pattern as I headed out of town the first 40 kms seemed "OK" and I thought I could indeed ride the 180 in 6:30 hours mmmmm out past Hapuna Beach though the fun began - the temperature soared and the wind "gusts" were relentless - the bike gets thrown all over the place at one stage I was pedaling away and going at 14 kms an hour!!!! Finally I turned at Hawi ahhh more bike shuddering but now I was rolling at 51 kms an hour! 150 kms I was more than happy - sunburnt and getting a few minor cramps in the legs but I knew I would make it back to town and be able to



RUN

Another transition where I grabbed my run bag and into the tent to change into a more familiar outfit ... run gear & more gels I was very happy now Due to the cramps and heat on the bike I set out with my Heart Rate sitting below 78% ... I felt great as soon as I started to run The 15 km loop round town was a good settler – I had some familiar faces there to cheer me on as I went out of town and up Palini Hill and left onto the Queen K – grabbing ice to put in cap at every aid station – the sun was going down and it was night when I finally turned into the Energy Lab – I grabbed my “Red Bull” at the special needs station and never looked back – it was magic – the kms were passing by – in total darkness and looking up ahead I could see the lights of Palani Hill – downhill this time round – Doug was there and cheered me on – I felt I had wings – Cath was next then Jacqui with my Koala & Aussie flag and Mike Riley announcing “Maureen Wilson you are an Ironman” The finish line 12 hours 44 minutes top day out



On reflection I am still in a good place – I had raced in Hawaii – I had swum with the fishes, ridden 180 kms on Queen K in the wind and heat and I had run the 42.2 kms which includes Palini Hill and the Energy Lab I am yet to work out if Hawaii lends it's aura to Ironman for the day or if Ironman creates the aura for the athletes Questions that probably don't need answering ... Hawaii just produces something special for everyone.



Jacqui & Cath – I haven't done a race without them!!



Douglas – flew in from London to support his mum!!