

THE SPARTAN

Reg No A0043579R

CLUB PATRON - Robert de Castella

February, 2014

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Websites References

www.melbournemarathon.com	Melbourne Marathon
www.melbournemarathonspartans.com	Spartans
www.coolrunning.com.au	Best Australian Runners Site
www.vicmastersaths.org.au	Victorian Masters Athletics
www.athsvic.org.au	Athletics Victoria
www athletics.com.au	Athletics Australia
www.vrr.org.au	Victorian Road Runners
www.runnersworld.com.au	Australian Runners World
www.run4yourlife.com.au	Run For Your Life
www.traralgonmarathon.org.au	Traralgon Marathon Site
www.sixfoot.com	45 kms pleasure & pain
www.ausrunning.net	Races and Marathon results

Life Members

Paul Basile, Peter Battrick, John Dean, John Dobson, Peter Feldman, Jack Fredrickson, Christine Hodges, Ken Matchett (Dec'd), Conor McNeice, John Raskas, Ron Young, Shirley Young, Peter Ryan, Maureen Wilson

C'mon Spartans

37TH MELBOURNE MARATHON - 12th October, 2014

For the latest news on the 2014 Melbourne Marathon
Visit **Melbourne Marathon Spartans** website at

<http://melbournemarathonspartans.com/>

The idea is
to die young
as late as
possible.



“ little ”
by
little,
a little
becomes
A LOT

FROM THE PRESIDENT

Hi Spartans!

Welcome to our first newsletter for a while. Due to some shuffling of portfolios, restructuring and departures, the committee has faced some challenges that we are overcoming.

The committee has been strengthened by the return of Spartan Legend John Dobson and the incoming innovative-ideas-man, 26 year Spartan John Kaparelis. This has helped to offset a couple of key departures due to health and family reasons.

The year 2014 promises to be an innovative and exciting one for the club and its members. We will be releasing our revised 'Statement of Purpose' in the next newsletter which we believe will give our club enhanced meaning and direction.

We have been assisted by a generous injection of funds from IMG, courtesy of Greg Hooton. This is a powerful statement from IMG on behalf of our great running event and reflects the esteemed position of the Spartans Club. This is a credit to, not only the individuals that had the foresight to form it over 25 years ago, but to every individual that has served on committee since, and obviously every individual that has ever worn the singlet with pride. This contribution has enabled us to secure a good per-unit price for our new stock of Spartan singlets in a good range of sizes. We hope to offer the old style singlets for purchase as training singlets at reduced prices.

The Spartans club has also had preliminary discussions with a potential sponsor for the club and hope to explore similar opportunities in the future. We feel it appropriate to at least speak with people and organisations who are interested in forming some sort of mutually beneficial alliance with us as long as our core values are in alignment.

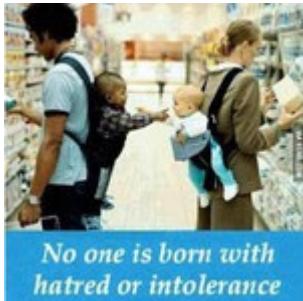
We have explored and will continue to explore alternative venues for our AGM. We feel we owe it to the members to secure the best bang for buck and the best atmosphere for the AGM. This doesn't necessarily mean we will be moving from the G, but simply casing out other possibilities.

We are also working on producing some Spartans merchandise to be available for purchase at the expo this year. The demand has certainly been there and we thank you all for your feedback and ideas.

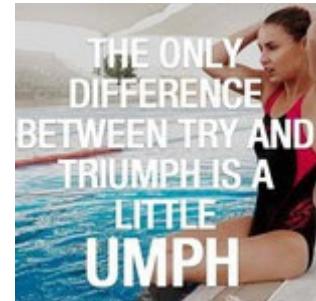
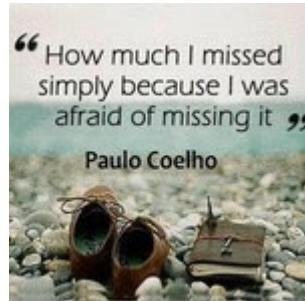
We have a short list of potential speakers that we will be approaching to speak at our AGM. Spartans has had a great record so far securing quality inspirational speakers given that we are not a club that is flush with funds. We hope to have some exciting announcements to make regarding this year's speaker/s in the near future.

We will be making regular announcements on the Melbourne Marathon Spartans Club Website and we invite you to visit the site frequently as we continue to introduce innovations

Jay Fleming (S1012)



No one is born with
hatred or intolerance



MEMBER CONTRIBUTIONS

" Ups & Downs of a Spartan"

After running 6 Marathons last year (2013) I planned to do much the same in 2014. First up Two Bays run, had a fall at 22k pulled out at 28k. Off to Rosebud hospital next day, results broken rib. Not knowing much about ribs thought I'd be right in a couple of weeks. Big surprise for me, 5 and 1/2 weeks later still very sore. Can't work (building game), can't run and at home very frustrated. You don't know what you've lost till it's gone. How true that is. Dreaming about training, what I should be doing to be my best for the Melbourne Marathon. My injury is not so bad, I will be back. Considering what's going on in the world these days, we are in the lucky country. I am blessed to be a Spartan runner. Any one having a hard time, it will pass. Running can cure many things. It gives you the power to choose and make your own choices in life against all the odds. The race is not for the swiftest but for those who keep running.

Regards John Dobson (Spartan 21).
Will update my progress in next news letter

MILESTONES

If you are going to run your 10, 15, 20, 25 or 30th Melbourne Marathon in 2014 we would certainly like to hear from you so we can acknowledge your milestone. Remember that you get your Spartan singlet to run your milestone marathon in. Please email: Spartans.team@hotmail.com

Brian Glover (S0989) sent the following note recently: *Planning on making MM 2014 my 150th marathon having done my first at Melbourne 1996, 100th Melbourne 2009.*

**Have you changed your email address in the past 12 months?
It could be the reason you are not receiving Spartan newsletters.
Please update via:
spartans.team@hotmail.com**

INSPIRATIONAL

We were all totally blown away by the efforts of Janette Murray-Wakelin and Alan Murray in setting a new world record by running 366 marathons in 366 days. The tough and dedicated couple who are both in their very young sixties have greatly contributed to an empowering perception of life over 60. The concept of aging or growing older to mature years has a generally poor image in our culture thanks to a media and fashion industry hell bent on selling youth and beauty. This couple have been absolutely fantastic ambassadors through their incredible efforts!

You can lead a human to knowledge but you can't make him think.



SPARTAN MEMBERSHIP

The number of financial Spartan members so far this year stands at 205. Just a courtesy reminder that if your Spartan status has been overlooked please visit the website at any time to download a membership form.

DATES TO REMEMBER

March 22 – Please visit the website for full details of a Spartan breakfast with mighty Spartan Legend Bruce "Digger" Hargreaves down for the weekend from Queensland. Join us for a bit of a run, chat and chew!

HAVE YA HEARD ?

- An update from Rahul Prasad on the distance running documentary he commenced filming last year involving footage of Spartans: "*The documentary is in the initial edit phase. It is progressing slowly at this stage as we have so much footage to go through. After that, we would need music, titles, cleaning and correcting the audio so it is even throughout and then post processing which involves colour-correction. At this stage, I anticipate finishing the doco in its entirety by the end of the year with an eye to having a launch somewhere locally either at a Arts hub or an independent small cinema. I will definitely keep you posted regarding the progress and hope we can share this with the Spartans and also with regular audiences sometime soon*".
- Spartans will be donating \$130 to CPEC (Cerebral Palsy Education Centre) from the proceeds of 'Entertainment Books' sold last year. We are currently deciding whether to sell the 2014/15 Entertainment Book when it comes out in June. If we don't get enough expressions of interest we will give the book a rest for this year and concentrate on other charity fundraising initiatives. If you would be interested in purchasing this year's edition of 'Entertainment Book' from the Spartans, could you please email Spartans.team@hotmail.com?

WHERE IN THE WORLD IS THIS MARATHON ?



Visit www.melbournemarathonspartans.com/stories

SPARTAN TEAM ENTRIES

We have nominated a Spartans team once again for the Marathon. If you aren't in another team, please select Spartans. We (probably) won't be the fastest team, but let's be the biggest. There is no password.

We have also nominated a team for the Great Ocean Road weekend of 17 and 18 May. The team name is "Melbourne Marathon Spartans" and the password is "Spartans".

COMMITTEE VACANCY

As President Jay Fleming mentioned, we have a vacancy on the committee. If you would like to be involved in the administration of the club, please ring Jay (0418 374 783)

