

DEVIL ISLANDERS

Hello Devils,

Maureen and I hope you are all going as well as we are. Training on these cold damp mornings is not a lot of fun but as Fiona reminded me in a wonderful corporate sponsorship letter we are doing this for the devils. Not much fun for them out there either suffering this terrible disease. So when the teeth are grinding, knees wobbling, tendons aching, hamstrings pulling, lungs bursting, hands freezing and forehead sweating just lay back and think of the Devils.

Only injury reported of late is Philip's hamstring is pulling a bit but he's still training and is hoping to break the one hour barrier. Good on ya Phil. Gale is going well, Debbie and Joanna have done a half marathon distance, why? Well because it's there! On the injury front I also heard a rumour---no more than that---that someone had a little too much Gin before a run and fell over, then blamed the dog for tripping someone up.—no names no pack drill. Andrew has been out training hard and sent this.

'I have been running each morning. Doing 4 to 5 km. It is quite a sight. I am leaving the house around 5.30am and running through the paths, streets and onto Redbill Beach with a miners type light on my head. I am waiting for the local police to be sitting in ambush to catch the strange man running around with the light on his head. I am starting to feel really good that I am developing a routine and am seeing some immediate benefits.'

And from Fiona

I'm on track to beat my PB of 1 hour 16 mins which is all I hope to do in this run. I did 6.8 in 50 mins this morning which puts me right on the knocker. Best of all I've finally dropped 2 of those stubborn extra kilos I am carrying so that makes it more comfortable all round. I'm really paying attention to my diet and nutrition in the lead up to the run and should bowl over another 2 in the next two weeks if I stay on track!

From Maureen and Me

We both did a serious ten kilometres. Maureen beat her hoped for PB at just under 90 minutes and is now doing some jogging mixed in with the walking. I got close to my hoped for PB and I reckon with the thousands lining the route and cheering for the Devil Islanders it should get the adrenaline pumping and push me for the 1 hr. Maureen's weight is going down steadily and I've managed to shed a total of 11 kilos since the start of lifestyle/diet/training started on January 1st.

From Dale

I am now up to 6km without stopping, feel more confident for Launceston. My clothing size is a twelve if loose fitting and a fourteen if small fitting. Bruce when you are next in contact with Linda and Nigel can you let Linda know that I have managed to keep going without stopping, she was a great help to me. I have been running 6kms and walking 6km. Have printed out Nigel's instructions and will give it a go.

Don't know how well Linda or Julie are going but I bet it's spectacular.

The News.

I've asked for two more tickets for us to all get to London as a guarantee. We will be able to choose the airline we prefer and a return date. I'm hoping we can all fly out together on the same date, around 3rd or 4th April, to give us all time to get over jetlag. The funding will pay for say ten days accommodation and if anyone wants to extend their stay they will have to meet the extra costs themselves if you all agree that is reasonable and fair.

Tourism Tasmania have agreed that it would be best for us to manage getting our gear together. We need to decide quickly what our 'uniform' should be. We have already purchased the tracksuit tops and bottoms which have cost \$ 38 per set. That means there is \$212/person to spend on a pair of running shoes, socks, running shorts and running top. My suggestion is that we keep to the black theme with some white. My suggestion therefore is we all buy Black and white shoes---you will all have your favourite shoe and make but see if they do them in black or black and white. White socks, Black shorts and black running vest. The style of each does not matter so that if anyone wants to run in a long sleeve shirt style or tight fitting pants style that's great, as long as they are black. I will then supply the iron on logos for the running vest at a future date. I don't think it can happen before the 22nd as none of us would want to be running in new shoes or even vests yet. We can discuss it all on the 22nd. Maureen and I will be travelling up on the 21st so could bring the iron on logos with us if anyone would like to iron them on the vests they use at present so we've got them for the run.

David and Joanna have done sterling work with the minutes, (See Attachment) getting incorporation for the Devil Island group underway, painting the Darth Vader collection boxes, cards for the gifts to sell, designing stickers and getting the disc off to the printers etc. Debbie through Louise is working hard at getting the website up ready to go as well as shopping for various items, Maureen has been getting the hats organised, uniforms ordered etc and Fiona has been achieving sterling efforts towards getting the Wildlife Warriors on board, placing two Darth Vaders in great locations, writing a corporate sponsorship letter (See attached) creating tins for the collection boxes for the stickers and 'begging tins' for the shops etc. Hope to have these ready for everyone by the 22nd.

I've had agreement from Gary Davies of DPIW that we will have top priority for the devils they intend to take from the wild next January. My intention is therefore to get on with building the facilities to house the devils in November. Contractors are arranged. It will be great if that timescale works out because it will mean the devils

can go straight from the wild to the island with as little stress and upset as possible. They really will be fully wild devils. It will also mean we will have photos etc of what has been done well before the London Marathon takes place for publicity, sponsorship requests etc.

So what about the Mercure Launceston Ten.

Phillip is I hope the only one who hasn't received acknowledgement of his entry and I'm chasing that. If you haven't been notified please contact me immediately. Information seemed comprehensive although I did check out that there will be posts marking each kilometre and a clock at the half way mark. Your time will start as you cross the start line (Don't know how this is done yet but possibly by microchip or video. The finish is timed by scanning your start number on your front. That's why they were so pedantic about how the number had to be fixed.

Don't forget Nigel and Linda's advice about how to go about the next 11 days. Over training and under eating will be two big mistakes. I would also suggest that you psychologically start to prepare for the day and take your mind through how you intend to manage the run. Personally I know I have to convince myself to take Nigel's advice and on the day start slowly over the first two kilometres and gradually build up. I know, for me, the urge will be to go too fast too soon. Let's just hope the weather plays fair and the crowds come out for support.

What am I asking you to do in the future.

- 1) Only Fiona, Maureen and I have given Louise at wizard@wizarddesign.com our photos and stories. Please make a special effort to get these to her ASAP. Other than the bank account they are the only thing that's stopping the website going live. The photo only needs to be a close-up, full length or anything that makes you recognisable. Just a short resume with a bit of humour will be great. Remember to check out <http://www.wizarddesign.com.au/devil/> and click on Profiles to see what Fiona, Maureen and I have submitted.
- 2) We still need sites for at least two of the 'Darth Vader' devil collection boxes. They need to be placed where thousands of people with loads of spare change pass regularly if at all possible. Tourist information centres, banks, supermarkets, theatres, sports venues, garages/shops. Need somewhere in Hobart if anyone can think of somewhere.
- 3) Everyone will be given ten collection tins which will need to go into smaller outlets like the local store, shop, hardware outlet, café, TVIN etc etc. Please spend some time getting these lined up as it is intended to give these out to everyone on the 22nd together with the 1000 stickers which are for selling. The tins can be used as stand alone collection boxes or as something in which to place the money from the sale of the stickers. Some places may just take a tin and others stickers and a tin if they are prepared to sell the stickers to their customers.
- 4) Fiona and I (Mainly Fiona's work) have drawn up a corporate sponsorship letter which we can give to everyone to use to send off to any person or organization they know or have contacts with specifically to request sponsorship. See attached.

Finally a kind invitation from Fiona.

In your next newsletter could you please let people know that we'll be providing soup and sandwiches at the meeting after the race here at Fee and Me and that we have a shower we can make available if anyone wants to have one. Tell everyone to park in the back yard - off Frederick St and to use the back door.

Best wishes to everyone

From the Old Devil.