

DEVIL ISLANDER NEWSLETTER NO. 7

20/12/2007

Merry Christmas and a Happy New Year.

Welcome to the 7th edition of the Devil Islander Newsletter. Another month has passed and we are fast heading towards a 42.2 km marathon run. It's all very exciting.

From Bruce and Maureen

It's going to be a wonderful Christmas for our project. The first of the materials are being delivered on Friday 21st December ready for a start on January 7th. After much negotiation and tremendous help from Gunns the posts and rails that support the inner fence will arrive, together with various hardware. The metal fencing arrives the following week. There's no stopping now! Contractors and machinery all lined up as well.

We had some excellent exposure from the ABC which broadcast live from Bicheno and the three personalities were Fiona (who we all know as Joanna) Andrew and Brian (who we all know as Bruce) However, after two corrections on air the presenter finally got it right.

The fundraising is going even better than I ever imagined and each and every one can have an extra brandy, champagne or even muesli bar to celebrate--- sorry, must add the chocolate for Linda to go with the champagne.

Hope all your training is going well and the build up continues. Maureen has had a bit of a setback with a back and neck problem, trying to see physio but no appointment available so trying different route. Massage is helping. I had a great run with Andrew this morning, networking as we went the 11 kilometres went very quickly. We both talked about how we felt when we had completed the Lonnie Ten and compared it with our feelings now. 10kms is a doddle these days. Bring on the half marathon. It's a long way to run to get a chocky bar!

Best wishes, Happy Christmas and New year

SOB.

Andrew and Belinda

Bee is stoked that she is running the marathon now! Thanks for the offer, but also a little nervous she isn't quite up to the fitness of the rest of the Motley crew. Some new shoes and some good weather will be all the motivation needed. Plus a need to burn off the extra kilos gained by the number of creamy cocktails drank of late. Midori splice is the flavour of the month!

Everything going well with training and preparing to go. Still going to find it hard to be away from Lucy for 2 weeks.

Well the festive season begins and our weakness for Christmas indulging begins. Hope that you all have a good Christmas and New Year. See you at the Cadbury run.

Belinda and Andrew

Jim

Hi fellow Devil Islanders,

Up here in Devonport we are conscious of the coming events in 2008. I had a belated birthday party on 30/11/2007 to raise funds a \$1700 was raised.

I am very grateful to my good friend Jacqueline who has distributed tins and sold raffle tickets from me.

On the training front things are going along well. I probably train about 5 days a week on average, doing "cross training"-swimming and cycling as well as runs and I do recommend that as it keeps one trim, with good stamina and exercise effort without putting too much stress on joints.

Hope to be at the Cadbury half marathon on 6 Jan, run in King Island in March and possibly do the Hobart International triathlon in Feb.

Also may walk into Frenchmans Cap on 2-4 Jan.

I ran up My Wellington on 25 November from Wrest Point (the weekend after the point to pinnacle) in 3 hrs and 10 mins and wrecked my running shoes, I bought a \$250 Asics pair 10 days ago.

Our runs include a weekly 11 km route along East Devonport beach and a weekly session of a couple of laps at half pace around East Devonport oval.

Hope to be in Bicheno from about 30th Jan to early Feb and will try a few runs. Hope to watch some athletes at the local carnivals over the next few weeks for some inspiration.

Greetings to all and a very Happy Christmas and a Blessed 2008.

Jim

Fiona

Can't do the Cadbury half marathon due to work commitments on the Saturday night but I hope to drive down and cheer you all across the line on Sunday! Everyone keeps telling me how much weight I've lost and while that's good, let's be honest here, I did have the most to lose! Still need to drop a few more kilos to ease the strain on my feet which are feeling the pressure a bit as the kilometers go up but I shan't be worrying about that on Christmas Day when the pudding's being dished out, I can tell you!

Happy running and a safe Christmas to you all and hope to see you all at the official sod turning when we get organized!

Fee

Dale

The Salamanca Market was a huge success the total raised was \$1293-75. A fun day but also a long day.

Looking into a cake stall at the Driver Reviver site at St Peters Pass. Details still being organised at this stage, but may need helpers with the stall.

Debbie (Gizmo)

I had a great experience whilst Jock and I were at Strahan recently. Jock took me 16km out the Zeehan Highway and dropped me off, so as I could jog back, which I did. On the way it started to rain, which was quite refreshing. I was about 8km into my run when a car slowed down and asked where my support

vehicle was so they could give money to. (It certainly pays to wear Devil Island T-Shirts). I had my business cards in my drink pack and I gave them one of those. I received an e-mail from the couple this morning asking for details on The Devil Islanders. I have sent them our details along with a request for personal sponsorship if they wish.

I think I have finally fixed my foot problems ...(fingers & toes crossed) ... I have changed my running shoes from Asics to Brooks Addiction's, they are a lot wider shoe across the toe area, as well as being a size 8 shoe, (they felt a bit strange running in them at first. It's the first time in 3 months that I have jogged without my feet hurting. Jolly (Joanna) and I have been training of an evening as we are getting to be busy during the mornings. We are doing larger kilometres in training now. We have a 19km this Sunday.

" MERRY CHRISTMAS DEVIL ISLANDERS & A HAPPY NEW YEAR"

Hope to see you all at Cadbury Marathon on 6th January.

Cheers

Gizmo (aka Debbie)

Linda and Nigel

Hi everyone,

If Linda is any indication, everyone should be feeling pretty positive about training sessions at the moment. There was a definite lull after Burnie, but the bodies and minds should be well over that now and inspired by the next challenge. Linda has clocked up 80km in the last eight days and her body is feeling strong. Everyone needs to be averaging around 50km per week at the moment including one longer run of 15km or more. For those running in the Cadbury half marathon, you need to get a solid 20km run under your belt within the next week. No use putting it off, I guess this weekend, before the festivities, is as good a time as any. This will give you the confidence in your abilities to run the half marathon well, I have no doubt you will rise to the challenge.

I would like to see the whole team move into the hills and also begin some short sharp speed training sessions for the next month to six weeks. You all have solid kilometres in your legs now and your aerobic levels have improved and adjusted accordingly. However developing your aerobic capacity further is going to be necessary. Hills will do this and also have the advantage of

reducing the repetitive strain injuries through constant foot striking from the same height. As you ascend, the height that your feet strike is greatly reduced therefore reducing the jarring effect. The only problem is the descent where the opposite is true, so for steeper hills, run up and walk down is a good option or for longer more gradual ascents, I recommend going with a partner, driving two cars to the top, leave one there and return to the bottom in the other. Instead of running or walking back down, drive. Hills also have the advantage of strengthening the correct areas of your calf muscles, giving you extra spring and you will notice the difference when you run on the flat.

Two speed sessions per week will be ideal, obviously they are going to be a lot shorter (up to three kilometres) and take up less time which can be an advantage. A steepish hill up two to three kilometres would count as one of your speed sessions, as long as you run it in bursts. For example 100 normal double jogging steps, followed by 50 steps where you increase your effort by 50%. Your other speed session should be on grass, gravel or sand and should look like 5 lots of 200m at 75% maximum speed interspersed with quick walks (rest period) back to the start between each. When you have completed six of these sessions (they can be done twice a week if you wish) then increase the distance to 300m, and stay with the same regime in terms of number of repetitions and the type of rest period. These sessions are designed to raise your heart and respiration rate significantly higher than the levels they are at when you go for your normal distance runs. As an indication of intensity, you certainly shouldn't be able to hold any kind of conversation during the work phases of these sessions. These sessions can be held on the same day as one of your lighter, medium distance (6-8km) runs. If you do this your rest day would be the following day. Make sure that you factor in at least one rest day per week in your current regime.

Please return email any queries or comments

I hope that everyone is well, enjoy the coming break if you are lucky enough to have one and keep up the good work. Nige

Devil Island Raffle

**Drawn December 22nd @ Nature World
4pm.**

**1st Prize: Framed Print of
Mount Wellington**

Won By

Max Lohrey

Newnham

**2nd Prize: Framed Print of
Mount Roland**

Won By

Greg Rayment

Paroona