

DEVIL ISLANDER NEWSLETTER NO. 8

19th March 2008

Welcome to the 8th edition of the Devil Islander Newsletter. Only 3 and a half weeks until race day, the countdown has begun!!

It's nice to hear the inside security fence is finished. The little devils will soon have a new home.

Most team members completed the Cadbury Marathon in Hobart in January with amazing results these are listed below just in case you missed them.

129. Jim 2.00.35

135 Bruce 2.01.54

153 Belinda 2.07.18

187 Linda 2.20.21

201 Debbie 2.39.41

209 Dale 2.53.17

210 Joanna 2.53.17

213 Maureen 3.02.17

Welcome aboard Dianne Bucknell. Dianne has kindly volunteered her time to assist us with any PR and fund raising requirements.

From Bruce and Maureen

The late arrival of this newsletter is down to me but for the best possible reason, so sorry to keep everyone waiting. I was hoping to be able to give a complete picture and I'm delighted to confirm that I can.

The Honourable David Llewellyn MP will be coming to officially open the 'Devil Island Project Inc' on Sunday May 18th at 12 midday. I hope everyone will be able to make it.

The building works are back on track after the rain and timber supply hiccup. An additional contractor has joined the team on to supervise the erection of the outer security fence as it's a bit of a tricky job because we are burying it into the ground. Hope to catch up a bit and certainly have it all finished before the official opening. We are adding three extra internal enclosures for management reasons at a small cost increase.

The trip down to the Taste of Huon was a great success, thank's to all volunteers including our little devils

The four baby devils are growing fast and should be weaned next week, they've got a full set of very sharp teeth and I've no idea how their mum lets them still suck! Brings tears to my eyes. As soon as the pens are complete in Devil Island we hope to get them and the two adults in ASAP. Out of quarantine and wild free.

The training front has been a bit of a disaster for Maureen and me. Until today I have been away from training with hamstring, calf muscles and knee problems. After some fairly intensive physio over the last three weeks all seems well except the knee and that I will have to put up with. X rays show ligament and tendon injury---old age! Just keep taking the tablets. Maureen has been off with a bad neck and again intensive physio has helped but her X rays show a mess in her vertebrae. She collects a neck and back brace to walk in this Friday. However, we both went out this morning and I managed an 11 kms jog and Maureen a 7 kms walk. Don't bury us just yet, there's still hope. The personal sponsorship will help the incentive to finish as the friends have said if we don't they want their money back! Good luck everyone in the next four weeks before we can start the ease down to London, stay injury free and **enjoy the training**. SOB! You said it Fiona.

Andrew

Hi all. Hope you are well. Running going well. Have had to get some new clothes for work as the others are getting a bit baggy. Training is still a balance of doing the kilometres yet realising that I have a 40 year old body that is not as sturdy as it once was. Brother in law is looking at doing a marathon run at Kings Meadows High School and getting the school community involved to raise funds etc. Looking to send out a challenge to other PE teachers to do the same. Will let you know how it goes, organising school communities can be a very daunting job!

While the training etc is going well, I am finding it difficult to balance time on the Devil project and the other things in my life. I am not able to spend as much time, as I would like to, at the moment on fundraising and placing and collecting tins due to time constraints. As with everyone, there are many pressures and time constraints with everyday life. School Year has started and I have been working hard at it for many weeks in preparation. We also have some major playground re-developments that are taking a lot of physical time and head space. Spending 10 to 12 hours a day on the school site. Add onto this trying to get time with Belinda, time on a new house in Bicheno (which I never get around to), some recreation time and most importantly time with our daughter Lucy, and there are not enough hours in the day. I know that everyone has to find a balance and I encourage you all to ensure that all the important parts of your life do not become neglected. Pretty deep and meaningful...eh!

Belinda

Bring it on!! I Haven't felt this good since I was 18. Yoga classes just don't give me the endorphine rush I need at the moment. Im way too hyper to sit cross legged and stretch. Need at least a 5km run in there somewhere with an ipod blasting. Found the 30km a tough run especially as my quads ached for days afterwards, but the 32km was slightly easier and no pain after. On the money raising front, thinking of doing a movie night in Bicheno, have a number of sports cards to sell but will hold till the Devil Dash. Maybe another market with Dale.

Fiona

Thanks to all for their help at the Launceston Travel Expo - 15th-16th March. With everyone pitching in we only needed to do 2 hour shifts each which was a big help.

Welcome to Di Bucknell! We look forward to working with you and getting some much needed help with our fund raising and profile raising!

Cheers,

Fee

Dale

On the fundraising front IGA St Helens have donated \$1000.00 which is fantastic. I have been injury free and doing light training runs the last few weeks. Still looking into Driver Reviver which is normally over a long weekend. Would like to do another market either Hobart or Evandale probably after the marathon as time is running short.

Debbie (Gizmo)

Two weeks and we will all be in England about to participate in one of the most **AMAZING** events of our lives **THE LONDON MARATHON**.

Over the past 3 months Joanna & I have jumped some big hurdles. The first was the Cadbury Half Marathon in Hobart on the 6th January. It was the hardest run for me so far, because of the heat, not being hydrated properly, were a couple of factor's. Joanna & Dale cruised home very comfortably. But at least we finished along with all the Devil Islanders that participated, **CONGRATULATIONS** to all, another milestone reached. Sunday 20th January @ 6.15am 5 members of the team started out on completing another hurdle in the form of a 30km training run. We all finished the 30km. We were all floating on air for a few day's. Sunday 3rd February we had a crack at 32km. " Piece of cake" well not quite but we all finished. I managed to jog (shuffle) all the way again. On 24th February Joanna, Linda and myself had a go at a 34km training run in Launceston. Then 9th March the King Island Imperial 32km. At least the two digits don't seem so daunting . Jim, Jacquie, Joanna and I completed the run.

Our times were:

Jim: 2 hours 50min

Jacquie: 3 hours 33min

Debbie: 4 hours 35min

Joanna: 4 hours 43min

I would like to thank David a very, very special person who has been our back up on all of our training runs.

Gizmo (aka Debbie)

Joanna and David

Training is going well and I am feeling pretty strong and a lot more confident about running 42 km in London. On the fundraising side of things we are nearly to the stage of thinking about getting some more Devil Prints printed as we are steadily moving towards selling out of the ones already printed. By my estimates, taking into account the prints which are out and about the place we would have sold about 60. My 90 year old mother in law is even on the job and has sold 6 in Perth, Western Australia. Fiona has sent some over to England for her friend to sell and Deb rang me to tell me she had sold one today. Personal sponsorship is ticking over slowly. We had an old friend visit today and he was more than happy to sponsor me for \$42 which is very encouraging .Happy running...Joanna

Jim

Hi All

Just to let You know I entered into the Hobart Triathlon proudly wearing the Devil Island Tasmania singlet.

I did it mainly as a training venture, was a 1.5 km swim, 40 km cycle and then a 10 km run to finish(Olympic distances). Took me around 2hrs 55 mins.

I have only done it twice, it is lots of fun but by the time the run starts exhaustion was not far off.

Will check up on our tins this week and will try to look up a few potential sponsors.

I would also be willing to host a slide show evening in Bicheno on Easter Saturday just showing a few mountaineering slides from Tasmania, New Zealand, European Alps and Himalyas (very amateurish). Jacqueline has bee a big support to me as far as training is concerned - getting me up in mornings.

Regards to all, 3Many, weeks to go

Jim

Linda

News from me, is that I am mercifully injury free, apart from the blisters, which don't seem to want to retreat. I am looking forward to the marathon enormously, it has occupied a lot of my brain space recently. There can't be much left, between working full time and trying to get this PhD off the ground!!