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MARYSVILLE

# triangle news

BUXTON

NARBETHONG



**We Serve**

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President Ken Adams

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## **SNOW DOC RUNS!**

### **Marysville's own Dr Lachlan Fraser shares his passion for running:**

I started running after medical studies to get fit and reduce stress, and 10 years later I had completed 4 Melbourne Marathons. After a 10 year gap, I had a year of running 3 km down a road and then 3 weeks to notch it up for 2004 Melbourne Marathon. Since, I've added 15 marathons – inc. Great Ocean Road, Canberra, Sydney, Gold Coast, with The Great Wall of China being the most spectacular and hardest (3.5 km of steps, near the start, agonisingly repeated towards the end). Personal best – October 2008, Silicon Valley Marathon, California at a very satisfying 2:58 (hr:min). Lots of applause from runners as I returned, to run 7th of 700 runners, winning my age group and new shoes. Hiking the week before in Yellowstone NP at 3000 m elevation helped the blood count, so 2 weeks higher up and a flatter marathon is planned.

A year ago I started ultramarathons (42-km+), collecting 12 finishes for 2008 and 2 this year. Held annually around Australia (Australian Ultramarathon Runners Assoc), you keep meeting up with "colleagues" of a similar mind (nuts to lay people). There's an average of 25 runners, with myself making the top 1/3, & up to 1/3 not finishing. 2008 – Bogong To Hotham (64 km; 9:55 time taken)(9:28, 2009); Maaroondah Dam Run (50; 5:23); 6 Foot Track, Blue Mtn.s (45; 4:34) (781 runners); Frankston To Portsea (55 km) The last 1/2 of such runs most walk uphill sections

sustained by food/fluids at check-points. These act as training runs for next events, giving endurance for 100 hilly km at Wilson's Prom, in 13.5 hour – others took on distances as "short" as 45 km. With 1 or 2 days off running, a week later I completed 50 km at Waihalla. June saw me finish 100 km Gold Coast in 9:5 hr. and run Traralgon marathon a week later in 3:10. In July I placed 3rd in the Bush Capital Bush Marathon 60 km in Canberra, for my 1st trophy. I ran 1st in the 53.5 km Around The Tan (in Melbourne) in 4:21, & 3<sup>rd</sup> in Shepparton Marathon the day after the ski marathon at Falls Creek.

In November I dived into the Great North Walk "100 miles" (actually 180 km), Newcastle towards Sydney, preceded by 5 days of sleep deprivation touring the USA (including a fantastic run in the Grand Canyon down to the river and back). Lost 3 times added 2 hours to my finish of 34 hours (with a 20 minute nap); others take on the "short" distance of 100 km. What an experience, matched in December by the Coast To Kosciusko – 240 km, of which we covered 222 km because gale winds and rain forced a soggy,

battered and grateful finish at Charlotte's Pass in 33 hours. That was the longest I've run continuously – 80 km (8.5 hr.) except for 3 km uphill & refreshments. For C2K everyone has a support crew and car, to meet up every 5 km or so, a big job in itself. A few people



raise money for charity but most run because it's there, thanks to the volunteer organisers.

*Continued Page 3*

## Snow Doc runs

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Seldom an I-pod needed, there is enough to ponder.

Further trophies were won at Moe athletics track -- Victorian 50 km (3<sup>rd</sup> in 4:15) & 6 Hour Championships (1<sup>st</sup>, running the furthest distance of 68.5 km, mostly in rain = 171 laps!). The 50 km is run as part of the 6 hour timed event. Might try 24 hours Coburg track in April -- aaagh! 2009 I've added 50 km of Mansfield to Buller summit with a trophy for 3rd in 4:48. With monthly Rogaines (bush orienteering events 6- 24 hours) I averaged an event fortnightly, so might have

to drop a few marathons. Like to thank the coach, age 87, 1/2 blind/deaf, makes me tow him uphill, he's 14.5 in heeler years. So try it, spend \$130 on shoes, do 10 minutes of stretches before/after a run, start with a few blocks, then fun runs of 5-10 km, 1/2 marathons and ... the earth's the limit.

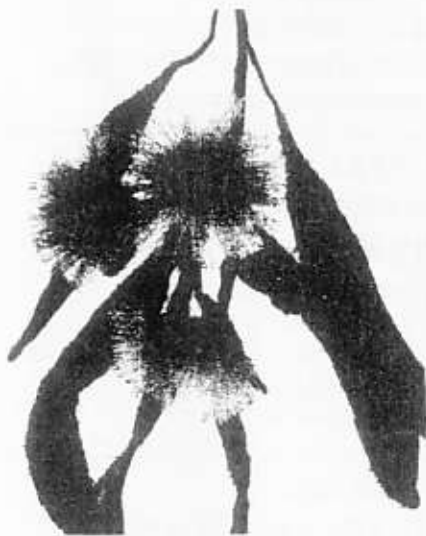
*(this story was contributed to Triangle News by request.*

*If you have a story to share call us on 5774 7336)*

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## Keppels

HOTEL MOTEL

42 Murchison Street  
Marysville Vic 3779

Ph: 5963 3207 Fax: 5963 3566

Keppels Hotel will be closed on  
the following dates:

Wednesday 11<sup>th</sup> February

Thursday 12<sup>th</sup> February

and

Thursday 19<sup>th</sup> February

Bill & Kim Hamill