



## KIMBERLEY AND DISTRICT STRIDERS

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Hi, welcome to the September issue of Blister. In this issue we've got a profile of Kev Rogers (who we all send our best to—hope the operation is a success). We've got history with the extraordinary story of the 1904 Olympic marathon, book reviews and recent KADS news. Remember, if you've got anything to include, please let me know.

### A Few Questions with Kev Rogers—GFG Co-Ordinator



**What is/was your job?** I'm a project manager within the Linneygroup print works in Mansfield.

**Family :** Wife, Lynn and two boys (were), Mike (23) and Matt (20) and Buzz the dog (10).

**How long have you been running?** Since a 1983 New Year early morning drinking session and a bet. I trained up for the Nottingham half marathon, 1 hr 48 minutes and no doubt 59 seconds.

**Favourite races/routes?** The one's I can get to the line before Gary W and Dave J, which have been few and far between, certainly recently.

Road race-wise, I think Worksop half, Nottm Grand Prix, Turkey

Trot,

Underwood 10k, Nottingham Marathon for the opens and Epperstone, Holme Pierrepont and Teversal for the league. Cross-country-wise, Roundhay Park, Leeds (Nationals), Bristol (ha!), and all the local one's really (muddy and DJ in front as usual).

I always thought of Broxtowe Park as a great course, once the shopping trolleys were removed.

Training routes: all those you do on holiday in the early morning to avoid the heat and you can still taste the red wine (all counts though). Narrow Lane which

is dead 7 miles from the house. Any routes around Felley. Always enjoyed my early morning run to work via Moorgreen Res and Junction 27 on a Friday. Followed by a big mug of tea and two bacon and egg cobs to start the working day. Had to cadge a lift home though. Unfortunately that is now a distant memory as the last one was about 10 years ago. How time flies.

**What is the best/worse thing about running ?** Best is being in a club, putting on the vest, racing against all the county teams, being fit, seeing the countryside, clearing the stress-head, checking your mileage/performance/weight/pulse and filling in the anorak's training diary, the banter etc etc.

Worst, not being able to run.

**How far do you run per week?** I like to run about 25 to 30 miles per week. Looking to get back to that post-Christmas.

**Runs I'd like to do :** I usually look forward to my weekly hill sessions (ask Matt) which takes in Knowle Hill twice and Church Hill. Works out to be about 6+ miles depending on how many reps you do. I've mentioned the rest earlier in the piece.

**What are your interests outside of KADS?** A lot of this is now down to the armchair variety c/o Eurosport, but cycling, swimming, winter biathlon, athletics and any sport that's on when there is nothing else to watch (how sad!).  
Oh, and the wife and kids. Oh yes, and holidays.  
. . . and of course, resting.

**What are you favourite pieces of music?** : I like Dylan and some of the 60's stuff as its part of my teenage rebellious years, but very eclectic from then on. Also Snoop Dog somebody or other, joking. Henryk Gorecki, Symphony of the Sorrowful Souls for a classical input.

**Favourite books?** Reading a lot at the moment, I'll let you know.

**Favourite places to visit?** When I was twenty I hitched around Iceland on my own, best way to get lifts, and it cost £36 return on the ferry (3 days each way). Although "Billy-no-mates" I did find people to talk to, especially if they were cooking a meal, clever eh! Just a great place to visit, with its volcanoes, glaciers, waterfalls and no trees.  
All of France 'cos you can get excellent red wine, baguettes, cheese etc and the views are nice too. Anywhere else as well really, as long as the training routes are good.

**Things I'd like to see KADS do?** Get back into the Nationals, it's a great experience, ask those who have done it.  
You only have to turn up, if you win fantastic, but just to experience the mass start makes the hairs on the back of your neck stand up. Two thousand plus runners all stampeding down to the first corner from a quarter of a mile wide start line, wildebeest on the Serengeti springs to mind! Give out training allowances, like the heating ones, when you get to sixty (just a personal idea).

**Favourite tipple?** Guinness when I can get a lift home and red wine, ditto as well.

**TV shows that I watch—:** At the moment, The Killing on Channel 4, The Hour on BBC, Countryfile, well, anything with Julia Bradbury in it really, so all the Wainwright's, and other various walking series as well. You've guessed, she's my favourite. Sport I've mentioned. Cooking programmes as I do a nice scrambled egg on toast and it shows.

**Favourite films?** Mississippi Burning, Day of the Jackal, Odessa File, Chariots of Fire (of course), Saturday Night and Sunday Morning (just to see the traffic going both ways on Derby Road) and The Graduate. Then there's Toy Story and The Snowman, the things kids make you watch eh!

**Pet hates?** Most car and lorry drivers when I am/was on my bike (controversial stuff there then!)

**Favourite Food/Places to eat?** I'd have to say Italian food with Moda in Hucknall as a very nice place to eat. Indian as well with Simla and Lime as eateries, Lynn recommends Sylhet Spice in Ripley but she has yet to take me there. Search the internet restauranteurs as I'm now waiting on the vouchers arriving!!

**Describe yourself in six words?** Wouldn't dare, please see the above

## 1904 Olympics

The 1904 Summer Olympics were held in St. Louis, Missouri, U.S.A.

St. Louis organizers repeated the mistakes made at the 1900 Olympics in Paris. Competitions were reduced to a side-show of the World's Fair and were lost in the chaos of other, more popular cultural exhibits. David Francis, the President of the Louisiana Purchase Exposition, declined to invite anybody else to open the Games and, on July 1 did so himself in a scaled-down short and humdrum "ceremony". The Games were so poorly run that, as a result, the Olympic movement almost came to an end.

Officially, the games lasted for four and a half months; in fact, James Edward Sullivan tried to hold an event every day for the duration of the fair. The Olympic calibre events were again mixed with other sporting events, but whereas Paris hardly ever mentioned them, Sullivan called all his sports events "Olympic." The IOC later declared that 94 of these events were Olympic.

The participants totaled 651 athletes - 645 men and 6 women representing 12 countries. However, only 42 events (less than half) actually included athletes who were *not* from the United States. The actual athletics events that formed the bulk of the recognized Olympic sports were held from Monday, August 29 to Saturday, September 3.

European tension caused by the Russo-Japanese War and the difficulty of getting to St. Louis kept many of the world's top athletes away. In a number of sports, because there were no competitors from other nations, the U.S. national championship was combined with the Olympic championship (and other events such as a local YMCA swim competition). Boxing, dumbbells, freestyle wrestling and the decathlon made their debuts.

One of the most remarkable athletes was the American gymnast George Eyser, who won six medals even though his left leg was made of wood. Chicago runner James Lightbody won the steeplechase and the 800 m and then set a world record in the 1500 m. Harry Hillman won both the 200 m and 400 m hurdles and also the flat 400 m. Sprinter Archie Hahn was champion in the 60 m, 100 m and 200 m. In this last race, he set an Olympic record in 21.6, a record that stood for 28 years. In the discus, after American Martin Sheridan had thrown exactly the same distance as his compatriot, Ralph Rose (39.28 m), the judges gave them both an extra throw to decide the winner. Sheridan won the decider and claimed the gold medal.

The team representing Great Britain was awarded a total of two medals, both won by Irish athletes. The top non-USA athlete was Emil Rausch of Germany, who won three swimming events. Zoltan Halmay of Hungary and Charles Daniels of the United States each won two swimming gold medals. Galt Football Club from Canada won the gold medal in football.



The marathon was the most bizarre event of the Games. It was run in brutally hot weather, over dusty roads, with horses and automobiles clearing the way and creating dust clouds. The first to arrive at the finish line was Frederick Lorz, who actually was just trotting back to the finish line to retrieve his clothes, after dropping out after nine miles. When the officials thought he had won the race, Lorz played along with his practical joke until he was found out shortly after

## FORREST STUMP



Jogging 1,000 kilometres is in itself a tough enough challenge, but Colin Edwards (left) attempted it with just one leg! The prolific fundraiser says it is more difficult with a prosthetic limb, but just like the character Forrest Gump, he just keeps on going.

Colin took up running after his leg—injured in a motorcycle accident when he was 19—was removed below the knee ten years ago.

He's a member of Teign Valley Hash House Harriers where he went from being very unfit to competing in Marathons.

He completed the Torbay Half Marathon in 1.50.07.

## 1904 Olympics

the medal ceremony and was banned for a year by the AAU for this stunt, later winning the 1905 Boston Marathon.

Thomas Hicks (a Briton running for the United States) was the first to cross the finish-line legally, after having received several doses of strychnine sulphate mixed with brandy from his trainers. He was supported by his trainers when he crossed the finish (see previous page), but is still considered the winner. Hicks had to be carried off the track, and possibly would have died in the stadium, had he not been treated by several doctors. A Cuban postman named Felix Carbajal joined the marathon, arriving at the last minute. He had to run in street clothes that he cut around the legs to make them look like shorts. He stopped off in an orchard en route to have a snack on some apples, which turned out to be rotten. The rotten apples caused him to have to lie down and take a nap. Despite falling ill to apples he finished in fourth place.

The marathon included the first two black Africans to compete in the Olympics; two Tswana tribesmen named Len Tau (real name: Len Taunyane) and Yamasani (real name: Jan Mashiani). But they weren't there to compete in the Olympics, they were actually the sideshow. They had been brought over by the exposition as part of the Boer War exhibit (both were really students from Orange Free State in South Africa, but this fact was not made known to the public). Len Tau finished ninth and Yamasani came in twelfth. This was a disappointment, as many observers were sure Len Tau could have done better if he had not been chased nearly a mile off course by aggressive dogs.

With the games being staged in the U.S.A and with the difficulty of travelling there were a disproportionate amount of American athletes compared to elsewhere—523 versus 107, which meant that the medal table also reflected the dominance of the Americans. The U.S.A won 78 Gold, 82 Silver and 79 Bronze. The next best team was Germany with 4, 4 & 5.

Great Britain won 1 Gold and 1 Silver medal (both of these being the Irish athletes) with John Daly winning a Silver in the 2,590 metre steeplechase and Tom Kiely winning Gold in the Decathlon.

## 'Why we run' by Robin Harvie

Review by Simon Redfern in the Independent

It's a curiosity that so many memoirs by runners emphasise the pain rather than the pleasure of an activity that is, after all, wholly optional.

There are exceptions, such as Haruki Murakami's gentle, ruminative *What I Talk About When I Talk About Running*, but Robin Harvie belongs firmly to the "no pain, no gain" camp. Whether it's stumbling along frightened and lost, nipples bleeding and blisters swelling, or collapsing after running 85 miles in 17 hours, he is driven to extremes.

It is no surprise that he counts among his heroes the doomed explorer Captain Scott and mountaineer George Mallory, because he almost seems to have a death wish himself as he pushes his body towards ever tougher tasks, culminating in the Spartathlon. This race recreates the legendary feat of Pheidippides, who supposedly ran the 152 miles from Athens to Sparta non-stop to enlist the aid of the Spartans against the Persians.

It proved too much for Harvie, but by the end of the book he is contemplating another attempt, despite having promised his wife he wouldn't.

The answer to the question posed by the title remains elusive. Harvie talks of how running helps him on his "journey into adulthood", without quite specifying what that means, and offers gnomic clues through the words of others, such as: "There is only one antidote to mental suffering, and that is physical pain" (Karl Marx); or "Beyond the extreme of fatigue and distress, we may find amounts of ease and power we never dreamed ourselves to own" (William James).

He concludes that running "is simply about becoming a more sentient person, living what the novelist Alice Munro called a more authentic life", which didn't leave this reader much the wiser. Yet however unresolved the ending is, his journey is undeniably a compelling one.

## DEAN KARNAZES

In his new book 'Run!', Dean Karnazes there are 26.2 stories of Blisters and Bliss. Dean is an ultra-marathoner who has run some of the longest ultramarathons, across some of the most dangerous terrain. He has competed in the Badwater Ultramarathon 8 times, a 217 km race from Death Valley, California to the Mount Whitney Portal in 49C heat just for fun.

'I'm curious to see what the limits of human endurance are and how far the human body can go' he says.

In 2005, the day after he finished running 50 marathons in 50 states in 50 consecutive days, he left his hotel and ran 1,300 miles back home.

Some quotes from the book : 'Personally, I never feel more alive when I'm in great pain, struggling to persevere against insurmountable odds and untold adversity. Hardship? Suffering? Bring it on! I've said it before and I've come to believe it : There's magic in misery'.

'I came upon my neighbour, out in his slippers collecting the morning paper. He looked at me in my running gear and asked "Doesn't running hurt?" I thought about this question briefly. "It does if you're doing it right," I said'.

Gulp! And I'm questioning whether I can do a 10k?

## RECENT NEWS

With the conclusion of both the Notts AAA's and Booth Decorator's League Races, the next series of races will be the Booth Decorator's Cross Country races. The 1st race in the series will be at Shipley Park on October 16th starting at 11 a.m.

In the Notts AAA's Summer League, the men finished a creditable 9th place, which is good as we had vets counting in our team, unlike some of the others. In the last race at Teversal Neil Kirk finished in 29th place, Matt Rogers 36th, Ian Berry 75th, David James 121st, Ash Finney 133rd, Roger Porter 148th, David Kelly 168th, Colin Goodwin 179th and Paul Thompson 181st.

The women finished in 10th place overall also. At Teversal the results were : Helen Woods 20th, Nicola Chamberlain 34th, Jessica Dobson 50th, Gilly McLoughlin 68th, Anna Shipley 72nd, Wendy Akers 78th, Hollie Ross 85th, Amanda Abson 92nd and Sue McLoughlin 97th. Well done to everyone who turned out.

There were 2 races in the Booth Summer League—the 4th and 5th of the series. In the 4th, at Carsington, the men finished in 9th place as did the women. 18 runners turned out on the night, 12 men and 6 women. Carl Wright led the team home in 17th, closely followed by Neil Kirk 20th, Dan Bailey 37th, Ian Berry 81st, Dan Gooch 98th, Roger Sandell 114th, Gary Whelan 152nd, David James 165th, Ash Finney 200th, David Kelly 224th, Wayne Rhodes 246th and Colin Goodwin 259th.

In the women's race Helen Woods was first back in 103rd place. Other finishers were Jessica Dobson 173rd, Michelle Garner 219th, Michelle Robinson 240th, Alice Thompson 251st and Sue McLoughlin 252nd.

In the last race of the series, which was held at Shipley Park Cricket Club, the men finished 8th and the women 9th. Carl Wright was again the first man back in 13th place. Other finishers were Neil Kirk 24th, Matt Rogers 28th, Ian Berry 63rd, Dan Gooch 81st, David James 142nd, Ash Finney 161st, David Kelly 222nd, Paul Turville 241st and Colin Goodwin 243rd. Helen Woods was the 1st lady back in 106th place followed by Nicola Chamberlain in 139th, Michelle Garner 205th, Michelle Robinson 223rd, Alice Thompson 228th and Sue McLoughlin 234th.

For those runners who completed at least 4 of the 5 races they were eligible for a prize (or if over 60 they had to do at least 3 races). So congratulations to Helen Woods, Carl Wright, Matt Rogers, Dan Gooch, Ash Finney, Michelle Garner, Michelle Robinson, Sue McLoughlin, Neil Kirk, David Kelly, Colin Goodwin, Gary Whelan and David James.

Carl Wright wins a trophy for his 5th place in the very tough Senior Men category, whilst Neil Kirk gained 3rd in the Vets 45 category.

In other news Paul Thompson has won the last 2 handicaps and therefore expects to be given sub 6 minute miles for the last race on the 12th October!

Next Wednesday (7th September) there will be the return of the Pot Luck Pairs race. It will be a £1 to run. In the race you will have to estimate what time it will take you to run 3 miles, and you will not be able to wear a watch! Afterwards there will be chip cobs in the Horse and Groom and prizes for the team/s nearest their estimated times. It was an enjoyable night last year, so please try and attend.

In other news Sue McLoughlin is off to Guatemala for a couple of months—where she will be brushing up on her Spanish and doing some volunteer work. This of course means that we will be without a Treasurer for the Goose Fair Gallop and the AGM. To ensure the smooth running of the club Paul Thompson has temporarily agreed to take on the Treasurer role until the AGM, when a new one will be voted in (hopefully!)