

## **KSB Melbourne Marathon/Half Marathon Runs 2015**

Hello all at KSB,

It is hard to believe that the Melbourne Marathon is starting to loom large. For those taking part and wanting an early entry, I have entered our team as Keilor St Bernard's Athletic Club and the password that you will need to join is KSBaths.

This year numbers are likely to be down, and at this stage, I am not even sure that John K is a starter. So it may be that we do not have anyone interested in pack runs as John K tends to follow his own program and Paul Currie is likely to train with Mel Wellington earlier on Sunday mornings. Even last year we were often down to two or three. I will also be away for the start of the program and my first run will be August 16. Luckily for me, the Marathon/Half is effectively a week later this year and so we can begin the first week in August

As we have for the past 2 years, we are also catering to those who might wish to train for the Half Marathon

If you are aiming for the marathon or the half, please send me an email so that we have a current list. These will be club runs and so you are covered by AV insurance. I know Sunday at 8.00 is too late for some, but preferred by others so if you are interested in the program, even if we do not run the pack runs, we suggest the following:

Unless I hear that someone is interested in following the program, I think it is probably best to assume that no-one will be running and we will let you know if folk are going to be at the gates at 8.00. For example, I will do the program, but will run from home to St Bernard's rather than the other way if there is no-one else running.

Sunday 2 August meet at St Bernard's gate at 8.00. This run will be 20K to Brimbank (after the 16K)

Sunday 9 August meet at St Bernard's gate at 8.00. This run will be 24K

Sunday 16 August meet at St Bernard's gate at 8.00. This run will be 26K to Brimbank

Sunday 23 August meet at St Bernard's gate at 8.00. This run will be 28-30k to Brimbank

Sunday 30 August meet at St Bernard's gate at 8.00. This run will be 20K to Brimbank (shorter for Half)

Sunday 6 September AV HALF MARATHON

Sunday 13 September meet at St Bernard's gate at 8.00. This run will be 30-32K to Brimbank

Sunday 20 September meet at St Bernard's gate at 8.30. Distance to be decided but probably 37k

Sunday 27 September meet at St Bernard's gate at 8.00. Distance to individual taste 35k

Sunday 4 October meet at St Bernard's gate at 8.00. Distance to individual taste 20-30k (Optional)

As in past years, we do an extra loop(s) within Brimbank to add distance and hills. For any novices, I bring up the rear at a very modest pace. So no one should be worried that they will be on their own, except me perhaps!

The last session is just noted as an option as some may consider it too close to marathon race day.

We know that many will not be able to make it to all of these days, so you are welcome to join as many or as few as you wish. We will try and let people know if there is no one running on a particular date. We would also welcome anyone who wants to do parts of runs or perhaps riding a bike (for example someone may wish to meet us at Brimbank and come back with us to St Bernards and then I can take them back to their car at Brimbank)

I am hoping that Pete and Gerry will assist us once again and I know that they are always happy to give advice, share their experience and mentor runners who seek their assistance. We would welcome as many to the marathon/half marathon group as possible. Please circulate this to all and any KSB members as I do not have a full email list. We also welcome those from other clubs who may wish to join us.

Best wishes

Greg Moore