



Rob is now getting too fit for his little running buddy – Davo!


IT'S now over four months since I gave away the mountain bike and started my running "comeback". I really didn't expect the results that I have achieved. After starting with a "Cliffy Young shuffle" of one kilometre, my long run is now at 9 kilometres. Last week I completed a total of 38km.

My knees have not felt this good for years. I have very little or no aching at night, whereas before I had many sleepless nights. My use of anti-inflammatory drugs has dropped by about 90%, and the 5kgs in weight loss is also a bonus!

The new Nike runners have been fantastic (many thanks to R4YL and Nike Australia); they are so light but provide a really firm platform for a big guy with dodgy knees.

The only downside is that I can now only take my little running buddy "Davo" the super foxy on my short runs, as he struggles to keep up now. He's having a rest anyway, as we nearly lost him to a paralysis tick on Christmas Eve.

Having run in many fun runs in Victoria, my long term aim is next year's Sydney City to Surf with two of my children.

To sum up, I can only encourage anyone out there with arthritis problems not to give up on running. For me the experiment has been a stunning success. 

Do you love the thought of running but struggle to get out the door? Would you like a new pair of Nikes to help you on your way? Write to us (reluctantrunner@runforyourlife.com.au) in 100 words or less and tell us why you should be the next R4YL Reluctant Runner.

R4YL QUIZ

THIS ISSUE'S QUESTIONS:

- 1 What was Herb Elliot's winning time in the 1960 Rome Olympics?
- 2 Where will the 2007 World Cross Country Championships be held?
- 3 What is Sarah Jamieson's final IAAF 2006 world ranking?
- 4 Who was the 2006 winner of the 6-Foot Track Marathon?
- 5 Who was Australia's fastest female over 800m in 2006?
- 6 How many Australian female 3000m steeplechasers feature in the world top 12 for 2006?
- 7 What is the World Record for completing a marathon on a treadmill?
- 8 Who has a faster Marathon PB, Sean "Puffy/P.Diddy" Combs or George W. Bush?
- 9 Who was the last Australian individual to medal in a distance event at the Olympic Games?
- 10 Prior to being beaten by Eluid Kipchoge in the 'San Silvestre Vallecana', who was the last person to beat Craig Mottram in a 10km road race?

LAST ISSUE'S ANSWERS:

- 1 What year did Simon Doyle set the current Australian 1500m record? **1991, Stockholm (3.31.96)**
- 2 1 mile is 1609m. How many feet is it? **5280 feet**
- 3 How many times has Ethiopian Kenesia Bekele won both Short and Long Course Cross Country Titles? **Five times from 2002-2006**
- 4 Who has represented Australia on the most occasions at the Chiba Ekiden Relay? **Steve Moneghetti**
- 5 How many National Cross Country titles has Steve Moneghetti won? **2**
- 6 How many times did Robert de Castella run sub 2.10 for a marathon? **8 times. Fukuoka 1981, Brisbane 1982, Rotterdam 1983, Chicago 1984, Chicago 1985, Boston 1986, Tokyo 1988, Rotterdam 1991.**
- 7 Which male holds Australia's fastest marathon time of the year? **Lee Troop (2.14.13 – Gold Coast)**
- 8 Which female has represented Australia the most times at the World Cross Country Championships, and how many times? **Jenny Lund (Green) and Kylie Risk – 7 times**
- 9 Which female has won the most City to Surfs? **Nancy Ditz – 3 times (1985, 86, 90)**
- 10 The first track and field World Championships were held where and when? **Helsinki, 1983**