



If you've got something important to say, email us at soapbox@runforyourlife.com.au and if we think it's interesting enough to print, you will get the chance to win a pair of top of the line New Balance running shoes!

NO POINT CRYING OVER SPLIT MILK

THE race was the Central Coast Half on the 3rd of December 2006 and started at The Entrance. The weather was not friendly at all: we had a mix of wind and rain from start to finish.

The race started about 15-20 minutes late due to the large number of starters entering on the day. I was a little pissed at the start for the simple fact you didn't know who you were racing. What I mean is that it was a single pack start for both the 9km and half marathon, and everyone had the same colour numbers on. Glen Guzzo, the eventual winner, said to Paul Arthur as the gun fired, "I'm doing the 9km." However, at the turn around for the short distance, there was no Guzzo. So for the first couple of kilometres, I was cruising along letting Guzzo get away, all because we had the same numbers on.

Anyway, no point crying over split milk... Now for the cool part: my foot.

I was cruising along for the first couple of kms, and then at about 7km I stepped on the glass. When I first stood on it I thought it was a twig, and then on the second stride I thought, 'Big twig.' What had happened was, the glass went in the first time and then with the second stride went in deeper.

The paws of a dog are very tender, so when the glass found a new home in the bottom of my foot, I thought I'd let everyone know with a few swear words.

I obviously stopped and inspected the foot to find a fair sized piece of glass hanging out of my shoe (Nike Air racing flats, now destroyed). I gritted the teeth, pulled it out and threw it in the grass.

// When the glass found a new home in the bottom of my foot, I thought I'd let everyone know with a few swear words. //

Pulling the glass out was the toughest thing I think I have ever done.

Glass was out, now what? There was only one thing to do: battle on. I had paid \$20 entry fee and wanted to get my money's worth. I did have a good think about it all and said, "let's do it".

I didn't lose any positions as the surgery was over quite quickly. I caught back up to everyone and continued on.

At the turn around, I was in third place and a minute behind first. I turned and just poured on the power all the way home chasing hard. I thought each time I came to a clearing that I could see 2nd place just ahead, so again I kept chasing. When I came out at the water station near the start line, the person I'd been seeing each time was actually the leader (Glen Guzzo)

- the guy in 2nd had stepped off the course somewhere, but who knows where.

The race ended with Guzzo first in 68.19 and myself second, in 68.37 - a personal best. I made up a fair amount of time in the second half. That was easily the toughest thing I have ever done in my short and crazy life.

The Dog - Simon Hurt



Even after a shard of glass made its way through the sole of Simon Hurt's shoe and deep into his foot early on in the Central Coast Half Marathon, Hurt pressed on to finish second in 68.37.

2XU COMPRESSION
PERFORMANCE BASE LAYER SYSTEM



Anti-Bacterial Treatment for superior odour control

Prime Lycra Yarns from Dupont for greater flexibility, comfort and durability.

50D/CK - Superior Compression Fabric for muscle containment and reduced muscle vibration.

Graduated Anatomical Fit for increased blood flow and reduced lactic build up.



Improve Circulation

Lactic build up is every athletes nightmare. 2XU Graduated compression garments help push blood toward the heart - delaying the onset of lactic acid build up and helping flush blood lactates during recovery.



Heighten Proprioception

Proprioception is the sense that provides feedback as to where various body parts/limbs are at any given time. By stimulating your bodies sensory abilities you can reduce the chance of injury while feeling light and agile.



Reduce Fatigue

Compression garments compress and hold muscles in the correct anatomical position, reducing muscle vibration and the fatigue that this vibration creates.



Thermal Regulation

2XU Compression stimulates your body's natural circulation capability which helps regulate core muscle group temperature. Put simply: Thermal fabrics store heat. Ours regulate it so you won't over heat.

Money Back Guarantee

The only way to truly experience the superior benefits of 2XU Compression is to try it. We are so confident that our product will surpass the capabilities of our competitors we are offering a money back guarantee. See full details online www.2XU.com/compression/



2XU Compression is the choice of multiple world champions.



Dealer List: www.2XU.com/dealer/ Full Range: www.2XU.com
Dealer Enquiries: info@2XU.com