

THE TOILET ROLL by Trent Harlow

Melbourne, Australia, 9.56am EST

During his normally opinionated Sunday long run around the scenic climbs of Yarra Bend, Michael Kavanagh decided that for once he would keep his opinions to himself.

KAVANAGH DESCRIBED the run as a 'measure in athletic self censorship' and that his actions, or 'non-actions' were 'for the good of the sport'.

Throughout the 2 hour long training run, several subjects were discussed by the pack, representing talking points Kavanagh would normal be more than eager to weigh in on. These included Benita Johnson's return to good form with two 4th placings at the World Cross Country Championships, Youcef Abdi's failure to be picked for these same World Cross Country Championships, Youcef Abdi's wearing of a one piece body suit during his Commonwealth Games Steeplechase Final and Raylene Boyle's recent article regarding Nic Bideau's poor character.

There was a time when Kavanagh would very strongly voice his opinions to anyone willing to listen. But finally he has taken the positive step of giving up!

"During a run, while we were having coffee, or even whilst riding on the train to work, someone would mention how they'd seen Russell Chin running around with his shirt off again. I'd be giving all these strong opinions about when he should and shouldn't be running around topless, how he was running, how he should be running, how his Coach Ken Green should be coaching, whether Ken should or should not wear a shirt.....or pants....."

"Then last week I had an epiphany. Who cares what Michael Kavanagh thinks!! And is my opinion on Russell's topless running really helping the greater good of athletics?!.....well, maybe that's a bad example cos I'm sure none of us want to see that s#!t, but you know what I mean."

During the course of Sunday's long run, Kavanagh estimates he could have strongly responded to at least 100 different statements. In particular he found the debate surrounding Raylene Boyle's bagging of Nic Bideau particularly hard to ignore.

"I really don't like Bideau, but similarly can't stand Boyle. They are both far too opinionated for

my liking. But I somehow managed to keep a cool tongue. I simply responded at any tempting taunts with phrases like 'yeah, right', 'nice one' and 'yep'"

Kavanagh explained that he still did harbour strong opinions on many issues in track and field, but was simply choosing to not voice them. "My opinion on whether or not Glen Huntly will win the Victorian Athletics premiership this year really is a waste of time – of course they won't, they suck, but how is my stating this going to help anyone. Aren't we all just out there having a go cos we enjoy running....and that we like to kick Glen Huntly's a\$\$....."

My training partner Mark Gorski said to me the other day that Australian distance runners are generally running poorly because they are soft and perhaps a little overweight. He should know, he's a masseur! I just nodded and said "yeah, totally"

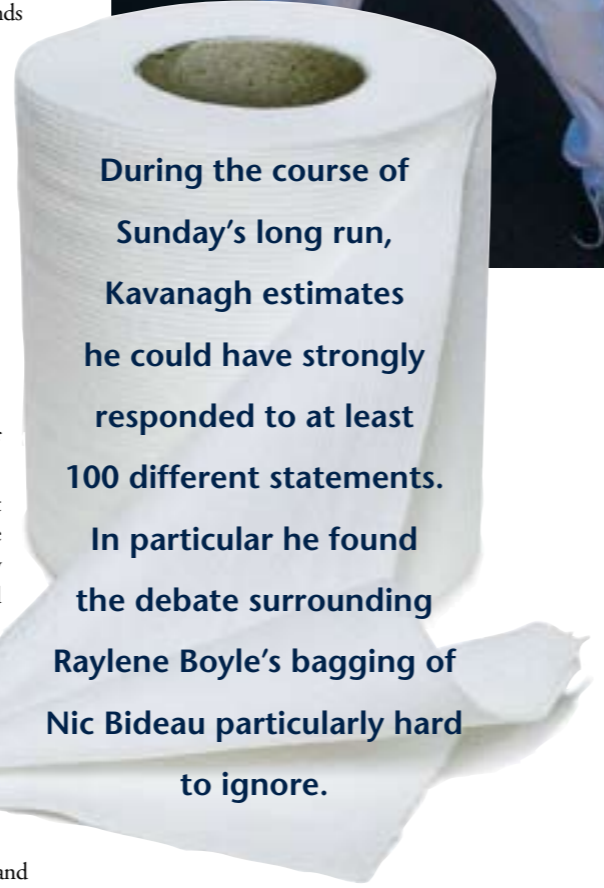
As for the debate surrounding whether female distance runners are more loopy than their male counterparts, Kavanagh is quick to not offer an opinion. "I've had female distance running girlfriends in the past, and have known many others in less intimate circumstances. One thing holds true – they are all friggin' nut cases. But I'm not about to give an opinion on this as my turning of the new 'you won't hear my opinions' leaf is in full bloom. That and the fact that all of the chick distance runners will just stare at me with blank faces cos they are weird and have no idea what I'm saying anyway – so it's a total waste of time to say anything!"

Kavanagh said "I must admit, I thought it would be a real cross to bear, but now that I have given up the need to express my opinions, I feel completely liberated.

Instead of getting frustrated trying to explain to a bunch of idiots at your work about the black man's evolutionary and genetic advantages in both distance running and sprints, and that's why you are 10min behind the 5km world record, I feel a greater sense of calm. It feels like.....well, I guess it feels like running around with your shirt off!! Maybe there is something in that for all of us, hey Russell!" **R4YL**



Kavanagh wearing his usual afternoon attire.



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(Please note the opinions of Mark Kavanagh, although he is clearly keeping these to himself, are in no way representative of Run For Your Life Magazine's opinions ... and anyway, who the F%#\$ is Mark Kavanagh?)



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