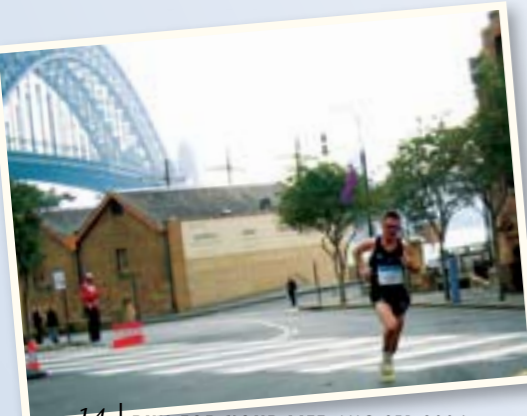


THE FUN RUN KING!



Above: You've gotta love that hat! Fluent mechanics help minimize the chances of injury when training at this level. Below: The Sydney Half is one of Jeremy's regulars, and why not when it's in such stunning surrounds. Right: The prize money is a major draw card to The Greatest Race on Earth.



There's no disputing who rules the roads in Australian fun runs. With a string of victories over numerous distances and having been racing for over a decade, Jeremy Horne can't be denied the fun run crown.

When did you first start running and why?

I began running in 1992 when I moved from my home town of Shepparton in Victoria to Canberra to study sports science. I lived near Mt Majura and started running just to keep fit. I initially started by seeing how quickly I could get to the top of the mountain from my home in Watson and then I began to do the rest of the fire trails around Mt Ainslie. I continued to run further and more frequently as I got fitter. It wasn't until I moved to Sydney in 1995 to study physiotherapy that I entered my first running race. It was the Woodstock fun run in Burwood. From that time on I was hooked.

Over the years you have become well known around the fun running circuit, what makes you so passionate about it and keeps you coming back for more punishment?

I enjoy running different courses in various places. I like to do certain races year in year out to try and improve my times. Even though I'm now on the wrong side of thirty, I am still improving and hopefully I'm yet to see my best. I love the adrenaline rush you get before a race and I enjoy the competitive rivalry with other runners. It's also a good excuse to get up early on a Sunday morning rather than sleeping in, no matter how late I may have been to bed.

You seem to race on a weekly basis, how does it affect your training and do you work on a training and racing plan that sees you in peak condition for a particular event, or are you always running hot?

Racing on a weekly basis means that Mondays are usually recovery days involving light training. Tuesdays and Thursdays are my hard days. As I race

on most Sundays I am forced to do my long run on a Saturday. The fun runs I do are only ever used for training and fitness, the only races I ever taper for are Marathons and a few Half Marathons.

I follow a racing plan for marathons involving lots of weekly racing to get the race fitness required and a gradual build up of kilometres per week, from a base of 150km to a maximum of 190km. I'll do a taper beginning two weeks before race day. Doing up to four marathons in a year, my build up is usually only 8 to 10 weeks long.

Have you ever wanted to pursue competitive track running or does your heart lie in road racing and fun runs rather than making major championships?

I would have loved to pursue track running but I'm not quick enough on the flat. If I thought I could make a major championship team I probably wouldn't run as many fun runs as I do, but it will never happen so I don't need to worry about that. I like the fact that fun runs and marathons are on a Sunday morning. This means I can get up early, race and get home mid morning, leaving time to do things with my wife and enjoy the rest of the weekend. Also, fun runs always start on time - unlike most track races.



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“The most important thing to remember is that no matter what happens at the end of the day it is just a fun run and it should be enjoyable.”

Competing in one of his favourite races, the Nail Can Hill 11.3km.



Name: Jeremy Horne
Date of birth: 18th July, 1974
Place of birth: Shepparton, VIC
Weight: 67kg
Height: 177cm
Currently living: Ramsgate Beach, Sydney
Job: Senior Physiotherapist in Orthopaedic Rehabilitation

Marital status: Married to Korina
Sponsors: Brooks & PB Sports Nutrition
Shoe size: US 9.5
Favourite shoe colour: Anything but white

Best ever pair of runners: Brooks Adrenaline GTS, 2003 model

Personal bests: 5km - 14.42; 10km - 30.05; 21.1km - 66.30; 42.2km - 2.24.46

Favourite races of all time:
10km - Mini-Mosmarathon 10km and Lindfield Rotary Club 10km, great hilly courses with good cafés nearby for a post race coffee and muffin; **21.1km** - Point to Pinnacle in Hobart and Sydney Morning Herald Half Marathon, both have large fields with lots of crowd support over challenging but picturesque courses; **42.2km** - Gold Coast Marathon, it's flat, fast and is a nice weekend away from the cold down south; **Country races** - Nail Can Hill 11.3km run in Albury and Sweat versus Steam 13km run in Echuca.

Races I'd love to do:
 New York and Boston Marathons; Empire State Building stair run; Bay to Breakers 12km in San Francisco; Basically, any big race in America, they know how to put on an event.

Racing so heavily, how do you keep yourself injury free?

Being a physio and married to a physio tends to help. I try and keep myself strong in the core and in the legs by doing two weights sessions a week. Stretching and soft tissue massage are also very helpful, as is nutrition. A high protein diet for muscle repair and high carbohydrate intake to maintain energy levels and immune function also helps with injury prevention.

Your recent results show you are in as good a shape as ever but have there been any particularly good years in the past?

1999 - My first competitive year running - achieved NSW Distance Runner of the Year.
 2000 - Won the National Marathon Championships as well as 20 road races.

We've already asked you what your favourite races have been, but what has been your worst ever running experience?

2004 Nairobi Marathon - I was picked to represent Australia in this event only six weeks out from the run. Despite being over done due to trying to run everything in the nine weeks leading up to this race (I had run two marathons - Noumea and Sydney - plus two half marathons), this set me up for my toughest run ever. With the wet conditions, hilly course, high altitude and a 20 hour flight two days before the race, I struggled to fight my way through

over 10,000 Kenyans on narrow, muddy roads. I learnt from this experience that too much of a good thing can be very detrimental to one's performance.

We've noticed you're very lean despite being more strongly built than your average distance runner, are there any dietary guidelines you follow?

I try to make sure I get my 1.2g per kilo of body-weight in protein each day, through meat, dairy and

supplements. My diet is about 50-60% carbohydrate and very low in fat. I find the most important thing is timing and always have a high protein drink or energy bar immediately after a race or a hard training session. My wife is a great cook and we eat plenty of meat and vegetables on a daily basis. Good nutrition plays more of a role in recovery and immune system maintenance than a lot of people

continues next page ...

What does a normal week of training look like?

Monday	AM	Morning run/cycle on indoor trainer	40 mins
	PM	Weight training in gym	
Tuesday	AM	Morning run	40 mins
	PM	Hard run (Mona Fartlek/1km & 400m reps)	90 mins
Wednesday	AM	Morning run	40 mins
	Noon	Run	40 mins
	PM	Weight training	
Thursday	AM	Morning run	40 mins
	PM	Hard run (Hills / Long intervals)	90 mins
Friday	AM	Cycle	40 mins
	Noon	Run (tempo)	40 mins
Saturday	PM	Run	40 mins
	AM	Long run	120+ mins
Sunday	PM	Easy run / Rest	30 mins
	AM	RACE	
	PM	Easy run or spin on indoor trainer	40 mins

I like to follow this for a 4 week cycle before having an easier recovery week where I decrease the kilometres by 50% while still maintaining the intensity.



“
I follow a racing plan for marathons involving lots of weekly racing to get the race fitness required and a gradual build up of kilometres per week, from a base of 150km to a maximum of 190km.
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To give readers a bit of an impression of just how many fun runs you've run in, list the races you did in 2005.

I missed eight weeks in July and August after sustaining a torn gastrocnemius tendon from running the last few kilometers of a marathon with cramps, so 2005 was a bit light on for races over all.

January: NSW State 10km Track Championships; Australia Day 8km fun run, Centennial Park

February: Striders 10km, Lane Cove; Tocumwal Half Marathon

March: Striders 10km, Homebush; NSW Corporate Games 10km, Homebush; Lindfield Rotary Club 10km, Lindfield; Weston Creek Half Marathon, Canberra

April: Striders 10km, Domain, Sydney; Canberra Marathon; Lest We Forget 8km, Parramatta

May: Nail Can Hill 11.3km run, Albury; Sydney Mother's Day Classic, 8km & 4km; Sydney Morning Herald Half Marathon;

realise and I think this has enabled me to recover from races and not get injured as much as other people.

Do supplements play a role in your diet?

Yes, as I get older the wear and tear associated with long distance running does take its toll. As a result I use Glucosamine with Chondroitin and MSM to help with joint inflammation. Whey Protein Isolate for the muscle damage and tissue repair, plus various energy bars and drinks to maintain energy levels for both my work as a physiotherapist and my running.

What are your race plans for the coming year?

So far this year I've done the following races:

January: Australia Day 8km and 4km fun run

February: Sydney Strider's 10km; Hong Kong Marathon; Tocumwal Half Marathon

March: Sydney Strider's 10km; Weston Creek Half Marathon; Lindfield Rotary Club 10km

April: Sydney Strider's 10km; Canberra Marathon; Endeavour Cup 8km cross country; Australian Mountain Running Championships; Bondi Soft Sand 10km

May: Nail Can Hill 11.3km, Albury; Sydney Mother's Day 8km and 4km; Sydney Morning Herald Half Marathon

My main events for June through to the end of the year will be:

June: Christchurch Marathon

Bondi Soft Sand 10km run; Rockdale 5km fun run

June: MS Society 8km fun run, Sydney; Mini-Mosmarathon 10km run, Mosman; Cutler Run 10km, Manly Dam

July: Gold Coast Marathon

August: Injured

September: Cronulla Soft Sand fun run, 8km; Bridge to Bridge 10km fun run, Putney

October: JP Morgan Corporate Challenge World Championships, 5.6km, New York; New York Road Runner's Club Central Park Half Marathon, New York; Maroubra fun run 8km

November: Swissotel Vertical Marathon, Singapore; JP Morgan Corporate Challenge Sydney, 5.6km; Fisher's Ghost fun run 10km; Echuca Sweat vs Steam 13km fun run; Point to Pinnacle Half Marathon, Hobart

December: Q1 Run to the Sun Stair Run, Surfers Paradise



Far Left: Always one for a laugh, his relaxed approach helps the pre-race nerves.

The 2006 Canberra Marathon.
Image courtesy of Blue Elephant Photography.

August: City to Surf; Noosa Half Marathon

September: World Mountain Running Champs, Turkey; Sydney Marathon

October-December: The races will depend on what comes up, hopefully one last marathon to finish off the year!

Outside of running and work what else do you get up to?

The time outside of running and work is spent with my wife, family and friends. My wife and I like to spend as much time outdoors enjoying the great Sydney weather. We especially like anything that involves the three Cs: cafés, cappuccinos and chocolate.

What advice would you offer to anyone new to the sport and looking to start competing in fun runs?

Get out there and have a go. Start with small local events such as 5km and 8km runs and then work up to bigger and longer events such as the City to Surf and other big city running festivals. Always set a simple goal to start off with, such as a distance or to compete in a particular event. As you get fitter add in a time goal that is realistic to what you have been capable of doing in training. Take the course and conditions into consideration, set a goal time and go for it. If you don't make your goal then you will have something to aim at for next year. Initially you are only competing against yourself, as you get to know other fun runners you can compete against them and anyone else you may find running at your pace during the event. The most important thing to remember is that no matter what happens at the end of the day it is just a fun run and it should be enjoyable. We all have to get up and go to work the next day and continue the daily grind. **RAYL**

Grid Hurricane 8

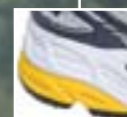
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