

THE RUN DOWN

A male runner with long hair tied back, wearing a grey hooded jacket, grey pants, and green and yellow Asics running shoes. He is running on a beach at sunset, with the ocean and a bridge in the background. The sky is a mix of orange, yellow, and dark blue.

**TCS SYDNEY MARATHON
PRESENTED BY ASICS**

Issue 5. 2024

**SYDNEY'S BEST
RUNNING ROUTES**

**HOW TO GET THE BEST
PRE-RACE SLEEP**

**PLUS 5 AUDIOBOOKS
TO BINGE WHILE
RUNNING**

HOW TO STAY MOTIVATED IN

WINTER

WE ARE THRILLED TO ONCE AGAIN BE OFFERING OUR “RUN FOR FREE” INITIATIVE AT THIS YEAR’S MARATHON!

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THE WARM UP

ALL THE LATEST GEAR, NEWS & EVENTS FROM THE RUNNING WORLD



PERFECT YOUR CADENCE IN PARADISE

Looking to combine a holiday with some training for the TCS Sydney Marathon presented by ASICS? Get ready to book your flights to one of Asia's best wellness retreats. Throughout August, you can enjoy the sun, sand and poolside drinks of Thailand's Chiva Som Hua Hin, while also picking up some running tips from Aussie ultra-marathon champion Natali Dau. Not only has she just been awarded a Guinness World Record for running 1,000km in just 12 days (let those numbers sink in), but she's also the author of the book 'Run Like a Woman'.

[Learn more: chivasom.com](http://chivasom.com)

OLYMPIC SPIRIT (FOR YOUR WRIST)

As part of the OLYMPIC GAMES PARIS 2024 Collection, this nifty time-keeper has glow in the dark hands, is water resistant and comes with a sleek Swiss-led design

[\\$210, swatch.com](http://swatch.com)



TIME TO STRETCH YOUR LEGS

Grab a copy of the new Lonely Planet book, Epic Hikes Australia and New Zealand, and get some inspiration for your next trail run or hike.

[\\$44.99, lonleyplanet.com](http://lonleyplanet.com)



WANT MORE ENERGY?

This soft-flask with a high-flow nozzle can store up to five packets of your favourite GU energy gel and includes marks on the back to measure how much you've downed. Genius!

[\\$28.95, wildearth.com.au](http://wildearth.com.au)



BOOST YOUR FEET

Treat your toes with the new light-weight GEL-KAYANO™ 31 from ASICS. This new model offers more support, more traction and more ventilation. Plus, its carbon footprint is 27% lower.

[\\$280, asics.com](http://asics.com)

SPOTLIGHT ON: RUN NAKED

IN AN EFFORT TO SAY GOODBYE TO HER BINGE DRINKING DAYS, MUM-OF-THREE JENNY WHITE CO-FOUNDED RUN NAKED TO EMPOWER AUSSIES TO LIVE ALCOHOL-FREE.

Firstly, you explain what Run Naked is all about?

“Well, Run Naked is a supportive online community for the sober curious, who want to give running a go. We have partnered with running equipment and nutrition brands, wellness retreats and alcohol-free brewers to help our members begin their journeys. On top of this, we’re launching Alcohol-Free Streaks, an enhanced version of traditional sober challenges. Our goal is to help people feel positive and empowered by focusing on running, emphasising what they are gaining rather than what they are giving up.”

Why did you start Run Naked?

“My good friend Adam, and I started Run Naked after we both gave up drinking around five years ago. We noticed that most support options either involved ‘dingy church basements’ or heavily focused on the challenges of sobriety. Running became a crucial part of our journey, making the experience of quitting alcohol incredibly positive.”

But why running?

“I’ve always enjoyed running, but my heavy drinking often held me back. When I quit drinking in 2019, I was amazed at the difference it made to my energy levels, overall wellbeing, and mental health. Suddenly, I could train consistently, and my running improved dramatically. My marathon time went from 4h 23m to 3h 21m. Not only am I physically fitter but running also gives me precious time to myself as a busy mum of three small kids. Runner’s High is truly a thing too”

How does running fit into your life now?

“Now, I represent Australia in 24-hour track events, where the goal is to see how far you can run in 24 hours. It’s still surreal, and I often have to pinch myself. Adam has lost over 50kg since he started running and has become an incredible endurance runner. He’s also now an AUTRA-endorsed run coach, and coaches me!”

You ran the TCS Sydney Marathon presented by ASICS last year; how did you find it?

“I hadn’t run the TCS Sydney Marathon since 2014, so it was great to be back. There’s nothing like running over that bridge with the pounding of thousands of feet on the road. I struggled to hit my pace, partly, because I forgot my running shorts and had to run in denim shorts! Also, the heat got to me, and I didn’t nail my hydration. But overall, it was a fun day out. Adam also ran in a Duff Man costume to raise money for his good friend who sadly passed away earlier that year.”

What’s your best advice for first-time marathon runners?

“Focus on hydration and nutrition; all your training goes out of the window if you don’t get that right. Take your time at the aid stations and pace yourself, it’s very easy to get carried away at the start of the run! Have a pace plan and stick to it as much as possible. Lastly, I always create an epic playlist, so the marathon course becomes my dance floor.” **SM**



For more, visit runnaked.com.au

Sydney's best RUNNING ROUTES

LOOKING FOR A NEW LOCATION TO FLEX YOUR MUSCLES? LACE UP AND TRY ONE OF THESE FIVE SPECTACULAR RUNS (WITH A VIEW)

Interview by Nick Youngquest

Home to a sparkling harbour, kilometres of stunning coastline and some pretty good-looking natural wonders, Sydney has got to be one of the world's most scenic cities to run in. That's why we asked five Sydney running clubs to share their favourite local route, as well as a few insider tips, so you can change it up on your next run.

NARRABEEN LAKES, NORTHERN BEACHES

Nominated by: [Vipers Run Club](#)

Start & End: Bilarong Reserve is the best spot, with plenty of parking and toilet facilities.

Distance: 8.5km

Narrabeen Lakes offers a pleasant mix of nature and lake views that make the kilometers fly by. Sunrise is the best time here as you avoid the crowds as an added bonus. The loop has no traffic lights making it perfect for both speed and easy runs. And since it's a loop, once you start, you're committed to finishing. Look out for a free Vipers Run

Club x TCS Sydney Marathon presented by ASICS Run Club event in September. Details will be listed on the [TCS Sydney Marathon](#) website closer to the date.

Insider tip: There are plenty of bubblers along the way, so no need to bring water, and there's a few bridge crossings where you can walk to keep your breathing and heart rate controlled. Find more info [here](#).

AUSTRALIAN BOTANIC GARDEN MOUNT ANNAN, SOUTH WESTERN SYDNEY

Nominated by:

[Campbelltown Joggers Club](#)

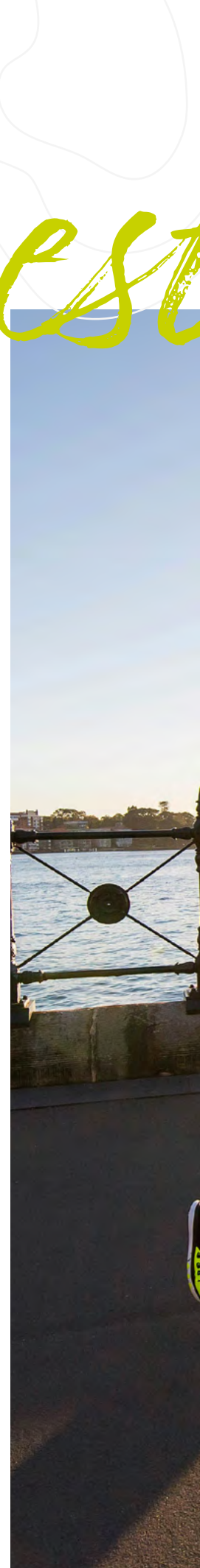
Start & End: The main car park.

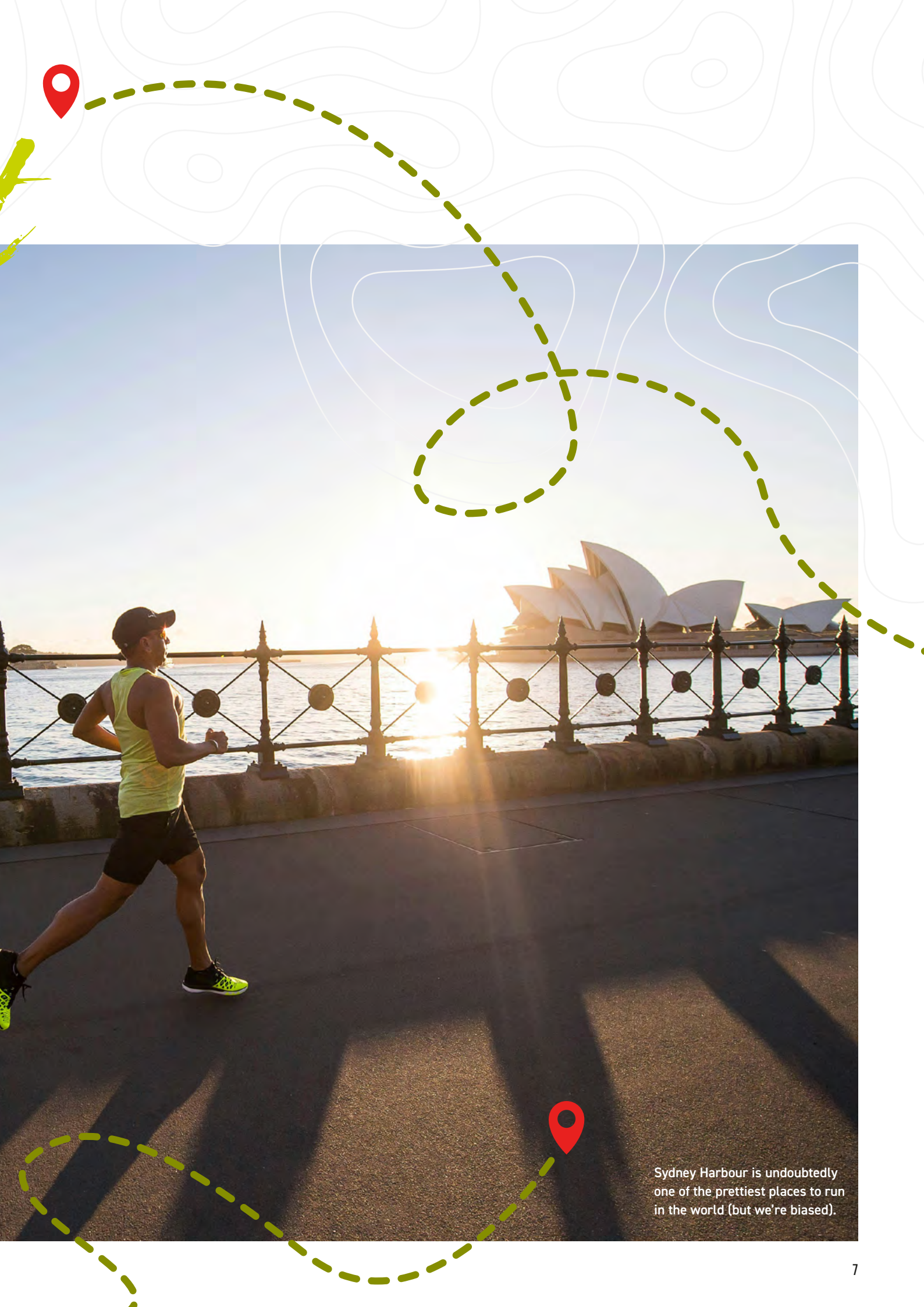
Distance: 10km (Each loop is 5K so you can do one or both).

At 416 hectares, these gardens are bigger than New York's Central Park. There's no better way to enjoy the scenery (and atmosphere) than by running along its many roads, paths and trails. There are so many options

for running routes, with the easiest to navigate being the two main road loops incorporating both Caley and Cunningham Drives. Both loops are around 5km and start and stop near the main car park. Keen runners can continue along Cunningham Drive to complete 10km. This loop takes in the northern end of the gardens where you'll see views across to the city and the Blue Mountains. The road winds and undulates through remnant Cumberland Woodlands before delivering you back to the main car park. The combined two loop course is challenging, and the elevation is intense for such a short run so even the most seasoned runners will be satisfied.

Insider tip: Always be aware of cars; there are lots of blind curves and a 30km speed limit that drivers may not always observe, and before you leave home, check there are no special events scheduled in the gardens that could restrict your access. Find more info [here](#).





Sydney Harbour is undoubtedly one of the prettiest places to run in the world (but we're biased).

MALABAR 10K, EASTERN SUBURBS

Nominated by: [Coogee Run Club](#)

Start & End: The top of the Rainbow Steps, Coogee Beach.

Distance: approx 10km

This is a gorgeous coastal run from Coogee to Malabar Headland National Park and back with plenty of ups and downs along the way. It's a challenging and varied route, but lots of fun. The highlight is definitely the country's most beautiful coastline, plus you might even see some dolphins and whales in the ocean as you run. Be warned though, the staggering coastline views will make you want to stop and take a photo every five minutes... You'll find the Coogee Run Club here every Sunday at 8am - join them and share the experience! There'll be a free Coogee Run Club x TCS Sydney Marathon presented by ASICS Run Club event on August 25. Details will be listed on the [TCS Sydney Marathon](#) website closer to the date.

Insider tip: With an out and back route like this, you can take it easy one way and enjoy the scenery in this beautiful part of Sydney. Find more info [here](#).



KURNELL LOOP, THE SHIRE

Nominated by: [Underground Run Club](#)

Start & End:

[Milkhouse Cafe](#), Kurnell.

Distance: 11-12km

This run is known in the area as one of the most spectacular runs in Sydney, and you'll soon see why. There are incredible views out to the Pacific Ocean, the most amazing sunrises as you run along the cliff tops and (if you're lucky) you'll witness whales just offshore.

This route is easier to navigate by running it anti clockwise. So, from the Milkhouse Cafe head back along Captain Cook Drive before making a left hand turn onto Sir Joseph Banks drive. This will take you all the way to the cliff tops where you will hang another left onto the rocky trails. Following the boardwalk and trails is pretty straight forward until you get to Cape Solander where there will be a number of road or trail options that will lead you back down to Captain Cook Drive and the finish at the Milkhouse Cafe.

Insider tip: It's relatively flat with some minor elevation but watch your step on the cliff tops as it can be uneven. Find more info [here](#).



IRON COVE BOLTER, INNER WEST

Nominated by: [Sydney Striders](#)

Start & End: Drummoyne swimming pool (or any other point around the bay).

Distance: 7km

Also known as the 'Bay Run', this scenic route can be enjoyed by any runner (or walker). There's plenty of water stops and toilet facilities around the area so if you want a stress-free run, you can just do an endless loop around the course. It's generally pretty flat, however if you start from Drummoyne pool, there's a gentle downhill with a tiny uphill at the end to get you up the bridge to close the loop for the last 800 metres. The route is super popular, so it gets extremely busy with dog walkers, families and cyclists alike, so your best bet is early morning or late arvo.

Insider tip: As the route is quite picturesque, you'll never run out of distractions, but consider a stop at one of the cafes around the loop for that post-run caffeine hit. Find more info [here](#). **SM**



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HOW TO STAY MOTIVATED IN

WINTER



IF YOUR RUNNING SHOES ARE FEELING LONELY DURING THESE COOLER MONTHS, ASICS ATHLETE ED GODDARD HAS SOME HANDY TIPS FOR YOU

Words by Lucy E Cousins.

If you're looking for winter motivation tips, Ed Goddard is the person to speak to. He loves the cold weather - rain, fog, icy temperatures... the ASICS athlete doesn't change his training schedule for any barometric event. No matter the weather you'll find him running twice a day (around 28 kilometres on average), and then he'll go for an ocean swim. In winter. An ocean swim. The man is hardcore. Appropriately, when I speak to him over the phone for this interview, he's running. Not that you can tell, he could've been sitting on a couch watching Netflix for all that his breathing knew, but I could hear his steady footprints in the background. So, what's his secret? How can does he maintain his training when surely a warm bed and hot chocolate is calling? Mind over matter, essentially. "It's all about mindset - it's so easy to overthink running and overthink the cold," he says. "But for me, it just all comes down to the experience and benefits i get from running every day." So, what are some of the ways us mere mortals can keep up the motivation come winter?

“ IF YOU BUILD THE RIGHT ROUTINE, YOU SHOULD BE ABLE TO TAKE THAT THROUGHOUT THE YEAR - NO MATTER WHAT THE WEATHER IS DOING

1. FIND A MOTIVATION BUDDY

Ed reckons the first step is to find some running friends and choose a good route. “Jogging nice places in winter makes such a big difference, and running with people is key,” he explains. “That takes a lot of the ‘work’ out of training in the colder months.”

Ed suggests reaching out to training groups and running groups, even if it’s just temporarily during this time of the year when you need a little extra push to get going. As the darkness comes a little earlier, choosing the right path is crucial, too.

“You might not necessarily feel like running your usual paths as it’s getting darker earlier, so research a nice, well-lit spot to run, where you’ll feel safe,” he says.

2. CREATE A PERFECT ROUTINE

Keeping a solid routine can make training easier mentally and can help your body adjust to the change in seasons better, says Ed: “If you build the right routine for you, you should be able to take that throughout the year - no matter what the weather

is doing,” he adds. At the start of each session, pat yourself on the back, he advises, running a marathon takes a fair amount of motivation and preparation. “You’ve got to really respect the effort you’re putting into the sport and acknowledge what’s actually required on race day,” he explains.

3. START WITH WARM MUSCLES

In the colder months, you’ll need to pay a little bit more attention to your muscles. That means extra stretching, as well as actively keeping muscles from getting too cold. “I like to start ‘warm’, so I stretch and activate my muscles before I run,” he says. “But also, if I’m doing intervals, I might do my warm-up in a full tracksuit, and then when I’m finished, I’ll put on a warm jumper to stop myself from getting too chilled.”

4. DON'T FORGET RECOVERY

Apart from keeping your muscles warm, don’t forget to allow time for recovery. For Ed, this means bi-weekly visits to the physio to make sure his body is holding up to his rigorous training schedule. “You just got to look after your body, that’s probably my number

one rule in life,” he explains. “Remember, you have to actually make it to marathon day! You know what I mean? You have to listen to your body.”

5. FOCUS ON THE RUN

Lastly, while you may be training for the TCS Sydney Marathon presented by ASICS, Ed says it’s important to not stress about race day. Instead, focus on the bigger picture.

“The race isn’t the experience, the ‘experience’ is the running you’ve done, the places you’ve seen, the people you’ve run with during your training block,” he explains. “Don’t put all the emphasis on race day itself.” Think about running as a lifestyle (in a non-cult way), he adds, enjoy the process, and look after yourself during the training.

“Race day is amazing, but what’s more amazing is being able to get out the door every day to work on your health and fitness,” he says. “That’s as important as the end goal, in my opinion.” **SM**

You can follow Ed on his ASICS running journey at [@edgoddard3k](https://www.instagram.com/edgoddard3k)



WHAT TO WEAR FOR...

AN EASY JOG

“You won’t sweat too much when you’re running a slower pace, so wear a lot of layers that can be removed if needed; a jacket or long sleeve top and short sleeve top.”

INTERVAL TRAINING

“As you’ll be standing around, stretching between runs, you definitely want to bring a warm jumper or tracksuit to put on before and after training to stay warm.”

A TRAINING RUN

“For a longer run, I’ll wear a few less layers, because I’ll be sweating a bit more, and might even get a bit hot at times.”

Ed Goddard loves the cold weather – rain, fog, icy temperatures, the ASICS athlete doesn’t change his training schedule for any barometric event.

SIX STEPS FOR BETTER PRE-RACE SLEEP



LEVEL UP YOUR REST BEFORE YOUR NEXT RACE WITH THESE HANDY IDEAS FOR BETTER SLEEP.

Words by Donnay Torr

A good night's shut-eye can energise your run; studies even show quality sleep before a big event improves an athlete's speed, endurance, reaction time, mental sharpness, accuracy, and mood. Lack of sleep can do the opposite, also slowing recovery and increasing the risk of injury. "Sleep is key to performing well on race day," says Jo Wood, Aspire2 strength and run coach "Even with the best training, if you're fatigued, you won't have a great race." So, how to boost your snooze when pre-race jitters keep you up? Try these tips.

TWO WEEKS BEFORE

1. Build better habits

Don't just focus on the night before: make good sleep habits part of your training. "Consistency is key," says Jo. "Our bodies and minds love it, so a healthy bedtime routine should be for life, not just race day." Try to go to bed at a set time each night, avoid blue-light emitting screens for at least an hour (ideally two) before bed, and keep your bedroom clean, quiet and at an optimal temperature (17-19°C). Your relaxing wind-down routine should start at least 30 minutes before bed: read, shower, stretch, or meditate.

THE WEEK BEFORE

2. Get organised

One of the key reasons for poor sleep is anxiety, explains Jo. Want to calm the butterflies? Don't leave planning to the last minute. Organise your travel, parking, and starting

line logistics, plan your race-day breakfast and snacks, and pack your post-race bag well in advance. Get all your gear ready and laid out at least two days before the race. "Thinking through and planning for all possible scenarios can help you feel in control, lessen anxiety and support a better night's sleep," says Jo.

3. Choose your fuel

Good nutrition plans may vary for each person, but these general rules can help improve your sleep in the week leading up to race day, says Jo. Try to avoid alcohol - it's a sleep disruptor - and rethink caffeine after midday. Don't overdo pre-race dinner; stick to smaller portions of energy-boosting carbohydrates spread throughout the day. Consider adding tryptophan-rich protein snacks like milk, cheese, poultry, pumpkin seeds, and beans) and magnesium-rich foods. Avoid foods that may cause stomach upsets, like spicy, fatty or rich foods, heavy sauces, and too much fibre. Dehydration can impact sleep quality, so drink enough water, but avoid too much fluid right before bedtime.

4. Don't overdo training

Tempted to squeeze in a few more intense training sessions? Don't. "You can't cram fitness; training in race week or the day before won't improve fitness but will add to fatigue," says Jo. "Instead, go for shorter, easier runs in the week or two before, with just enough intensity to keep you sharp, but not fatigued."

THE NIGHT BEFORE

5. Treat yourself

Your planning is sorted, and your training is done - take a moment to relax. "Treat yourself to a hot bath with Epsom salts before bed; this can help you relax and induce deeper, restful sleep." Allow extra time in bed to wind down.

6. Expect jitters

If nerves keep you awake, just getting into bed, dimming the lights, and getting comfortable is valuable to help rest your body. Jo suggests practicing visualisation techniques: "run through your race mentally, visualise the course, imagine problems and solutions. This tricks your brain into thinking 'ah, I've been here before!', making you calmer and more capable when problems arise on race day."

RACE DAY

Couldn't sleep last night? It doesn't matter, says Jo. "Disrupted sleep the night before a race is common, especially if you've travelled and slept somewhere unfamiliar. As long as you've taken care of your sleep routine before race day, you'll be alright," she explains. "Control what you can. Accept that you've done your best: trust the process that got you to the starting line, be confident, and back yourself - that's the best preparation minutes before the gun goes off!" **SM**

For more nutrition and training advice, check out the previous issues of [The Rundown](#)

5 AUDIOBOOKS TO BINGE WHILE RUNNING



Showing Up

Nedd Brockmann,
Hamish Blake

Follow Nedd Brockmann, a 23-year-old tradie, as he runs 4000-kilometres across Australia to push his own limits and raise millions for homelessness in the process. You'll get insight into his mindset and how he faced the challenges along the way - all canvassed in his trademark sense of humour.

 [Listen on Spotify](#)



Running Smart

Mariska van Sprundel

This book explains how science can improve your endurance and performance, and it's a must-read (well, a must-listen). Looking at everything from nutrition and recovery to sports bras and shoes, Mariska - a science writer and runner - breaks down the science and research behind what we all think we know about running.

 [Listen on Spotify](#)

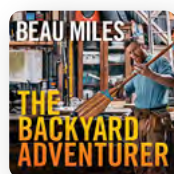


Solo

Jenny Tough

Written by an endurance athlete who's best known for running and cycling in some of world's most challenging events, this book is half an adventure story and half a self-help manual. And it's gripping. Follow her as she attempts to run unsupported, on her own, across the mountain ranges on six continents, starting with Kyrgyzstan.

 [Listen on Spotify](#)

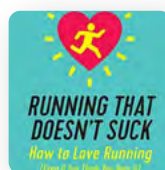


The Backyard Adventurer

Beau Miles

After years running, kayaking and trekking around the globe, adventurer Beau Miles decided to return to country Victoria. There he set about finding adventure closer to home - like walking 90km to work and running on disused railway lines. This "conscious experimentation with adventure making" will inspire you to see the world around you differently.

 [Listen on Spotify](#)



Running that doesn't suck

Lisa Jung

If you're needing a little inspiration on your running journey, journalist and runner Lisa Jung's words will give you the spark you need. With advice from experts about how to "embrace the suckiness" of running, as well as incredibly helpful practical tips and tricks, this book will have you raring to go.

 [Listen on Spotify](#)

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