

# THE RUN DOWN

THE OFFICIAL SYDNEY  
MARATHON MAG

Issue 4, June 2024



**EXCLUSIVE INTERVIEW**

**HELLO SPORT  
HELPS MAKE HISTORY**

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# THE WARM UP

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



## DID YOU KNOW?

There'll be a record 9000+ first-time marathon runners participating in the Sydney Marathon this year! Will you be one of them?

## LEVEL UP

Aussie brand, Runly, was founded by two runners with a mission to create the world's most comfortable running vest. We're pretty sure they've achieved that. With several styles, these vests are light-weight, have adjustable sizing, made from breathable material and they have reflective patches to safety. Plus, two zipped pockets and a pouch!

**\$89, [runly.com.au](http://runly.com.au)**



**YOU DON'T NEED TO TRAIN FAST TO RUN FAST. FASTER RUNNING TAKES MORE OF A TOLL ON THE BODY, PLUS RUNNING SLOWER IS A BETTER WAY TO BUILD CARDIOVASCULAR FITNESS IN THE LONGER TERM.**

Pat McNamara, ASICS Runner & Physiotherapist



## SOAK YOURSELF

The importance of recovery is rarely disputed and the magnesium-rich products from Epizen will help your muscles bounce back after a long run. Try their relax lotion (our fave), which is packed full of things like shea butter, macadamia oil and magnesium.

**\$16, [epzen.com.au](http://epzen.com.au)**



## LIGHT THE WAY

This light-weight, water resistant HeadBeam™ Rechargeable Head Torch is so powerful, it can be seen from space. Joking. But it does feature 40 high-power LEDs in a flexible (comfy) frame.

**\$37.99 [trailsurvivor.com.au](http://trailsurvivor.com.au)**

# SPOTLIGHT ON: STRONGER STRIDE

**SINCE THEIR FIRST EPISODE IN DECEMBER 2020, EXERCISE PHYSIOLOGIST SOPHIE LANE AND PHYSIOTHERAPIST LYDIA MCKAY HAVE KEPT US ENTERTAINED WITH ADVICE ON EVERYTHING FROM TRAINING AND NUTRITION TO INJURY PREVENTION THROUGH THEIR STRONGER STRIDE PODCAST.**

Interview by Nick Youngquest

## **Tell us, why do you think more women than ever are running?**

LYDIA: "I think the rise of running groups are making it more appealing to women. Within the fitness industry, group training has always been dominated by women and now that running groups are on the rise there's more and more spaces where women feel safe to exercise in a supportive and welcoming environment."

SOPHIE: "Running is also something with such a low barrier to entry - you just need a pair of shoes! And I think women (and everyone) have realised how powerful running is outside of just the physical health benefits."

## **So, what's your advice for choosing a running group?**

LYDIA: "Look for people you can have fun with! Ideally a running group is a space that you feel connected to and that you belong within. Running groups are much more than relentless training or accountability in lieu of an event. They have the power to create a safe community with meaningful and often lifelong friendships. If you aren't having a good time then it's not going to be a sustainable hobby."

## **Studies suggest that women are at least twice as likely to experience stress fractures compared to men. What are some practical tips you can offer runners out there?**

LYDIA: "There are so many things you can do. To put it simply, bone stress injuries are caused by either overtraining or under recovering (and can involve endocrine and metabolic factors).

The simplest and easiest ways to avoid a stress fracture are:

- Run slower. Much slower. Bulk of your training should be at a chatty, social pace. This isn't just for beginners, it's what the pros do too.
- Only increase your training volume very slowly. A tiny increase at the most, and you don't need to increase your training every week.
- Take a regular recovery week every three to six weeks.
- Eat carbs pre and post exercise."

SOPHIE: "Get in the gym and don't be afraid to lift heavy! Strength training and plyometrics are so important for bone health (not to mention it also improves your performance). And get a great team around you. Physiotherapists, strength and conditioning coaches, and running coaches will help educate you on the best way to structure your training, as well as the key exercises to incorporate and how to recover from your training to minimise your stress fracture risk."

## **What you tap into when you're 35km-deep in a marathon to get you to the finish line?**

SOPHIE: "Looking up to see who's around me and knowing that they're struggling too. Also understanding that the marathon is a rollercoaster and just because I'm in a low moment doesn't mean the next 7km is going to feel terrible. You can sometimes come good again, so hold on to the fact that this feeling is temporary. I think also just knowing how much more satisfied I will feel at the end knowing that I didn't let that little voice win."

LYDIA: "My purpose and privilege to be there! I always harp on about the 'why' behind running and for me it's a celebration of movement and humans' capacity to excel and endure. I always thank my body for what it allows me to do and remind myself that health is a privilege and to be well enough to choose my own suffering (running a marathon) is an absolute blessing. This always makes me smile and find that extra boost." **SM**



Catch Sophie and Lydia's latest podcast at [strongerstride.com.au](https://strongerstride.com.au)

# Hello Sport

## HELPS MAKE HI

### TOM AND EDDY, THE TWO MEN BEHIND THE HELLO SPORT PODCAST, ON HOW THEY GOT TO WHERE THEY ARE, THEIR NEW MULTIVITAMIN GOOD DAY, AND THEIR SOLD-OUT RUN CLUB

Interview by Lucy E Cousins

Interviewing Tom Birmingham and Eddy Simpson, the hosts of the wildly popular sports podcast *Hello Sport*, is like being a fly on the wall during a recording. They banter, joke and entertain you effortlessly, without you really needing to ask too many questions. But that's not surprising given the origin story of their show, which now runs to about 600-odd episodes. "Well, we started on the kitchen table in Bathurst with a pilot episode. It went nowhere, but it was called Pipe Dreams because we thought the actual chance of it becoming a job was a pipe dream," laughs Eddy. Then, when Tom was working as a producer at Triple M, he'd sneak Eddy upstairs to use "all of the s\*\*t to record the podcast" and then sneak him back out again. Not exactly auspicious beginnings for a career they admit, but at the start it was just a great way to catch up. "We basically did it so that Tom and I could chat once a week and shoot the s\*\*t and have a laugh,"

explains Eddy, "but we had no plans for it to be anything, really."

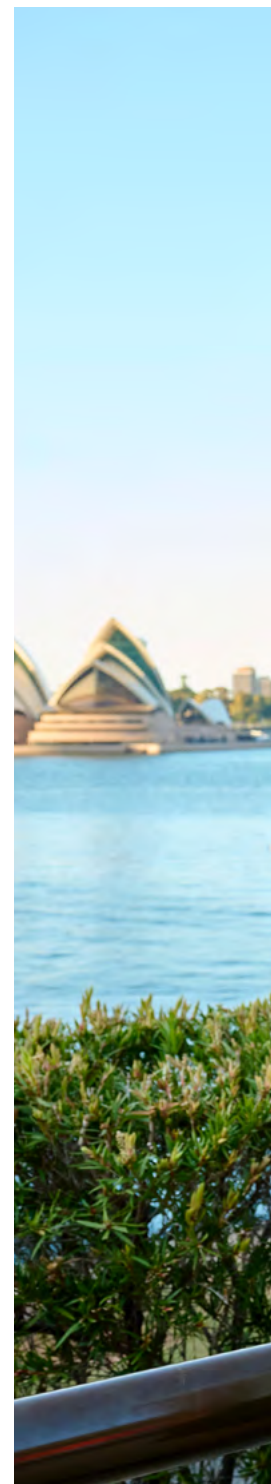
#### FRIENDS AND SCANDALS

For the first five years they got around 30 listens a week, but instead of that being a bit of a deterrent, the ever constant number gave them hope. "I mean, it's an absurdly small number, but the way I thought about it was, that's 30 people who keep coming back to listen to us!" laughs Tom. At the time, the pair weren't promoting the podcast at all, just sending it to friends for a listen. "I think friends are generally a good barometer of if something you're doing is good or not. They'll only indulge you for a little bit, then they'll just check out," adds Tom. But then came a couple of interviews with sporting personalities saying some "rogue stuff" that got picked up in the media, as well as some high profile partnerships, including the satirical new website *Betoota Advocate*, where the

boys would recap off-season rugby league scandals. During the Pandemic, the pair cheekily say their recordings were seen as "essential to the functioning of the economy". But, joking aside, it's pretty clear the famous Hello Sport banter was a lifeline for many listeners during what was an all-round pretty horrible time. "I think our podcast was good for our community during Covid; we started a hotline back then where our audience would call up and those episodes used to pump," says Eddy.

#### THE NEXT CHAPTER

Post-pandemic everything changed. The increased listens, fans and subscribers meant that Hello Sport could become a full-time gig for Tom and Eddy. It's a development they are still coming to terms with. "We're definitely grateful, but it's such a bizarre job that it's kind of hard to even realise that this is what we do for work," says Tom. Especially as now the podcast



# STORY



Tom and Eddy before meeting up with the Goers Run Club at the 2023 Sydney Marathon.

has a stream of merch, including t-shirts, bomber jackets and a rosé brand. And now, the pair have launched their multi-vitamin, Good Day, a once-a day sachet (taken with water) that's packed full of essential nutrients and vitamins.

The aim, says Eddy, is to break through the "level of complexity or confusion" surrounding the vitamin industry and create something that simplifies being a little healthier.

"Tom and I haven't necessarily been doing as much as we could for our own bodies in the past; we've been a little bit slack on the diet, a little bit slack on the exercise," he says. "And so, we see our multivitamin as the least we can do."

Although Good Day is for everyone, both Tom and Eddy admit that, in general, men tend to be a bit behind the eight-ball when it comes to their health, so they wanted to make choosing a multivitamin as easy as possible. But they're keen to point out that it's not a hatchet job, this product is the real deal.

"We didn't just whip this up in our bathtub," says Eddy.

"We've been working with the best in the business for over two years to develop the Good Day formulation."

In fact, Good Day is formulated as part of the Complementary Medicines Group (CMG), which is responsible for some of the biggest vitamin brands in the market think Armaforce and JS Health.

### RUN CLUB FUN

Another way the pair have been encouraging listeners to get healthier is through their running club, the Good Day Goers Run Club. The idea came about after they both completed the Sydney

Marathon in 2022, bringing their audience along for the ride. It was a challenge they weren't necessarily ready for, but one they approached with their usual bravado and humour.

"It was a tough day, as evidenced by my finishing time! But we got our bodies over the line in the end. I know what they mean when they say you'll be fine until the 30km mark, because I was fine until 29.5km," laughs Eddie.

"But that's okay. When you've finished you can call yourself a marathoner, which makes you better than the rest of the population in our opinion..."

Last year, their run club was insanely popular, but nothing compared to this year when all 300 spots were nabbed by listeners within 48 hours of launching.

"Our run club is for everyone that wants to give it a crack," says Eddy. "Last year we had someone finish in two hours and 40 minutes, and we had some finish in seven hours. It was great!"

Although the lads aren't running this year, they'll be firmly ensconced in the Hello Sport spectator zone cheering on their runners.

"We'll be there handing out Good Day vitamins and just keeping the vibes high and upbeat," says Tom.

In the meantime, you can catch Tom and Eddy every week in their studio recording their latest chat about all things sport, and occasionally Billy Zane in Titanic (if you know, you know). But, if you haven't listened to an episode before, you can expect (in the words of one reviewer):

"Funny blokes. Great dribble".**SM**

### WANT TO TRY GOOD DAY?

To find out more about Good Day, visit [begoodhealth.com.au](https://begoodhealth.com.au) and use the code 'goers' for a 10% discount.

“ WE’RE DEFINITELY GRATEFUL, BUT IT’S SUCH A BIZARRE JOB, IT’S HARD TO REALISE THIS IS WHAT WE DO FOR WORK!”

## 5 QUICK QUESTIONS

### YOUR SPORTING HERO?

"Probably the great Shane Warne or Mick Fanning."

### DREAM GUEST?

"Kelly Slater or we'd love to have Conor McGregor, or Michael Jordan. And now we're getting ridiculous."

### FAVOURITE PODCAST?

"Probably the Matty Johns podcast when he and Cooper Cronk talk rugby league."

### WATCHING ONE SPORT FOREVER?

"Probably rugby league, but Manly needs to be playing really well if it's for the rest of our life."

### WHICH LOCKER ROOM GEE UP WOULD YOU LOVE TO HEAR?

"Gotta be State of Origin in the Blues' dressing room at halftime."



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# RUNNING A MARATHON? SIGN UP FOR A 10KM RACE

ADDING A SHORTER DISTANCE RACE TO YOUR TRAINING SCHEDULE IS A KEY COMPONENT TO SUCCESSFULLY COMPLETING A MARATHON.

Written by Fiona Harper

**W**hether you're a newbie building endurance towards the Sydney Marathon or are an advanced runner with multiple marathons under your feet, there's plenty of reasons to add a 10km race to your training plan. And with the Real Insurance Sydney Harbour 10km & 5km around the corner, there's no better time to sign up!

## 1. SMOOTH OUT RACE DAY PROBLEMS

Seasoned runners love to share stories of races that didn't go to plan. Perhaps they didn't get their nutrition right. Maybe their gear failed, they got blisters, chafe or cramps. But the truth is, most race day problems are avoidable. Marathon preparation is not only about nailing your training, but also about rocking up to the start line knowing you've done everything possible to set yourself up for a good race. Running a few 10km races before that day can help you avoid any potential preparation issues.

## 2. IMPROVE YOUR PACE TRAINING

Entering a 10km race eight to 10 weeks before marathon day is ideal, says Athletics Australia Development Coach Lorraine Lawson. She knows a thing or two about developing a successful marathon strategy; she runs more than 3,000km a year! "The ideal time to schedule a 10km race is during your peak

training period," says Lorraine. "Use the 10km race to improve your pace. As your body adapts to the increased demands of speed work you become stronger and faster, which translates into a faster marathon time."

## 3. HELP TO CONDITION YOUR BODY

A 10km race is the perfect time to push your body a little in preparation for a marathon, adds Lorraine: "Consider the 10km race a tempo run where you maintain a steady, challenging pace either at, or beyond your anaerobic threshold. This experience of running in oxygen debt conditions your body for the demands of a marathon."

## 4. REFINE YOUR PRE-RACE ROUTINE

Besides the flow on effect of ultimately running faster and stronger, a 10km race will boost your confidence in achieving your marathon goal. Just getting to the start line with plenty of time to get your toilet routine sorted and to not feel too rushed or too nervous, all play a part in soothing race day nerves. "Competing in a 10km race helps you develop a pre-race routine which helps to alleviate race day nerves," says Lorraine. "You'll also be able to test and refine your race strategies, such as pacing, hydration and nutrition in a shorter, less daunting race setting."

## 5. TEST OUT YOUR RUNNING GEAR

There's an unwritten rule that runners never try something new on race day that you haven't practised during training. As well as trialling your pace and nutrition plan during a 10km race, the shorter distance races are a good testing ground for race day gear. You'll want to trial some new shoes, different clothing, even a hat and sunglasses you'll wear on marathon day. The business end of a marathon is no time to discover that your sunglasses fog up, your socks cause blisters or your favourite shirt chafes your underarms!

## 6. EASY TO FIND A RACE

Lastly, 10km is such a popular distance that there are usually many more options to choose from, and there's likely to be a 10km race in your area. So, you can try a few out and get used to what you'll need come marathon race day in terms of logistics. For example, getting to the startline of a big event like the Sydney Marathon requires careful planning as tens of thousands of runners descend on the pre-start area. Entering a smaller event like a 10km race means you'll get a feel for start line processes, so you'll be less likely to feel intimidated or overwhelmed come race day. Plus, you know what sort of start line runner you are. Win-win! **SM**





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# A RUNNER'S GUIDE TO NUTRITION

## SHOULD YOU BE CARB-LOADING, EATING MORE PROTEIN, TAKING SUPPLEMENTS? HERE'S EVERYTHING YOU NEED TO KNOW ABOUT FUELING YOUR NEXT RUN

Interview by Nick Youngquest

**W**ith around 14 weeks until race day, we sat down with nutritionist Mick 'Chappo' Chapman to talk all things nutrition for runners.

**Chappo, it's 16-weeks out from the 2024 Sydney Marathon should runners be more mindful of their day-to-day nutrition now?**

"Great question, the answer is yes, definitely. Just like a car needs fuel to run, our bodies require proper fuelling during a marathon training block. The outdated belief that 'skinnier is better' has been replaced by today's nutrition consensus as 'stronger is better'.

**Should we still be prioritising pre-training carb-loading?**

"For optimal pre-training nutrition, especially if it's an important session, it's high intensity or goes for an extended period, it's in your best interest to consume carbohydrate rich meals and snacks. Ideally a larger meal like oats, toast, cereal or pikelets should be consumed a few hours before training. As the session approaches, focus on easily digestible carbohydrates low in fibre and fat, such as bananas, gels or sports drinks."

**Should runners have a specific breakdown of carbs, protein and fats in their diet?**

"So, instead of creating anxiety over precise macronutrient percentages, prioritise lean protein sources, unsaturated fats and wholegrain carbohydrates.

Don't shy away from carbs; they have been unjustly feared for many years, but active athletes rely on them as a primary fuel source for running at higher intensities."

**Can you share a bit about your famous cupcake analogy?**

"Sure, I like to use the cupcake analogy to help people understand the essentials of nutrition without getting caught up in the minor details. Imagine a cupcake: the base of the cupcake represents the fundamental aspects of nutrition intake (hydration, nutrient-dense foods throughout the week, lean protein sources, unsaturated fats and wholegrain carbohydrates). Next is the icing, which are specific strategies related to training and racing (proper fuelling before a session or prioritising recovery nutrition). Lastly the sprinkles on top of the icing... while they're nice to have, these play a smaller role in running a PB. They include certain supplements or in-trend nutrition products like apple cider vinegar, bone broth or greens powders."

**Should runners integrate some form of supplementation?**

"So, supplementing our diet can be a valuable tool but it's difficult to understand which options could be truly beneficial and which are a waste of money. Adopting a "food-first but not always a food-only approach" is best."

**How important is snacking for marathon runners?**

"Being mindful of food intake during large training block is the best advice - it's important to be the person who always carries snacks. Depriving your body of food for extended periods, either consciously or unconsciously, and expecting peak performance is counterproductive. So, prioritise snacks between main meals to maintain energy levels and increase your carb portion sizes to support your training needs."

**What's your best advice for maximising performance?**

"It's best to focus on the following four principles:

- 1. Sufficient fuelling:** Under fuelling can significantly impact a runner's preparation.
- 2. Prioritise recovery:** Aim to consume small snacks after a run, followed by a main meal within two hours. Post-session nutrition should focus on replenishing carbs, recovering muscle protein, rehydrating and replacing lost electrolytes.
- 3. Practice makes progress:** Incorporate your race-day nutrition into long runs to help narrow down what works for you.
- 4. Personalise your approach:** Seek expert help. Relying solely on social media for nutrition advice is like asking your mechanic for a haircut - it might get the job done but it's not the best approach." **SM**





## 5 GO-TO FOODS FOR MARATHON TRAINING

1. SMOOTHIES WITH BERRIES, PROTEIN POWDER AND BANANA
2. WHITE RICE, CHICKEN, SOY SAUCE AND HONEY
3. EGGS ON TOAST WITH AVO, MUSHROOMS, SPINACH AND BAKED BEANS
4. PIKELETS WITH HONEY OR JAM
5. DATES WITH PEANUT BUTTER

# 5 STEPS TO HEALTHY FEET

**EVEN THOUGH THEY HELP US CROSS THE FINISH LINE, MOST OF US COULD LOOK AFTER OUR FEET A LITTLE BETTER.**

If you have ever suffered from foot problems, you're not alone. In fact, a whopping 60% of Australians will suffer from foot pain during their lifetime, but only two out of five of us will ever try to seek treatment. So, considering that running generally includes the use of our legs and feet, we decided to speak to Scholl podiatrist Dr Jo McCardle to find out her tips for treating our tootsies.

## 1. BE MINDFUL OF YOUR FEET

"The biggest mistake people make is not looking after their feet at all. Our feet are fundamental to our performance in so many activities, but they are often forgotten, even by runners. Don't hide them in your trainers, have a proper look and if you are experiencing pain or discomfort, seek help as there is most likely a solution!"

## 2. ACT STRAIGHT AWAY

"My clinical recommendation is that if you experience any foot problems at all, then act straight away. We can pick up athlete's foot, plantar warts and fungal nail easily, and the sooner we treat them the better. This will also reduce spreading of these conditions to other family members and mates. Head to your local pharmacy where there are some clinically proven Scholl treatments available over the counter to eradicate these conditions."

## 3. CONSIDER INSOLES

"Even if you don't suffer from foot problems, try using an insole. When we run, around four to five times our body weight goes through our feet and this can impact up the body. [Scholl insoles](#) provide pressure redistribution, so the impact is far less."

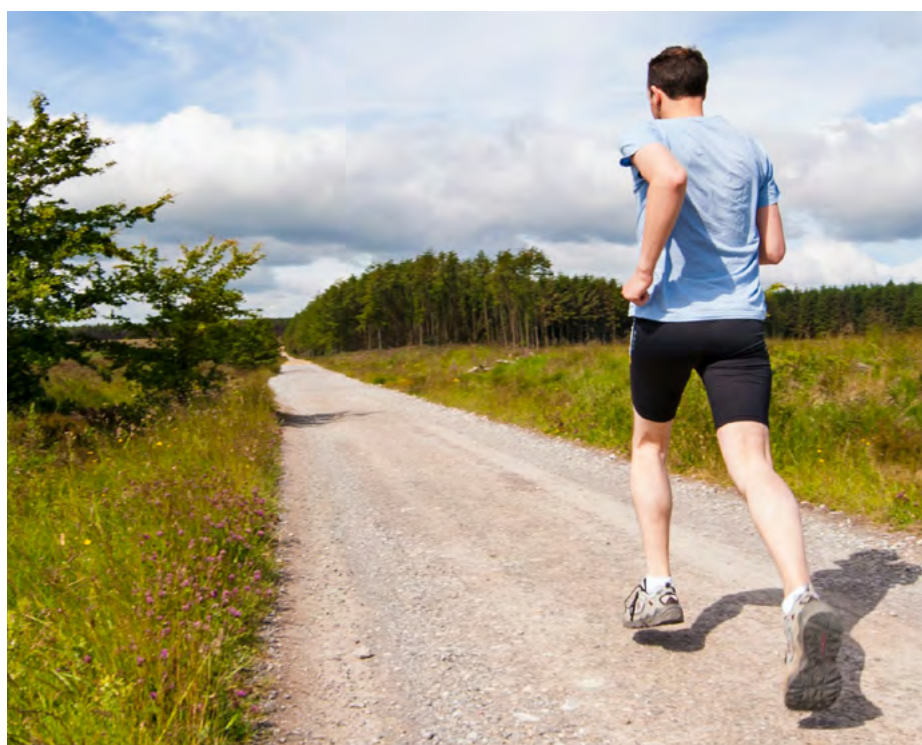
## 4. FOLLOW A FOOT CARE ROUTINE

"A regular foot routine is the key to continued good foot health, so wash and dry your feet every day, keep your nails trimmed (not too short and cut straight across the nail to avoid any ragged edges), file regularly to remove any hard

skin and apply a moisturising cream every night to keep your feet soft and smooth."

## 5. TREAT YOUR FEET TO SOME PAMPERING

"Even if there are no issues, make sure you prioritise your feet; they definitely deserve pampering. Make sure your shoes fit properly, replace them regularly and try one of our insoles to give you extra comfort. Also, maintain a regular fitness routine, not only will it improve the muscles in your feet and legs, but it'll help with better sleep, improved mental health and keeps your heart healthy! So get out there and enjoy the run!" **SM**



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