

About 8k



PRESIDENT'S REPORT

Back at the Strand

It is great to be back at the Strand for the final leg of the off season runs before the season kicks off with *The Athlete's Foot Dash for Cash* over 4.67km on Sunday 3 March 2013. The Dash is one of the most prestigious road races on the North Queensland running calendar. It is the traditional start to the road running season here in Townsville. Beforehand, there is also the annual 4.5km *Walters IGA Australia Day Fun Run* on 26 January at Pioneer Park that is conducted by the club for the council.

Leading up to the Australia Day Run and the Dash, we will be based at our traditional pre-season location on the Strand. **Joe Scott & Jaap de Jong's** alpine series will shake off any excesses carried over from the festive season. The reference to "alpine" is for good reason as these runs will take runners up & down the hills of the CBD and North Ward areas and also to various parts of Castle Hill.

It is important to bear in mind in these pre-season to just run to your individual fitness level. There is a long running season ahead of us, so take it easy, especially if you are just getting back into running after a lay off. Feel free to run the short course or take short cuts.

As to training, there is plenty on offer by the club as coach **Pete Neimanis** conducts:

- the great track sessions every Tuesday afternoon at the Sports Reserve. These sessions cater for runners of all levels;
- runs from Riverway every Thursday afternoon.

There are also long runs on Sunday mornings.

2013 Calendar

Our new website is nearly completed and it will be up and running on the net shortly. The 2013 calendar will be set out on our site and hard cover versions will go to print soon. **Trevor Brown** has done his usual great job in putting together the calendar. There are some great lead in races to the *McDonalds' Townsville Running Festival* on 4 August.

This year's calendar will include a new 9km *Alligator Creek Circuit* on 26 June. Amongst other changes, the 23 km *Rolling Thunder Run and Relay* has been brought forward from the traditional mid-November timeslot to 26 October. The *Trophy Presentation Night* will now occur at the later time of 9 November.

Beginners Clinic

Brian Armit and coach Pete with the assistance of others are also presently conducting the club's annual Beginners Clinic. The clinic will be conducted on over three Saturday



mornings on 9, 16 and 23 February and the cost is \$10 per person.

Coaching Course

ANQ have arranged for a Level 1 coaching course to be held on Sunday 3 March 2013 (after the Dash). This course will be a good starting block for those interested in coaching. There are also plans to hold a Level 2 course later in the year. If you are interested, contact **Dave Nahrung** at Nahrung@westnet.com.au

Help with Junior Races

The club holds a number of races for juniors throughout the season. These races would not be possible without the efforts of Brian Armit. This year Brian requires the assistance of parents or other members to help him conduct these races. If you can help, could you either contact me or Brian.

Good Running

Tony Hockings

President




*Hello to TRR from **Jack Sibley** in the UK. An inch of snow fell while he was out during one run over Christmas. He said it warmed up afterwards to 8 degrees—almost like a summers day in Townsville.*

***Peter, Dave & Mal** pre run warm up for the off season Riverway series*

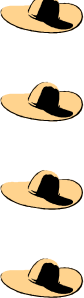




SPEED BUMPS




SCOTT McInness included Yarrowonga hill in the first run of the Alpine series. His testing course was a bit out of character. Scotty likes them long and flat but this one had a few bumps, ending on Melton Hill. Newlyweds Scott and Chris are getting used to elevated views in Belgian Gardens. Chris was the silent partner in the opening run. She helped lay the trail and was still picking up blue cones hours later. Offsiders **Mike Rubenach** and **Jenny Brown** saved her from cone blues.




* * * *




Michael Fitzsimmons is the van man this month, relieving **John Nuttall** and **Squiz**. He volunteered because he has parking space at his place. Our clubhouse on wheels is nearly too big for new age backyards. Michael seems to have found a new vocation—he's a gun table unpacker and stacker.




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Running around the council dept at Nathan St bridge hasn't been the same since **Jim McNabb** retired. Jim loved stirring stray TRR folk on the bikepath, or anywhere on his rounds with the chainsaw gang. Not that he has retired from running, or entirely from work. We hear he has a part-time gardening job in Charters Towers Rd and his granddad duties keep him active..




* * * *




It's been good to see the James boys on the road this month. **Ron James** is looking strong riding and running and **Bob James** is talking about rejoining the club. He reckons paying up will be a spur to get out of bed on a Saturday morning.




* * * *




Bob Down is on the mend but has been advised by his doctor not to run for six months. He had a brush with pneumonia late last year. Get well soon Bob.



* * * *



Arnold Forrester is back on the road, cycling from Aitkenvale to the dam two or three times a week after a bingle on Melbourne Cup Day. He hit a concrete parking barrier in Kelso while looking for a young driver who had given him lip. Arnold needed seven stitches for a cut nose and missed tracking down the driver.



* * * *



Greg Ellett is moving to Brisbane next month. An off-road fan, he plans to check out some of the famous Gold Coast hinterland trails. He's an environmental scientist so he'll have chance to have a look around. Good luck and easy riding Greg.



The Solar Eclipse Marathon

by Fred Leonardi

Well this is my first go at writing something down about my running adventures around Australia.

The hardest was the Eclipse Marathon in Port Douglas last November. After the Townsville Marathon I set my sights on a race that was only 3 to 4 months away. I was doing some reading and found the Eclipse, a run through the cane fields and up to The Humpy. I took no notice, yeah I knew it was a hill and I have run lots of hills. At the presentation night I was talking to John Nuttall and he explained what the humpy was all about and I was impressed. Still it did not deter me from my mission. So I trained harder for the hills. I took up swimming to increase my oxygen intake and purchased a road bike with a stand so I could use it while watching a DVD. I came across a flyer for the triathlon at the Strand and I thought how bad can it be? it's only a 5 km run 20 km bike ride and a 750m swim (the first two I thought were a piece of cake, but the swim, well I'd just have to train harder or drown). To cut a long story short I did the Townsville and the Bowen tris, struggled in the swim but enjoyed them.



In Port Douglas, the start was on the beach with everyone there with the glasses that had been provided to watch the eclipse. That experience alone was worth the nomination fee. As the first bit of light came through around 300 runners took off. At first it felt like a club run through the side streets of Port Douglas. Then we hit the cane farms, then the bitumen again and it was mountainous. I was cruising along feeling happy that I had taken John's advice and had trained hard. After the bitumen we hit dirt again, then more cane fields which led us to the humpy with me on target for a PB.

Just before the humpy this lady said "Hi I know you, you ran the Townsville marathon that I was in". She was about 1 km in front, on her way back from a loop. I made myself stop at every water stop and grab a bottle of water as the temperature started to rise to above hot. I had also been running in long clothes in training to simulate the race, which proved very beneficial.

After 15 km I started my journey up the humpy. As I looked up everyone was walking. It was very steep to the point where I was thinking of changing sports to say darts or bingo! But being a believer in myself I pushed on. Up we travelled. 3/4 of the way up I was looking for the path that would take me down to Mt Everest. I reached the 21 km mark in just over 3 hours and still hadn't finished the humpy - a bit disappointed I hadn't trained hard enough or studied the course before the run. On my way up I noticed that no one at the back of the field was



running down, so I pushed it to the point where I was passing people, it felt great. On coming off the mountain we hit the cane fields again. By this time the temperature and humidity had hit the high bar, and not even a bit of breeze to smooth things over. I caught up to the lady who knew me, Jacinta Monks, from Alligator Creek. We had about 10 km to go so we ran together pushing each other, either walking or running, we moved forward. I was taking in the views and enjoying the journey rather than trying to have a faster finish. We caught up to a group that were walking. With only 3 km to go we all decided to run the last leg of our incredible journey which took us through the main street of Port Douglas. We were greeted by rows of people cheering us on, God it felt great, we ended up crossing the line in 6hr 52sec . Were we tired? YES! Were we in pain? YES! Were we hot? YES! Would we do it again? YOU BET! But this time I would be more prepared. What put everything into perspective is that the winner took over 3 hours to finish and No 11 came in just over 4 hours. Yes it was tough but that is where we dig deep into our heart and soul to find we have underestimated our limits of endurance.

My next run is in Canberra, to try and push that limit again. So to all reading this come join me on another adventure where we can make a difference to people. I would like to thank my wife for putting up with my obsession and being supportive. Also to Peter, John and all of the Townsville Running Club for the friendship thank you. Till my next adventure.



Further trail running challenges in the North

18km/11km Barron Gorge Trail Race (10 March 2013)

34K Black Snake Trail Race, Cairns/ Tablelands (Sunday 21 April 2013)

For more information see <http://www.roadrunners.org.au/>



Cadbury Marathon *by Chris Simpson*

The Cadbury Chocolate Marathon on January 13 celebrated turning 30. A few Townsville Road Runners went down to Hobart in pursuit of some cool weather running and lots of choccies at the finish line.

There were 333 finishers in the Marathon and 761 finished the Half. A 5km event for the fleet of foot attracted 631 runners, including 70 Cadbury Staff Members all dressed in trendy purple shirts.

The weather was good and temperatures were cool thanks to a crisp south-westerly blowing all day. At the start line it was 12 degrees. Pretty perfect running weather, unless you were heading straight into the head-wind.

We watched **Lia and James** start off in the Marathon, making a big noise for them each lap they completed of the Cadbury Estate, then they were off onto the main part of the course and we knew the next time we saw them would be out on the road after our race started.

We were doing the half marathon with some friends we used to run with in Alice Springs. We all lined up in a suburban street for the start. We realised that although we had a chip on our shoes, there were no mats at the start line. That meant there was only a gun time and not a net time as there is in some of the larger marathons. We hadn't thought about this so had positioned ourselves well back in the field, taking around a minute after the gun went off to actually reach the starting line. Not good when every second counts!

We did a couple of laps of the Cadbury Estate and then headed out on the brand new course that took us along the Derwent River toward Hobart, past the MONA and the Hobart Convention Centre and onto the Bowen Bridge (yes Bowen!). There were 3 reasonably challenging hills along the way. We reached the turn-around just after the bridge and ran back along the same route, once again tackling the other sides of those 3 hills.

As we were on the out-and-back course we kept seeing the Marathon runners who completed it twice and we saw each other after the turn-around. This was great encouragement coming across the friendly faces of people you know and giving them high-fives in passing. **Cathy Freeman** was running her first marathon (as a 40th birthday present to herself) and we gave her lots of encouragement whenever we saw her. It was nice having a celebrity along for the race.

The cool weather made for nice running conditions and it seemed so much easier than running in the Townsville summer. The finish is awesome. After coming up a nasty little hill you crest it with the line in sight and a finishing chute of people cheering you on. When we finished we collected our showbag that contained our precious chocolate, a beautiful big medal and a Purple Cadbury Marathon beach towel. Sweet!

I would definitely recommend this race as a refreshingly cool way to start the running year and a good reason to keep yourself on track over the Christmas period. Hopefully they will make the new course the correct length next year. Our Garmin watches all showed the half marathon to be just over 21.5 km. This extra 400m or so equates to roughly 2 minutes of extra running before you get your chocolate not desirable at all!

TRR Marathoners: Lia Johnson 4:20:11,
James Fotheringham 4:20:11



And they were followed Cathy Freeman in 4.31.29 .

TRR Half Marathoners: Liz Maguire 1:29:53,
Gerry Maguire 1:44:25
Robert Ellershaw 1:47:23
Christine Simpson 1:53:36

And Superkid James Maguire came 9th
overall in the 5km race in a time of 16:46.
Well Done!



Run Aways

Dave Nahrung—New York Marathon 2012

I was blown away by the size of the expo. Unfortunately, not long after picking up my bib, the marathon was blown away due to Hurricane Sandy.

It was a long way to go to pick up a bib, but the good news is I get entry into this years event,



Cathy Bartholomeusz - Afghanistan

I only joined at the start of 2012 and proceeded to miss almost all of the season as I was deployed. This is at the finish of my first half marathon, completed in May in 2 hours, 10 min and 21 sec. Rocks, dust and altitude - what more could you ask for?





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CONTACT KIM ELLIS 01268 569320 EMAIL – ellishouses@sky.com



The Athlete's Foot Dash for Cash over 4.67km will be run on Sunday 3 March, 2013

*Start and Finish : Townsville Sports Reserve
Commences: 7am*

First home : \$500



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