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About 8k

President's Report

Hey Jolly Jaunters, welcome to the new season!

What a way to start the year too with a good showing and much talent on offer in both the TCC's Australia Day fun run and The Athletes Foot Dash for Cash! Congratulations to all who hit their targets and smashed their goals in those races. In particular **Jake Vockins** for winning the Aussie day run, **Sam Murphy** for dolling out the pain in the Dash and **Victoria Beck** for humbly dominating both. I would like to make mention of **Richmond Sense** whose third place in the Dash is a reward for his hard work. Richmond recently took 8th place in his category at the Queensland Schools Triathlon champs, having a running performance second only to the eventual winner. No pressure kid, but at 17 we are only going to see strength to strength from you now. **Dominic Tonner** was also at the State Tri champs, despite taking a hefty fall off the bike a week out. It is a huge effort just making it out of Townsville and on to the State level, so commendation is muchly deserved.



Congratulations all for making it through the Alpine series! And a huge thank you to **Simon O'Regan, Brian Armit, Pete Neimanis, Graeme Wood, Ant Daamen** and **Bevan** from Run and Ride. Forgive me for missing names which I'm sure I have...whilst the majority of the stalwart club members were out on course making sure the hills were alive with the sound of "shoesic", our band of leaders was imparting their wisdom to some 40 beginners who attended our recent three week clinic. It was well received and I was impressed at the wealth of information dispensed. We have a lot of skill and knowledge in our ranks and are all very approachable. It is a testament to the club that we can host this sort of clinic without out-sourcing.

One thing I have noted since the Dash is a number of people outside of the club who would have loved to have attended the Dash but were unaware of it being held. And looking at the numbers for events like the colour run, I figure the only difference is marketing. I will be bringing to my next committee meeting a call for ideas on promotion of the club. Not radio and TV, even though I'm certain these are valuable assets, I would far prefer creative and much more cost effective means of distribution of information. Posters, notices to schools/gyms/ fitness groups, quirky and creative allusions to socially popular current themes (I have this grand idea of a marketing campaign involving Game of Thrones and the Run and Ride King and Queen of the Castle...winter is coming). Oh! and an assault on social media. I, as per usual, digress. Anyone with any ideas at this stage is welcome to approach me. I think we are only as much a part of the community as we make ourselves and it is going to take effort at a "pounding the pavement" level to pump up our fun runs to their former prestige. We have a great product, nobody else has a race over a local landmark like Castle Hill. And if so, nobody else has a history of such a race. We do. So we can sell it.

At the moment I'm just gathering ideas, but I am excited and only hope that everyone in the club understands and shares in my excitement!

Registration is open online for the McDonalds Townsville running festival, get in early to ensure early bird prices. There's nothing like setting a goal from quite a way out either, as training becomes easier with purpose and end goal in the forefront of your motivation. (Even if it is scary. Fear is a great motivator!)

Happy running, welcome again to the season and may the odds be ever in your favour. **Tony Gordon**



Are you interested in becoming a volunteer in the club? Wondered what it involves? How much time it takes? This month, TRF's Water Boss tells us a bit about his role.



Col (Squiz) Taylor's planning for the next TRF starts the previous year. After the event, Squiz and his team pick up scores of bags of used cups, bins, tables and containers from water stations around the marathon course. On completion a tally is done of what was left over. This gives an accurate picture of what's needed the following year. The trend of numbers is worked out by the TRF registrar and combining both sets of figures, Squiz and his team will judge about a month out what is necessary for the next event.

Throughout the year, Squiz will order everything needed to help more than 2000 competitors and more than 130 volunteers stay refreshed over the weekend.

In the week before the event, the water team organises a storage area for iceboxes, hoses, boxes of bottled water, sachets of Powerade, tea, coffee and everything that's to be distributed onto the course including paddles to stir the Powerade, Vaseline, water coolers, cups, bags of snakes, rubbish bags, bins and sunscreen. Squiz has a list of what is required for each water station and the Saturday is used to get each station ready, checked and double-checked ready to go.

On the Sunday of the Running Festival, these water stations are manned by members of Picnic Bay Surf Life Saving Club and their families who turn up at the storage area at 5am to collect everything they need. The water team has been on the road the previous hour putting the tables out on the course ready to be set up.


We have been lucky over so many years to have Squiz and the Life Savers looking after us on Running Festival Day however, Squiz would like to take a rest.

We are hoping that someone will want to make the TRR water job their own. It does require good organisation and communication skills as well as a sense of humour. If you fit the bill, please let Squiz know on Saturday.







SPEED BUMPS




IT'S a big weekend for the **Dawson** family with **Edward and William** both lining up for the Mooloolabah Triathlon. Inspired by his son's achievements in the past two years, William has added cycling and swimming to his training schedule through summer. Cyclone Hadi looked like spoiling his plans earlier this week. The dizzy storm disrupted shipping in the North's ports, but at last report Hadi had done an about-turn and given William and other ports' workers a reprieve. Good luck William and Edward.




* * *




MIKE and Mary Donoghue are sailing this month too, in a cruise ship, not their dinghy. . Mike and his small team of course markers have a busy few weeks ahead when he returns, with the first of the club's 10km time trials (at JCU), the ANQ Half-Marathon and Townsville Podiatry Centre fun run. Leave a message for Mike on the TRR webpage if you can help.




* * *




CONGRATULATIONS to **John Nuttall** on setting a new world and Australian record of 69.82km in six-hours in the 60-64 years' division of the Coburg (Vic) Six Hour race last month. John is now training to return to Coburg next month to have a crack at Cliff Young's long-standing 100km track record for the same age group.




* * *




LYNDY Beil is John's No 1 fan, knowing well all the ``speed bumps" he has encountered in attaining and maintaining his national standing. Lyndy has lately been drawing on her own endurance reserves. John got shorn in solidarity a few weeks ago. Maybe that aerodynamic No 1 cut will help at Coburg.




* * *




WILL Harding has returned to Townsville after a couple of years in Richmond, NSW, with the ADF. He showed with his fourth placing in the Dash that he will be hard as ever to catch once he gets used to the North again.



* * *



CAM Leitch and Geoff Stanton ran last Saturday's confusingly named Soroptimist Park race in reverse. Both TRR old-timers, they nevertheless started in the park at Rowes Bay and ran into a horde of in-the-know comrades who had set out - correctly - from Strand Park. How many newcomers were confused? Let's change the name of this season-opener. Any suggestions? The Strand Park Cup? The committee might consider scouting out some Vinnies' teacups for prizes in memory of Ray Koeniger, who detested the waste of plastic cups.





ANQ Half Marathon Series

Love Running? Caught the travel bug? You're perfect for the ANQ Half Marathon Series!!



The races for 2014 are:

Mackay Marina Half Marathon 1st June

Townsville Running Festival Half 3rd August

Burdekin Sugar Rush Half Marathon 4th May

Airlie Beach Running Festival Half Marathon 20th July

Cairns Mt. Haig Half Marathon 17th August



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Or contact David Nahrung on 0407 634367 or nahrung@westnet.com.au



Treasury Report *by Ant Daamen*

Hi Fellow runners,

I thought you might want to read a paragraph or two about the finances of our club every so often.

For those that wonder why we suggested to move the End of Financial Year (EoFY) from 1 Oct to the 31 Dec, the reasons are:



The Running Festival has just finished on 1 Oct and many accounts are not yet finalised. This includes sponsorships, grants and invoices.

Because the Running Festival reports aren't ready, we cannot give a clear picture of the running club either and without complete accounts, the Auditor can't do his work. The Auditor needs approximately 6 weeks to complete the audit of the books.

If the EoFY is on 31 December,

The Running Festival accounts will be finalised and the TRF Reports will be accurate. Therefore the Townsville Road Runners club's Reports can also be finished and accurate.

The Auditor can do his job.

Thus we will have a special meeting about 6-8 weeks after 31 December, to present the reports to the members.

What will happen at the AGM in October? That will still be held. We will still choose the new committee members in October and present the interim reports.

I hope that this makes these things a little clearer.

I am available at any time to answer any questions about the books and if you would like me to explain another point in "About8k" please let me know.

Marathon Mate

'I decided to run a marathon with no understanding of what I was doing. I was inspired to run by a friend who was doing wonderful times. I didn't have the ability of my friend but I met another runner, Peter Mowle who started running with me as I trained for my first marathon. Through him I discovered that the backbone of the marathon was the long slow run on a Sunday and a harder run with the club during the week. Peter was great, even getting down to the nitty gritty of what to eat the night before the marathon. On the day, Peter ran the first very conservative 10k with me before saying "you're doing well, don't worry about me, go now at your own pace". I've done 16 marathons since but still remember when I trained for my first with Peter'

Peter Mowle is an experienced runner from Goulburn who shared his time and Sunday running with then new distance runner Ian Frazer in the early 1980's.

We're looking for **Marathon Mates** to share their time with new marathon runners from Townsville and Country North Queensland including possibly running TRF with them this year.





TRF news *from Brian Armit*

Much of the behind the scenes marketing work being done by Margie Ryder and Sarah Matheison is starting to bear fruit. One of the feature writers who attended the TRF last year has just written a 5 page article on the TRF in OUT There magazine – the inflight mag for AirNorth, Rex Aviation and MacAir. We have already had an article in Coast magazine – distributed into the running and Tri community on the Sunshine Coast. There are several other avenues being followed as well.

The aim is to attract runners to come to Townsville for the Festival and stay on for a holiday – Run Townsville explore the Region.

I'm not telling you anything when I say that it is a huge effort from many people to pull the TRF together each year. But it takes a special effort from several key players to manage several of the key roles. Many of these roles have been filled by the same people for many years. Recently several have indicated they cannot continue in the role or have retired. Each has done a fantastic job and has left a hole in the organisation that needs to be filled.

All of these roles have been documented, sure they will take up some time in the month leading into the Festival but they are all extremely rewarding. Most are suited to non-runners (at the Festival).

These jobs include the following – volunteer coordinator, a merchandise manager, a course manager (someone to oversee the courses on race day....an on course job), a race starter.... I'll assist, and a water manager....Squizzly Taylor has all the info and will not leave you "high and dry".

In filling these positions I'm suggesting we look a little further than our TRR membership. If you have a partner, or a friend who you think can add to our existing team please discuss it with them. An example being – our bag drop team, passed on to Widge and Orlanda's family now that they are living in Fiji.....very valued volunteers who get a buzz out of helping at the TRF each year.

We have a huge bank of skills within TRR most of which is untapped and a similar amount in the friends and supporters close to the club. Volunteers will be assisted at all levels to take on these roles – hopefully for a period of time to take ownership and leave their stamp on a great event. We wish to have these roles filled within the next month. For further details contact Margie Ryder

admin@townsvillerunningfestival.com .

Other news – a new initiative called Marathon Mates, aimed at assisting new marathoners take on the 42k challenge is being put together and will be rolled out and explained shortly. A list has been compiled recently of all runners to complete a Townsville Marathon (Australia's 2nd oldest marathon) – as part of forming the 10 year club. This will be available on the TRF website soon, it makes very interesting reading.

I'm currently seeking assistance from anyone who can combine our TRF courses with google maps ie do a fly-over view of the course, please contact me for further details...

brianarmit@bigpond.com .

Entries have been received already since online entries opened recently, make a commitment enter now.

Stay fit





Athletes Foot Dash for Cash March 2nd 2014





Meet a TRR - Jevyn Hyde

As a youngster I liked to play tennis and did a lot of mountain biking and skating (skate boarding and roller-blading). I was a good 100m and 200m runner.



This is my 4th season with road runners. I dived in with the three-day race - my first serious run in ten years. It near killed me didn't it Di? I joined to lose weight, with the idea of being a healthy father-to-be. It worked. I lost a good 20kg and completed 2011 marathon on 10 weeks' training then had a cute baby girl named Tia Victoria. Natalie and I had moved to Townsville from Victoria just two years earlier. We eloped on Long Island secretly!

My primary schooling was at Barooga, NSW, followed by high school over the Murray River 2km away in Cobram, Victoria. Six years ago, Nat and I rented our house and went on an open-ended holiday. When we ended up low on cash in Townsville, Nat got a job and said I had better do the same. We still haven't finished that holiday! I'm thinking of swimming from Maggie to Townsville and Nat has taken up running and wants to do the 10km again this year at the running festival! I want to do my second marathon this year. A sub-4hrs would be good, to beat Will Ferrell's 3:56:12 or even Ed Norton's 3:48:01!

Before that, I'm going to Cairns in June for a crack at the Half Ironman Triathlon.

It helps being a morning person, which means up at 4.30am every day and a sleep-in until 5.30am on Sundays. My training fuel is porridge before setting out and always a second breakfast at the end - usually eggs after weekend training.

My strategy is to build very slowly and carefully to avoid injuries.

I have followed you all up the road over the past 4 years and have been inspired by everyone at some stage, with the thought, "wish I could keep up with that runner - unlikely!"

I hope you all have a great season in 2014. Likewise I'm hoping for a big year from my favourite AFL team, Carlton. It's time to start going hard my friends!



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