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About 8k

President's report April 2015

Hey one and all from the river to the mall! If you run, walk, crawl or suffer till you bawl...you are a Road Runner who is up and getting it done every Saturday of the year so hold your head up!

The season is progressing well, it's a bit of an **Om Beacom-Halliday** show at the pointy end, accompanied by **Tesfa Nethery** and **Julian Picot** who have thrown in some spectacular finishes (cue *Chariots of Fire* backing music), Tesfa taking scalps wherever he can and making good on the fact that this year the club championships is opened to an under 18 age division! Earlier this year the committee agreed with me that we would do well having a younger age division for the likes of Tesfa, **Dom Tonner** and (cough cough) several juniors in the past who were advanced beyond the short course series and had a claim to stake in the club championship ranks. The division is for ages under 18 with discretion by part of the committee on young guns under 16 who want to compete.



Toni Ferguson has also revamped the Junior series off her own bat, supplying fruit at the end of each run as well as providing end of year incentives to attract young members in getting involved. The junior ranks are sitting on about 30 regular members and with the schools cross country season about to kick off in the region, I dare Toni will attract a few more to our ranks...Stay tuned because there may be some exciting news and further developments for the juniors! I'm keeping my cards close to my chest on that one though.

Otherwise at the moment the club just ticks along of its own momentum-we have the **Mothers Day Fun run/walk** coming this weekend, soon to be followed by the **King and Queen of the Castle** on June 14th.

Most of my time of late has been spent focussing on our marquee event, the **Townsville Running Festival**. It is a part time job in itself! I'm really thrilled to have *Running Duds* on board, they have created a marvelous limited edition set of duds (running shorts in the common tongue) designed for the running festival to compliment the various singlets and merchandise we have slaved to create for the event! The merchandise polo, which by the time this article reaches the presses will have been released live on the TRF website is pretty spectacular in my humble albeit biased opinion. Check out our wares and order two kits for yourself, one for a significant other and a couple more for stocking stuffers at the always rapidly approaching silly season. There's some sneaky TRR logos skipping around in all of our fineries so I dare say it will serve as a club kit as well! (And a Friday night pub kit, a Saturday night swing dance kit, a Sunday sesh shirt and if we have a few xxxxxxxx's left-a nightie skirt!).

Hope everyone is ticking their goals and staying upright!

Catch you all in the long run.

Tony Gordon.



SPEED BUMPS

IT would be a stretch to say `Speed Bumps' caught up with **Richmond Sense**, but we had a yarn at least before a Thursday afternoon fartlek session at Riverway. Richmond is enjoying first year physiotherapy at JCU and training for triathlons. He would probably be racing by now, but for a bike prang last year and delays in getting a replacement bicycle.

* * *

Coach **Pete Neimanis** founded the weekly Riverway tempo run 10 years ago to complement his Tuesday afternoon track sessions. We owe the drills of repeats around Lozza's Hill and the cul-de-sacs of Riverside Ridge to his imagination. He also proved Rockwheelers' tracks like Easy Street can be shared between runners and riders with good ears. Get well quick Pete, we're missing you.

* * *

Talking about new ideas, the 10.3km Two Tunnels run through JCU and 7.5km North Ward Hills run were both well received. Thanks Mike D, the blue cones team and TRR committee for surprises in this year's program. Coincidentally **Peter Lahiff**, a pioneer of the original North Ward hills course, shared part of the run last Saturday, returning down Castle Hill Rd from his regular morning climb.

* * *

Andre Mentor had already run 20km when he caught up with starters in the Two Tunnels race on Anzac Day. Every marathoner has ideas about ideal preparation and Andre is testing a few in training for the 42.2km at the Townsville Running Festival on Sunday, August 2. Some believe 3hr of solitude on long slow runs steels one's mind for the big day. Others say company breaks the monotony of what is after all a physical endurance-building exercise. The company of 80 or so other runners suited Andre, who finished looking strong in the middle of the pack.

* * *

Craig Budden has begun training around the river since moving house. The track looks a bit flat for a mountain man but no doubt Craig has found a short cut to the hill.

* * *

The Burdekin Road Runners will consider an earlier start for next year's Sugar Rush half-marathon after warmer-than-usual conditions for the event last month. Second-placed woman **Gabriella Springall** finished quite distressed by the heat, in 1hr 34min 49sec. **Liz Maguire** was first woman and ninth overall in 1hr 31min 19sec. **Troy Argent** was first male, in 1hr 19min 14sec followed by fellow Townsville runner **Julian Picot** in 1hr 20min 09sec. Ben Cooper was fourth with a PB of 1hr 24min 41sec.



Cam's Big Apple Adventure

It was an experience of a lifetime, the crowds, rock bands, rap bands— all the music as well as New York City. The crowds were lined up the whole way on the side. People handed things to us on street corners— Paddlepops, Vaseline on sticks, tissues, bananas. The run travels through the five boroughs, from Staten Island Bridge, Brooklyn, Queens, The Bronx & finally Manhattan. It was staggered starts and we had to be there at 7.30am for our own start at 11am. It was so cold and windy and each day leading up to the race my running partner, Ken Spring, who was the best man at our wedding and I bought more and more clothing, starting the race with long pants, long tops with hoodies, singlet with our names on top of that, plastics over our pants, gloves and beanies. We finished in the dark.



We were told before the race that if any men pee off the bridge, they will be in trouble. Announcements were made throughout the morning reminding us of it and that there would be disqualifications for anyone who did.

Dad ran a couple of New York Marathons and I wore Dad's cap from 1995. It blew off during the race. Dad did 3hr 45m that year at 63 years. We weren't fit enough and both finished in 6hr 47m. This was my second marathon.





HALF MARATHON

ANQ SERIES | 2015



The ANQ Half Marathon Series is back!! Join in for some of the best road races the North has to offer. Points from your best 4 races count for the prizes.



The races for 2015 are:

Mackay Marina Half Marathon 7th June

Townsville Running Festival Half 2nd August

Burdekin Sugar Rush Half Marathon 19th April

Airlie Beach Running Festival Half Marathon 19th July

Cairns Half Marathon 13th September



Cost \$10 for the whole series (+entry fee for each race)

Prizes for 1st, 2nd & 3rd Male & Female for the series

Register now on ANQ website athleticsnorthqld.org.au and also find further information and links to each run.

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



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BEACHRUNS@MISSION

SATURDAY 20 JUNE

START: STH MISSION BEACH - SURF CLUB
RUN ENTIRELY ON THE BEACHES

Register online at:
www.registernow.com.au
Open mid May

Late registrations up to 30 mins before start times add \$5

HALF MARATHON & 10 KM

\$15 individual & \$10 for each subsequent family member (\$5 discount for CCMC club members)

BAREFOOT BEACH FAMILY FUN RUN/WALK

\$5 individual up to a maximum of \$20 a family (Free for CCMC club members)



cassowarycoastmultisportclub@gmail.com

HALF MARATHON

2:45 pm

10km

3:45 pm

BAREFOOT BEACH FAMILY FUN RUN/ WALK (4km)

4:30 pm

CASSOWARY COAST CUP

Random draws &
minor cash prizes
including -
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in 10km and half
marathon

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Have Your Say 2015

whats your thoughts on the club logo?

how long have you been in the club? 1 - 5 years 5-10years 10-15year +

how did you hear about the club? _____

what age group are you in ? 10-20 20-30 30-40 40+

what running distance do you like _____

what do you need from the club? _____

does the club acknowledge your efforts / improvement / goals ? Y / N

do read "about 8k"?

what is your preferred source of information? facebook, email, sms, run calendar, other _____

why do you go to roadrunners? exercise socialising competition
other _____

have you introduced friends or family to the club? Y / N

Do you think you are well informed about what is going on in the club? Y / N
(if No ... do you want to be and what would you like to know?) _____

have you ever volunteered to help with the club? Y / N
(if Yes what have you helped the club with _____

would you be reliable if the club needed help? Y / N

do you feel the club should be more family friendly? Y / N



Would you like to see younger runners? Y / N

Awards dinner / break up night

have you been informed about the awards night? Y / N

have you ever attended an awards night? Y / N

Realistically, how much would you like to spend on a night out per person?

\$20 \$30 \$50 \$60+ other \$ _____

do you think the awards night should be: Family friendly / 18+ only /

award winners only / serious / fun /

other _____

would you prefer the night to be...

Event:

Formal evening / Casual / Semi Formal / Costume night / Theme night /

other _____

Food:

Nibbles only / BBQ / buffet / alternate drop / 3 course fine dining / other _____

entertainment:

DJ / Live band / Activities (bowling/ golf/swimming/ games) / music on iTunes/ photo

slide show / dancing/ other _____

Awards

Do you like trophies / medals / merchandise/ personalized items?

other _____

Final say...

if you have any problems or ideas for the club please add them on the back with clear writing ! this can be anonymous if you want.





A.R.T for Runners

Soft tissue injuries can be devastating to runners. Months or even years of training can seemingly vanish when running injuries start showing up. This is why Active Release Techniques (A.R.T) might be one of the most important therapies available to runners, with proven benefits to combat soft-tissue injuries, muscles strains, and even simple headaches.

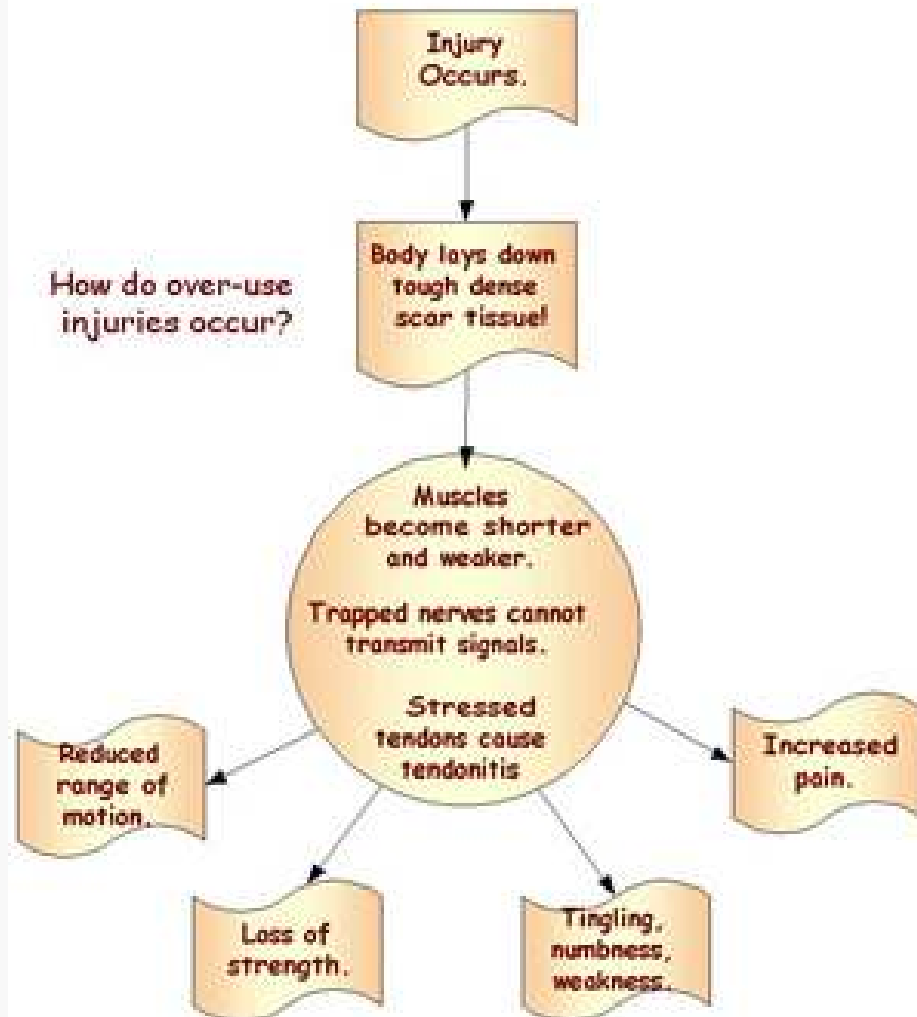
What is A.R.T?

Active Release Technique has been developed, refined, and patented by Dr P Michael Leahy after noticing that his patients' symptoms seemed to be related to changes in their soft tissue that could be felt by hand. By observing how muscles, fascia, tendons, ligaments and nerves responded to different types of work, Dr. Leahy was able to consistently resolve over 90% of his patients' problems. With more than 500 established treatment protocols for the entire body, Active Release Technique is anything but standard – it is an art. Instead of treating a general area, the provider uses their hands to feel for abnormal or damaged tissue, including; scar tissue, adhesions, and dense tissue.

How can A.R.T help?

Over time, repetitive injuries lead to a build-up of scar tissue. This scar tissue can put pressure on healthy tissue, which limits your range of motion, puts tension on your tendons, and disrupts your nerves' ability to transmit signals to the rest of your body, which can lead to pain or even (in worst case scenario) decreased mobility. Injured or not, athletes in training are candidates for A.R.T. Since endurance athletes hate to be slowed down, regular physical maintenance and injury prevention is an important aspect of the lifestyle. There's ample evidence to show that A.R.T promotes faster recovery, restoration of normal tissue function and prevents injury.





A.R.T Around the World

Originating in the United States of America, it was only natural for Active Release Technique to become a staple for the elite and sub-elite runners toeing the line at the New York City Marathon, as well as the annual Hawaii Ironman in Kona. Even if they aren't injured, many of them rely on the technique to improve performance for such gruelling races. Closer to home, A.R.T is slowly making its mark within the Australian athletic community, with more professional development courses being held and certified practitioners volunteering at local marathon events to help spread the word.



If you believe you would benefit from Active Release Technique treatment, or have other symptoms of concern, book in with Chenaye at Back2Health360 Sports Health and Wellness for a one-on-one initial Physiotherapy consultation.

Chenaye is one of the many Certified Active Release Practitioners at Back2Health360. We are the only practice in North Queensland providing Active Release Technique treatments. Our physiotherapist, chiropractors and massage therapist are all qualified Active Release Technique Providers. Call 4728 3200 to book now! Enhance your performance or recover from that ongoing injury or niggle.



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