

Editors Email (Diane): newsletter@townsvilleroadrunners.com.au

Jul/Aug 2015

Volume 15 Number 3

About 8k

President's report August 2015

Plenty has been happening on the home front with too many hero stories of PB's over our calendar courses to mention. Sadly a few injuries creeping in to the fray, but that's sport. So it goes.

A couple of points of note that have taken up "general matters" conversation recurrently at our committee meetings are that the club wants more trail runs on the season calendar and that attendance at the King and Queen of the Castle (let's not sugar-coat it) was nigh on embarrassing.

The call for more trail runs stems from reports of it being great fun at Alligator Creek, albeit a few wrong turns were taken and members wanted more course markers. If there is going to be support within the club of trail runs, I am tasked with directing the club so I have found a relatively simple solution. I have contacted Sam Stedman, club member and founder of Outer Limits, because he hosts a well oiled trail running series as part of his adventure racing calendar. Why reinvent the wheel? I have proposed that TRR incorporates his races into our race calendar, we may even make them points scoring races for our members. At this point it is just a suggestion I have put to Sam, but I find it exciting. I expect a few questions on the matter so I'll preempt a couple: the cost!? Yes, it will cost more than a Saturday club run, most probably due to the higher insurance required to run trails/hold an event on trails. Yes, the committee last year decided to eighty-six a few fun runs. Think of my proposal as reinstatement. For those that like to throw in their two dollars and have a trot, that's great too, and there are still 40+ Saturdays a year to do just that. The members who say that we are a Road Runners' Club and trails are inappropriate? Touché. But the "Road Runners" mantra has been diced, boiled, mashed and served as gratin dauphinois long before I took the helm. We are more a sidewalk, backstreet, dirt path plodders...it's all semantics. If you aren't a fan of trails and want to stick to the devil we know, that's great too. There are still 40+ Saturday's a year to do just that.



The King and Queen of the Castle. It's a traditional run, outside the marathon of the McDonalds Townsville Running Festival, the most traditional run on our calendar. However it's easy to see that it has lost its prestige. Ironically, graphing participant numbers for the last 6 years creates a plot line which somewhat uncannily represents the horizon line created by the hill itself. Prestige is a funny thing. You can build something up but at the end of the day, if it isn't what the populous is interested in then it falls by the wayside. So, I propose a change. The populous has changed, the climate of physical recreation has changed and the fact is very few people actually give a damn about who is the fastest to conquer the hill. I do. I care a very great deal and the race has a flaming ambitious residence high in my left ventricle. But the market these days is simple - gimmicks and team work. Gimmicks being your events that rhyme with "duller puns", and teamwork stemming from the gyms, Sparta, tougher muddier, boot campier, cross fittier culture that has emerged in fitness. All have their place and all are great, but they are flash and new and many focus on group and team work. Personal training I believe it is called? But it works. It sells.

I will meet with Healthy Habits to discuss the direction for this race, and am excited to pitch the idea of Crowns as trophies, a category for teams of four with divisions of best performance and best dressed (the dirty rascals category in keeping with the King of the Castle nursery rhyme) and where we have missed the mark in recent times, effective advertising.

In grand news - club secretary Toni Ferguson, my lovely wife Rebecca and I applied for a community grant through Queensland Country Health Fund and were successful! The grant is to assist in building the junior division which Toni has been working tirelessly this year to facilitate. The grant covers the cost of a marquee, cones specifically for the junior courses and a tablet to catch photos/results etc. We hope to achieve 50 junior runners to become active members in the next calendar year, and Toni will be focussing on this as her pet project for next year. Just a heads up if anyone wants to throw a hand in the ring or nominate a worthy candidate - we will be seeking a new secretary at the next AGM to spread the love and share the load.

Finally, we are days away from the 2015 McDonalds Townsville Running Festival. I hope everyone is on track to spank the course into personal best submission! If not then I hope you will at least get involved, have a gallop and bring the atmosphere. Did I mention **Craig Mottram**? I hope this year the festival is well received, because through the last twelve months it has become a pivotal part of my life to the point where my wife joined the committee just to spend more time with me. Lucky for us she did too, between you me and a palm tree-she's on the ball.

Alrighty, hopefully I've evoked some sort of thinking in all of you...I predict you could have rolled off an easy-ten in the time it took you to read.

Yours in the long run, Tony Gordon.



SPEED BUMPS

Lia Johnson earned a TRR kind of immortality by winning the Fairfield Waters Handicap last weekend entitling her to spot on the perpetual trophy. Goodonya Lia, a TRRFIC clubperson. The run was founded by **Col (Squizzy) Taylor** and **Mike Donohue** when they were working around Idalia a few years ago. I hear Squiz has had his name perpetuated too, with a lake named in his honour.

* * * * *

Peter Schultz has moved to Lake Macquarie on the NSW Central Coast, where is living close to his son Mark and family. Schultzy is settling in fairly slowly, missing running, golf mates and Townsville. Anyone who picked up one of his prints, handed out at the Figure 8 run in July has scored a memento to prize. This is Pete's tribute to the Goat Track, painted in 2001 after the council ruled it out as too dangerous for future King and Queen of the Castle races. Let me know if you want his address to stay in touch.

* * * * *

Bernie Norris is recruiting for the 2016 Three Marathons in Three Days in the tiger country around Kuranda, only weeks after talking seven first-timers into following him to this year's event. ``Just do it for the experience and camaraderie," is his advice. **Colleen Newnham** entered at short notice and had a buzz. So did **Dee Flynn-Pittar**, her comrade last April in the Blue Mountains' North Face 50. **Billy Guy** rode and sometimes carried a bike, **Mark Dowell** tuned up for the Gordonvale Pyramid, **Toni (Kiwi) Ferguson** survived getting lost and running 52km on the first day, **Tony Gordon** hung in after a flying start and **Phil Copp** was elated with second overall. Bernie lost three toenails in three days and luckily found Kiwi. For anyone counting, the seventh Townsville person was **Adrian Garnett**, an orienteer and wily navigator. This year's event was well organised by Larry and Lorraine Lawson, of Dynamic Running, Cairns.

* * * * *

Congratulations to **John Nuttall** on a gutsy 3hr 20min in the recent Gold Coast marathon. John finished fourth out of 98 in the 60 to 64 year bracket, reinforcing his standing as an Australian-class long and ultra-distance runner.

* * * * *

The nomadic **John Carlton** and **Chris Penketh** are back in town, to the relief of their old TRR buddies. Keep an eye out for John around Rupertswood and the Herveys Range Rd, where they are sojourners.

* * * * *

Arnold Forrester says he has reluctantly stopped cycling after breaking his shoulder in a fall while starting out on his bike six weeks ago. Now aged in his mid-90s, he feels walking and gardening will keep him fit when the shoulder heals. Get well soon Arnold.

* * * * *

Condolences to TRR life member **Bert Part** on the recent death of his wife, **Jenny**. Bert, Jenny and daughter **Karina** made many good friends during the 1990s when Bert discovered a talent for distance running and excelled. I have good memories of Jenny's hospitality after Sunday morning runs from their home in Belgian Gardens in those days.



Hi everyone,

Please keep the following date free for the next committee meeting:

August 15th.

See you all on Saturday.

Toni (Club Secretary)





SATURDAY AUGUST 15 @7AM

ENHANCE RUNNING WORKSHOPS ARE BACK!

Back2Health360 Running Workshop

An Introductory Technique Workshop aimed at helping you to improve your running style by taking you through a step by step process of analyzing and improving your running technique. Before and After videos, suitable for experienced and inexperienced runners alike. \$89

Join us for a running specific strength and conditioning class after the workshop or add a warmup yoga session before the workshop for only \$10 each. Bookings are essential. Class size is limited to insure individual coaching.



ENHANCE RUNNING WORKSHOPS ARE BACK!

CLASS SIZE LIMITED BOOK NOW TO SECURE YOUR SPOT

RUN PAIN AND INJURY FREE

BEGINNER TO ADVANCED WELCOME

BEFORE AND AFTER VIDEOS WITH ANALYSIS BY OUR PROFESSIONALS.

BACK2HEALTH360

147 Kings Road
Pimlico QLD 4812

www.back2health.com.au

Call to reserve your spot

4728 3200

Running Townsville FOR OVER 40 YEARS!



Hello everyone at Townsville Road Runners from the Zevenbergens,

It's been several years since I have last written a hello letter and after continually reading and enjoying the about 8K and the results, I thought it's time to write, say hello and let you know what we have been up to. We have now been away for 9 years, firstly 3 great years in Perth near the beach and then 6 fantastic years in Brisbane which we all miss as we are now living in Canberra and will experience our first true winter.

Sth East QLD has an endless list of events to compete in. Some of the memorable running events have included Gold Coast Marathon, 6 x QLD Half Marathons, Kuwait half marathon, of course the T'ville half marathons, 6 x Bridge to Brisbane's, City 2 South, Pomona King of the Mountain, Aust Mountain Running Championships, Race the Rattler, Clem 7 tunnel fun run, and several TRAQ Trail runs and cross countries including the Army cross countries. Triathlons have included; Port Macquarie Ironman, Sunshine Coast and Gold Coast half ironman and several Noosa, Mooloolaba, Gold Coast and Bribie Island triathlons.

We attended Brisbane Road Runners for the whole 6 years as they also had a 2km for the kids once a month or so, a 5k for Christina and I did all the championship races (similar to TRRs). Their races are also competitive, the only down side is they run from the same location, over the same 5 km loop every fortnight

Christina has run many 5km runs mainly at BRR, parkrun, 6 x Bridge to Brisbane 5k, 6 x QLD Half 5k, and with the Run Inn. The kids have done many BRR 2k and parkruns. Nicola has won her school cross country most years and last week both Jessie (13) and Nicola (11) ran at the district cross country. They both love playing netball and have been swimming since they were little. Myles (8) is playing soccer again this year.

A great team event was the Endeavour 500km relay which was run throughout SE QLD by 14 running clubs/groups. I ran this with my local running group, the Run Inn Runners. - a friendly bunch of runners who also organise many other events. Another team event I did was the 96km Gold Coast Kokoda Challenge with 3 other work colleagues.

In the last couple of years the parkrun phenomena has spread throughout SE QLD and is a great idea as it gets new people into running who have never run before and then into larger events, it's free, all times and statistics are recorded and they are held in many locations. My local parkrun was Mitchelton, then Bunyaville which was a tough 5k hilly trail run. I don't think it works well in T'ville as TRR already serves this purpose on a Sat, with more interesting courses and of course the most friendly and well established social atmosphere I've ever come across.

It has been great to see many Ex TRR in Brisbane running at BRR including; Adrian Pennisi (town planner), Jackie Kelly (Dr and now married and newly proud mother) John Ide and family, Linda Bateson, Philip and Marion Hermitage (Marion is world age Triathlon champion and she and Philip travel the world competing), Tony Bowman (who funnily enough first followed us to Perth and then to Brisbane. I am keeping an eye out for him around Canberra - highly unlikely as there are no beaches. He is also married and has a child) and Dave Vance (now back in T'ville). A classic moment was when just before the starters gun at the Bridge to Brisbane, MC Pat Carroll mentioned Dave's fancy dress 'costume' - but we all know it as his regular running attire.



I still take part in the T'ville to Cairns Children's Cancer bike ride every year and the following weekend run the T'ville half marathon. Last year was the first year since 1996 that I missed the running festival only because I thought it a better idea to spend my 40th birthday with Christina and the kids for the first time in many years. I will be there again this year and hopefully later in the year we will all be visiting Townsville to catch up with family.

So far this year I have run the Canberra half marathon and parkrun every week. Christina and the kids have also been running parkrun but not now that netball and soccer have started. See you all at the Running Festival and we are all hoping to visit Townsville later in the year.

All the best with your running,

Marcel, Christina, Jessie, Nicola and Myles.



#GenBetter







Sherry Coons, Clinic Director

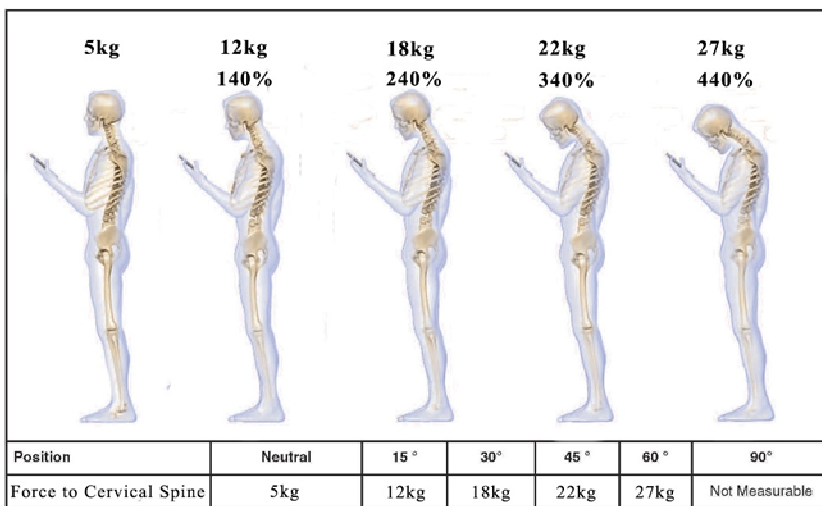
Could Your Poor Posture Be Causing Your Running Injuries?

Ten short years ago, a great postural concern for chiropractors and physiotherapists was the way backpacks were worn by students and young people. They were commonly slung over one shoulder, often heavily weighted with text books and other items. It took some time for this trend to change. In 2015, it is far more common to see the backpack worn over both shoulders - still too low and too heavy in most cases, but a move in the right direction.

However, a new postural concern has entered the arena, and it has to do with smartphones, texting and social media usage.

According to numerous surveys, social media use is increasing by the year, with younger users (especially teens) spending the most time texting and online. The postural concern here lies not in the consumption of social media, but the way it is accessed.

Smartphones are the most common means of accessing Facebook and other social media sites. In a three year study of 1049 people, "70% of adults and 30% of children and teens reported that their use of electronic devices like smart phones, tablets and laptop computers had caused neck, shoulder, wrist or finger pain.



For our Back2Health360 Chiropractors and Physiotherapists this would not be a surprising outcome. The more concerning issue would be the impact that this has on the cervical spine. A recent study by Kenneth Hansraj [2] measured the weight of the head when in a neutral position, and in increments as the head moved forward. In a neutral position (with the lateral posture line running straight through the earlobes and shoulders, with shoulder blades retracted), the average human head weighs 10-12 pounds (4.5-5.5 kilograms). However, as the head moves forward, this number increases drastically. Check out the picture!

But how can we fix this problem when mobile phone use and media use is so prevalent, with no imminent signs of slowing down?

In truth, it may take a while to correct. Much like the postural concerns of yesteryear when the backpack took a while to move to both shoulders, it all starts with awareness.

What can you do now about the damaging effects technology use may have on your body and on your children?

Regular chiropractic and physiotherapy treatments can help to prevent this from occurring and help you get your posture back if it already has occurred.



Back2Health360 has just launched the "Better Posture Program featuring GravityFit" to address this specific issue that now affects the majority of Australians. GravityFit is the state-of-the-art equipment designed with NASA. It was designed to optimize the astronaut's posture and core stability and is now available to you. Our Better Posture Program has been designed to improve your posture, prevent pain and prevent injury. Poor posture is the primary contributing factor to degeneration of the spine and joints. The program is designed for office workers, athletes, and those with active lifestyles. Young or Old, there is still time to improve. The Back2Health360 Better Posture Program includes an in-depth postural exam, private and group corrective exercise sessions with GravityFit and Physiotherapy and Chiropractic treatments to insure your success in achieving better posture.

So what does this have to do with running? Everything! Poor posture carried into your daily runs can have detrimental effects on your joint and spine health and lead to injuries over time as the body is forced to compensate for poor biomechanics caused by poor posture/body positioning. This is compounded exponentially by the high impact nature of running. Poor posture can be complicated and extends far beyond your mobile phone and tablet (mis)use and requires an individualised in-depth evaluation and treatment plan.

What can you do? Call Back2Health360 Sports Health and Wellness on 4728 3200 and book in for a FREE Posture Evaluation or if you already know your posture is in a bad way (most of us realise this already) book in for our In-Depth Initial Exam and Treatment and we will get you started in the Better Posture Program straight away. Health Rebates are available. ***You must mention you are a Townsville Road Runner and saw this article in the TRR newsletter to be eligible for the FREE Posture exam.***

In the interim, here are a few things you can work on:

- Use ergonomically configured desktop arrangements where possible (where the eyes are level with the top of the screen)
- Mobile phone users need to raise their phone to eye-level rather than bending their head to look down. This can be done (without looking odd) by using the free hand to support the elbow at the wrist.
- Join one of the Back2Health360 Running Strength, Conditioning and Technique Classes Tuesdays @ 530pm and Saturdays @ 9am. Every week we focus on a different area of technique and strengthening and you can be sure POSTURE is always included! Call 4728 3200 or Email: info@back2health.com.au for more information and to reserve your space.
- Enrol in the Back2Health360 Enhance Running Workshop on August 15 for a comprehensive workshop on how to run easier and pain free. This is achieved by teaching you how to maintain good posture in your running mechanics broken down in 7 easy steps. The workshop includes videos before and after so you can see the amazing changes you made in just 2 hours of learning Enhance Running. For more information visit <http://back2health.com.au/enhance-running-workshops.html> .

Don't hesitate to contact your Back2Health360 Sports Health and Wellness Team with any questions. We offer a huge array of services and expertise to help you.



147 Kings Road, Pimlico QLD P: 4728 3200 E: info@back2health.com.au
www.back2health.com.au

Proudly Providing... Chiropractic ~ Physiotherapy ~ Massage ~ Exercise Physiology ~ Nutrition ~ Yoga ~ Pilates





Running Classes

—
**Strength,
 Conditioning and
 Technique**

—
Prevent Injury

—
**Improve
 Performance**

—
**Classes Every
 Week in the
 Back2Health360
 Functional Rehab
 Studio**

Announcing Back2Health360 Running Specific Strength and Conditioning Classes on NOW.

Tuesdays @ 530pm and Saturdays @ 9am

Your Back2Health360 Running Program includes 10 strength, conditioning and technique classes. Each class will focus on the most common weaknesses in runners and how to turn them into your strengths. We use state of the art functional rehab equipment to optimize your success. Every class will also have a technique segment re-enforcing the principles taught in the Back2Health360 Enhance Running Workshop.

Only \$300 for 10 classes!!

If your sport involves running, these classes are for you!



BACK2HEALTH360

147 Kings Road
 Pimlico QLD 4812
 P: 07 4728 3200
info@back2health.com.au

www.back2health.com.au

Tuesdays @ 530pm
 Saturdays @ 9am





www.runnride.com.au



www.themarketingfactory.com.au



www.combinedmetal.com.au



www.getbranded.com.au



www.podiatrycentre.com.au



back2health.com.au/istore/2844_on_running_shoes.html



i'm lovin' it®

- THE LAKES • AITKENVALE • NORTH WARD
- MACCA'S ON THE MALL • WILLOWS
- STOCKLAND EXPRESS • INGHAM
- FAIRFIELD WATERS • CASTLETOWN



www.lambertsproduce.com.au



Castletown and Willows



Running Townsville FOR OVER 40 YEARS!

