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# About 8k

## Presidents report February 2015

Good morning all Townsvillian gunners, stunners and Road Runners! Welcome aboard for a new season, and if you are new this season you will be seasoned soon enough (first rule of commercial cookery "season everything"). Technically it is not "in season" yet, but since registrations are open and the docketts are coming in thick and fast, I'm jumping the gun. Registrations can be completed online for the first time ever. Anyone paying cash may feel free to fill out our nomination forms at our off season runs, but for the sake of ease I would implore people to register online by following prompts on [www.townsvilleroadrunners.com.au](http://www.townsvilleroadrunners.com.au).



Our runs during the December/January stint have been attended well by the hardest of the dedicated, and it is good to see the usual suspects popping back out of "hibernation" for the upcoming crescendo that is our race calendar.

As I said, our calendar may be referred as a crescendo, starting quiet with the short sharp notes escalating to the full noise of August's Townsville Running Festival. Registration for this year's event are also available online as of right now-so hurry in and commit. I always feel that training is less of a chore when I have a final destination already in mind. Each session becomes a step towards a goal. And, as is the case every year, early bird registrations are fiscally friendly. The early bird gets the worm indeed (but the second mouse gets the cheese).

Online registrations are open for the Running Festival at [www.townsvillerunningfestival.com.au](http://www.townsvillerunningfestival.com.au)

On Australia Day at Jezzine Barracks, we had our first earnest race of the year, assisting the Townsville City Council with the **Wingate Properties Australia Day Fun Run**. I'm calling it a success, attracting just shy of 1,100 colourful contenders. All money raised in form of a gold coin donation (for entry) was proudly in support of the Soldier On Foundation. Road Runners aficionado and our 2014 Club Champion **Gabriella Springall** got the spring on all of the ladies in the field showing them a clean set of heels for the win. In the men's, returning from a few years abroad and turning on the flambè just after the turnaround, **Om Halliday** laid all of his cards on the table (four aces and a joker for those who weren't watching), leading home **Sam Stedman** and **Richmond Sense**.

It was a well done effort by Sam on the day, stating to me his disapproval of the final incline (it cooked a few people!) but from well done steak to rare sashimi (au bleu even), Sam has just raced in the Sunshine Marathon in Iwaki, Japan. Having earned the right to represent Townsville, being the first locals to cross the finish, Sam Stedman and **Victoria Beck** steamed up the streets of the fishing town in Japan with impressive results. Sam ran a pb of 2:38.57 and Victoria was the second female finisher, some 8 minutes behind Sam I believe (sorry I haven't hacked out an official time for her). I can say however, that she was only bettered by a pro making her the first amateur woman home on a cold and hilly course. I'm thrilled, emphatic even, that they went over and did us and themselves proud.



The next few weeks we will have a new recruitment of "Cadets" attending our introduction to running beginners clinic. Any "garnished" athletes willing to lend a hand, a smile, two feet and some tips on style to these budding amblers would be greatly appreciated. We were all beginners at one point in time, thus we should understand that guidance and encouragement at this stage is paramount to getting these beginners enthused and comfortable to a point that running with us isn't daunting.

Following the beginners clinic we will be firing up the grill for service in the first event of the season-the **Athletes Foot Dash for Cash**. Sunday, March 1 from Riverway (basically our old Australia Day circuit). Boarding call will be 6:15am for a 7.00 departure time. It will be a short sharp flash in the frypan with a few undulations.

The committee has also convened a few times since Summer set in in earnest, and over the off season have decided that, as fun runs cost money which we haven't been seeing a return on, to shorten the "fun run" calendar to the Dash for Cash, King and Queen of the Castle and Mother's Day fun run, and of course our signature event-the Townsville Running Festival. Left in the hangars are the Podiatry Centre 10km and Father's Day fun run.

I have also tabled at the committee meetings an intention to update the club logo for 2016. I feel it is time to update and get "fresh" again for a new generation. There's a determined gathering on both sides of the fence on this one so if you feel strongly either way then feel free to let me know (Verbally and in person-don't vandalise my car and expect me to know what it means!). At this stage we are gathering designs and if anything stands out as "yeah baby" with that je ne sais quoi, it will be tabled for discussion (First rule of commercial cookery-embellish yourself with French). nb: Either "Jaques Cousteau" French or the French you use when you get stuck behind Gertrude doing 40 in a 60 zone will suffice, ironically with all of the stringent hygiene laws and health protocols in commercial cookery, chefs are simultaneously the cleanest and the dirtiest bunch of people I have ever associated with?

Track sessions have recommenced at 5:30pm on Tuesdays at the red track (Townsville Sports Reserve for those not up with the local vernacular). We have a new coach this season with the departure of **Simon O'Regan** who has shifted trajectory in his career and cannot commit to delivering that "Simon" quality we know and love. Simon's time has been hugely appreciated and, for the 14/15 years I have been involved with this great club, he has been a benchmark which has grown into an institution. Simon has found us an apt replacement in **Corey Tonkin** to hone and sharpen us towards our running goals of 2015 (First rule of commercial cookery: blunt knives cause more injuries than sharp knives). So stay sharp folks, and don't get hurt.

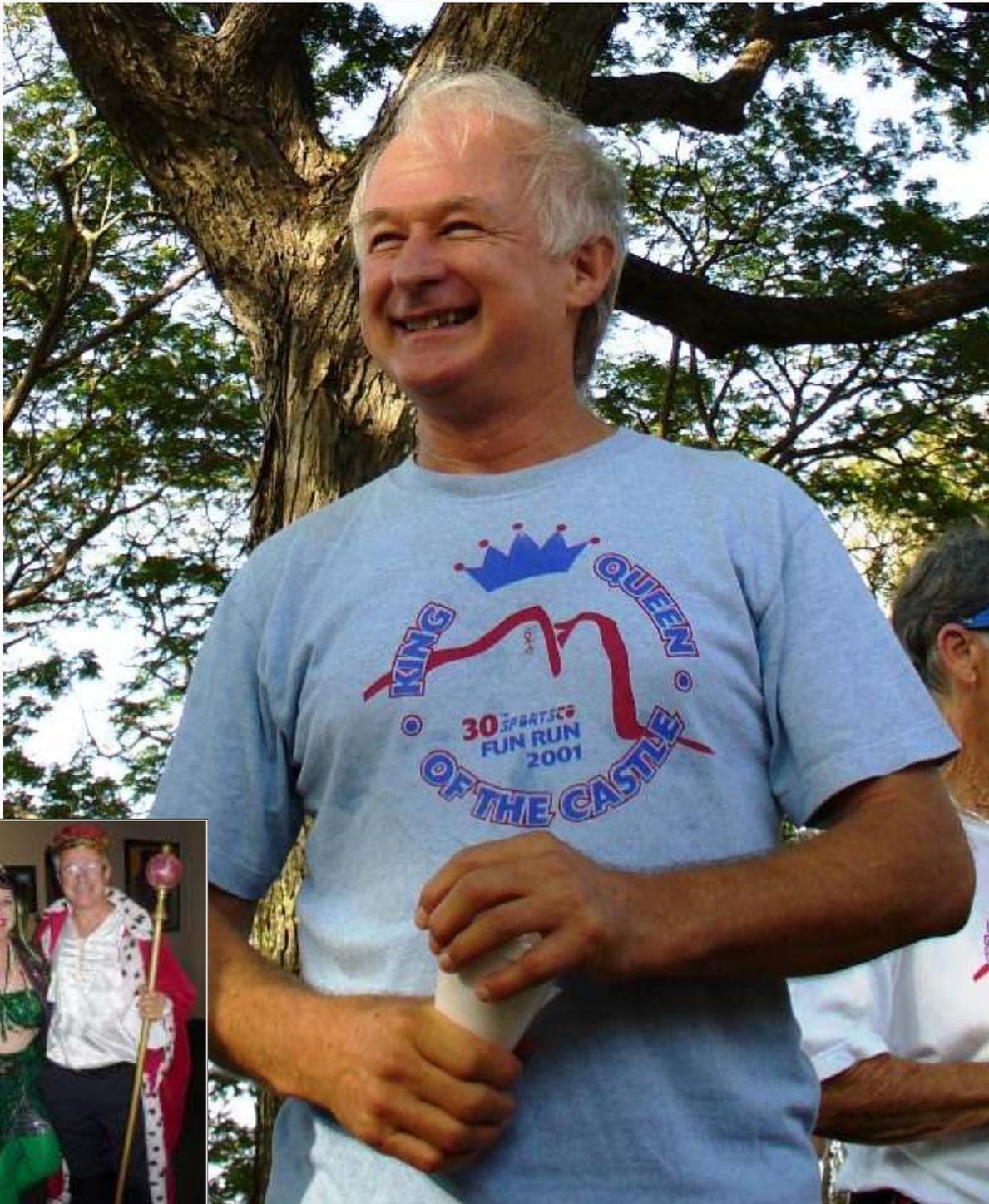
In closing I am dropping all attitude of aloofness and immaturity that I tend to define myself with quite a lot of my time. It is with heavy heart that, as I am certain by the time anybody reads this they will already know, we have lost one of our community. **Errol Young** passed away flying his ultralight. I've heard people say already that "he was doing what he loved" and it kind of dawned on me that Errol was always doing what he loved. He loved Road Runners and was always keen to let me know of "how it used to be done", who the fast chaps were, what the standard was and so on. He loved his rock and roll dancing, as I witnessed at several Road Runners galas and my own 21st birthday. I'd look on, dumbstruck by the coordination and flow and sheer joy of **Claudia** and Errol cutting the proverbial rug. He loved his work, being the owner of Process Control Engineers. I saw this first hand when I broke my leg in '06. I was unable to wear shoes so I was unable to work in a kitchen. Errol, being the gentleman he was, gave me a position as receptionist at his business. All ledgers and invoices, everything done by hand in books and then transferred to MYOB. Basic and old school, it worked and I loved it too. His eyes shone with boyish excitement at small panels of resistors and capacitors, hastily asking me "do you know what this does?" And letting me contort my face a bit before demonstrating the power of a CPU, ECU or the like.



Most of all though, and my definitive lesson from Errol, is that he never got outwardly angry. Not around me anyway. And sometimes there was just cause for a profanity or two. He stayed far cooler than I could ever hope under duress. When praise was in order, he humbly offered it, sharing someone's finer points with anyone who would hear it-but the mark of the man was that he didn't put anyone down. Even if you could sense he thought lowly of someone, or disapproved of someone, he withheld his judgement and offered a benign comment on their finer attributes. Which brings me back to my first point. That's love right there. Respect yes, but love of humanity-and Errol had it every second.

Condolences to his nearest and dearest, friends and family, and all of us.

Catch you in the long run



Hi Road Runners !!

We Just thought after each of our meetings we would give you a bit of an update as to what is happening with the McDonald's Townsville Running Festival.  
Very exciting times ahead. !!

**Billeting for Marathon Runners:** Just wondering if anyone would be interested in billeting a runner from Melbourne, Sydney, Brisbane, Gold Coast, Darwin or Tasmania – After talking with Bruce "Digger" this morning this could extend to overseas runners at a later stage. We are currently working with the individual clubs in these cities and an idea has been put on the table to offer some Billeting / BUT before we put it out there we would like to see if there is any interest- if so can you please call Margie Ryder direct 042946712 or send an email- [admin@runningfestival.com](mailto:admin@runningfestival.com). The goal is to grow the Marathon, Half & 10k by attracting more runners from outside the region. Each year a collated list will be updated. Melbourne Club have already rang showing interest so please let Margie know ASAP

**Our new marketing vision :** We have just rolled out a State & Regional Marketing campaign in Melbourne, Sydney, Brisbane, Darwin , Tasmania, Mackay, Cairns, Burdekin, Airlie Beach – which included some creative To Do List Magnets for their fridge, in addition to a Face Book Competition. Margie is personally talking with these clubs with a vision to then direct information to the runners in their club. In the past we have just put an ad in a Magazine and hoped for the best, the new way will enable us to personalise the pitch direct to the runner.

**New design Race Singlets:** A Funky new design has been added to this year's Race singlets, plus a special design for a Souvenir marathon Shirt.

**New Marathon medal:** Based on feedback, we needed to do a bit more for the marathon runners as they are the " Film stars" in this Premier North Qld Running Event- so a special Marathon Medal has been designed, in addition to a few treats in their bag.

**New pricing structure:** Based on the de-brief meeting, feedback from face book & surveys we have decided to lower the 5k & 2.5k entry fees to bring them in-line with what happening around us.

Marathon & Half Marathon will be the only categories who are guaranteed a Race Singlet in their pack, the other categories will have a Race Singlet created BUT they will need to order and pay for these prior to June 23<sup>rd</sup>.

**Local Marketing:** Straight up, we got lost in all the other events last year, so a new Robust Campaign is being rolled out for the 2.5k event and the newly introduced 5k Corporate Challenge. This will include Billboards, More Local TV and Radio. To our absolute delight , we have engaged the services of Captain Active to help us directly tap into school & kindergartens, which we have never done before.

All the Marketing items that we are doing can in fact be tracked so we can actually track conversions to see what is working and what is not- these will be presented post event- again so everyone can see where we are going.

**2016-2018:** We are currently working on a \$300,000.00 grant over 3 years to help us promote the event outside the Region, with the vision to entice more people to not only travel to Townsville for the event, but put tourism products in front of them in the hope to get them to extend their stay. Other items included in the budget is for a re-vamp of the Business plan & Website this will include some forward thinking in regards to trends and conversions. 6 Large Motels in Townsville have signed up to help us promote the event to their customers outside the region , plus we are working on our very own AP.



**New sponsors:** We have a few new sponsors this year, or some have increased their commitment, so by doing this we need to actually spend additional money on making sure we can deliver what we promised, so some new ideas have been included in all the marketing.

**Ambassador Program:** New in 2015 is the official appointment of some " Key " movers and shakers within the Running World, the first 2 official ambassadors are " Running Girl"- Please like her on Face Book as she has already over 6000 followers, and of course Bruce " Digger Hardgrave's", a legend in the Marathon World.

**Registration:** We had a few hick-ups as it was a new system, we have moved to the same system that Gold Coast Marathon use, which will enable us to simplify the actual rego, cut costs and offer Families discount.

**Some things we still need help with:** Social media, we need a social media tart to get on a just talk to runners about running, Bruce and Nicole ( Running Girl) will be managing a private chat room for runners on the side. If you are keen to become an administrator for Face Book, Twitter & Instagram – Please call Margie direct 0429467126  
A New sponsor for the ½ marathon – Has anyone got any leads or suggestions ?

Cheers for Now until Next Month  
Tony & The Committee



## ANQ Half Marathon 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](http://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](mailto:nahrung@westnet.com.au)

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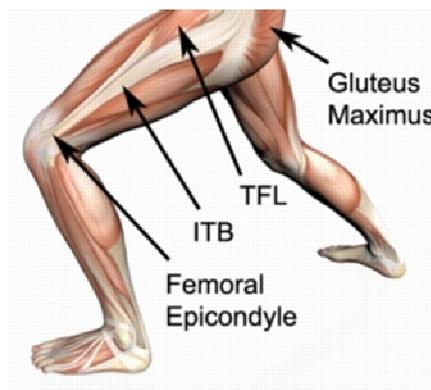


### **WHAT IS ILIOTIBIAL BAND SYNDROME?**

Iliotibial band syndrome (ITBS) is an overuse condition that commonly presents in runners, due to the repetitive flexion/extension motion of the knee during the activity. Typically, ITBS causes pain at the outer (lateral) aspect of the knee where the ITB crosses the knee joint, resulting from the band continually rubbing over the femoral epicondyle, and causing inflammation and damage to the local tissues.

People with ITBS usually experience an ache that may increase to a sharp pain with activity. Pain may be worse first thing in the morning or following activity (once the body has cooled down), and may be associated with stiffness and/or cause the person to limp. Athletes who run uphill, downhill or at a slower pace tend to decrease their angle of knee flexion, thereby spending more time in an at-risk position and, thus, experience worse symptoms.

Training errors, including rapid changes in routine, excessive striding, and increased mileage are common contributing factors. Anatomic factors that contribute to increased resting tension of the ITB include; excessive outward bowing of the lower leg, inward twisting of the tibia, collapsed arches in the feet and weakness in the deep core muscles, gluteal medius and hip abductor muscles. Females are typically more at risk of developing ITBS due to their wider pelvic outlet, resulting in a larger disruption to the biomechanics of the leg.



Physiotherapy treatment and rehabilitation for ITB syndrome is vital to promote the healing process, ensuring an optimal outcome and reducing the likelihood of recurrence. Treatment may include: biomechanical evaluation, soft tissue techniques, joint mobilisation, dry needling, electrotherapy and an individualised progressive return to function/activity program through a one-on-one functional rehabilitation program.

If you believe you are experiencing iliotibial band syndrome, or have other symptoms of concern, book in with Chenaye at Back2Health360 Sports Health & Wellness for one-on-one Physiotherapy consultation and Treatment – Contact Reception on 4728 3200.





[Townsville Road Runners](#) - Present this coupon to

receive a **Complimentary 10 minute Injury Assessment** with Chenaye at Back2Health360 (expires 28/2/15) Please mention this coupon at time of booking.



Chenaye (pictured above) specialises in functional one on one treatment and rehabilitation that enables patients to drive their own recovery. She enjoys helping athletes get back to their sport and helping the work force get back to their specific job duties. Chenaye most recently worked with the Physiotherapy team that takes care of many of Australia's elite athletes including some of our Gold Medal Track and Field and Swimming Olympians.



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