

About 8km July 2006

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HEALTH, fun and friendship...

That was my attempt at summing up the club for an advertisement in the Townsville Bulletin this week. The advertisement will be published in a 16 page, TV guide-sized magazine promoting the McDonald's Townsville Running Festival, to be distributed next week in newspapers in Townsville, Mackay and Cairns.

This publication is being financed through the festival's PR budget, with advertising support from many of our sponsors.

Is that how you see it: health, fun and friendship, somewhere between competitive and casual, self-centered and social, athletic and arthritic?

Asked to say something more, I included a line on our longevity: we've been promoting running in Townsville since 1972. Our present membership of 250 suggests this aim is being realized. The reason for this reflection is that growth brings the risk that your intrepid committee will steer the show off course.

Can a club of our size be managed by volunteers? Well, so far so good. Surely some of our success stems from our all-in-together, lend-a-hand tradition.

But administrative duties have expanded with the 120-plus fields which have become the norm this year and with the club's turnover in excess of \$100,000, taking into account running festival funding. Last Monday night, the committee decided to investigate the case for introducing a part-time, paid position with bookkeeping, banking and perhaps some record-keeping duties. Our treasurer, **Therse Keir**, secretary **Amanda Jocusen** and I will report back in September, with a recommendation for October's annual general meeting.

The running festival, now just three weeks away, thrives on voluntary help, but cannot survive as a labour of love. Race director **Brian Armit** and promotions manager **Col Kenna** are receiving some compensation for their long hours through funding from Queensland Events.

Registrar **Kathy Wilson's** time is being sponsored by her employer, Kelly Services.

Brian has foreshadowed that he wants to step down from the race director's role next year, for the sake of his own business.

Meanwhile we are still looking for a site manager to take charge of setting up and packing away the running festival's canvas village. The job will take 4 days, from Friday August 4 to Monday August 7. Big muscles are not required. We need a cool-headed coordinator. Any takers? Contact **Brian** : 9427 999 801 if interested.

Other news from Monday night:

WITCHES HATS: Orange ones tend to vanish. **Mike Donoghue** is shopping for cones of a different hue.

EQUIPMENT HIRE: The race day clocks are available for hire to other running and triathlon clubs for a fee of \$100. We have decided to tidy up our hiring agreement.

FUN RUNS in 2007: Some race director's positions are vacant.





INGHAM TRIP: We are planning an afternoon run in Ingham on Saturday, October 14 to help **Stewart Jackson** to gauge an interest in a possible Herbert River club. **Stewart** promises a shady course of about 8km. Watch for more details.

MAGNETIC ISLAND: The ferry ride for the Magnetic Island runs on September 23, will be subsidized at \$5 a head for members. Fine details in flux. **Squiz** and **Cat** are in charge.

CLUB PHOTOGRAPH: Bring combs and toothbrushes to Rossiter Park on Saturday, July 29. A photographer will be present to take a group picture for sponsors.

Remember the Mountain Man's motto: *Always finish looking good.*

Ian Frazer - President

GOLD COAST MARATHON

Well done **Peter Clifford** – 3hrs 10min 39sec first up, 218th overall on the Gold Coast on July 2.

In the half marathon, **Alexis Gillham** finished eighth in her 21-24 age group in 1hr 22min 47sec and **Adrian Pennisi** ninth in the mens 21-24 age group in 1hr 23min 17sec.

Jacqui Kelly of Cairns, and previously of Townsville, ran 40min 20sec in the 10km run for a second placing in the 21-24 age group.

On behalf of all club members, condolences to Joe Scott, Joe Jnr and Janine, on Stella's death last week. In Joe's words Stella was 'never a runner' but knew a bit about the eccentricities of early-to-bed, occasionally abstemious marathoners. She did her share of timing and tagging in the early years of the Townsville Marathon Club, which evolved into the Road Runners Club. Later she helped Joe manage while he was vice-president and president in the 1980s and 90s. Stella was a friendly soul whom we all will miss.

Ian Frazer.

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UPDATE - 2006 MCDONALD'S[®] TOWNSVILLE RUNNING FESTIVAL



We want you to enter into your race in the Festival asap and use the online facility from the website if possible. We are trying very hard to get early, online entries. That is why we have a \$1,000 voucher from **The Good Guys** which will be open to everyone entered by 31st July.

Promotion of the event is really starting to ramp up. **4TO** are pushing it very hard, TV ads begin soon on **CH 7**, a 16 page insert will appear in the Mackay, Townsville and Cairns papers on 21st July (about 70,000 copies), plus other local advertising.

As usual we need plenty of help on the weekend – from picking up gear on Friday, set up on Sat from 8.00 am, registration starts at noon, jobs on the day, pull down and take gear back on Monday morning. If you can help please register your name with **Kathy Wilson**, she will then fill the various positions (let her know if you have a time or job preference). We also have a letterbox drop over the whole course on Sunday 30th July at 7.00am from Tobruk Pool. Just be there if you can help.

We do not want to stop anyone capable of running from doing so. Please nominate your partner or friend if they want to help. It is a very rewarding experience.

We will move the whole Festival outside this year. **4TO** will broadcast from the site from 7- 9am, we have **junior jazz** from 9 – 10.30am, runners will be drummed into the finish by **Wassa African drummers**, **Ronald McDonald** will do the 5k walk and then entertain. **The Crocs** will do the 5k. And **Kerryn McCann** will sign your singlet. We have great polo shirts selling to members before the event for \$30, (\$35 on the weekend), and festival singlets for \$15.

So there should be some great atmosphere. Spread the word at work. There are plenty of Mizzuno shoe random draws and other prizes. Presentations start at 10.45am. The after race drinks are at the Metropole Hotel from 5.00pm.

We expect a sub 2:30 marathon and some quick times in the other races. Lets hope for a cool, crisp morning. Good luck to all participants, I hope you achieve your goals and have a great experience.

Stay fit and healthy

Brian Armit



Running Townsville FOR OVER 30 YEARS





TRRs PROFILE

Who: Mike Prentice

Age: 43

Young Mike: Grew up in a small place called Wainuiomata, 20km out of Wellington NZ. We had 2 pubs and plenty of rugby fields.

Job: I have a great job being joint owner of SportsCo Townsville and Top Brand Cycles which we started from scratch. I get to work with products I am interested in and love to talk and mix with fit and active people.

A running start: I progressed from young boy trying to escape from the thumping about to receive from 2 older brothers, to track and field and cross-country at schools and onto national level. Before being head hunted by the local club school rugby union teams to commit to representative rugby.

NQ Life: Currently president of the North Star Athletics Club and committee member for the Townsville Triathlon Club. I have been coaching track and field and cross-country for many years and recently became a qualified high jump coach as my two daughters have excelled in it.

Why I like running: I find it very relaxing and it's great for thinking. Believe it or not running came so naturally to me and I used to really enjoy running the firebreaks around the hilltop ridges of the Wainuiomata Valley.

Why TRRs: A great bunch of people with a really well structured and organised club and the people are so real and enthusiastic.

Best run: Being 36th at the World Ironman Championship held in Hawaii in 1988. And to be the first non-professional athlete to finish in a time of 9hrs 19min. Also to finish 4th and 5th at the Australian Ironman Races.

Most memorable run: Would have to be the marathon run at the '88 race after completing a 3.8km swim in cycling 180km. Then running through the lava fields on the Queen Highway in 42° heat. The local Hawaiian people were cheering and telling you how good you were looking, and then to enter the run down Alekee Drive to the finish with 1,000s lining the footpaths: I felt no pain those last couple of kms.

Worst run: Was the NZ Ironman in 2000 and by the 80km mark on the cycle leg my back and legs were gone. I still had to cycle 100km and then run 42km – the shuffle began. I did a lot of walking and cramping but somehow got to the finish.

Worst food: Brussel sprouts and cauliflower.

Next objective: Get on top of my back and knee injuries and to start running again and hopefully shed 10 kilos.

Dream: To run down Alekee Drive again with my children in the crowd.

Special interest: Really enjoy coaching and helping motivated athletes improve and are planning to become a strength conditioning coach. I also have a passion for real estate investment and development.





GOLD COAST HALF MARATHON, 2 JULY 2006

Amazing! My first HM was everything I expected and more. My time was nothing special compared with many but I'm rapt!

To the start line at 6:15 and a bit cold for a Townsville-ite but tolerable (reports vary from 5 – 8 deg C, but cold anyway). Over 4,000 people in the half and the atmosphere was electric. I had set a goal time of 2:10 and had run the Townsville HM course twice over the past couple of months during training in just over 2:20, so it was going to be a bit of a stretch.

I started off very sedately as planned and got to the 5km marker just inside my scheduled 35min. Up the pace a bit and aim for the turn at 1:10, actually turned at about 1:08. I saw the 2:10 pace group coming towards me as I approached the turn, about 400 mtrs in front of me (I estimated). No problems so far, comfortable, not easy but not too hard either, keep going. I hit the 15 km marker at 1:36 and with 6km to go knew that my goal time was well within reach.

The view of the Surfer's Paradise skyline across the Broadwater coming round Marine Pde at Labrador was magic. The next 5kms in a touch over 28 mins. I was starting to pass quite a few people who were struggling a bit by that stage. It seemed to me that I "flew" the last km and a bit (actually 4:59).

My wife and I stayed in a unit about 700m from the start/finish and I nearly burst into tears as I passed on the home run and saw/heard her shouting encouragement from the balcony.

I caught up with the 2:10 pace group at the finish line and by the time I remembered to look at my watch and push the stop button it was 2:10:06. My net time, according to the website, was 2:09:55, gotta be happy with that.

Definitely glad I made the trip, definitely not my last HM. I've registered for the Townsville half already and am yet to decide on my finish time but it WILL be a PB!

Dave Hampton

QLD STATE SECONDARY CROSS COUNTRY

On July 20-21st the Qld State Secondary Cross Country championships are being held in the South Coast region (Runaway Bay).

The race is being held at the Runaway Bay Sports Super Centre with distances varying from 3km (13 years) up to 8km (19 years). We wish the following junior members the best of luck as they race the top runners from across Queensland: **Laurel and Maddie McGinnity, Savannah Sense, Lucy Richardson, Jesse Kuskopf, Natalie Milne and Kimberley Hoets.**

Louise Abraham

A little bit of humour from the Net ...

Two Scots, Archie and Jock, are sitting in the pub discussing Jock's forthcoming wedding.
"Och, it's all going grand," says Jock. "I've got everything organised already: the flowers, the church, the cards the reception, the rings, the minister, even ma stag night..."
Archie nods approvingly.
"Heavens, I've even bought a kilt to be married in!" continues Jock.
"A kilt?" exclaims Archie, "that's brave, you'll look pure smart in that!"
"And what's the tartan?" Archie then enquires.
"Och," says Jock, "I'd imagine she'll be in white."





BACK OF THE PACK

TRRs travelled to Airlie Beach to take part in the Many Peaks Island Run and Sail race. **Vicki** had to make one of those proverbial pit stops on the way down but forgot to turn off the torch and apparently the truckies really enjoyed the change from the long road.

Looking out for when **Ollie** (John Olsen) joins us again on Saturday morning after his unfortunate fall and broken collarbone: though the medicinal drinks at the Centennial helped in the recovery.

Sharon the socialite managed quite well directing runners on the Bushland Beach run even through she wished she never had that last red wine. Great venue and everyone enjoyed the course and brekkie afterwards. Thanks John and Sharon.

Mike and **Ian** were trying to follow **Diane** on the Thursday afo run but she gave them the slip and then they didn't know where they were. And it was noted that Ian (el Presidente) must have visited his mother recently as he had a hair cut.

Cath visited Perth recently and met up with **Marcel** and **Christina** and the news is that a 3rd junior is due in October. Marcel is planning on being in Townsville for the Running Festival.

Happy birthday to **Sylvia** for the big 60 – just shows, running keeps you young.

Wishing **Vince** and **Pete** the **Elite** good running for the State Cross Country Championships in Brisbane this weekend.

Always have fun
Judy Davies

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