

About 8km November 2006

Editors Email: nschultz@bigpond.net.au • Ph: 07 4773 3726 • Fx: 07 4723 9862

PO Box 1840 HERMIT PARK 4812 • Internet: www.townsvilleroadrunners.com.au

Words from the Editor

This month is the start of a new era with **Tony** being the Third President I have worked with on **About 8k**.

The December issue marks the end of our sixth year of publishing this newsletter, and for me, it has been great fun. We have come a long way since the first issue which was just one A4 page!!

Thanks to the many contributions from members and friends who have helped to make this - I hope - an interesting and informative monthly update.

A special thanks to **Judy Davis** for her contributions to **Back of the Pack** and **Member Profiles**.

I will be commencing by seventh year as Editor in January. I have not had any approaches from members to take up the job so I am happy to continue. However, I am keen to listen to suggestions for changes that you would like to see.

My only disappointment is that I can't print your photos and pictures in colour, because having to change them to black and white sometimes makes them rather blurry. However, when I asked the printer the price of having the printing done in colour, he said "forget it". The cost of using the colour copier for a couple of small pictures would be horrible!

So here we are. Please keep your stories coming.

Cheers **Nina**.

PRESIDENT'S REPORT

Heading into the Club's 35th Year

The Townsville Road Runner's Club will celebrate its 35th anniversary next year.

As we head towards this milestone, it is important to reflect on why the club is so successful.

In my mind the answer is the membership of the club itself and the efforts of many who assist the club in different ways.

In recent years the club has adopted a more outward approach to proactively promote and foster running in the Townsville and North Queensland district. This is evidenced by the **Townsville Running Festival** and the phenomenal efforts of **Brian Armit** and his team to organise this event. This outward approach is a way for the club to give something to the local community with this magnificent event and at the same time promote running. The management of this event continues to go to a more professional level.

This outward looking approach is also important in promoting running as a sport or hobby with the children. Some of which, hopefully, will be future members.

At the same time, the above is balanced by the fact that the club still maintains an inward approach whereby the club (and what it has to offer) is there for the members themselves to enjoy. *That is, it really is all about us.*

This is, after all, why we are here, to enjoy the club, the camaraderie, the competition, just the vibe of being out there on a Saturday morning (whether walking or running) over interesting/challenging courses with coffee/tea afterwards. The club also offers, amongst other things, a great





standard of internal coaching sessions by a band of dedicated accredited coaches that is suitable for runners of all ages and levels. Further, the club has, and continues to embrace, the latest technology as is illustrated by our great website:

www.townsvilleroadrunners.com.au as well as building on and maintaining our impressive register of equipment including the van, timers, walkie talkies, computer etc.

So it is important not to lose sight of how good this club is and how we all have to continue to assist so as to keep it that way.

Then of course, there is the social side of the club as demonstrated by the Presentation Night on Saturday 28 October 2006 at the Motor Boat Club.

PRESENTATION NIGHT

The Presentation Night was a great time. The testosterone again made a cameo appearance and the highlight of the night, at least for me, was the impromptu solo by **Ian Frazer** (disguised as Pavarotti). The big "P" would have been proud.

Talking about "P", it was the theme for the costume dress up. Here, there were some wonderful costumes. **Matthew Boschen** and **Shannon** obviously fell back on the engineering background to arrive with a new take on the mathematical equation "Pi". Then there was **Mike Donoghue** as the "purple man" and **Rose "Paris" Pickard**.

Congratulations to all those who received club awards in their respective running categories on the night. **David Nahrung** won the overall male category. David could not attend as was in Alice Springs competing in the Masters Event (and successfully doing so with three gold, three silver and a bronze). He did participate by way of a so-called "live cross" on the night to accept the award. David was a narrow winner over **Daryl Quinney**. Darryl was however successful in his age category.

Sharee-Lee Anderson took out the overall female category in a dominant display for the 2006 running year.

The actual presentation of awards did not go exactly smoothly. I can't even blame the Guinness as I had not consumed enough of it by that stage of the night. It is important that members who either win, or are placed in their respective categories, are given due recognition at the presentation ceremony for their efforts throughout the running season. Accordingly, the actual presentation side of things will certainly be improved on in the future.

Apart from the above, the night as I mentioned was otherwise a great success. I would like to thank **Liz Hennig** for all of her time and effort in putting the night together.

PRESIDENT'S AWARD 2006

Special mention should go to **Pete Neimanis** who was selected by Ian as the recipient of the **President's Award for 2006**. Pete, as one of the club's accredited coaches, is a great asset to the club with his contribution to the training side of things. Congratulations Pete.

INGHAM RUN

The run/walk at Ingham on Saturday 14 October 2006 was enjoyed by all that participated. The run was organised by **Stewart Jackson**. It commenced and finished at the local swimming pool and followed a 6km scenic route through wetlands on the southern side of Ingham. There was no pressure on in the run and some took the opportunity to stop and observe the abundant bird life. There was even mention in the pre-run talk of a crocodile that is rumoured to inhabit the wetlands. Stewart, with tongue in cheek, took a headcount before everybody headed off. There were no missing persons at least on that run.





The run was followed up with a meal and a few cold ones at the Casra Pub. No better way to spend a Saturday.

I would like to thank Stewart for his efforts and hopefully the locals at Ingham can have regular events in the future.

CIRCUIT TRAINING

Pete Neimanis has closed shop for the year in relation to training sessions for Tuesday at the track and Thursday at the Weir State School. These sessions will recommence in the New Year and I will keep you posted as to the dates in that regard.

In the interim **Pete** and **Mick Harris** have arranged for off-season circuit training each Thursday at 5.30pm at the Castle Hill PCYC. I have attended classes in the last couple of weeks and it was great. The cross training is a break from the normal Thursday routine of pounding the river pathway.

YOGA

For those who are looking for a bit of flexibility, then one of Townsville's good instructors, namely **Paul James**, is prepared to hold a weekly class prior to Xmas. This class will specifically be for members of the club so you do not have to worry about possibly making a fool of yourself in front of others. You can just do it in front of your running colleagues.

Seriously, the classes are just another idea of filling in the off-season with an interesting and beneficial cross training routine. The class will be subject to whether there are sufficient participants and if it goes ahead, will likely be held on Friday afternoons at St Marks Hall, Belgian Gardens. Contact me if you are interested.

ROLLING THUNDER AT PALUMA

Finally, the Rolling Thunder event at Paluma will be on again on Saturday 11 November 2006.

Hopefully as many of you as possible can make the run, or alternatively, just attend the post run function at Hidden Valley that night.

I have got the swag, so I will sleep where I drop, either from exhaustion after the 23km or from Guinness, or a combination of both (remember, no BYO).

Good running and see you on Saturday morning at the next run.

Tony Hockings
President





LATEST NEWSLETTER ... from Widge and Orlanda

The latest newsletter from two of our long time members Widge and Orlanda:

Hello beautiful ones

We are in Leon taking a day of rest on day 21 with 400kms behind us and 357km ahead to Santiago (and 460km if we go to Finisterre 'the end of the earth').

Experience descriptions ...

- *Increasing physical and mental fitness,*
- *Hysterical bouts of humour and glee,*
- *Interesting people*
- *Feeling of community with other smelly, snoring travellers*
- *Times of questioning "WHY!! WHY!!"*
- *Utter joy when finding a washing machine or internet*
- *Great cheap coffee and wine*
- *Discovering Spain is closed most of the time (consumerism is not alive and well here – a good thing)*
- *Increasing use of Spanish from 10 to 30 words*
- *Feeling of family greeting when meeting fellow travellers after not seeing for a few days*
- *Thoughts of home and days of home sickness and wanting hugs from family and friends*

Some of the people on the road ...

- *2 Norwegian men aged 72 and 80 who started in Le Puy, France 2 months ago. Done around 1,100kms and still grumbling at each other. They are a hoot.*
- *2 German female teachers who are absolutely beautiful. One has studied liturgy and the other industrial geography. Passing the industrial wastelands give them the greatest joy! They started in Cologne, Germany and have travelled over 2,000kms.*
- *Many others aged from 8 to 80 ...*
- *Countries from all around Europe, USA, Canada, Brazil, Argentina, Israel and of course 2 adopted Aussies via Fiji.*
- *Some for a week and others for months*
- *And all with wonderful stories to share*
- *The numbers are down from the peak summer months, however would say around 50 on each segment of the road each day.*

The weather reports (as much as we can decipher in Spanish anyways) seem to indicate significant rain and flooding in Galacia, which is the last leg of the journey. Perhaps we may need to build an ark to reach the ends of this earth.

Know you are in our hearts and heads especially when we are wet, cold and miserable on the road and we think of you in your warm, clean, dry, flealess homes and boy do we wish we were with you. Ha ha.

Journey well and for those who run, keep running.

Love Widge and Orlanda.





TRR Committee Members

Name	Position	Phone	Mobile	Email
Tony Hocking	President			hock7@bigpond.com
Ian Frazer	Vice President			almabay51@bigpond.com
Sonia Chalk	Treasurer			sonia.chalk@au.pwc.com
Amanda Jocumsen	Secretary	4779 0971	0403 410 286	ajocumsen@yahoo.com.au
Pam Hurst	Asst Secretary			pmhurst@mainroads.qld.gov.au
Mike Donoghue	Course Manager	4788 8693		mdmdjddd@tpg.com.au
Liz Hennig	Clothing Mgr		0409 067 367	
Larry Gilboy	Coach			gilboys@dodo.com
Nina Schultz	Newsletter Editor	4773 3726		
John Simmons	Trophy Manager	4751 6425		john.s.simmons@team.telstra.com
Isa Marrinan		4778 2705		
Col Taylor		4771 4669	0418 820 822	
Brian Armit	TRF Manager	4778 4177	0408 060 908	brianarmit@bigpond.com
Judy Davies		4725 4282	0408 195 420	daintreefresh@austarnet.com.au
Cam Leach		4779 3394		campbell.leach@jcu.edu.au
Keith Rich	Race Results	4779 5254	0438 795 254	richk@westnet.com.au
Yaap De Jong		4772 2234	0418 456 158	

BACK OF THE PACK

Another great Presentation Night with the Motor Boat Club a tropical RocknRoll venue. Just when we were struggling to conjure up a costume starting with "P", there were some inventive participants. Winners were **Rose** as Paris Hilton and **Matthew Boschen** and partner as Pumpkin Pi. **Jane Frugtneit** was the Perfect Princess Parisiene, **Jane** and **Greg Hindmarsh** – Prince and Pauper; **Squizzy** and **Peter Hanley** – Punters; **Yaap** a slippery playboy; a few policemen and several princesses; one was even pickled. **Mike Donoghue** the Purple People Eater and by the end of the night his purple was fading and he looked like he had been through an atomic blast. Nobody recognised ex Prez **Brian Pirate Pete** who went without his glasses and was unrecognisable with his eye patch and scarf; trouble was he couldn't recognise anyone either. **Pavarotti** sung Greasy Grit Gravy and Grizzled Greens and **Steve Brooks** dropped his dacks during Eagle Rock and debuted with the Testosterones.

The social Saturday runs are a chance for anyone to have a go at setting a run that could be interesting, challenging and controversial etc. Last Saturday's run was actually designed by **Diane** but **Ian** ex-Presidio wanted to hold the stage again and there was a reverential silence as he outlined the course. **Claudia's** penalty for being late (again) and running the wrong way was to be picked on by a territorial plover.

A great bush run last Saturday to celebrate **Gary Hooper** making it to 3 score years. **Sylvia** and others missed the turn and did extra kms and **Mary** took a short cut through a property that had a very unfriendly dog. Mary enjoyed the cold shower and then brunch at the Alligator Creek premier café Crazy Gecko with champagne and a song.

And another 'tough' weekend run, Rolling Thunder, with the reward of bush setting, singing, dancing and cold refreshments coming up.
Always have fun ...





PETER SCHULTZ
Marine Artist

Traditional Oil on Canvas
Maritime, Floral Art
or any other subject

37 Egret Crescent Condon 4815
Phone 4773 3726
E-mail:
Nina_Schultz@austarnet.com.au

**GYPROCK
PLASTERING**

PETE THE PLASTERER
T/A Rasmussen Plasterer

Call Pete
0417 006 782
After Hours 4773 3652

SPORTSCO
Stockland

- Expert Advice
- Guaranteed Fit Running Shoes

Phone 4779 1130
Fax 4725 4651 Don't forget to ask for your members' discount!

Forest Design

Merv Turner
Principal

Mobile 0411 516 754
Fax 07 4723 9978
PO Box 110,
Thuringowa Central,
Q 4817

**BOTANIC,
LANDSCAPE &
HORTICULTURAL
SERVICES**

PHONE 4723 9992

Guardian
PHARMACY AITKENVALE

Get a **15% OFF** on all
LEUKO Sports Strapping
FUTURO Sports Supports

PHONE 4779 3130
Fax 4725 3251 • 268 Ross River Rd Aitkenvale

**TOWNSVILLE
GRADED
SANDS**

Sand
Soil
Gravel
Feature Pebbles
Slab Fill
Quarry Products

PHONE 4789 0477
Mobile 0411 658 843

Ross River Road Dam Site Upper Ross River Rd Kelso
townsville-graded.sands@bigpond.com
www.paradisepebbles.com

**Matilda's
Diner**

CASTLETOWN
Shopping Centre

Buy one
Cappuccino
and get one
FREE

SPECIAL OFFER
for Townsville Road Runners members only

• Sports Footwear
Prescriptions
• Sports
Injuries

Jayne Arlett

**TOWNSVILLE
PODIATRY
CENTRE**

Phone 4725 3755

• Prescription
Insoles

140 Ross River Road Mundingburra
reception@podiatrycentre.com.au

Mac your day.

- THE LAKES • AITKENVALE • NORTH WARD
- MACCA'S ON THE MALL • WILLOWS
- STOCKLAND EXPRESS • INHGAM

- THE LAKES • AITKENVALE • NORTH WARD
- WILLOWS

**prime
PRINT**

- design
- artwork
- printing
- finishing

4725 6344
Fax 4725 6372 • 38 Punari Street Currajong
www.krickerprint.com.au

Individually Designed to Compliment Your Home

Heritage PLUS

Ph/Fax **4772 5421**
Mobile 0419 744 390
84 Tully St South Townsville
e-mail: picardk@bigpond.com

- Decks & Verandas
- All Carpentry Requirements
- Bathroom Renovations
- Carports
- Stairs
- Extensions

© - Club Member

