

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

January 2014

Volume 14 Number 1

About 8k

MT MARLOW MARATHON 3 NOVEMBER 2013 by John Nuttall



IT WAS A SWEATY DAY AT PALLARENDA!!

It was 3 November, the date of the Mt Marlow Marathon, organised by Sam Stedman from Townsville's Outer Limits. It was my first trail marathon for the year and I wondered why I'd left it so late in the year – maybe that masochistic blood that flows through my veins.

Chris White was there, an accomplished trail runner from Cairns, as well as Adrian Garnett, Peter Richardson, Bill Guy, Arnstein Prytz, Wayne Crase, Stephen Titmus, Simon O'Regan, and the only girl entrant, Dee Flynn-Pittar, all from Townsville. Surprised to see Simon out there, after hearing it bandied about that there were no marathons for him in 2013 – a moment of weakness, he said.

It's great being on the start line with the best, so after signing in and a photo, (and of course Sam informing us that he wouldn't pack up and leave until dinner time!), we were off. The course consisted of a traverse of Mt Marlow, descending to Bald Rock car pack, out to Shelly Beach with a reasonable sandy stretch to test the calves, then Under the Radar, the Graveyard Loop, along Pallarenda Beach, eventually taking in the Lagoons Loop and home – easy!! For runners who have competed in trail marathons in southern states, that may be so, but the Townsville November weather is a great leveller. And, as I have already said –

IT WAS A SWEATY DAY AT PALLARENDA!!

The hares had scooted away, and I settled into my own zone of endorphins and spirituality, (which most runners experience occasionally.) At about 25k, I came across Arnstein half submerged in a pool of water under the radar. Now Arnstein is a very accomplished trail runner in his own right, finishing second to Adrian Garnett in the Mt Haig Marathon in FNQ this year. Sounding just like Jeeves the butler, I enquired: You alright, need anything? To which he replied "ENERGY!" I didn't have any to spare, so on my merry way I went. Not long after, I came across Bill Guy, who was going through a bad spell, but came bounding back later in the run. T'was getting a bit arduous by Pallarenda Beach, about 31k, but Lyndie was there with arms full of goodies for trail runners - like water and gels, and more water – "what, no beer, I said!" "On your way, not for another 11k", she said! The Lagoons Loop was a bit of a blur, with a bit of jogging and a lot of walking. I made it back to the National Park and the finish, to a great reception. Being the oldest runner in the field at 62, and finishing 6th out of 15, I thought I'd had a successful day out. It was good to see Peter Richardson run so well at 54 years and finish 5th. Also Dee to persevere after puking for half the race and finishing 1st girl – admirable.

Chatting with Sam after the run, I learnt that there were 280 competitors over the four events, Marathon, Half Marathon, 12k and 5k, so trail running in Townsville is alive and kicking.



FOOTNOTE:

That afternoon, I was basking in the luxury of Lyndie's king-size water bed, hoping it was going to burst and engulf me, when Lyndie said "Come on – we gotta carry the baton up the hill." I'd forgotten, but over 100 Townsville Roadrunners hadn't, and it was great to be amongst them that afternoon. Seeing ultra-marathon record holder Peter Lahiff atop Castle Hill brandishing the Commonwealth Games baton (to borrow an old Pommie expression), "warmed the cockles of my heart!"



President's Report

Hello Road Runners!

I trust that everyone has fulfilled their Christmas and New Year desires and made their resolution to uphold a resolution.

The past four weeks has seen us make the transition from Riverway to Strand off-season runs, with the 2014 races approaching faster than **Dominic Tonner's** off season form! Dom is running hotter than the Bureau of Meteorology can monitor which, those of you punishing the pavement during the last four weeks can attest, has been hot, windy, raining - you name it. Any more humid and we are technically swimming. And when the seasons "cycle" again I guess we are triathletes! The Strand runs are proving moderately hilly as predicted, I'm waiting for **Joe Scott** and **Jaap de Jong** to put up their hands for their annual offering affectionately dubbed "The Alpine series". Between the two of them they could publish a map of obscure, steeper than Stanton tracks up all angles of Castle Hill. My best advice is to drag our feet up any ascent that is presented to us, and hopefully we wear the track down enough to make it slightly less anguished next year. Our distant future descendants will thank us. Or just speak of gladiators who once conquered the terrain. Either way we leave a legacy, time will tell.

On the running front I am delighted to say that I have crossed the path of at least one friendly Road Runner on all but one of my training runs in the last fortnight. I constantly see Aussie **Rob Ellershaw** (mostly before sunrise!) getting in his daily endorphins, **Geoff Ford** owning the river paths in Aitkenvale and **Mark Buchholz** blazing bridges as I pass below them. Even driving to work I often get a friendly wave from **Mike Ruben-ach** and **Jenny Brown**. It makes my day, randomly seeing members of our community out doing what we do.

The management committee met and finalised the 2014 season calendar (pause for effect and applause). It is now available on the TRR website. The Australia Day Fun run has come and gone. Prizes were on offer for 'Best Dressed' and anything shy of a Dame Edna with a Diggers hat, footy socks and Kookaburra cricket bat just didn't cut the Vegemite mustard. The race was hotly contested, coming down to a sprint between Jake Vockins and Sam Murphy. I would like to express my gratitude to **Trevor Brown** for compiling the races for this year's calendar, a task not to be taken for granted. There are ever more events in our exploding "fitness" community and, though clashes are inevitable, Trevor works tirelessly to ensure our major races fit in to the puzzle of other local events.

Finally, I would like to send out all of the positivity I can to Rooster (Tom Ryan), who last I heard was in good form. On on Roo, see you on the circuits again soon-plenty of smiles to be had mate.

Take it easy, hydrate, run smart, run safe, run often. Thanks, Tony Gordon.



Are you interested in becoming a volunteer in the club? Wondered what it involves? How much time it takes? This month, TRF's First Aid Coordinator tells us a bit about his role.



Geoff Stanton

What do I do?

My position is the **First Aid Coordinator for the Townsville Running Festival (TRF)** which I started doing in 2002 when Brian Armit was doing the vast majority of the work for the TRF. He was keen to divide one very large task into many smaller ones and I was happy to take up the role of First Aid Coordinator.

What I like about the job

I love being involved with the TRF and the committee (chaired by Margie Ryder) and as my position is potentially not highly time consuming I am able to continue filling the position without being too taxing on my time and enthusiasm. As organising St John's Ambulance and Qld Ambulance Service (QAS) duties for the TRF can virtually be completed before the start of the Marathon I have been able to run the marathon on many occasions (10 so far)

Any bumps or hurdles?

As with many aspects of the TRF Aid First and critical medical backup is essential to the proper running of the event. I believe that through QAS and St John's the competitors are well looked after and we are regularly monitoring medical needs, numbers and positioning of crews to better service the event. Although personnel within QAS and St John's regularly change, the organisation is generally similar from year to year. It can be a bit time consuming gaining confirmation for St John's involvement for the TRF each year, but it is just a matter of persisting with telephone calls and emails until their commitment is assured and they have always delivered great service on Festival-day. QAS work in harmony with St John's for a combined effort on the day.

Ambulance/St John's costs

QAS cost approximately \$2,500 which covers the cost of two QAS crews and vehicles, and a QAS coordinator. The first QAS crew is on site from 5.15am until noon and the second crew is on duty from 8am until 11am. St John's cost is approx. \$1,000 but this varies from year to year. St John's usually has three crews and some cadets in training working on TRF day. One St John's crew is usually stationed at the finish line and two crews rove at North Ward area and the Pallarenda circuit to monitor runners.

How long does the job take and what timing through the year?

My job usually starts in February with booking both QAS and St John's through their websites then discussions continue with the personnel in charge leading up to mid-year when talks are more frequent to finalise. Fortunately I don't need to take much time off work but it is handy in the final week before the TRF to be available on site when emergency services need to finalise details.

It is great to be involved in this fantastic event which is becoming iconic to Townsville.







SPEED BUMPS




WAYNE Roy joined the Riverway tempo team on a recent Thursday afternoon.




Wayne rows more than runs nowadays but showed he still has a yen for hills on the circuit around Riverside Ridge. While warming up, he and coach **Peter Neimanis**





found something else in common. Both were born in 1957 and hence will blow out 57




candles this year, along with **Geoff Stanton** and **Keith Rich**. By the way, congratula-




tions **Wayne & Bev** on the birth of their first grandchild - **Sophia** - last October.




* * * *




MARK Buchholz and **Lee Kirby** shared a few beers recently in honour of Sparkles' sub three-hour run in last year's Gold Coast marathon. Mark bought them for Lee,





having narrowly lost his bet that he would better 2hr 57min. He missed out by only




46sec. Lee accepted the slab gratefully and shared the spoils with **Mark, Cam** and




crew one weekend when the Sunday run was optional.




* * * *




TOM Ryan is fighting fit after surgery at The Townsville Hospital three weeks




ago. **Col Taylor**, who has kept in touch with Rooster says Tom needed only one day




of intensive care after the operation on Friday, Jan 10, and is making light of 50





staples in his noggin. . A couple of TRR friends who called in after his admission




were amazed to hear they were No 15 and 16 that day - a tally Rooster later




amended to 21 and 22.




* * * *




DAVID Brooke-Taylor still regards running 42.2km as a cherished goal long




thwarted. Well before bucket-lists were invented, he had plans to run his first




marathon by his 50th birthday, a deadline later extended to his 60th. His wife,





Anne, is dubious but David feels walking the distance is still an option. Meanwhile




he's rehearsing for another kind of endurance event, singing in the chorus for the




NQOMT production of *Phantom of the Opera* at the Civic Theatre, April 2 -13.




* * * *




TALKING about walking 42.2km, the Townsville contingent in the recent Honolulu




Marathon were amazed to hear the last finishers in the 22,000-plus field took




19hrs, which reassured them they had all managed respectable times. **Greta**



Neimanis got caught in a loo logjam at the start but still managed to finish in the



top third and says she's up for another, probably closer to home.



* * * *





Australia Day Fun Run - Riverway



Running in Summer by Dr Dave Nahrung



Everyone knows it's hot and complains about running in the heat in Townsville summers, but do you manage it effectively so as to avoid any serious consequences?

The main issues are heat stress and dehydration. Signs of heat stress include weakness, headache, dizziness, cramps, nausea, vomiting and rapid heart rate. You can suffer from it even if you are properly hydrated, it is from the body overheating. Being dehydrated will make you more prone to heat stress as it reduces the body's ability to cool itself.

If you start getting these symptoms, it's time to stop and cool down!

Rehydrating usually involves plenty of water, but when do you need more than water? As a general rule, I suggest that water alone is fine when exercising up to 45minutes. If going for longer than that, add in electrolytes, the simplest way being sports drinks. If you're afraid of the carbs in them, you can get carb free ones. It can be difficult to replace all losses whilst exercising. The easiest way to know how much to replace is to weigh yourself before and after exercise, and aim to replace the difference over the next couple of hours.

Lastly, remember that heat will significantly impair your performance, so don't try to keep up the same speed/effort as you would in cooler weather. Stay cool and enjoy your running.

Marathon Mate

'I decided to run a marathon with no understanding of what I was doing. I was inspired to run by a friend who was doing wonderful times. I didn't have the ability of my friend but I met another runner, Peter Mowle who started running with me as I trained for my first marathon. Through him I discovered that the backbone of the marathon was the long slow run on a Sunday and a harder run with the club during the week. Peter was great, even getting down to the nitty gritty of what to eat the night before the marathon. On the day, Peter ran the first very conservative 10k with me before saying "you're doing well, don't worry about me, go now at your own pace". I've done 16 marathons since but still remember when I trained for my first with Peter'

Peter Mowle is an experienced runner from Goulburn who shared his time and Sunday running with then new distance runner Ian Frazer in the early 1980's.

We're looking for **Marathon Mates** to share their time with new marathon runners from Townsville and Country North Queensland including possibly running TRF with them this year.

If this interests you either as a new distance runner or being a mate to a new marathon runner, please contact Margie Ryder, Ian or Diane on the TRR website or info@townsvilleroadrunners.com.au



How Heartbreak Half Marathon nearly broke my heart

by Ant Daamen

How easy could this be? Running the half marathon last November over the Mt Marlow Track and the Under the Radar track? The week before, I flew in the Rolling Thunder Run and I had run most of the distance before, right? I knew I was kidding myself. This was not going to be a typical half-marathon. Doing 6km on Mt Marlow is not for the faint-hearted, add to that the 12km Under the Radar, 2km Graveyard track THEN a couple of 100m of beach...

I arrived early and found there were 75 other competitors. I wondered if there were many fast runners in my age group, and if I might get a place. Who else would bother getting up early for this run? I weighed up tactics. Steady on Mt Marlow and faster on Under the Radar could be OK, but what if I was stuck behind slow pokes while running through the rocks? So I decided to go pretty fast along the flat to the Mt Marlow track, staying as much as possible in my place, not overtaking and not being overtaken. Then for Under the Radar. My aim was to finish in under 2½ hours and definitely under 3hrs.

By 7am when we started, the day was already quite warm and muggy. So that is what I did! First km 4min 38sec, which is pretty flat-out for me. When I began climbing I listened to the footsteps and tried to stay ahead, but couldn't keep that up for long. There was a whole train of faster runners behind me. My heart-rate climbed to about 170-175, I didn't notice until I began breathing very fast. So I stopped at different safe places and let a few pass (really to catch my breath), then tried to keep up with those runners. When they disappeared amongst the rocks I let another few pass, and tried to keep up with those. I had to slow down eventually.

I started stumbling over the rocks and sliding over the path. The sweat was pouring off me, sweat streaked over my glasses, hard to see where to go. Downhill to Bald Rock car park was not easy either. I stopped at the drink stop, drank my water and re-filled. I should have filled it with



Gatorade instead of water, but hey you always see clearer in hindsight than through sweat-smeared glasses. They offered to spray me with the hose, but I refused. Did not want to get all sloppy and wet while running on a dusty track.

I checked my HR - still about 170. "Slow down Tony, you'll never make it with that HR", I said to myself. I set off on a slower pace, but soon my legs got in the rhythm (about 5min/km) and my heart rate steadied. When I reached Under the Radar I seriously took it easier. I had a check every so often, but my HR was never far away from 170. I passed a few 'walkers' - runners that had given up by then and still felt ok. Struggling but not too bad, I followed another runner ahead of me. I looked at the pace. I was doing about 6-6.30min/km and I thought if I keep this up, I should be able to make a reasonable time.



At the water stop in the middle of Under the Radar I had my gel. I felt stuffed, but wasn't dead yet. I was still jogging, but slowly and had passed a few more walkers. The man at the water stop said "only 5km left." "Nearly finished...." or so I thought. Liar! 5km of Under the Radar would have been more accurate. I had a good drink and filled up my bottle again. The man in front of me didn't stop for a drink so I sped up to catch him. When he started walking, I passed him and felt great that I had passed another person. I had experience, I had run Under the Radar before, I can do this! The guy had a snake-lolly and when he finished chewing he jogged passed me. I stuck behind him, then he walked again and I passed him. This was repeated 5 or 6 times. I just kept plodding along, but it was getting frustrating and demoralising, so after the 5th or 6th time, I started walking when he walked, jogging when he jogged. Never, never, never walk in a run, because it is nearly impossible to start running again - as you all know. Eventually that walk/jog guy was somewhere behind me, so at least I had beaten another walker.

My legs started to stiffen up, my willpower was nearly broken... I walked a fair bit up the hill of The Graveyard loop. When I heard the sounds of the finish line, I forced myself into a faster pace. It wasn't a jog anymore, more of a fast shuffle. I hit the beach and saw the white sign in the distance, I trotted a km further (I thought) and the white board didn't seem to be any closer. After a lifetime of beach trotting I made it to the final turn, and after a long stretch of loose sand (actually about 5m), the bitumen...

I heard people clap, "well done", but it was all in a daze. That walk/jog guy passed me on the beach and I was aiming to pass him. My shuffle went a bit faster into a slow jog but I couldn't catch him. I crossed the finish line, stared at the lady taking the times etc. said "51" and she said "all done".

I stopped my Garmin: 2:39:33. Done. I felt too exhausted to care.

I was in a daze, looking for food and water and a seat. Grabbed half a banana, and filled a cup of water. I was so weak, I spilled most of it. When I sat down, a cramp came from my knee to my groin. I wanted to get up to stretch my leg, but couldn't. OUCH! I writhed on my seat and the guy next to me asked if I was alright. I turned to him, and with my eyes shut I said "fine, fine, just cramp".

I remembered I had water with salts etc in my car. So I started to 'walk' to my car. I couldn't find it at first . . . my brain still not working. I found it eventually, got the water bottle from the car and had problems closing the door. My fine-motor skills weren't too good still. I walked back somehow, had watermelon and banana and this 750ml drink. Then more water and waited for the announcements. I spoke to someone in my age group and his time was 2.15. So I knew that I most likely would not have a place.

After the announcements I went home. As I sat in the car, the cramp in my right leg came back... OUCH... I massaged it and squeezed my eyes until it subsided... I got home safely, found my bed and fell asleep, sweaty and all. I woke at 1pm and was starving!



PS my placing:

Heart Break Half Marathon - Male 50 +

1. John Hoggan 2:18:38
2. Robert Smythe 2:34:09
3. **Antony Daamen** 2:39:29
4. Stuart Corbett 2:58:10
5. Ross Johnston 3:49:38



Meet a TRR - Mark Buchholz

What got you started?

I used to smoke quite a bit and decided to get fit. When I started running I couldn't run 5 minutes but can now run 2 hours 57 minutes. My first fun run was the old 'Lest We Forget' run and I joined TRR the following year.

What sports did you play at school?

Volleyball, soccer, swimming and golf. I played off a 15 handicap at 15 years. I was raised in Weipa and used to finish 4th or 5th in the school cross-countries which went out to Mt Pat, past the mines which were filled up with water.

What are your goals this year?

To get my times down especially in the marathon. I ran a PB last year 2hr 57m and want to better that at the Gold Coast. Will also do the Noosa half marathon this year and I'm looking for a training partner.

Any favourite runs?

The Great Whitsunday 28k. I was stuffed afterwards but satisfied. Also enjoyed the last University 16k where I went flat out and hung on for dear life to finish well. Both my marathons have been good experiences. I've never hit the wall.

Greatest achievement?

My daughter.

What do you fuel up on?

Chips and vege lasagne the night before the marathon but my regular fuel is risotto.

Any tips?

Challenge your body in different ways. Keep putting it to the younger runners.



WANTED

After more than 15 years, **Squizzy** is retiring from managing the club's water. TRR is looking for a volunteer to take this on. In this climate, it's a very important role in the club and includes

- Making sure water stops are set up for all fun runs
- Picking up ice for each Saturday's run
- Organising the water for the Townsville Running Festival which involves planning, ordering and liaising with the volunteers from the community for the event

If you are looking for a challenge and an opportunity to help the club in this way, please contact Squiz any Saturday morning.



FOODWORKS

Works for me!

NORTH WARD



www.linebreak.com.au

ACTIV8NQ

RUN FOR YOUR LIFE



STU MUNRO
Running Coach and Personal Trainer
www.activ8nq.com.au



Castletown and Willows



PL & KL Neimanis
T/A **RUNNING WORKS** Townsville
ABN 52 852 053 121
peter.neimanis@runningworks.com.au
Phone 0417 00 6782

COMPUTERISED SHOE FITTING



198 Charters Towers Road, Hermit Park Qld 4812
Phone 07 4725 1130
Fax 07 4725 3899
Email sales@beyondrunning.com.au

CLOTHING • SHOES • ACCESSORIES



• Sports Footwear
Prescriptions,
• Sports Injuries
**TOWNSVILLE
PODIATRY
CENTRE**
Phone 4725 3755

• Prescription Insoles
140 Ross River Road Mundingburra
reception@podiatrycentre.com.au

Jayne Arlett



i'm lovin' it

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

prime PRINT

- design
- artwork
- printing
- finishing

4725 6344

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

DOMAIN CENTRAL FITNESS

07 4779 9333

www.domaincentralfitness.com.au

"More Than Just An Adjustment"

back2health

Chiropractic and Sports Injury Centre

Dr Sherry Coons - Mueller
Chiropractor

Sports Medicine and Soft Tissue Specialists

P: (07) 4728 3200

F: (07) 4728 3400

E: DrSherryCoons@gmail.com

2/164 - 166 Charters Towers Rd

Hermit Park Qld 4812

www.back2health.com.au



TRAVELMANAGERS

personally yours

Dan Stagg
Personal Travel Manager

T: 07 4724 2552

M: 0431 371 618

F: 07 4724 3553

E: dans@travelmanagers.com.au

Multifactor Health and Education Initiative

▶ <http://sites.google.com/site/multifactorhealth>

▶ <http://sites.google.com/site/multifactoreslenglish>

☉ - Club Member

Running Townsville FOR OVER 40 YEARS!

