

About 8k



Mike and Mary Donoghue ran in the Poppy Country Race September 7th through the battlefields of WWI in France. Mike competed in the marathon and took it easy because of a knee injury (if a marathon can be easy). Mary competed in the half and won her age group. Her reward was a trophy so large, it couldn't fit in her luggage and 40 Euros.





Meet a TRR - Cat Camakaris

I started running in Townsville last year at Pete's Cross Country at Pallar-enda. It's the best way to begin a weekend and something me and Michael can do together. It's a lovely way to get to know people.

If we hadn't started running, we wouldn't have known about all of the tracks up and down Castle hill. Townsville runs are awesome. In Melbourne we just ran around the Tan—the famous Botanical Gardens circuit.

Running fuel? I have a coffee with milk and sugar before leaving home and would love to finish with an icy cold chocolate milk shake but we usually go home for brekky then over to Dominion's for coffee.

Running equipment? Who needs iTunes when you know every verse of American Pie.? I sing for the rhythm. Don McLean suits my pace.

Since last year my 10k time has improved by 7 minutes but if I were to rate my competitiveness on a scale of 1-10, I'd have to say 'two'. I'm not too fussed with winning or losing but I guess I've become interested in this extra speed. Am I competing against myself?

My fiancé Michael calls me the happiest runner in Townsville.





SPEED BUMPS



A BIG thanks to **Jo Stacey** for setting the yellow cone trail around North Ward for 5km runners on Saturday October 4. Jo is making pretty good progress after knee surgery and should be striding out again in the off-season.



* * * *



BEN Cooper is on the mend too, from a sprain experienced during Sam Stedman's Paluma run a couple of months back. He and **Jevyn Hyde** pushed each other round the hill in the ANQ's recent 12km race and finished with gold and silver medals respectively in the men's 30 to 39yr division.



* * * *



SCIENCE in the form of a heart-rate monitor helped **Trevor Brown** to a PB in the 28km Run the Whitsunday Great Walk a few weeks ago. His 3hr 14.min 22sec was 22min faster than last year. Trevor reckons the monitor helped him nail the hills without red-lining. **Victoria Beck** (2min 18min 30sec) beat all the boys. Ex-TRR regular **Louisa Cordingley** was eighth overall in 2hr 44min 3sec.



* * * *



NO wonder **Michael Harding** was in a hurry to finish the Airlie run. He carried a tiny, sparkling item in his pocket through every slip and slide. Michael won his 18 to 29 years division in 2hr 43min 11sec, then proposed to his girlfriend **Cat Camakaris** with one well-travelled engagement ring. Congratulations Michael and Cat.



* * * *



CAM Leitch is on his way to the US for the New York on November 11, with knowledge that his dad, **Ted Leitch**, completed the event a decade ago when aged in his 70s. Asked if he thought Ted, who died last year aged 86, would be on his shoulder in spirit, Cam was doubtful. "I don't think so, he'll be an hour ahead."



* * * *



John Nuttall has gone fishing to taper for the forthcoming 100km Ned Kelly Chase around Wangaratta in northern Victoria.. He and the rest of the far-flung Nuttall clan are enjoying some R&R at a family reunion in the Gulf Country before the Australian Ultra Runners Association-sanctioned run on Sunday October 26. Give it your best shot John.



Meet a TRR - Peter Dechantsreiter

Started running: I began running 10 years ago seriously after I met Christine. We started climbing and running together.

I have played sport all my life. While in Vienna I played in the soccer league and when I came to Australia played for Mullumbimby in the Northern Rivers district of New South Wales. I also played a lot of tennis.

Four years ago, I did the 28km Run the Whitsunday Great Walk and was hurt after 8k. It was a slow limp home. This year I was going to nail it but was injured just before the Townsville Running Festival in August. I thought I was jinxed but luckily came good about three weeks beforehand. I got in a training run of about 20k and finished well.

I've done three marathons and want to get under 4 hours. Our most interesting was the Welsch marathon.

At each refreshment station there is a choice of water, Gatorade or wine.— all presented on a tray by assistants. Those who don't make it back within the cut-off time are picked up by a

trailer on the back of a tractor. We made it home under our own steam and heard the tractor wend it's way home with singing, happy runners getting a lift to the finish. This marathon is on the border of Austria and Slovenia, through hills and vineyards. Beautiful country.

Our favourite local run is the Maggie Island walking tracks which we do every Sunday morning. It's a lovely start to the day and we generally finish up with a swim and then lunch at the pub at Alma Bay.

A cup of tea after a run is my favourite re-fuel.

Sporting heroes? Since I've been in Australia, I've come to enjoy all forms of cricket. I loved seeing Viv Richards and Imran Khan play. Usain Bolt when his engine kicks in is brilliant to watch and of course Haile Gebrselassie.





ANQ 12k round the Hill





More ANQ 12k round the Hill



Memorably Mountainous Trail Marathon – Paluma Dam Good 43km *by Dave Vance*

The Paluma Dam Good trail Ultra was initially to be 64 km, a bit too far for my preference really, but a female friend in Mareeba, Sonya Alba-Miller, wife of Rob Miller (notorious El Bustardo of the Bustard Express and The Turtle and the Lamb trail runs) had just done (in record female solo time...) the 2014 Great Wheelbarrow Race from Mareeba to Chillagoe in three days, just the second of which is about 60 km, so I thought I might man up to the challenge, and entered. Fortunately for me, and ultimately the event itself, I think, due to entrant response and logistic (6, 14, 24 km events also running, Sam Stedman's Outer Limits) considerations the course was shortened two-odd weeks out to contain the best 43 km, more to my liking.

My training was twice-weekly 3-hour-ish runs from Condon up over the top of the Douglas Mountain Bike Trails down into JCU and return, and Saturday morning running Castle Hill up and down over six different ascents (5 hours, ~ 6,000 feet of ascent – the race itself has a total elevation gain of more than 7,500 feet and a net gain of ~1,000 feet) for four weeks preceded by a few weeks with a 3-hour run and the standard proximal half of the mountain bike trails as my regularly weekday run or two.

Hydration was planned to be nearly all from crossed streams, fuel from dam checkpoint bananas and a wide-necked 600 ml water bottle with a dose of honey in it, the solvation and delivery of which to me could be controlled by a combination of drinking undiluted and manipulating water addition and removal by drinking. Ultimately, I should have filled the water bottle at the big creek crossing on the section before the dirt road to the dam, as well as drinking the mouthfuls on site, but other than that, that method worked well to minimise weight carried – and yes, I could have had 1 kg less of body fat too...

Eight participants fronted at Big Crystal Creek camping ground on Sunday 24 Aug. to start the race. Arnstein Prytz, Phil Copp and Clint Pilcher eventually went to the front after a conservative start by all, John Nuttall and I keeping them in sight, and Dee Flynn-Pittar, Billy Guy and Bernie Norris a little further back again. After a gradual rise through some slightly tight trail we were onto the big climb (3,000-odd feet) up to the range top near Paluma, with Arnstein leading out – by half-way I had left John, passed Clint and then Phil and joined Arnstein, feeling comfortable.

After topping-out the climb we ran another 9-odd km of only gently undulating open trails of little technical difficulty to come out on the dirt road from Paluma to the Dam – I had run this section just keeping Arnstein in sight most of the time, very comfortably, not wanting to prod him into any excessive speed – he went out of sight for a little bit just before we made the dirt road to the dam – on the dirt road he was not in sight even down some longish straights early in that section, causing to me to wonder if he had not gone off the trail to disembowel himself and been passed unknowingly by me. Anyway, my plan had been to run that section relatively quickly on the grounds that it might be the only requirement in the event for muscle use adapted for flatter running, so I ran most of this section, hills aside, at a fairly good speed, wondering whether Arnstein was in front or behind, and encouraged by Phil being behind (I had given myself little chance of beating Phil, as he had not long ago done the TRF marathon in 3:03, a lot better than I could have, but determined that if there was any chance of doing so, more in my element of technical trails, I would go as hard as I could). Just as I was becoming certain, due to my pace, that Arnstein must be behind, he came back into view in front of me on the last large hill before the Dam. I had asked a passing car how far back the next runner was and knew then that I had 10 or more minutes on Phil.

Arnstein got in to the dam checkpoint, did fuel and water tasks, and got back out to be out of sight on the next section of trail before I hove in after dithering for a minute at the unmarked dam camping ground entrance. I thought there might still be a chance of the ever-elusive victory over Arnstein if he weakened, though my guide across to the next section responded to my enquiry that he was looking in good form – after I had gone a bit more slowly getting fuelled and hydrated properly again and dithered around twice at points of course uncertainty,



it became obvious by the second half of this last and most technically difficult section, from responses to enquiry, that Arnstein had not faded at all, rather extended his lead with some very solid running, and would go on to finish the whole course off in quite good form. That left me with a race still going fairly well, and a good prospect of a very rare win over Phil on a very substantial race course – I actually ran a fair bit of this last section in fairly good form for the last stage of such an event, much motivated by the prospect of a victory over Phil.

At the end of the race it was Arnstein first in 6:07, me in 6:28, Phil in 6:44, Clint in 7:03, Dee and Billy running together sent on a shorter course by Sam for logistic reasons, and John and Bernie DNF'd probably for a combination of technical trail inexperience and casualness of approach. I note that Phil, recoiling in anger and disgust at being pipped here by a runner of my such low calibre, has since savagely and decisively thrashed nearly all the field in the Whitsundays Great Walk run to place fourth (third male...) there, beating Arnstein by quite several places, where I would have placed nowhere near him (Phil – Arnstein?... .. hmmm...).

I'm very satisfied with my result in the inaugural running of what should by rights go on to gain fame as one of if not the toughest marathon courses in Australia, where of course I will never again be able to finish second.



back2health

Chiropractic and Sports Injury Centre

How can Yoga help YOU as a RUNNER?

Back2Health Chiropractic is excited to now offer our very own yoga classes!

Studies have shown that yoga reduces stress, aids weight loss, eases pain, helps people stick to an exercise routine, and even IMPROVES RUNNING TIMES. The strength and flexibility developed on the mat - namely in the core, quads, hamstrings, and hip flexors - can help you RUN MORE EFFICIENTLY and stay INJURY FREE!

Additionally, holding challenging poses builds INNER STRENGTH that'll pay off on the road. Yoga gives runners more than just foot strength it helps build MENTAL ENDURANCE.

How to start practicing yoga?

Time it right - Your yoga practice should directly correlate with your training – For example when you're ramping up kilometres and churning out hard workouts, stick with RELAXING RESTORATIVE yoga.

Be humble - It can take years to master yoga poses, so don't go to your first class (or your first 20) expecting to be the star pupil - no matter how many races you've run or how fast you are. Realise there's plenty to gain from a less-than-perfect practice.

Avoid injury - Runners high pain thresholds coupled with their competitive natures can make them more prone to injury. If you have a troublesome or tight spot you'd like to target, talk to your instructor about ways to modify poses so you can get a gentle and safe stretch.

At **Back2Health Outdoor Yoga Townsville** we offer small classes so that you receive one on one attention to ensure you have a safe, effective practice.

Depending on the type of class you attend, a number of poses – standing, balancing, backbends, inversions and spinal twists may be performed. Back2Health Yoga Classes all have a focus on correct alignment, using different modifications to get more from each pose you do.



I have always loved practicing yoga in the great outdoors and Back2Health Outdoor Yoga is a direct result of this - yoga is all about connection, to the self, to others and to the universe as a whole - In my experience there is no better way to connect with the universe than to stand on it and be surrounded by it - let your senses awaken and really become present to exactly where you are and what you're doing!



Our classes are held on the lawn at 147 Kings Road **Pimlico** at the Back2Health Clinic and every Friday Morning we hold a **Beach Yoga** feature class at **Pallarenda**.

For the entire Back2Health Yoga timetable click the link below:

<http://back2health.com.au/back2health-yoga/yoga-timetable.html>

When I teach I incorporate lots of different styles and little gems of wisdom I have been given from my past teachers. Yoga is a journey – one that I look forward to enjoying for the rest of my life! Please contact me at the clinic or via email cheryl@back2health.com.au and LIKE us on FACEBOOK *to stay on top of all the latest news and information!*

As a special offer for all members of TRR – when you purchase a 12 Class pass for \$145 you will not only save \$35 off the Casual Class Price but you will also receive a FREE YOGA STRAP valued at \$18 top help you on your Yoga journey! Valid till 31st October 2014.

Not ready to commit to a package yet, not sure if yoga is for you? Then bring a running buddy for free until October 15th. All you have to do is be a TRR member and Like Us on FaceBook before your class to qualify.

Hope to see you on the mat soon!

Namaste, Cheryl



FOODWORKS

Works for me!

NORTH WARD



198 Charters Towers Road, Hermit Park
Phone (07) 4779 1130
www.runnride.com.au



PL & KL Neimanis
T/A **RUNNING WORKS** Townsville
peter.neimanis@runningworks.com.au
Phone 041 7 00 6782



140 Ross River Rd, Townsville City
Phone: (07) 4725 3755
www.podiatrycentre.com.au



STAND OUT

www.getbranded.com.au



i'm lovin' it®

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



- THE LAKES • AITKENVALE • NORTH WARD
- WILLOWS • FAIRFIELD WATERS



Castletown and Willows

