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# About 8k

## Presidents report November 2015

So another season is stamped in the annals of Townsville Road Runners. Congratulations to all winners, all those who reached their goals and most of all those who set themselves goals this past year. The awards night went quite well I feel, but then again I was out front hammering on and laughing at my own jokes (which are hilarious. If you weren't there-take my word for it or come along next year!), and when not being the all singing, all dancing MC with a penchant towards embracing award recipients, I was accepting awards myself. I'm pretty thrilled with how the season ran for me and don't mind saying so. It is humbling being the first President to take out top gong. Other major winners were Gabriella Springall taking out club champion, Erin Stafford winning the President's cup series, Lyndie Beil winning the President's award for an outstanding season and Fraser Bradley for his sheer enthusiasm. Final results and spreadsheets a la Michael Fitzsimmons are up on the website for the world to peruse at its leisure.



We also had the AGM last month. Thanks for entrusting me with the helm for another lap of Cleveland bay. I must admit that last year, at points, there were a few "iceberg dead ahead" moments for me. But at present it is smooth sailing and hopefully sometime before tragedy strikes I will be on the bowsprit with a 22 year old Kate Winslett screaming "I am the king of the world!". In my cut of the movie it ends there. The boat stays afloat and Billy Zane gets sent to India and gets infected retinas from colourful cornstarch thrown in his face during a celebratory run.

We have a new Vice President in Col "Cactus" Ryan, and new Secretary Toni "Kiwi" Ferguson. Since Tony Hockings' departure as King Pin there hasn't been enough confusion with only two "Tony's" (myself and Daamen) on the committee-so this new addition should have us back to our comfort zone. Cactus and Kiwi have also come on board with our Townsville Running Festival committee and have influenced change on that panel already, which excites me for the coming season as I believe this can generate some renewed vigour and presence for our club.

The next committee meeting is open to all club members. On Saturday 13th December at the conclusion of our off season run, we will be holding a planning meeting. This is an opportunity to raise ideas to move the club forward. This could include growth at a club level and proposals for promotion of the fun run series/our larger runs.



I want to return their status as community events and have a higher prestige especially the King and Queen of the Castle. We have the product, it's up to all of us to sell it. The committee will also be seeking volunteers to undertake the roles of race director for each of our fun runs, either individuals or syndicates to spread the workload. It is a rewarding, eye opening opportunity to see what actually goes into a race and there are step-by-step guidelines set out from years of experience to help you become the best race director since the 1983 Americas Cup. Personally I think the race director of the 1995 Louis Vuitton Cup/Americas Cup was the best ever, but after the previous Titanic analogy I figured it was in bad taste and would hit home a bit too hard for some of our Aussie maritime fanatics out there...better knot (not...get it?)

Our last committee meeting saw a rather unanimous agreement that the Dash for Cash course be a straight line, two lap, flat, 4.5-5km lung bursting jaunt through the CBD. We have been forced to relocate due to the dreaded road closures -however- the silver lining presented itself in that the Townsville City Council wants to promote the CBD and active lifestyle by having a race there...or two...and since we are in the industry, who better? It's not entirely drilled down as yet but it looks hopeful that the council will cover the cost of road closures for the event, which is the largest of our expenditure, so that alleviates a lot of pressure. Hopefully we can make a spectacle of it to ensure longevity. TCC has also tabled hopes of a similar scenario for the King and Queen of the Castle.

Straight after that committee meeting I was off to the shops to get some food and gear and lug my mug up Paluma range! The Rolling Thunder run, in all of its new-course glory, was well attended given the circumstances. Those who came to play and stayed were treated to a BBQ a la moi! Steak sandwiches which weren't half bad if I say so myself. Brandi Watson and Trevor Nicholson were first back to base camp having started at the earliest time slot (we had a 2,3 and 4 o'clock staggered start to allow sunlight for slower runners and a cooler run for the guns). Guns on the day were Matthew Boschen-carving out the half marathon just under 90mins and Gabriella Springall in just over 100mins. It was a pretty good atmosphere and I had a few good chats, strummed out a bit of guitar for the first time in forever (and any poor souls within ear-shot might add hopefully the last) and generally slowed down for an evening. Travelling back to town that night was slightly "apocolyptico" with the brushfires ravaging the hillsides on the way down. It finally dawned on me that a garden hose would be a proverbial ice cube to the ocean up against a blaze like that. Scary stuff.

Being off season time now, and the fact that we run every week, we need courses!!! If you have a rave run of (read the top of the page!) "About 8K" or even 10k to 12k with a short course option, make it leave and return to one of our locations stipulated to the month on Facebook and then give my sleeve a pull on a Saturday morning or hit me up on BookFace and say "I want to set an off season run!", take us somewhere new and exciting! Make up a concept, treasure hunt, relay, pyjama run, all these great ideas I have been told throughout the year-this is your chance to execute!!!

Thanks for your time, hope to see you at the off season runs AND most certainly the special meeting on December 13, if not-I'll catch you in the long run.

Tony Gordon





## SPEED BUMPS



IT'S hard to set an off-season course with squelchy bits in November while the dry is dragging on, but **Dave** and **Lara Sewell** scouted out a suitably soggy drain to cross in their Annandale run a few weeks ago. The streets, lanes and drains loop from JCU via the old CSIRO underpass was popular and is now on the Speed Bumps' wish list for the 2016 calendar—**Joe Scott** and **Trevor Brown** have already finished next year's



\* \* \* \*



**TREVOR** returned from his recent trip to New Zealand's South Island full of praise for the volunteers who officiated at Queenstown's cool and scenic marathon and half-marathon held on November 22. The local committee behind this event rely on local helpers, not expensive, certified traffic controllers to take care of marshalling. This applied to TRR fun runs too before public liability issues forced us to give the job to hired hands.



\* \* \* \*



THE TRR gang enjoyed Queenstown despite wind gusts that gave some starters hypothermia and left Col (Cactus) Ryan's with icy pole digits. Cactus pushed on regardless, finishing in 5hr 21. **Annika Frossling** ran the half in 2hr 14, which placed her sixth in her age group. Toni (Kiwi) Ferguson was happy with her 3hr 56min in the marathon, Trevor Brown and Phil Copp acclimatised and excelled with 3hr 39min and 3hr 3min respectively. Victoria Beck, a NQ-based New Zealander well know for other triumphs this year, was first woman in 2hr 55min.



\* \* \* \*



APART from Dr Dave, whose New York marathon experience can be found over the page, **Cam Leitch** also represented Townsville in the Big Apple's annual Big Race last month Not sure how long he took, but judging by Cam's happy snaps, it was fun. Cam's wife, Su, dodged the 8deg max weather and saw highlights on TV. Apparently there were more than 100 Australian starters, including Toni Daisy from Palm Island, through the Indigenous Marathon project.



\* \* \* \*



The annual Christmas run, on Saturday, Dec 20, will be, as usual, a watch and Garmin-free time trial. The challenge this year will be to get as close as possible to any one of a number of target times over a mystery course from Riverway and back. It's not the Turkey Trot any more as the prizes are no longer solely edible.



## Pays du Coquelicot marathon and semi marathon *by*

*Mary Donoghue*

On the 6<sup>th</sup> September we took a train from Amiens to Albert which is a small town in the Somme region of France. The Somme is situated in the north of France. There were a lot of battlefields in the Somme region in World War I. Many of the towns in the district were totally bombed out and re built after the war.

The event consisted of four runs – The Maratrail, the Semi-Marathon, a 10 Km and a 5 Km.

In Albert we had a meet and greet in the town, being offered drinks and snacks and meeting the other runners and the organisers of the run. It was the 10<sup>th</sup> Pays du Coquelicot (Poppy) charity run and this year all proceeds were going to the Children's Autism. When Jenny Brown lived in England for 6 months, she joined the Lord's Hill running group. Three members (Derrick, Patrick and Roger) of the Lord's Hill club were running the maratrail and when they spotted our names on the web site they were keen to meet us.

We picked up our race numbers which had our first name on them. I had my real name on mine which is Marie-Agnes and the French had a lot of trouble saying Donoghue which they said Donogh u aie. Oh well there is a first time for everything. Mike had chosen the run because it was just the kind of run that appealed to him. The maratrail started in Albert, went into an underground World War I tunnel, which was now the local museum and then into the countryside. The course was along country roads and paths, through ploughed fields and villages taking in monuments and cemeteries from the 1914 – 1918 war.

About 6 weeks before the marathon, Mike hurt a knee in training, and could only do shortish runs up to the start day. Having gone half way around the world to run, there was no option but line up with the other 85 or so starters. After about 2 hours of easy running with stops to take photos, he eventually had to walk the rest of the course. In the end the official time was 6:13:55 (Definitely a PW). At least he had plenty of time to take photos and enjoy the scenery.

I had chosen the semi marathon which took us through Albert and into the countryside on narrow bitumen roads through villages and along fields. I went past monuments and cemeteries from World War I and past someone playing Rolling Stone music so off



I went down a slope for a change singing away to help the mileage go by as it was getting quite warm and I still had another 5-6 kilometres to run. The course was well marked and each run was marked by a different chalk mark on the bitumen. The semi marathon was marked by bright green arrows. There were also plenty of marshals and water stops along the way and plenty of people to cheer you along. I caught up with a pretty French girl at about 17kms and we ran together for the rest of the way. She thanked me at the end for encouraging. It was her first half marathon and she needed all the encouragement that she could get. By the



**Franco British Memorial**

17kms I was also getting tired and I kept looking out for the kilometre markers marked in chalk on the road. I missed the 19 km and 20 km marker and I kept thinking that it was a long kilometre and I must soon get there to suddenly find myself in the street near the park where the race finished. People on the side called out that there wasn't far to go and they were so right but it still seemed a long way to go. After we finished the run we had to run around an oval to get our free t-shirt and it seemed such a long way!

Many British people took part in the different runs and while waiting for Mike to finish his marathon I met with some British ladies. Mike and I had checked out the trophies that we could win and my thoughts were "that I couldn't afford to win one as I simply didn't have the room in my baggage to bring one home". Two British girls and I stood in front of the board where the results came out and one of them said to me "Is that your name there. There is a 1 next to your name so you have won your age group". And I promptly replied "oh no, now I have to take the bloody trophy home". She offered to take it off my hand and take it home herself. I had worked hard for it and luckily I was able to put the trophy into my back pack and 4 days later, I left it with my niece Claire in Grenoble, France as she was coming back to Brisbane for a few weeks. Not only did I win the biggest trophy that I have ever won in my life but I also won 40 euros.

The event was held to raise money for charity. The charity that they were collecting for this year was for children's autism. While in Australia, Mike decided that any money that he received for selling his honey, he would donate to the run and he raised more than \$300 Australian dollars. The organisers were delighted with getting such a good donation. While I was on the podium, waiting to receive my trophy, Phillippe the organiser realised that I was part of the couple that had given a good donation and wanted to know how we raised the money. So I conveyed it to him in French and he handed me the microphone saying that my French was good enough for me to tell everyone. Then all the officials wanted to thank me and kissed me twice on the cheek like they do in France. Phillippe asked me to call back the last man thinking it was my husband. I told him that Mike was still out there finishing his marathon and so he was bemused at the fact that the man had kissed me and he asked me who he was and I didn't have a clue.

Being in France away from all our running mates, it was so good to finish the runs having a beer /wine with the Lord's Hill runners and we really enjoyed the camaraderie. For 15 euros each we had a great run and received a red t-shirt and had a really good time mixing with the British and French runners. I would recommend it to anyone.



## New York Marathon, November 2014 *by David Nahrung*

My first attempt at the New York Marathon in 2012 was thwarted by Hurricane Sandy, with the race being cancelled the night before. Having previously run marathons in Melbourne, Six Foot Track (Australia's toughest marathon), Boston, Chicago and London, I then spent 2 years waiting for my next chance to run in the world's biggest marathon. Unfortunately, injuries in the months leading up to it meant I got very little training in, so I changed my race plan to make it as enjoyable as possible and just to finish, and enjoy the atmosphere of running with 50 875 others.

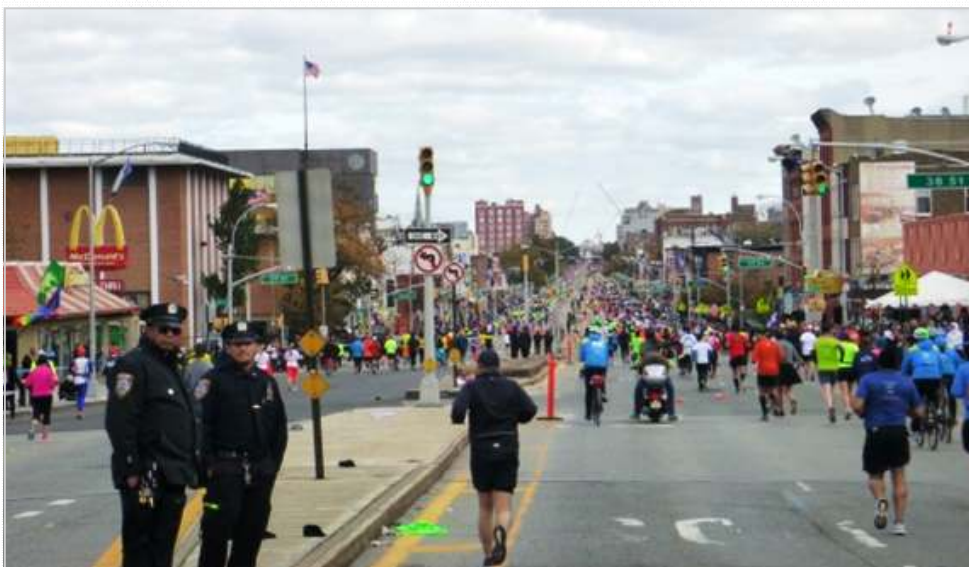


The start on Staten Island was a chilly 5C, with 60kph winds to deal with, so I made sure I was appropriately dressed. Many runners wore blankets, coats, plastic bags, which they disposed of at the start, all being collected for charity afterwards.

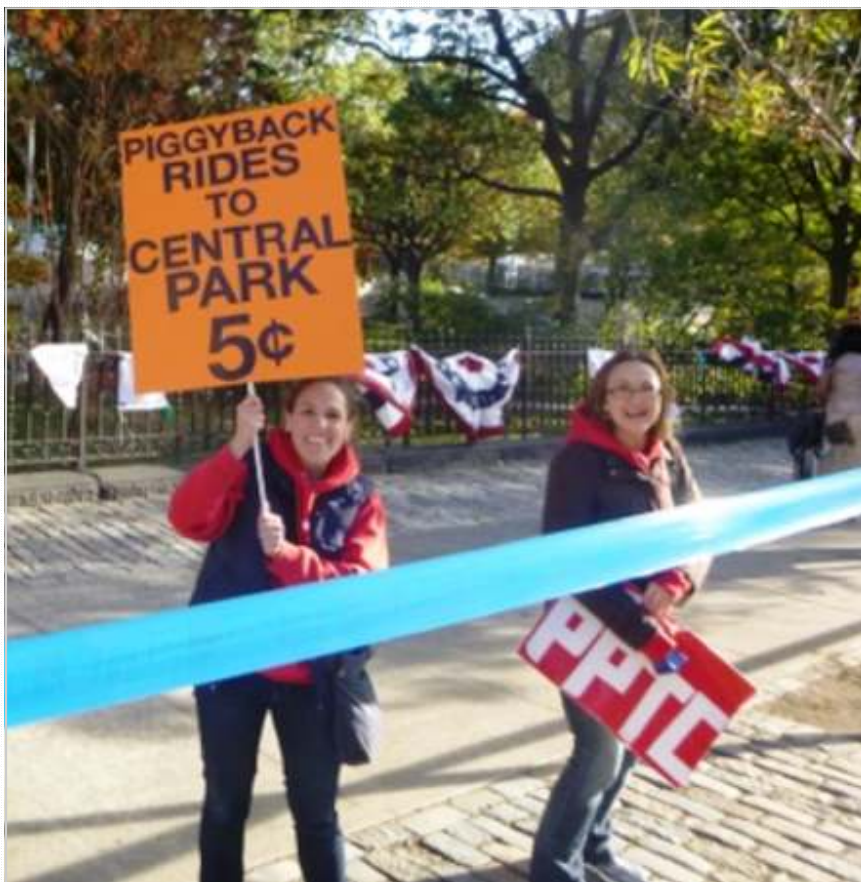


With recent world events and threat of terrorism, there was a strong police presence throughout the race, which visited all 5 boroughs of New York City.

After leaving Staten Island over the Verrazano Narrows Bridge, we ran through Brooklyn, into Queens, then cross into Manhattan, run north into the Bronx and back into Manhattan for the finish.



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The on course nutrition available wasn't really what I felt like for lunch, so I dropped into a pizza shop for a slice of real New York pizza. Musn't have been a common thing to do, as the crowds were all impressed with my choice! I then felt the drink stops did n't include enough variety either, so I found myself visiting a couple of the many bars lining the course for some energy giving ales.



Many spectators made signs to show support to family and friends running, or to any random strangers for which the signs are appropriate.



# back2health

Chiropractic and Sports Injury Centre

## JJ's Top 5 Tips for Runners to Improve Performance and Run Faster are:

**Eat enough for your daily run – FOOD is FUEL:** The number of calories you need to consume daily depends on the duration and intensity of your workouts. Keep in mind that you'll burn roughly 160 calories for every kilometer you run, depending on your size. If you run four kilometers, you'll burn about 640 calories more than you would have if you hadn't exercised. **If you have a marathon or athletic event coming up see JJ to devise a specialized eating and supplement plan to help fuel your body and mind.**



**Choose quality Carbs:** Because they fuel workouts and nourish spent muscles, carbs should be the backbone of a runner's diet. But some carbs deliver greater value than others. Make most of your carbs whole grains, fruits and vegetables. And remember: The less processing a plant receives, the more nutritious it is (think sweet potatoes - not potato chips)

**Drink lots of water:** Being even slightly dehydrated can leave you feeling sluggish, so make sure you're getting plenty of fluids. There's no need to worry about exact measurements, but it's a good idea to keep a water bottle with you during the day so you can drink frequently. During long training runs, you should drink water every 20-30 minutes or more often as needed. **Hydration levels can be measured by JJ** at Back2Health, using a state of the art Bio-impedance machine.

**Replace your Electrolytes Regularly:** Although you might be drinking lots of water, it is important that you replace all your minerals through a good diet and drinking fresh juices. If you are finding that you are sweating too much, experiencing muscle cramping or having trouble sleeping - that is a good sign you are deficient in minerals especially Magnesium. Seek products such as the **Endura Opti** range and avoid sport drinks like Gatorade or Powerade as these are full of sugar and additives that your body might react to.







**Give Herbal tonics a try:** Consuming caffeine is always a good alternative prior to a run to assist with physical plus mental stimulation. However for some people this might be either too strong or may cause an upset stomach. Herbs such as ginseng or guarana can be great alternatives and are only the tip of the iceberg when it comes to herbal tonics. As a fully qualified **Herbalist** JJ finds that having a fully equipped dispensary can give him the options to make individualized tonics for different needs.

For more tips on how to improve not only your running but also your health and longevity in general - Make an appointment to see our naturopath JJ today by calling 4728 3200 or email [jj@back2health.com.au](mailto:jj@back2health.com.au) for more info – Mention the code words 'RUN FASTER' when you schedule an appointment to receive \$30 off your Initial Naturopathic Consultation. Don't forget to LIKE us on Facebook for more special offers!

Our article this month from Back2Health Wellness and Sports Injury Centre is from JJ Polit our fully qualified, highly experienced and passionate Naturopath. As a Naturopath JJ can offer advice and treatment for a number of health issues.

Whether you are 8 years old or 80 years old everybody can benefit from seeing a Naturopath. You don't need to necessarily feel sick or rundown to improve your health. Naturopathic treatment can take the form of a variety of therapies and approaches and can help you with complaints such as:

- Athletic Performance Assistance
- Weight Loss
- Digestion Problems
- Skin Conditions (eczema, dermatitis, etc.)
- Chronic Illness
- Diabetes
- Insomnia
- Hormonal issues (Menopause, Peri-menopause etc.)
- Fungal Infections
- Infections
- Immune Issues (allergies, viral infections etc.)
- Stress
- Chronic Fatigue
- Body Building
- Diet Plans
- Wellbeing Plans (Longevity)



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