

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

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About 8k

President's report

Hey movers, shakers and record breakers!

There's plenty happening with TRR! Registration is open and awesome, simply because it can be done online. It saves paper and time and once you've filled out the form and paid-you become a club member! No trial or waiting period, no needing approval from the academy, even Leo DeCaprio could join and miss out on winning any trophies from us. He might as well too-he's literally always in the running! But that ship has sailed. And sank.

The 2016 season calendar has been deliberated over and delivered, it is currently getting printed and will be hitting the table as soon as we get it. For the time being, it is aptly on the "calendar" page of our website for you to peruse, click your tongue and plan your year! There are five PC races (presidents cup, all races are politically correct although that rule is tough to enforce) and there is another column for the LONG long course. Dee Flynn-Pittar has had a touch of genius and prepared a series of races called the Wolf Pack series. It is aimed at the distance demons amongst us, and the races fall in the lead up to other major long distance events in our region (including the TRF marathon) and can be raced or used simply as a training tool! I think it's a fantastic idea, and gets back to the roots of the club considering we began as a marathon club. The junior series has been developed and extended too. We have had a lot of off-season drama behind the scenes and Coleen Newnham has stepped up and put her name in the ring for Best Actress in a Supporting Role-on her behalf, I accept this award and thank parents and other club members in the vicinity for their voluntary efforts in making the juniors events possible. It has also been proposed that the juniors start at a later time. As their courses are not going to mirror the other courses on offer on the morning, we may start the juniors at a point when the majority have finished their long run. This offers parents the opportunity to have their run and then escort their children on the junior course, allows seniors who want to get a few extra k's up to chaperone, guide and disperse a wealth of knowledge to the next generation if they wish, and it gives us a greater pool of volunteers to tap into. There's a lot of us that stand around to do the social thing in the after glow of each run, it's an iconic trait and part of the TRR DNA. While we partake in the tradition, the juniors can race and we will collect, collate and congratulate accordingly when they conquer their course. Makes perfect sense, and lets me sleep better at night knowing we will have more supervision over the kiddly winks. Stay tuned for progress on the junior series. We are somewhat winging it, but at the end of the season I have no doubt a great product will be delivered.

Speaking of great products being delivered, the new Townsville Running Festival website is up and functional! If you've been under a rock and weren't aware of it, then get amongst it! Click on, read all the blurbs (check my syntax), invite your great grandma for a lazy marathon (for old times sake, check ancestry.com), have a really creative first date and invite a potential interest on a 21.1km moving interview (you'll know quickly if you have shared interests?! Check eharmony.com) or just copy www.townsvillerunningfestival.com (check it out) and paste it everywhere. Check!

We also have a "special meeting" coming very soon, it was announced online recently and a date is yet to be finalised. We have had this meeting a few times but haven't quite drilled down the process so third time is a charm. The meeting is to change the clubs financial end of year date to alleviate pressure on the club treasurer after the TRF. Currently our EOFY date coincides with our AGM and the committee is moving to have it shifted to December. Where it currently sits forces us to finalise the books for the year when we are in the thick of dealing with running festival financials, and a fair bit of the budget for the running festival which is accounted for after the AGM falls in to the following years books. This gives an inaccurate representation of the profit and loss for the club on any given "real season". The move will be to a point where the accounts are far less active and the seasons can be more effectively differentiated and makes for far tidier bookwork. Basically, before a Saturday run, Ant will explain in bean-counter terminology what I have just attempted to relay. We will move that the change is accepted and if the majority of club members present could put a hand up it would be greatly appreciated. You will be rewarded promptly with a course brief and some hills. You're welcome.

Thanks to all of the Warriors out there who have designed and executed our off season runs. From what I've heard there have been challenging and entertaining runs and I'm pretty bummed I haven't been out there with you, so thanks for the memories. Jaap has got the remainder of the courses leading in to the season-turn up and see how the Warrior Kings do it. We will be calling for volunteers for the The Athlete's Foot Dash for Cash over the next few weeks and then will hit 2016 in earnest (so register now!). Catch you all in the long run, Tony Gordon



SPEED BUMPS

It's good to see **Joseph Kemei** stepping out again after beating plantar fasciitis. He was happy with his run in **Brendon Carter's** Reid Park Rumble last Saturday - no pit stops needed. Welcome back Joe and good luck with your JCU studies this year.

* * *

Likewise, **Sarah Lythgoe** is back on the road after a long, enforced rest. Health problems in 2014 messed up training for what would have been her first marathon, but she feels ready to try again this year. Sarah, like Joe, is also taking on post-graduate studies this year.

* * *

Brian and Maree Armit are planning a NZ North Island expedition after Brian runs the Rotorua Marathon in April. They have booked a motorhome for a fortnight for what will be their first Kiwi holiday. If Brian pulls up happy in his new Hoka shoes he's thinking of returning in October for the Auckland Marathon.

* * *

Mike and Mary Donoghue enjoyed Sydney's Lane Cove National Park so much on holidays last year that they're returning in August and running the City to Surf too.

Neither has ever tried the famous race from Sydney's CBD to Bondi in a crush of 80,000 entrants. We hear a big Townsville team is likely this year.

* * *

JOHN Nuttall is recovering from breaking a leg while taking his dog for a walk about a month ago. Tripping over man's best friend has given him unexpected time-out from marathon training. We hear the dog, a Staffy, is for sale.

* * *

Edward Dawson celebrated starting work as a veterinarian in Gladstone last month by winning that city's Australia Day fun run. His nearest triathlon club is in Rockhampton. He plans to contest the monthly races in Rocky to keep him sharp for sprint and Olympic distance events later this year.

* * *

Dee Flynn-Pittar and Billy Guy had a fairly enjoyable trip to the Tableland last weekend for the Tinaroo Sprint Tri. The only downside was the swim leg in Lake Tinaroo. We hear Dee was alarmed when told the course set out in the lake was short of the 750m required for a sprint event and that organisers thought two laps would be needed. She battled the second time around and was not surprised to hear the distance was later measured at 1.4km.

* * *

Les Crawford and wife Rose visited family in Darwin recently, giving Les a chance to join the Darwin Road Runners in one of their afternoon events. Speed Bumps recalls struggling to keep up with the Darwin crew in a Wet Season race a couple of years ago and finding their hospitality extended to a well-stocked car trailer-sized Esky, instead of a gas-fired urn.



Marine Corps Marathon *by Michael Murrinan*

On the 29 Oct 2015, I joined a team of ADF members who participated in the annual Marine Corps Marathon held in Washington DC. The team was made up of 15 members from the Army, Navy and RAAF from throughout Australia. Of the team 5 were classed as wounded, injured or ill and each had two support runners.

Established in 1976 the Marine Corps Marathon is currently the sixth largest marathon in the United States and the twelve largest in the world. The event field of 30,000 is composed of runners from all 50 states and more than 50 countries. Approximately 1800 support staff, provided in the most part by the US Marine Corps itself, ensured that everything ran precisely. Known as "The People's Marathon," the MCM is the largest marathon that does not offer prize money.



The morning was an overcast 16deg with light drizzle. Perfect marathon conditions for a bloke used to running in the tropics. The 105mm Howitzer starting gun fired in Arlington and runners then wound their way through one of the most impressive capital cities in the world. Past many of the city's amazing monuments, including the Lincoln Memorial, the Smithsonian, the U.S. Capitol building, the Pentagon, alongside Arlington National Cemetery and finished with a final uphill charge at the Marine Corps War Memorial. Being a support runner afforded me the opportunity to relax and enjoy the event, taking in the sights and sounds of this iconic race.



Happy New Year across the miles. Hope you all enjoyed Christmas.

To all Townsville road runners who are still battling the highways and by-ways (and Castle Hill) of Townsville.

Here in the UK where global warming means that temperatures were pleasant over Christmas and runners were out in force for the Park Run in Bognor, West Sussex and daffodils sprouted forth in the flower beds.

Maybe the seasons actually change based on our elliptical orbit around the sun. Next year it may well be the coldest winter. So I think I will just accept what nature puts up and keep the running bug alive and try to keep healthy.

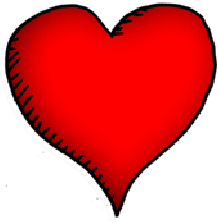
So all TRRs, hope you all travelled safe over the festive season. Everything in moderation and if you want to see what is in store for the future-subscribe to GIZMAG (its free). See what brilliant designers have in store for you in the years to come be it vehicles, 3d printed food, body parts and buildings etc.

From

Peter Jenkins

(still working hard when I should be relaxing in God's own country-hope to see you all in April)





Are you male, aged 50 years or older and want to do exercise with vibration?

I am an honours student at James Cook University conducting an innovative study on vibration exercise. For this study, we are looking for people to participate and help us reveal the effect of vibration exercise has on heart rate responses.

WHO CAN PARTICIPATE

Males (50 years and over) who are healthy, are not taking cardiac or respiratory medication (e.g. Ventolin) and do not have a diagnosed disease or condition such as cardiovascular disease, respiratory disease, pacemaker or diabetes.

WHAT

3 sessions of 1 hour each over a 2-3 week period.

Session 1-Meet and greet, explanation of study and try out all of the equipment.

Session 2 and 3-Recording of heart rate during a seated rest (10 mins), squatting exercise (30 mins) on a vibration machine (turned on for one session and turned off for the other), and seated recovery (10 min).

WHERE

James Cook University Campus Townsville (Rehabilitation Sciences, room 43.040)

The study will take place between March and April, 2016

This is a pioneering study looking at a novel exercise type and your help will advance the knowledge of vibration treatments and how it influences heart function.

WANT MORE INFORMATION OR WANT TO PARTICIPATE?:

If interested, please contact Cameron (Honours Student) via Cameron.siandri@my.jcu.edu.au OR Anthony (Supervisor) on 47814576 for more information.



Happy Birthday Betty love from Townsville Road Runners



Meet - Glen Davies

I started running to lose weight prior to my wedding and am still running 10 years later. Running has become an addiction and my toughest competitor is myself.

I'm a soccer player and still play veterans and used to play Basketball too.

This year in June, I'm lining up for the 100k Gold Coast Super marathon. Part of my training includes doing a half marathon the day before the Ayr half and running a full marathon on the day.

My favourite fuel is bananas and lasagne or anything cooked by my mother-in-law.

My favourite run was the 2013 New York marathon. It was cold but the atmosphere was something.



Meet - Gavin Werbeloff

I have run distances on and off most of my life though I've decided I'm not built for marathons after two attempts.

This year I'm doing the half marathon series - Mackay, Townsville, Ayr, Airlie Beach and two in Cairns.

My favourite run is the Sydney City to Surf, love the atmosphere. Would love to crack 57 minutes for the event. My other goal is getting under 40 minutes again for 10k.

I have been 3 years with TRR and keep coming for the friendship and camaraderie.

Cross training at present is squash. No favourite foods, I keep it balanced and mix it up.



News from the McDonald's Townsville Running Festival

The past three months have come and gone faster than we can believe. We are very lucky to be in such an exciting phase for the McDonald's Townsville Running Festival with many exciting projects underway!

Website

A brand spankin' new website has been developed and LOOKS AMAZING. This really reflects who we are and what we do. Along with that, we have developed a style guide for the event to enhance branding and ensure that the MTRF is easily recognisable through its fresh colours and exciting design. The style guide includes basic things like a Letterhead and Business Cards, right up to our race singlets.

Race Singlets

Speaking of race singlets, we are almost set to launch our freshly designed race singlets - but not until we get them right! Yes we have heard your calls! We are being extra cautious with the singlets this year to ensure that the fit is as close to perfect as we can get them. The committee have now officially signed off on the design and the sample sizes are here, so over the next few weeks we will be calling on some Volunteers to try them on, wear them, so again we get them 100%. In the meantime, we have some excellent merchandise designs up for grabs on the website and registration link! There are two great Townsville designs, along with some MTRF specialised tights, shorts and polos. There are limited stock in most of these items so if you're thinking you need an extra singlet or two, jump on now and secure your order.

Funding

Our next big funding application is drawing closer with each passing week. This is for Tourism and Events Queensland funding that will help us propel the Festival into the Queensland Events Calendar. The office is gearing up to be busy as we prepare the application and meet with all relevant parties. So far our meetings have been terrific with support for our vision from Townsville Enterprise and Townsville City Council.

Business Plan

Business Plan Meeting- To our delight the Townsville Running Festival committee gave up their weekend to focus on the 3-5 year plan for the Festival. The final document will be available in Mid Feb.

New Ambassadors

We are preparing to make some ambassador announcements of runners who are coming on board from across Australia to help us promote and spread the word about the McDonald's Townsville Running Festival.

Volunteers and additional support we are needing

There are jobs where you don't have to attend the running Festival meetings each month, and we would really welcome some extra help in the following areas:

- Sorting of Photos- we need help to go through photos of past years, collating them into folders.
- Proof reading of documents- We are wanting someone to proof read things like Business Cases, Style guides, Grants, Marketing plans, Risk management- again fresh set of eyes to make sure it's all uniform and reads well.



- Media- We want some more support on the ground locally, we have a wonderful media & PR company, but we will be getting them to focus more on the regional, interstate and international stories.
- Welcome Ambassadors- new this year is a VIP Experience Package, what we are needing are some volunteers on the Fri, Sat & Sun to make sure they have the best experience ever- It might be picking them up from airport, welcoming them at a workshop or making some treats- Watch this space.
- Pacers- We have put together a formal pack where we are hoping some volunteers will put in their time- This will be available on the website soon or email our office for the pack if you are interested or if you have a friend from outside Townsville- admin@townsvillerunningfest.com
- Sister City- We are looking at re-introducing this , are there any interested members.
- Sponsorship- We currently have two Naming Right sections still for sale, if anyone has any leads please call Margie direct- 0429467126.
- Expos- There has been a major revamp of the Active Lifestyle expo this year- same if you know a company that would be interested in exhibiting please ask them to call up.

The Chosen Ones- This has also be re-introduced this year with the chosen charity once again being Ronald McDonald House. Anyone interested in raising money or "putting" themselves out there as an inspirational story- give us a call, 47516607

Thanks all again for your Support,
regards,
Townsville Running Festival committee & Madmaggies team.





www.runnride.com.au



www.themarketingfactory.com.au



www.combinedmetal.com.au



www.getbranded.com.au



www.podiatrycentre.com.au



back2health.com.au/istore/2844_on_running_shoes.html



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