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About 8k

President's report Oct 2015

Hey movers, shakers and record breakers!

That's game! The ref has blown full time on our season, but just like the Cowboys we are going for overtime!!! ...well off season runs anyway. Some may argue that they don't count for points but my reply is that every run counts.

I don't want to get ahead of myself because at the time of writing, we haven't had our presentation night, so I'll sit on the results for now and send out a huge congrats to all who had a goal and reached it, for all those who made progress and for everyone who got active and involved. I love this time of year for the sole fact that it becomes a celebratory thank-a-thon as we recognise individual performances and services to the club. I've been injured for much of this season but have enjoyed watching some pretty good battles to the finish line! Also, I've seen some grand "off field" performances that make the club tick along, for example driving and maintaining the van, marking courses, distributing emails, preparing our newsletter, handling social media, preparing the season calendar, directing our key races, managing our finances, managing our membership database, managing our merchandise.. I could go on. There are countless big jobs being performed, often falling to the same people year in year out, and it is my duty not to become complacent and expect the same to continue indefinitely. I have no expectation of any individual, yet the highest appreciation and mutual respect for the workers in the club. Without them we have no club, plain and simple. My big fear for the longevity of our weekly runs is the reluctance of others to take up the reins. It may come across as cliché, but many hands makes light work!!! My point is underlined by the fact that this season's championship pivoted on the number of times a few members performed their obligatory volunteer duties. It saddened me slightly, but I'm cool with it because whilst it could be viewed as a harsh ruling, it's a black-and-white rule in the club and volunteering twice in a calendar season (in my humble opinion) is pretty minimal. I've really got nothing original to offer on the subject, so I guess stealing from JFK is ok (and apparently he stole the idea from his old headmaster): "Ask not what your club can do for you, but ask what you can do for your club!" (Ironically I first heard this quotation in a speech from my headmaster.) ...the fact that JFK was recycling this info himself way back in '61 makes me ponder that my plea for everyone to pull their weight for the greater good is a trial older than Olympus. If you are internally nodding and have that feeling of belonging to Road Runners, I sincerely thank you.



But enough of the glum, as I said, 'tis the season to be jolly, and all of the jovial back-slapping gets me motivated for next season and the unknown of what we might be celebrating this time next year.

We have had the AGM and all office bearers are unchanged apart from Ant Daamen assuming the temporary role of Secretary along with his Treasurer duties. Outgoing Secretary Toni "Kiwi" Ferguson is focussing her efforts solely on the Junior division. She excelled with the juniors this year of her own volition and is going from strength to strength with the full support of committee.

If anyone feels they have something to offer in the role of secretary then raise a hand. I'm personally interested in head hunting you Cat Camakarlis (because you didn't take Mikey's surname!!! And I think you're easy to get along with and fresher than 5am Brumbies). But in saying that I don't want to force anyone into a role they don't want. In my experience people who don't want to do a job simply won't! We donated \$5000 to the Ronald McDonald House charity on behalf of Townsville Road Runners and our efforts with our Townsville McDonalds Running Festival. It felt good handing them the cheque and equally good receiving their tokens of appreciation — certificates of thanks and our logo on the door to one of their guest rooms.

New club singlets have been ordered and I'm uber excited to make the grand reveal once I get them in my hot little hands. They are being made by Ventou (athletic cut, great quality).

I saw what I believe to be the race of the season at the Athletics North Queensland Championships., in the ten and eleven years' combined division 1500m. With the lead changing five times or more in the final 600m, Ethen Staunton threw all in and left it all on the track. He was beaten only in the last 20m by a Cairns Road Runner a year older. Considering how much young bodies develop in a whole year just magnifies Ethen's efforts. He got a well-deserved gold for his own age category, but more importantly represented himself impeccably. The young man has guts. Not to be outdone, younger sister Molly Staunton caned the field in her 800m (she often completes our junior circuits with ease but on track is deemed too young for anything above 800m). I dare say her stamina made light work of her competition but also her technique and leg turnover is impressive. Can't be taught (well it can, but she's got the gift).

Run hard, run happy and I'll see you in the long run.

- TONY GORDON



SPEED BUMPS

FINALLY mended from what his doc called a flap tear, **Michael Fitzsimmons**, celebrated his 50th birthday on September 26 by winning his age group in the ANQ 11.5km Around the Hill run. He was stoked with his first gold medal. Later that day he walked his daughter, **Frances**, down the aisle for her marriage to **Ryan Marschke**, at Sacred Heart Cathedral, and that night cheered with the rest of the city when the Cowboys beat Melbourne Storm to qualify for the National Rugby League grand final. September 26, 2015, looks like a date the club's numbers' man will never forget.

* * * * *

AT THE time of writing, the position of Club secretary was vacant, no-one as yet having succeeded **Toni (Kiwi) Ferguson**, who will be concentrating on promoting junior events next year. Treasurer **Ant Daamen** left the recent AGM agreeing to be acting secretary. Let's hope this is a very temporary position. Ant is recovering from a recent mild heart attack that landed him in hospital for three days. Hobbled by planter fasciitis, he has been cycling for fitness and to raise funds for the Children's Medical Research Institute. Contact him at a3ons.live.com.au for more details.

* * * * *

GLEN Davies ran a personal-best 3hr 39 in the Melbourne Marathon a couple of weeks ago. It was a beaut tactical effort built on six months' steady training. He achieved nearly even splits for the first and second 21.1km, slowing by only 2min in the second half. His routine in recent months included morning and evening sessions twice a week - the early ones with **Pete Neimanis's** squad, after work on the red track on Tuesdays and with Pete's old Riverway tempo group on Thursdays. Now for the Port Douglas Ultra, he told Speed Bumps this week. Go for it Glen.

* * * * *

PETE'S purple people did him proud in Melbourne and celebrated with him, **Kath and Greta** after the run. Congratulations everyone. Running really works. **Liz Maguire** flew the flag for Townsville too, and Queensland, in the half-marathon, her 1hr 27min ensuring a bronze medal for the state in the women's team titles.

* * * * *

Russell Gustavson has enjoyed himself in the bush this year. Back after a long break, he has travelled to three of the North's best off-road races - Porcupine Gorge (north of Hughenden), The Pyramid (south of Gordonvale) and the Run the Great Whitsunday Trail, through Conway National Park to Airlie Beach. Since the 28km Airlie run he has been spotted raising dust on the Rockwheelers' tracks with another adventurer - **Mike Donohue**.

* * * * *

It's the off season, good news for adventurers and a chance to catch up with old friends, for example **John Marano**, who told Speed Bumps last week he aims next year to test if 60 is too old for another marathon. By the way, **Dee Flynn-Pittar** has taken on next year's calendar, replacing **Trevor Brown**, who has done battle with this juggling act for many past seasons. The off season gives scope for road-testing new courses and considering new venues. Why not a return to Anderson Park for some of the 2016- 17 break Dee?



Greetings from Mal Allen (ex 2RAR)

The 1st Magnetic Island run by the Townsville Marathon Club (now the Townsville Road Runners Club) was on July 30th, 1972 and designated the Club's "15,000" metre Road Championship.

The winner was Scottish 1970 Commonwealth Games marathon representative Ken Grant (finished 22nd in a world class field) who as a member of the Black Watch then based in Hong Kong, was exercising with elements of 1RAR and 2RAR at High Range and Mt Spec.

Not a bad effort for a bloke who had not trained for 8 weeks, other than "bush bashing" in the donga.

Mike Phillips who had earlier won the "King of The Castle" was 3rd, behind Ken and Graham Moon.

Fastest Times

Ken Grant 47min 4 sec

Graham Moon 48min 20 sec

Mike Phillips 48min 34 sec

Handicap Winners

Jim Goodwin (9min 30 sec) 50 min 07 sec

Bob Down (9 min) 49min 45 sec

Peter Lahiff (9min 30 sec) 50 min 25 sec.

Junior

Mark Crocombe 59 min.

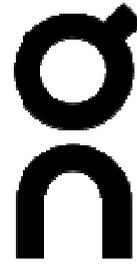
I had just returned from 3 weeks at Shoal Water Bay following on from 3 weeks exercising with Ken's mob and the Ghurkhas at Mt Spec and was running quite well, until I was run off the road by a mini moke, twisting my ankle to finally limp in, although Rhonda Down offered me a lift in our own (1st aid) mini moke.

Also noting:

Bob Down, quiz question: which member took a bloke out fishing towards Palm Island only to be hit by a storm. Very lucky to get back in to Rollingstone. Lost the boat ladder, damaged the props etc. Also just having got back from exercising with 2PIR in the Finschhafen out of Lae in PNG and having a "few beers" the night before ahead of leave, I "fed the fish" as we limped back to shore.

Very good memories of Townsville and the TMC. I will be back there on the 23rd November for the combined 1 RAR / 2RAR / 3RAR parade at Lavarack.





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Most biomechanics and physiology researchers focus their efforts on big topics like injury, performance, and health. These research papers are usually centred on fundamental issues like impact, pronation, and oxygen consumption.

But, fortunately for us, a few researchers take the time to investigate some of the lesser but still important topics.

For example, a while back, we looked at some scientific studies on [chafing and blistering in runners](#)—a non-trivial topic for many of us!

Today, we'll look at another of those "little details": **how should you lace your running shoes?**

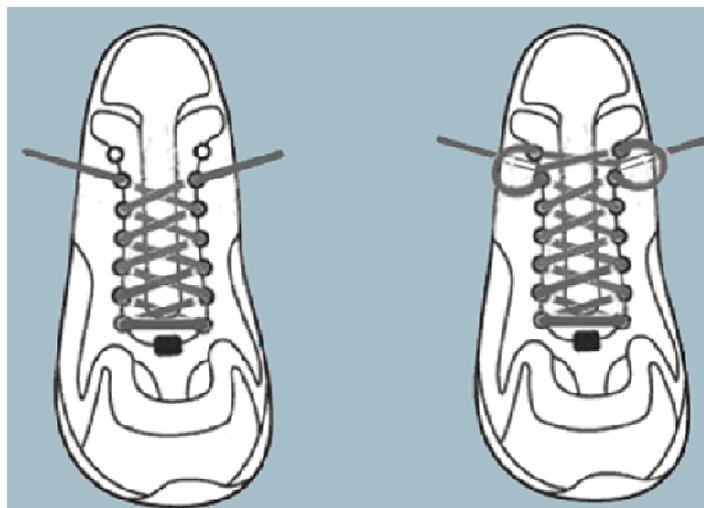


Mic and Sherry Coons-Mueller
Practice Owners

The science of how you should lace your shoes

One particular research group, headed by Marco Hagen at the University of Duisberg in Germany, has published several papers on just that question. The first of these papers, published in 2008, looked at the biomechanics of twenty distance runners moving at 8:00 mile pace on a treadmill under a variety of different lacing conditions. Data on impact force, pronation, and the pressure under the sole of the foot were collected.

All runners wore the same shoe, a Nike Air Pegasus, but laced several different ways. As do most running shoes, the Pegasus has six eyelets on each side, plus a seventh at the top which is slightly offset from the rest. The first three lacing conditions involved tying the shoes (with the normal 6-eyelet cross lacing) with different tightnesses, "weak," "normal," and "tight," as perceived by the subjects in the study. After that, the researchers tested some additional lacing patterns, including an incredibly loose two-eyelet lacing (using only the first and second eyelets, a three-eyelet lacing (using the first, third, and fifth), and a seven-eyelet lacing using a "heel lock" loop on the final shoe eyelet, as depicted below.



Normal lacing and seven-eyelet heel lock lacing

The results showed that shoes tied tightly reduce pronation velocity and, more importantly, reduced impact loading rates. As you might have guessed, the looser and less comprehensive lacings using only two or three eyelets resulted in increased impact loading rates and pronation velocities. Pronation has not been reliably tied to injury rates, but impact loading rates have, so a reduction in loading rate by simply tightening your shoes is noteworthy.

A tight lacing also reduced localized pressure on the outside of the foot, likely by pulling the heel deeper into the shoe's insole. However, there was a downside—the runners consistently reported the tight-laced condition as being one of the least comfortable. However, Hagen et al. found that the seven-eyelet “heel lock” lacing at a normal tightness was just as effective at reducing impact loading rates, pronation velocity, and plantar foot pressure as the standard six-eyelet lacing tied tightly.

In a later study, Hagen and his colleagues conducted a similar experiment, however, this time they added a measurement of the pressure on the top of the foot. This is an important step forward, as increasing the tightness of your laces increases pressure over the top of the foot, including the navicular bone and the extensor tendons that cross the ankle. While these areas are not injured very often, injuries to the navicular and extensor tendons can be very bothersome.

Using a similar experimental procedure, Hagen et al. tested fourteen male runners using only the normal six-eyelet lacing, the seven-eyelet heel lock, and a variant of the heel lock in which the sixth eyelet is skipped. The results showed that the two lacings that utilize the seventh eyelet result in lower pressures on the top of the foot without sacrificing any significant amount of stability in the foot's contact with the insole of the shoe.

The special heel lock which skips the sixth eyelet (pictured below) was particularly effective at reducing pressure on the top of the foot.

Seven-eyelet heel lock lacing and special heel lock lacing which skips the sixth eyelet.

One lacing style I was disappointed that Hagen did not investigate is “ladder lacing” (sometimes called “Lydiard lacing” after Arthur Lydiard, who advocated its use in some of his books in the '60s and '70s).

Ladder lacing is a technique which (purportedly) reduces pressure on the top of the foot by not allowing the laces to cross over the middle of the metatarsals. I would be interested to see whether this preserves shoe stability while reducing pressure on the top of the foot.

Additionally, many shoes today come with straps instead of eyelet holes. It's unclear whether these provide any additional stability or advantages compared with regular eyelets. As always, there's more research to be done!

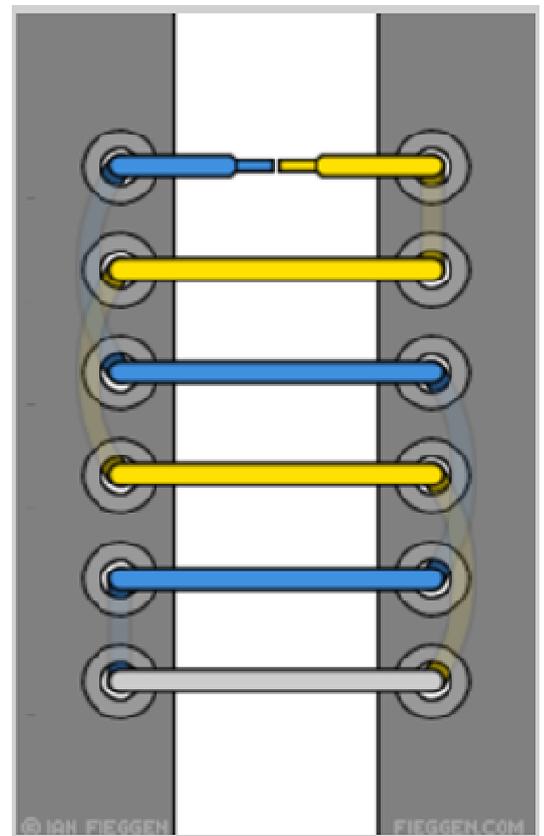


Image courtesy of <http://www.fieggen.com/shoelace/straightbarlacing.htm>.

Final notes

- For the average runner, Hagen's work highlights the importance of lacing up your shoes snugly. Most runners would probably be well-served by using a heel-lock lacing to increase the stability of their shoe and decrease their impact loading rates.

If you are prone to injury on the top of your foot, or if you find tight or high lacing uncomfortable, try using the special heel lock, as it has all the benefits of the regular heel lock or tight normal lacing, but with less pressure on the top of the foot. And lastly, don't forget to double-knot your shoes!





Photos from Whitsunday Running club - Run the Great Whitsunday Trail (RTWT15)



Loch Ness Marathon 27 Sep 2015 by Geoff Stanton

As many runners do, I usually look for a good running event around the time I attend work meetings. So fortunately on the day prior to an orthodontic conference in London in September this year the Loch Ness Marathon was on. Was I excited about a new adventure? I arrived in Inverness a few days before the marathon to get over jet-lag and enjoy some sights of Scotland including a Loch Ness boat tour. Booking into a delightful B & B old home with wonderful hospitality was a great way to stay in Inverness.

I was ready for any weather condition on marathon day but fortunate for an unseasonal calm sunny day with a minimum of 7° C to 18° C which some locals thought was too warm. I found conditions rather pleasant.

At 7 am Marathon day runners were bussed from Inverness via a very scenic northern side of the Loch to the start near Fort Augusta. The start area was very exposed so I was glad that conditions were calm. Nearing 10am a pipe band marched through the field to the start and lined the road to send off the runners. And of course the Proclaimers (I can walk 500 miles) was played shortly after.

The first 5 km was down-hill, followed by a mainly undulating course, some flat sections, but always interesting and scenic, many views of the Loch. However no Monster to be seen! The course wound through interesting towns and finished in Inverness after travelling along River Ness and past Inverness Castle.

This well organised Festival also included a 10km, 5km, and a "Wee Nessie" 2.5km kids run. I highly recommend the Marathon for its beauty, excitement and hospitality. I feel privileged to have run in such an iconic location. Inverness itself is a pretty interesting place to visit.







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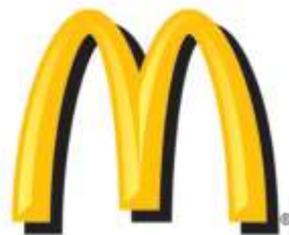
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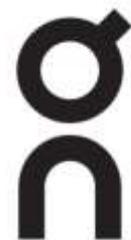
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