

About 8km

June 2008

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- The newsletter is also available on the website: www.townsvilleroadrunners.com.au under *Club Info* •

PRESIDENT'S REPORT

Townsville Podiatry Centre Fun Run 5 July 2008

The next fun run on the agenda for this year is the popular Townsville Podiatry Centre Fun Run on Saturday 5 July 2008 at 4pm. The event will start and finish from the impressive Pioneer Park at Riverway. The categories for the event in the respective male/female divisions will be under 12, 12-14, 15-17 and open. Entry fees are \$10 for adults and \$5 for juniors (under 18).

Proceeds for this event will be donated to the Heart Foundation.

This year's event continues the great association between the club and **Jane Arlett** of the Townsville Podiatry Centre. The Townsville Podiatry Centre has been and continues to be a wonderful and loyal supporter of the club.

Forest Design 3 Day Race

A week later the Forest Design 3 Day Race kicks off. This is a challenging 3 stage event over a total of 42 km combining flat and undulating conditions. Undulating is code for the fact that there are hills in the second and third stages.

The *first stage* is at the James Cook University on Friday 11 July 2008 at 6pm. This stage starts from the Union Building and covers a course of 9.5km around the campus.

The next day, Saturday 12 July 2008, the *second stage* starts at 6.30am from the Picnic Bay Life Savers Club on the Strand. This is a 19km course that tests the mettle of those competing.

The *third and final stage* on Sunday 13 July 2008 also starts from the Picnic Bay Life Savers Club. The race start on this day is 6.45am. This course is over 13km.

The results for the event will be assessed on the aggregate time for the three stages. The presentation of the trophies/ prizes to the overall male and female winners and placegetters as well as the age categories will occur after the Sunday race. There will also be a breakfast on that morning.

The entry fees are the same as last year. That is, a one up payment of \$10 or pay for each stage respectively, \$3, \$3 and \$4. Non members are \$13 or \$4, \$4 and \$5.

This great and challenging event has been sponsored for some time by **Merv Turner** of Forest Design (Botanic Landscape & Horticultural Services). Merv, in recognition of the significance of the event, is increasing his level of sponsorship for this year's event. This increase in sponsorship will be allocated to the prize money up for grabs. I will shortly release further details of this exciting development. I just want to thank Merv for his terrific support of this event.

6 Weeks to Go

There is only 6 weeks to go until the 10th McDonalds Townsville Road Running Festival on Sunday 3 August 2008.

The Festival was officially launched this week on Wednesday 18 June 2008 by the **Mayor Les Tyrell** at a great function at the City Oasis Inn. It was great to see so many of the sponsors of this event at the function. The McDonalds Townsville Road Running Festival continues to grow every year. This growth is not simply confined to the increasing number of participants, but it also includes the number of people who get down to watch the event as spectators. The Festival is a great day.

Good running. **Tony Hockings** – President

Thank You.

I would like to sincerely thank all the TRR that helped me during the Mothers Day Fun Run on Sunday 11th May. It was once again a huge success with 407 participants. Without all your help the success would not occur. Thanks, **Angela Howell**.





Brian's update ...

Over the years many greats of the Australian road running scene have run with Townsville Road Runners. This occurred for several reasons. We have a great training climate, ideal if you need to acclimatise to heat – the Australian athletics team (including **Steve Moneghetti**) trained here before the Atlanta Olympics. Our “tropical” winter it isn't too cold and we have relatively long hours of daylight. Another reason is that Townsville Road Runners is well known for making our visitors welcome and assisting them where possible.

In the early 90's **Lisa Ondeiki** – former Aust marathon champion trained in Townsville. And for several years during the late 90's the **Asahi marathon team** would come for a month of intensive training in June/July prior to their Japanese season. The Japanese national marathon team acclimatised here before Sydney in 2000. Many have participated in the Townsville Running Festival over the past 10 years. They include: -

1999 – **Heather Turland** – ran the TRF half marathon after winning the Commonwealth Games marathon in 1998 in Kuala Lumpur.

2000 and 2001 – no guest. But in 2001, the club secured funding to conduct a Course Measurer's course. We seconded **Dave Cundy**, who had set the Olympic Games marathon course in 2000, to deliver the course. Dave is the official IAAF measuring guru for Asia and this part of the world. As part of the course he (and the participants) measured our current course.

2002 – **Terry O'Halloran** (not an elite athlete) but a good bloke and most importantly, he is the publisher of Runner's World. Terry actually ran in the 10.5k. The trip gave him an insight into what we were doing and undoubtedly gave the TRF more credibility when Terry gave it a good rap in the magazine.

2003 – **Krishna Stanton**. In 2002, Krishna had won silver in the marathon at Manchester Commonwealth Games. She ran the half marathon and was trying to make the 2004 Olympic team.

2004 – He didn't run or even attend the TRF in 2004, but we were very honoured to have **Rob de Castella** and his coach **Pat Ciohessey** come up for the launch of the TRF and for a seminar on marathon running. They are both very inspiring men, and that seminar was a great evening. Particularly as they bought videos of Rob's epic battles with **Alberto Salazar** and **Carlos Lopez**, as well as his gold medal run in the 1982 Bne Cth Games.

2005 – Four time Olympian – **Steve Moneghetti** ran in the 10.5k as our guest in 2005. He gave our leading runner 3 mins start and beat him easily. Again Steve is also very inspirational, he is a great personality, and was a huge promotional drawcard for the Festival.

2006 – No bigger name in marathon circles that **Kerryn McCann**. Who will forget her battle with the Kenyan runner over the last few k's to win the Commonwealth Games gold medal in March in Melbourne. Another great ambassador for road running. She ran the 10.5k.

2007 – **Benita Johnson** again ran in the 10.5k as a final hit out before heading to Osaka to compete in the 10,000m on the track. Benita trained here for about 2 weeks and really loved the place.

2008 – Our TRF guest is **Pat Carroll**, one of Australia's most versatile long distance athletes of the past 15 years. His marathon best was 2:09:39 and best half time was 61mins11secs. Pat is now passing his vast knowledge on to many with both his direct and online coaching squads. Visit the TRF website www.townsvilleroadrunners.com.au for his profile and all TRF news including course maps. I understand we may also have some other 2008 Olympians here training and acclimatising prior to competing in Beijing. This is to be confirmed. When you consider we are 1400k north of Brisbane, I believe TRR has done very well over the years in promoting road running in the north.

Until next time, Stay fit – **Brian Armit**.

Another Book Launch - Ever since last year, when lots of Road Runners attended the launch for my second novel, *The Moving Water*, people have been asking if and when there'll be another. The answer now is, Yes. I'm having a launch on **18th July** for my third novel, *Amberlight*. **5.30 to 7.30 pm at Martas Art Gallery and Café** (under Metro Keys, Ogden Street). There will be nibbles, champagne, drinks and music. Copies of the book will be available at a MUCH better price than at bookshops, or of the previous books, because this one's a paperback. Anyone who'd like to come and doesn't actually get a personal invite, please let me know, either at the Saturday runs or via phone or e-mail: Phone, 47796291 E-mail: sakelso@optusnet.com.au. Hope to see everyone there! **Sylvia**



Running Townsville FOR OVER 30 YEARS





Townsville Bulletin booklet ...



To commemorate this year as the McDonald's Townsville Running Festival 10th Anniversary, the Townsville Bulletin will be collating a special ½ page booklet for insertion and distribution on the 26th June. This feature will include a review of the past 10 years – photos, results and other associated memorabilia. It will also include maps, registration form and information relating to this years event.

The Townsville Bulletin will be contacting all our sponsors to find out if they would like to advertise in the booklet. If there are any members in the club that would like to promote their business in association with the McDonald's Townsville Running Festival, please contact **Kathy Marsh** on 4760 1033 or 0408 436 739.

A TRR's Profile

Meet a Townsville Road Runner: Jack Sibley

When did you start running? I started running when I was 47. Up to then I'd never even run for a bus!

Did someone in particular inspire you? A good mate of mine, Joe Davidson, who was well into his sixties and a keen runner kept on at me to give it a go. I eventually did and took to it like a duck to an oil spill, but kept at it and the rest is history.

Has your running influenced your kids? I don't think my running has inspired any of my kids. I have 7 of them, 5 daughter-in-laws, 2 son-in-laws and 15 grandchildren. They all think grandad is absolutely mad going out running when there is a perfectly good car parked in the garage.

What's your running motto? "Are we there yet?"

What's been your all-time favourite race/ run? The City to Surf in Sydney. The huge crowds and atmosphere is something you have to experience to believe.

The worst one? The King of the Mountain. You run from Nowra (on the south coast of NSW) to Kangaroo Valley, over the top of Mt Scanzi. Thirty two kilometres of sheer hard work.

Achievements? Competing in twelve straight City to Surfs (before they put the bends in!) and coming 976th out of a field of over 50,000 in my best one in a time of 56.54secs for the 14.2ks. Also my first ever run with the Road Runners in the 2000 Bridge to Bay where I won the over 60s division.

Superstitions? It's bad luck to run on any day ending with a "y"

What keeps you going? Seven kids and a mortgage! Seriously though the older runners in the Club like Bert, Bob and Ron. I think if they can do it surely I can.



Goals/ ambitions? To keep healthy and try to keep running till I reach 60, then take it week by week.

Training tips? My advice is to avoid running/training when it's too cold, too wet, too hot or too dry.

Best fuel/ food for running? Pie and Mash and Guinness.



June Birthdays ...



Will Harding

Melanie McCutchan

Ishka Flynn-Pittar

Matthew Lorenz

Nina Shultz

Dianne Chaffey

Allan Vitale

Sarah Maguire

David Roy

Jason Wells

Geoff Stanton

Jill Meads

Oliver Cronin

Linda Bice

Jessica McCutchan

Leigh Rintoul

Wendy Williams

Erin Dickson

Marie Armit

Stephen Draper

Jaap de Jong

Peter Hanley

Sandra Hunter

Sara Whittle

Mal Heron

Lindsay Stanton

Tom 'Rooster' Ryan

Billy-Joe Williams

Kirsten Wallce

Doug Hill and Peter Clifford - who are celebrating milestones.

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Running Tales ...



WARWICK PENTATH-RUN 5 events 2 days 42.2km



The 2008 Warwick Pentath-run has been run, and 3 Townsville runners braved the cold to participate in this unusual event. When we lined up for the first event, the half marathon, at 7.00am on Saturday morning it was 3°! Made Townsville's 12° the previous day, look positively tropical. Everywhere you looked there were shivering runners in varying degrees of dress, some with beanies, gloves and arm warmers and some just in singlets and shorts. Breaths were coming out in steaming gusts and all were gathered closely together, not so much in anticipation of the starters gun, but simply to conserve what little body heat we had. As soon as the sun came up the temperature rose dramatically and

by the time we started running it would have been closer to 10°. At the start line another runner described the temperature as "not cold, but invigorating". I kept this thought in my head while trying to find my completely numb hands at the 2km mark ... I'm not cold... I'm just invigorated ... now where on earth are my hands!

The half marathon is a straight out event and travels through the outskirts of Warwick, across the Condamine river and over an undulating course through farmland, to the township of Yangan. The last 6kms involve some 'rolling hills' which sound nicer than they were. The sole wheelchair athlete was nearly caught in this section before hitting the final short downhill just before the finish. Can't beat wheels on a downhill. When the half marathon is over and you have had your fill of breakfast and received a free massage, its everyone on board the bus for a warm but slightly smelly ride back to Warwick. Just time to put on fresh socks and running gear, do a few stretches and head out to the Equestrian centre.

Yep, the next race is a cross country around a horse jumping circuit in a beautiful bush setting. The jumps, accurately described as 'challenging obstacles', were made of old logs and there was an added twist of dodging horse poo over the whole course. It's only 4.6km but for the first 2km your legs are like concrete and just don't want to move, by the time you limber up you have been passed by children and fresh runners who have not competed in the morning half marathon. Just around the final bend is a small hill with a large jump at the top, who's idea is this? You tell yourself to get some speed up so you can use the momentum to charge up the hill and leap over the huge log at the top .. in reality you look like one of the contestants off the tv show Gladiator when they reach the 'travelator' ... you're just not getting anywhere and by the time you get to the top of the hill its all you can do to haul your body over the jump and fall down the other side. More fruit and drinks then its back to Warwick to grab some lunch and head out to the 5km road race.

This is a measured, flat course which starts and finishes at the historic Darling Downs pub 10min out of Warwick. Getting out of the heated car is interesting as first the cold, and then the stiffness in your legs hits you. There's time for a warm up run where you join other runners who look and smell as bad as you then at 3.00pm you're off again, asking your body just one more time to get up and run. You spend the next 5km promising your legs that after this they can rest, that there'll be no more running today. Surprisingly the flatness of the course allows you to get into a decent rhythm and the race passes fairly quickly.

Back to Warwick for a well earned shower and to figure out how to get your dirty running gear dry in time for the next day – as the sun is setting and its freezing again. That night you are treated to a huge buffet dinner at the Warwick Recreation Centre where you get to go over the days events with other runners. It's a great atmosphere and there are photos from the day playing on a big screen causing much laughter and teasing. Prizes are handed out for the first 2 races of the day, but no-one hangs around too long, as soon as the food hits everyone's thoughts turn to sleep.



Sunday morning, and its not only 1° outside, there's thick fog covering everything. Yikes! Spend the next 15 minutes convincing yourself that a 10km hill ascent is a good idea. This race starts in Kilarney, 36km from Warwick, and climbs up through picturesque country to Queen Mary Falls. Described as a "very challenging run" this was my favourite. It starts at the top of a rise at the local High School, but they make you go to the bottom of the rise to start the race! Cruel. Runners were gathered here wearing a strange assortment of running gear, and then there was a group standing further away from the start line. . . why? They had found a patch of sun and were willing to start behind everyone else just so they could enjoy the warmth. The supporters on this run





were great, all along the route up the hill were cars parked with doors wide open, music pumping and people cheering you on. At the finish of this run breakfast is again waiting, there's enough time for some photos then its back on the warm bus. Townsville runner Arnstein took the opportunity to run back down the hill (as you do) to the amusement of all on the bus. Luckily the little shop in Kilarney makes a brilliant coffee for runners who are waiting around.

Not much left to do now, just a short, piddly little 1500m run through the main street of Warwick. I've never raced a 1500m race before, but how hard can it be, all over in a couple of minutes. OMG! This would be the hardest event of the weekend, you're so stiff, so much pain, so hard to breathe, so many people .. and how far is 1500m when your body just wants to stop!

But you've done it, 42km in one weekend, 5 completely different events and a whole lot of new friends. Prize giving is held in the main park and there are a lot of prizes given away, from socks, to local wine, to pottery coffee mugs. Just ask **John Hoggan** about his coffee mug! Great organisation for such a small town and fantastic enthusiasm from all concerned. Put this one in your calendar for next year, I highly recommend it. Lia



PORCUPINE GORGE CHALLENGE 2008



Friday 13th saw several car loads of road runners heading West, without any incidents (despite the date) along the highway out to Hughenden. Some of the early leavers formed a convoy and were extremely well prepared with walkie-talkies to help get past those triple road trains.



If you're heading out to the gorge, a stop at the Flinders Discovery Centre in Hughenden is a must. Here you can see a brief documentary on how this magnificent gorge was formed and also pick up a map that highlights Points of Interest on the road out to the gorge all measured and easy to find once you zero your odometer. It's a 70km drive North to Porcupine Gorge along a partially sealed road, no 4WD necessary. *Note from Ed: a Mazda 3 can easily make the trip but keep an eye out for ruts where you could tend to bottom out and collect stones in your engine mount. These may even cause your car to make weird noises on return to town, when trying to reverse, and may necessitate a trip to the mechanic.*

The well set out campsite is in the process of being upgraded and all new sites now feature tables and benches and tent sites built up with compact gravel that beats hammering pegs into the concrete-like ground. There are revegetated areas and we were informed that next year will see an amenities block installed complete with showers .. yippeel!

The race itself is held at the bottom of the gorge in front of the 'Pyramid'. It runs along the bottom of the gorge across rock face, over sand, rocks, pebbles, across water, over fallen trees etc for just over 3km. Then you turn around and retrace your steps, as best you can. The 'best' route is marked with flagging tape but you are free to make your own course. As you head back to the 'Pyramid' your legs get heavier and heavier and the expression ... "love that river sand" is not a statement you will hear on the weekend. Then you get to the base of the track that will lead you up the side of the gorge for the final 1.2km. Think Castle Hill goat track or West End track. The welcome sight of the bright coloured SES volunteers will help drag your feet up the side of the gorge as does the sound of the locals cheering.

This year the event was won by husband and wife team Tim and Elsie Northey, with Tim setting a new course record of 38:34. **Sonja Schonfeldt-Roy** was placed second and last year's winner **Lia Bull** placed fourth. All TRR's placed well and put in a great effort. A big congratulations to **Tilly and friends** from TRR who only this year attended the Beginners Clinic and came out to successfully compete in this tough challenge! Great effort guys and keep the training going for the Running Festival. Some of the sights you will see at Porcupine Gorge ...



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Back of the Pack ...

ANYONE looking for a break from the Forest Design Three Day Race should consider the Townsville Little Theatre's comedy, *Un-Original Sin*, on Friday July 11, 8pm, and Saturday, July 12, 2pm and 8pm, at the Pimlico High School Performing Arts Centre. **David Brooke-Taylor** and **Stuart Lovejoy** are both in the cast. Unfortunately *Un-Original Sin* is scheduled to run for just four days, from Wednesday July 9 to Saturday, July 12, so see David or Stuart for a potted version.

AND on the subject of the Three Day Race, July 11-13, I hear **Jaap and Judy** ran the 19km course a couple of Sundays ago and that a return to the good old days of Belgian Gardens saddle is on the cards. That Yarrowonga detour was nearly as bad as the Concrete Hill.

BETTY Beck and fellow cyclists and runners **Trevor and Joy Anderson** are in training for a 10-day trip around Ireland, beginning in late August. They all recently rode from Carlyle Gardens to Pallarenda and back and Trevor and Joy have also tried some dirt track cycling at Paluma. Trevor is forgoing this year's Paluma Push to avoid any spill which could upset their plans. They have sent their measurements to Ireland for the escorted tour. Let's hope their team leader is good at metric conversions.

TALKING about travellers, it was beaut to see **Stewie Borwick** at last Saturday's Figure 8 run. He's been testing his skills as a parachute-packer in an army exercise at High Range. Stew is usually based in Richmond, on the western edge of Sydney, and his latest goal is to break 60min for the Sydney City to Surf in early August. He's quietly confident after lowering his PB for the 14km run from 68min to 61min last year, in a field of 65,000.

DAVID Nahrung and family left for Canada earlier this week for a holiday which will begin with him running the Vancouver Half-Marathon Sunday and include a voyage to Alaska. Good luck Dave. Other peripatetic members and old friends include **Mike and Mary Donoghue**, bound for New Zealand, and **Allan Jefferson and Kathleen Swalling** who will be competing in the Nice Ironman race on June 22, along with another Townsville athlete Richard Emery.

DO YOU hoard old running magazines and newspapers? Well, your day might have come. The Townsville Running Festival Committee is looking for historic articles about past Townsville marathons for a display being organised by the Townsville Bulletin for this year's 10th anniversary festival. Let me know what's in your stash.

FOR everyone hanging out for something more witty than the above travelogue, **Diane's** long assignment in the Northern Territory is nearly over and she will be ferretting out goss for the next Back of the Pack from early next month. Stay hydrated for running highs, Fraz

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