

About 8km July 2008

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

PRESIDENT'S REPORT

Townsville Ten Miler

The big races keep coming with the Townsville Ten Miler 15.7km on Saturday 19 July 2008. This is one of the top races on the annual road racing calendar. The prestige of the race is evidenced by a read of the winners and placegetters over the last few years. These have included in the men's division, **Vince Bosco** 2005, **Tim Oehle** 2006 and **Tony Ford** 2007. **Max Fegan** was runner up in the race on each of these years. In the female division, in 2005, **Vicki Rains** finished first with **Sharee-Lee Nan Tie** in second placing. **Sharee-Lee** however bounced back to take out the race in 2006 and 2007.

The Townsville Ten Miler is a major lead up race to the McDonald's Townsville Running Festival in 2 weeks time. The winners and placegetters in the overall and age categories in the Townsville Ten Miler will receive trophies in a presentation after the race.

2008 Presidents Cup

The Townsville Ten Miler is also the final leg of the four race 2008 Presidents Cup series. The outcome in both the men and female divisions is still very much up in the air. This is illustrated by the current point's tally, which is as follows:



MALE		FEMALE	
Name	Points	Name	Points
Tony Ford	18	Sharee-Lee Nan Tie	20
Peter Clifford	13	Deahne Turnbull	18
Matthew Boschen	13	Carline McGann	14
William Harding	10	Sonja Schonfelt-Roy	12
Mike Krake	10	Savanna Sense	11
Simon O'Regan	8	Sue Devine	8
Mark Buchholz	7	Meredith Watkins	6
Henry Stimson	6	Tina Hunter	5
Allan Jefferson	6	Jemma Mulligan	5
Peter Neimanis	5	Jane Hindmarsh	5
Constantine Schaal	5	Anna Morgan	4
Mark Zietch	4	Trish Duffy	3
Justin McGann	3	Jennifer Ratcliffe	3
Darren Meinicke	3	Lyndie Beil	1
Rod Nan Tie	2	Angela Howell	1
David Nahrung	2		
John Bish	1		

2 Weeks to Go – McDonald's Townsville Running Festival

Only 2 weeks to go until the McDonalds Townsville Running Festival on Sunday 3 August 2008. This year around 1,500 people will run in the Festival.

Amongst these runners there will be **Pat Carroll**, one of Australia's top runners and **Lisa Weightman**, who will be representing Australia in the Olympic Marathon in Beijing. I look forward to seeing you all at the Festival.

5ks for Kids Walkathon for Mater Little Miracles

The Mater Hospital is holding a walkathon at Anderson Park on Sunday 20 July 2008 at 10am. This event is to help raise funds for sick children and babies throughout Queensland. Registration is from 9am.

Good Running. **Tony Hockings** - President

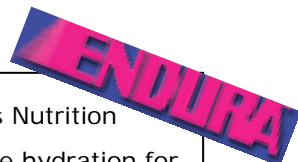
Help!

I am looking for a couple more helpers, just for the morning on Friday and Monday to pick up and drop back gear for the Running Festival. If you can spare this time please see **John Hoggan** or call on 0431 060 162.

Squizzy's news ... Endura Sports Nutrition

is the official supplier of on course hydration for the Townsville Running Festival, and Lemon-lime Endura Rehydration Formula will be available at each Refreshment Station and in the Recovery Area.

A sample mix of Endura will be available at all TRR runs, commencing at the Forest Design 3 Day Race, until the Townsville Running Festival.





Update on the McDonald's Townsville Running Festival

HAVE YOU REGISTERED YET?

All the activities leading up to the organization of the festival are all in place thanks to the combined team effort of our fantastic committee. The Festival relies heavily on the volunteer efforts of a lot of people who share their time, experience and knowledge. Thank you to following people:



Tony Hocking	Our media pin up
Sonia Chalk	Finance wiz and registrar
Brendan Carter	Sponsor Extraordinaire
Ian Frazer and Squizzy	Water Stop Connoisseurs
John Hoggan	Equipment and Hire Guru
Sara Whittle	Volunteer Enthusiast
John Simmons	Medal and Presentation fanatic
Geoff Stanton	Medical Groupie
Mandy Elliott	Promotions Queen
Brian Armit	Director of Racing
Anthony Elliott & Brett Price	Course Manager 'Ring ins'
Liz Hennig	Merchandise princess

What are we bringing you this year to celebrate an amazing 10 years of the Townsville Running Festival? Here is just a snap shot:

- Pat Carroll – guest athlete
 - Athletes from the Paralympian team
 - Lisa Weightman – participant for this years Beijing Olympic Marathon
 - Ronald McDonald
 - 1500 participants – an increase from 1200 in 2007
 - A 3 piece Jazz Band
 - The traditional full moon drummers
 - Domain Central Fitness Display
- Revamped Health Village – bigger and better with lots to see and do
 - Sue and Andrew O'Brien – completing 8 marathons in 8 different places and finishing in Townsville
 - Oceania Masters Half Marathon Championship – we have confirmation of 75 registrations

AND

- Don't miss the after party at the Picnic Bay Surf Life Saving Club to commence at 5.00pm (I think there will quite a few beverages being passed around). Pat Carroll and his partner will be staying on to join the celebrations.

We need **ADDITIONAL HELP** – how?

1. Extra volunteers for a variety of different roles – PLEASE FIND **SARA WHITTLE** or she will hunt you down
2. A spare UTE to borrow on Saturday and Sunday (we will reimburse fuel) please see **John Hoggan**
3. TELL EVERYBODY YOU KNOW – send emails to everyone who is in your data base

It is a monumental achievement that the McDonald's Townsville Running Festival has come so far and a wonderful tribute to both **Mark McKeon** who created the idea, and **Brian Armit** who has made many personal sacrifices over the years to develop and grow the event.

I am really looking forward to this year celebrations – I hope you are to. Kind regards, **Kathy Marsh** - Event Coordinator, McDonald's Townsville Running Festival

Running Festival – Official hydration sponsor



Endura have provided the following information to help runners participating in the Running Festival and more information can be found on their website www.endura.com.au

Endura Rehydration Formula is designed to improve your performance through the rapid replacement of fluid and electrolytes. It is recommended that if participants plan to use the lemon-lime Endura Rehydration Formula on race day they should 'train' with this product prior to the event.

The marathon is perhaps the most prestigious endurance event there is. Keeping on top of your nutrition is essential when preparing for such an event. Whether it be to aid recovery during your training or supplying adequate nutrition to help you achieve your best on the day, nutritional support is critical.

Running Townsville FOR OVER 30 YEARS





- Glycogen is your fuel:** Glycogen is used to fuel your muscle energy and over prolonged exercise that can become depleted. A blend of carbohydrates and protein, as found in Endura Optimizer, should be consumed to help your body produce glycogen to keep up with the high energy demands. Whether it's training or the actual event, Endura Optimizer will ensure you have sufficient glycogen stores to keep you performing at your full potential. Mix 1-2 scoops of Endura Optimizer with 250mL of water or milk and drink twice daily on race day. On training days use an extra dose before and after training.
- Compact carbohydrates:** Another way to sustain energy levels while you are running is with Endura Sports Energy Gels. Containing immediate impact carbohydrates and caffeine for quick energy combined with slow release carbs for more lasting energy. Endura Sports Energy Gels are a convenient compact size to slip into your pocket and consume while you run. During the race, consume 1 x Endura Sports Energy Gels every 30-60 minutes to maintain energy levels.
- Hydration's more than H2O:** Keeping hydration levels up during endurance exercise is vital. When you sweat your body loses electrolytes as well as water, which is why drinking water is often not enough. Not all rehydration formulas are created equal though – most rehydration drinks only contain salt (sodium chloride), but this isn't enough. Your muscles require the right ratio of sodium, magnesium and potassium. Endura Rehydration contains a ratio of electrolytes that may adequately hydrate your muscles as well as a patented magnesium, Meta Mag™, for increased absorption. Meta Mag™ delivers more magnesium to the muscle to reduce cramping and increase energy. Mix 1 scoop of Endura Rehydration with 200 mL of water and consume every 30-60 minutes while exercising (up to four doses per day).

What Endura recommend if you are doing the Townsville Running Festival this year:

	Lead up to the marathon...	During the marathon...	At marathon completion...
Endura Optimizer	Mix 2 scoops in 250 mL of water or milk and take twice daily.	Mix 2 scoops in 250 mL of water or milk and take twice daily.	Mix 4 scoops in 500 mL of water and consume within two hours of exercise and again before going to bed.
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Endura Gels	N/A	1 gel every 30-60 mins	N/A
Endura Rehydration	Every 30 mins during training mix 1 scoop in 200 mL of water and drink (up to four doses per day).	Every 30mins mix 1 scoop in 200 mL of water and drink (up to four doses per day).	Mix 1 scoop in 200 mL of water and drink twice daily for 1 day after completion of the marathon.

Registrations now open for Sydney 2009 ...



10-18 October 2009

- 10km Road Race
- Half Marathon
- 8km Cross Country

Sign up for e-news at:

www.2009worldmasters.com.au

Registrations for the Sydney 2009 World Masters Games are now open. There is no criteria to entering apart from an enthusiasm for your event, and you do need to be 30 or over. The organisers are marking the occasion by giving you your first chance to win gold. Simply be one of the first 250 people to complete your Games registration in full and you will receive a limited edition gold accreditation pass and lanyard.

Be part of the "biggest mass participation, multi-national, multi-sport festival on earth". You can register online to receive updates and e-news on the Games emailed out to you regularly www.2009worldmasters.com.au.

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Townsville Podiatry Centre Fun Run



The Townsville Podiatry Centre Fun Run was held on Saturday 5th July with 139 runners competing in either the 7.6 km long course or 3.8 km short course. Proceeds from this annual run are donated to the Heart Foundation. Once again, **Jane Arlett** and the Townsville Podiatry Centre (TPC) provided invaluable support and sponsorship for this event. Many thanks to **Judy** and **Mel** from TPC for their hard work in the lead-up to the run. Thanks also to all the Marshalls, Registrar's and Go-fer's who together ensured we enjoyed a safe, organised and 'fun' run.

In a well contested run, **Sharee-Lee Nan Tie** continued her good form in the lead up to the running festival, taking out first place in the open females. **Isis Flynn Pittar** and **Julianne Schliebs** finished second and third respectively. **Max Fegan**, **Pete 'the elite' Niemanis** and

Rob Hockings were the podium finishers in the open male category. **Billy Bragg** and **Savannah Sense** are reaping the benefits of some good training each finishing first in their 15 -17 years category. Full results of all categories are on the TRR website. Kim.

A TRR's PROFILE

Meet a Townsville Road Runner: Sharee-Lee Nan Tie

When did you start running? I began jogging on the treadmill at the gym about 10 years ago. (Prior to this I absolutely hated any type of physical movement. At school I avoided sports carnivals like the black plague!)

Why? Rod was a track runner and I wanted to gain some fitness after watching him run 400's every weekend with North Star Athletics.

Other sports/ hobbies/ pastimes? Swimming, painting and Interior Design

Your motto/ creed: Aim to be the best version of yourself

All-time favourite race/ run? The recent three day race because I was finally able to convince Rod that he could run the 42km course without falling apart! I was very proud to see him triumphantly finish (even if he was ahead of me!)

Worst? The 2005 Townsville Running Festival – I did the marathon with an extreme case of stomach nausea and staggered across the finish line feeling like death warmed up. I haven't been brave enough to face another marathon since...

Best achievements? 1ST Female Singapore Bay Run 2007, 2nd 30 – 39 Age Group winner 2008 New York Japan Day Race, Dash for Cash 2007 and 2008, Queen of the Castle 2006

Superstitions? None – they only place limitations in your mind

What keeps you going? The desire to keep improving as a runner, and the feeling of being fit / healthy.

Goals? One day I'd like to run under 40 minutes for the 10k. I've run exactly on 40 minutes but never gone under (there's always next year!)

Training tips: Make sure to refuel the body as soon as possible after hard training

Favourite running fuel? A bucket size bowl of Rod's brilliant home cooked porridge with juicy, sweet sultanas! Pure indulgence!



Entries are now open for the 49th **GREAT PYRAMID RACE** which will be held on Saturday 16 August in Gordonvale. Total prize pool for 2008 is more than \$9,000 with \$1,000 going to 1st Male/Female, \$500 to 2nd Male/Female and \$250 to the 3rd Male/Female. The course is a 12km mountain run from Norman Park, Gordonvale to the top of Walsh's Pyramid (922m) and back. For more information: www.pyramidrace.com.au.

Interesting current course records for this event, and some TRR names you might know:

Senior 60+ Male, **Jaap De Jong**, 2:29:43, 2002

Senior 50-60 Female, **Judy Davis**, 2:38:01, 2002



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Out of town runs – Gold Coast 2008

Name	Net	Event	Overall
Simon O'Regan	2:41:35	Marathon	28 (12 in cat)
Liz Maguire	3:14:34	Marathon	311
Denis Monaghan	3:21:58	Marathon	457
Bernie Norris	3:44:03	Marathon	1019
Lyndie Beil	3:53:47	Marathon	1270
John Nuttall	4:04:45	Marathon	1609
Tony Ford	1:17:17	Half	66 (4 in cat)
Pete Clifford	1:22:45	Half	119
Mark Buchholz	1:23:02	Half	121
Ben Payne	1:26:03	Half	181
Steve Brooks	1:29:53	Half	298
Karl Barringhaus	1:30:19	Half	304
Darren Whittle	1:59:27	Half	3305
Sara Whittle	1:57:28	Half	3307
David Hampton	2:10:19	Half	4374
Angela Gilham	0:47:40	10km	517
Kirstan Wallace	0:56:19	10km	1626

Results for those TRRs who travelled to the Gold Coast to compete this year, are shown left, apologies to anyone that we may have missed, and congratulations to all. The total number of entrants for each event were: 3,935 in the Marathon; 6,849 in the Half and 5,297 in the 10km.

During Gold Coast 2008 races, Asics awarded a **\$1,000** prize pack to three lucky runners. Asics representatives randomly selected one time per race and whoever finished that event, dressed from head to toe (top, shorts, socks and shoes) in Asics, received a voucher for \$1,000 worth of Asics gear.

The time selected for the **Marathon** 'be seen in Asics' was 3:45 ... and the winner was none other than our own **Bernie Norris!** Well done Bernie. We look forward to seeing you all 'dressed up' at the club runs and Thursday night training!



GOLD COAST 2008 MARATHON – Simon O'Regan

I settled upon doing the Gold Coast approx 16 weeks out and had an initial plan to break 2:45 which I thought was attainable. I thoroughly enjoyed the training once inside the 10 week mark and I could see the start line. I amended my goal time to sub 2:40 based on a good 1/2 marathon in Ayr.



Race day dawned cold and windy but I was excited about the prospect of tackling the race - this was my first serious attempt at the distance after doing one previously in Iraq with no training.

The race plan was to run at 3:45/km which would give me a time of 2:38/39. I was constantly holding myself back as the pace felt so easy - I had no problem posting 18:45 per 5km which was right on target. I felt great at half-way (78:55) and kept reminding myself of the words everyone was telling me (hold back). At the 27km mark I passed a man lying on the road under a blanket. I later found out that he had been a spectator crossing the road and had been cleaned up by the cameraman on the motor bike. Unfortunately he passed away two days later.

I started to feel tired at approx 32km as my nutrition plan did not work out. I had one GU at the hour mark and another planned for 1:45. I was probably one short and had to take on the sports drink as well from 30km. I was still on target at 35km to run sub 2:40 but really struggled from 37km where I went into 'just finish mode'. It was a big buzz to run down the finishing chute and see my wife and kids cheering me on. FINISH TIME = 2:41.35


Whilst I was a bit disappointed initially to not break 2:40, I was happy to not have anyone pass me after 23km. I even managed to pass Atlanta Olympian Rod De Higon at 32km so whilst I was slowing, so was everyone else. After revising my training I gave everything I had on the day and could not have run any faster, but I did not do enough mid week kms. My long runs were all good but I was a few km per week short during the week. Something I will learn for next time when I aim to be in the 2:30's.

I plan on concentrating on lowering my 5km PB for the next 10 months and from May 09 I will give myself 5 months training for the Melbourne Marathon 2009. I can now understand fully why people run marathons - the challenge of getting so many things right for such a tough event when so many things can go wrong is huge and addictive. Good luck to all those running in Townsville especially Pete, Matthew and Mick who are all aiming to break 3 hours - if they do then they can proudly say they are part of the 6% of runners who break this mark for a marathon. I have no doubt that all three are good enough to do it. Happy running, **Simon**





July Birthdays ...

Tony Gordon	Colin Meads	George Colbran	Christine Milligan	
Therese Keir	Donna Steinhardt	Jackie Hill	Billy Bragg	
Marie-Louise Murray	Kim Hickey	Bert Part	Joshua Howarth	
Chris Frugtneit	Sonia Chalk	Francesca Molnar	Sylvia Kelso	
Note: Donna Steinhardt is celebrating a milestone.			Liz Hennig	
			Savannah Sense	
			Isis Flynn-Pittar	
			Clayton Linning	

Back of the Pack ...

Warmest congratulations to **Tristian Marrinan** who will wed Jessie Osborne on 26th of July. Have a great day from your many friends at TRR.

There were some great results from the Gold Coast this year. **Liz Maguire** knocked about 30 minutes off her previous PB and did 3.14 this year. **Lyndie Beil** did 3.54 in her first marathon. **Tony Ford** was 4th in his age group in the half and **Mark (Sparkles) Buccholz** and **Peter Clifford** did PB's for their age in the same event. **Sara & Darren Whittle** also broke 2hrs for the half.

Fun was had afterwards at the nightclubs where Karl, **Tony, Kirsten, Brooksy, Sparkles & Angela & Lecky Gillham** celebrated their earlier efforts. **Tony** has tried to tone down the rumours with a 'what goes on tour, stays on tour' comment and a clear statement that there were no lap dances.

Remember how great it was to compete in your first 10k or Half Marathon? Beginner runners like **Leigh Rintoul, Kaye Atkins, Meredith Watkins** and others are buzzing at the moment as they build up to their goal races at the TRF, have fun guys. Also good to see **Perri Hobbs** back - pushing junior Hobbs around castle hill and up Stokes St & Yarrowonga Crescent in the 13k of the 3day race.

Please also wish the best to **Savannah Sense & Isis Flynn-Pittar** competing in this month's Queensland Schools Cross Country Championships. Diane

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