

# About 8k

JANUARY 2012

Editors Email (Wendy): newsletter@townsvilleroadrunners.com.au (0400775918)

## DF9G = 89B REPORT

### Welcome to the 40<sup>th</sup> Year of the Townsville Road Runners

2012 marks the 40<sup>th</sup> Birthday weekend on the 9<sup>th</sup> & 10<sup>th</sup> June. By now, past members of the club should have received a letter that formally invites them to attend these celebrations. I should mention that visitors and new members who may not have received this letter are also invited to participate in the celebrations. For all of you who are intending to participate in the celebrations, please let us know so that we can cater for the expected numbers, especially for the dinner on the Saturday night (9<sup>th</sup> June).



There are so many things to look forward to in relation to this year. Not only is it the 40th year, but also the 14<sup>th</sup> make announcements in the near future about the festival. But registrations for the 2012 festival are already open and have been since 1 December 2011. Go to [www.townsvillerrunningfestival.com](http://www.townsvillerrunningfestival.com) and register online.

The fees are:

**Early Bird Entry Fee** applies until the 7th of July 2012.

**Normal Entry Fee** applies from the 8th of July to the 1st of August 2012.

**Late Entry Fee** applies on the 4th of August 2012.

Event	Early Bird	Normal	Late
Marathon	\$75	\$95	\$115
Half Marathon	\$65	\$80	\$95
10km Classic	\$40	\$50	\$60
5km Fun Run/Walk Adult	\$30	\$40	\$45
5km Fun Run/Walk Junior	\$25	\$35	\$40
5km Corporate Team of 3 (3 participants together)	\$75	\$80	\$90

*Tony Hockings*  
President

I hope you have all had a great Christmas and New Year and I look forward to seeing you at the Picnic Bay Life Savers Club at our early year pre-season runs on Saturday mornings.

## NEWS ..

Keep updated with the latest news on the home page of the TRR website: <http://www.townsvilleroadrunners.com.au/>

Upcoming Events: - Walters IGA Australia Day fun run 26th January;

In this Edition: - Presidents report,

Also new training mail out subscription address: - Townsville Running Diary [tsvrundiary@gmail.com]



# Are you up for a DIRTY weekend?



**PADDLE /  
MOUNTAIN BIKE  
TRAIL RUN**

5 EVENTS  
2 DAYS  
1 TROPICAL ISLAND

## **Magnetic Island ADVENTURETHON** Multi-Sport Festival 31 March - 1 April 2012



### **Weekend Events**

**Ultra Adventurethon** (teams or individual)  
"Toughest Multisport Adventure  
in Queensland"

• 13km Paddle • 42km Trail Run • 13km Paddle  
• 29km Mountain Bike Adventure • 18.4km Trail + Beach Run

**Enduro Adventurethon** (teams or individual)

• 13km Paddle • 23km Mountain Bike Adventure • 12.1km Trail + Beach Run

**Dirty Endurance Duathlon** (teams or individual)

• 16.2km Trail + Beach Run • 29km Mountain Bike Adventure • 2.4 km Trail Run

**Taste of Adventure** (teams or individual)

• 1000m Paddle • 10km Mountain Bike • 2.4km Trail Run

**Junior Adventurethon**

• 300m Paddle • 10km Mountain Bike • 2.4km Trail Run



MIKE CARNEY TOYOTA



Online registration + training tips at  
[www.ADVENTURETHON.com.au](http://www.ADVENTURETHON.com.au)

Running Townsville FOR OVER 30 YEARS



# What is the Adventurethon?

Adventurethon is a multi-disciplined physical challenge in a natural outdoor environment that brings self-belief and pride to all competitors and their families. It combines sports including paddling, mountain bike riding and trail running or hiking in the ultimate off-road multisport challenge.

To stand on the winners podium you may need an iron will, exceptional athleticism and unrivalled skills mastery but to experience the triumph and exhilaration of crossing the finish you only need a modicum of determination, a pinch of resilience, a dash of perseverance and, most importantly, a sense of adventure.

Each event is off-road and adventurous by nature, ensuring a challenging and memorable experience which will be remembered well beyond the finish line regardless of length or difficulty. Most events can also be tackled individually or as a team.

Ultra Adventurethon is hard-core, catering for top end endurance athletes across the sports of paddling, mountain biking and trail running as well as the mentally tough social athlete who loves a personal challenge to discover what they can muster when the gauntlet has been thrown down.

Dirty Endurance Duathlon is the perfect choice for landlubbers - those wanting a mentally and physically tough challenge to rival the ultra without the paddle leg.

Enduro Adventurethon is a shorter multi sport course over the same terrain, significantly reducing the paddle and run legs and slightly decreasing the bike leg. Still demanding, it can be a stepping stone from introductory to ultra events in the future or an opportunity to focus on speed without the drain of the longer distances.

Taste of Adventure is just that, a tantalising try out of each of the three disciplines at distances just about anyone can achieve in an hour or two. Experienced athletes can also treat it as a sprint course. This is a great event for teams, with each competitor participating in their favourite leg or conquering all three side-by-side.

Junior Adventurethon encourages up and coming young athletes from 9 to 17 to have a go on their own or in a team in a closely supervised introductory but challenging event expected to last up to two hours. In addition to an exciting, highly charged social atmosphere, the great thing about Adventurethon multi sport challenges is their flexibility. Experienced participants can battle the elements alone in a quest for self domination or create an elite team of masters of each event and newcomers can play only to their strengths or share their weaker legs with the support of a team.

All Adventurethon endurance events guarantee a physically challenging mountain bike adventure, breathtaking trail runs (in more ways than one!) and a spectacular paddle along the scenic coastline of the festival location. But a word of caution - Course designers make sure they find physically demanding tracks to challenge all course entrants.

There are two major festivals for the 2012 Adventurethon season with more to come in 2013.

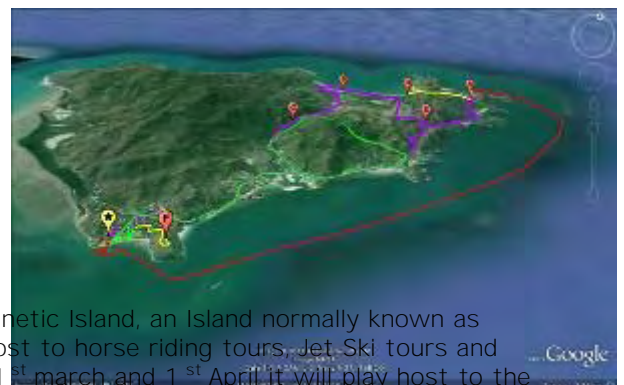
The Magnetic Island Adventurethon Festival is on March 31 to April 1, 2012. Starting and finishing at Picnic Bay on Magnetic Island in the world heritage listed Great Barrier Reef Marine Park, the longer events are considered to be amongst the most challenging in the state.

The Magnetic Island Adventurethon Festival

Saturday March 31st & Sunday April 1st 2012

Starts at Picnic Bay Mall, Magnetic Island, Tropical Nth Qld

Are you up for a Dirty Weekend on Tropical Magnetic Island ?



8km off the coast of the Tropical North Queensland coast lays Magnetic Island, an Island normally known as an escape from the hustle and bustle of city life. The Island plays host to horse riding tours, Jet Ski tours and of course resort and beach activities but for the weekend of the 31<sup>st</sup> March and 1<sup>st</sup> April it will play host to the toughest Multisport Adventure in Queensland taking participants through parts of the island normally off limits to mountain bikes and rarely seen by many at all.

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# A White Christmas in the Great Southland

*Judy, Jaap* , and *I* spent a once in a lifetime Christmas in Antarctica - what some folk will do for a White Xmas - and it really did snow for us.

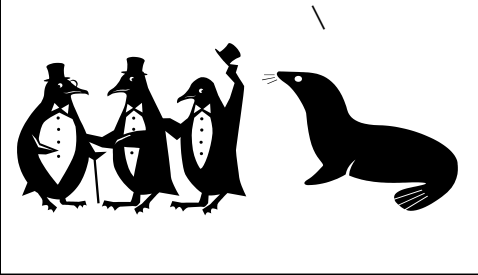
After tangoing in Buenos Aires, we flew to Ushuaia at the bottom end of the South America on Cape Horn, to catch the good ship Polar Pioneer which took us across the Drake Passage to Antarctica. The boat was only 70 m long with 50 passengers and 20 crew, so we were all on first name basis within a couple of days . We were able to have Zodiac trips to shore twice a day for two or three hours each time and cruising around icebergs and glaciers once we reached the Antarctic Peninsula. And we saw lots of whales, seals, sea birds, and penguins! Boy, did we see penguins -Adelies, Gentoos, Chinstraps, and thousands of dirty chested , (lesser ?) spotted, duck billed, smelly arsed penguins - do we know our penguins!! If our running style looks a little odd these days, we spent too much time with the little fellers. There were penguin tracks, roads and highways but if we did any snow jogging it had to be done off their roads .

It was a great trip, indescribable scenery, and without waffling on too much, some highlights were --drinking bubbly on deck after crossing the Antarctic circle after ploughing through pack ice for hours -the first boat to get that far south this season; bum sliding down a hill on mainland Antarctica; the Xmas Eve celebrations in the bar with certain un named geriatrics setting the pace until the early hours of Xmas Day; climbing the hill on Danco island through thick snow (Judy & Jaap were first up); a close encounter with a leopard seal circling a big iceberg; visit to the chinstrap penguin colony on Deception island, which they are only successful in getting h c ' c b WY ' ] b ' Y j Y f m ' Y ] [ \ h ' h f ] d g ž ' U b X ' Z Y U h i f Y g ' ] b i X m i D b V d f c D [ \ D g Y c

into the Antarctic waters with a few other demented folk with *Jaap* and *I* were happy to be photographers. At the end of the trip we flew back from King George Island to Punta Arenas, Chile, where *Judy* and *Jaap* went further north to trek in Cochamo Valley at the foot of the Andes. My much anticipated trek in the Torres Del Paine National Park in Patagonia was cancelled due to, of all things *bush fires* , so we all met up again at Cochamo for a horse ride back down the valley( ask us about local version of march flies sometime!)

Mc i D ' ' b c h Y ' ] b ' h \ Y ' d \ c h c ' h \ U h ' k Y ' U f Y ' k Y U f ] b [ ' h \ Y ' H F F g ' W U d g ' ] b gear there to be photographed with but all agreed that it was too bloody cold to get into it!!

JOE SCOTT



# Identify your weak spots

body workouts are also important, yet often overlooked. To find out if your overall fitness needs a boost, take these four tests. If you struggle with the moves, do the exercises on your rest days, gradually adding weight and/or repetitions. Work on stretching daily. And if you ace any, follow No-ter.

## TEST 1: HAMSTRING FLEXIBILITY

Using a stretching rope or looped towel, do a straight -leg hamstring stretch. Try bringing leg up to 90 degrees. Hold for several seconds, then switch legs.



### HOW TO IMPROVE

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### BETTER YET

Continue to perform the stretch daily.

## TEST 2: CORE STABILITY

Try to do 20-plus consecutive sit-ups with your abs doing all the work.



### HOW TO IMPROVE

Bend knees 90 degrees, tuck your chin, and flex forward to your knees, engaging your abs and leaving your hips and upper body out of it. Do two sets of 10 to 20 reps.

### BETTER YET

Extend your arms and legs for V sit -ups; do two sets of 10 reps.



## TEST 3: UPPER -BODY STRENGTH

Try for 10 push-ups (20 for men) with no sagging hips.

### HOW TO IMPROVE

With a 500-gram to three-kilogram dumbbell in each hand, stand with your arms bent and elbows at your hips. Quickly alternate bringing fists to your chin for 10 seconds; repeat twice.

### BETTER YET

Increase to 20 seconds.

## TEST 4: LEG STRENGTH

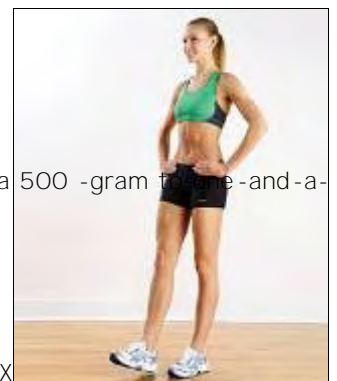
Lift leg 45 degrees in front; lower, without touching the floor. Aim for 20 consecutive lifts.

### HOW TO IMPROVE

Put foot down between reps and work up to 20 no-touch reps. Once you can do that, add a 500 -gram foot -and-a-half-kilogram ankle weight and do two sets of 20.

### BETTER YET

Add a one -kilogram weight.



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# back2health

Chiropractic and Sports Injury Centre

2/164-166 Charters Towers Road - Hermit Park QLD

P: 07 4728 3200 E: DrSherryCoons@gmail.com

Back2Health Chiropractic & Sports Injury Centre offers ENHANCE Introductory Running Workshops as well as Running Classes for those who have been through the Introductory Workshops.

The Introductory Technique Workshops are aimed at helping you to improve your running style by taking you through a step by step process of analysing and improving your running technique. The workshop helps to reduce knee pain, protect your back while you run and make your running more efficient and fun. The ENHANCE Running Introductory Workshop is limited to 10 people to ensure you get personalised attention to your running technique and lasts for about 1.5 hrs. It is suitable for experienced and inexperienced runners alike. The workshops involve short periods of running with explanations and instruction on drills and technique so there is no minimum fitness level required. The costs of \$75 have to be paid before the classes by Credit Card, EFTPOS or Cash at Back2HEalth Chiropractic, 2/164 -166 Charters Towers Rd., Hermit Park 4812 QLD or call in at Back2Health (07)4774 3200 and leave your Credit Card details.

The ENHANCE technique Running Classes are designed to help those that have attended the Introductory Workshop to make the most of their new found skills and develop their technique. The ENHANCE Running Classes are a 5 week program which can be taken in any order. These classes are 1 hour and limited to 20 per class. The costs for each single class is \$25 and has to be paid cash by class begin.

The 5 weeks program will be:

- January 31st 2012 5PM, Posture & Lean
- February 7th 2012 5PM, Foot landing, Cadence and landing point
- February 14th 2012 5PM, Arms + Head positioning
- February 21st 2012 5PM, Strengthening
- February 28th 2012 5PM, Bringing it all together

and it starts again from the start  
March 6th 2012, 5PM, Posture & Lean

If you're interested in attending one of the workshops, send your Details(Name, Surname, Email address, Home address, Phone) to [mic.r.mueller@gmail.com](mailto:mic.r.mueller@gmail.com)

Running Townsville FOR OVER 30 YEARS



## Tom Denniss | 2 year long run!!



As revellers are cracking open the bubbly this New Year's Eve, *Tom Denniss* will be running. And he won't stop for two years.

On Saturday, *Denniss* kicks off the first leg of a 29,000km around-the-world ultra-marathon, an attempt to set a new Guinness World Record for circumnavigating the globe on foot.

That means running the equivalent of 700 marathons in about 700 days, across every continent except Antarctica, through deserts, mountains and snow.

But the 50-year-old Sydneysider says it's no sweat.

"It's not as hard as a lot of people think.

"As long as you go slowly you're OK. It's when you try to go fast, that's when it's hard on the body.

"But it is the thing most outside my comfort zone that I've ever attempted before."

*Denniss* has been clocking up around 25km per day over the past year to prepare for the journey, and just completed a run from Melbourne to Sydney to get a taste of the slog ahead.

"It's a fair bit longer than that, but once you slot into a groove, I'm OK," he says.

"Still, it's one thing to run for a few weeks but after a few months or even a year or so, that'll be the test.

"You've got to get up and confront that 40 or 50km, even if it's freezing or raining, but I guess that's what I'm in for."

*Denniss* says the journey will not only be a physical and mental test but a chance to see natural wonders like the Andes, Grand Canyon and the Nullabor.

"It's certainly going to be a nice way to see the world."

Under rules set by the Guinness World Records a successful human-powered circumnavigation means travelling the distance of the Tropic of Cancer, crossing the Equator, and ensuring each leg of the journey starts right where the last finished off.

*Denniss*, who is raising funds for Oxfam along the way, says planning has been crucial.

"Through Death Valley and Monument Valley (in the US) it will be the spring time so it shouldn't be too hot or too cold," he says.

"When I get over the Andes I need to make sure that the passes are open after the Winter snows.

"And I'd rather not be anywhere too cold in the middle of winter, like northern Europe."

Despite the gruelling schedule, *Denniss* is confident he'll have time to relax with a beer or two.

"It's all good fuel, but it's probably not going to be wise to overdo it," he says.





## December Birthdays

Nicholas	Ainscough	
Kaye	Atkins	
Matthew	Boschen	
Simon	Boxsell	
Rachel	Bretland	
Trevor	Brown	
Narissa	Campbell	
Chris	Clifford	
Phil	Copp	
Antony	Daamen	
Terry	Fanning	
Luke	Ferguson	
Ajia-Moon	Flynn-Pittar	
Wendy	Foulkes	
Ian	Frazer	60
Annika	Frossling	
Claudia	Gillham	
Julie	Gordon	
Timothy	Hunter	
Pam	Hurst	
Bob	James	
Peter	Jenkins	
Steve	Jones	
Breanna	Koenen	
Kerry	Kourpanidis	
Toni	Lacey	
Rose	Lloyd	
Halla	Malik	
Deborah	McGuire	
Denis	Monaghan	
lyndsay	Nelson	
Ben	Payne	
Nicholea	Price	
Aaron	Randall	
Constantin	Schaaf	
Meg	Sense	
Kerry	Sense	
Brenton	Snelling	
Ashur	Sutton-Baker	
Sandra	Walker	
Darren	Whittle	
Candice	Williams	
Robyn	Woodall	
Jenny	Zumaran	



## January Birthdays

Sean	Blackall
Georgina	Bosworth
Fraser	Bradley
	Buckley-
	Thirkell
Nathan	Coysh
David	Davis
Freedom	Dixon
Damian	Finney
Rachel	Flynn-Pittar
Crusoe	Gehringer
Jacinta	Gilboy
Larry	Gillham
Angela	Hampton
Dave	Hoggan
John	Kennedy
Annaleise	Laffan
Marie	Letizia
Brian	Mazierska
Jana	McGuire
Mitchell	Mitchell
Lily	Munro
Stuart	O'Reilly
Terese	Quigley
Rae	Runge
Tania	Selman
Melanie	Sharp
Karen	Simmonds
Robert	Sue Yek
William	Teboul Oxley
Joshua	Tetley
Stephen	Vincent
Anoushka	Waters
Mark	White
Richard	

### Special birthdays

Sean	Blackall
Dave	Hampton
Stephen	Tetley



*Dirty Northern*  
**TRAIL RUNNING SERIES**



[ K Y \ U j Y i g c a Y i c Z i h \ Y i a c g h i g d Y W h U W i \ U f i h f U ] \ i f i b b ] b [ i \ Y f Y i ] b i c b U h ] c b U i i m i f Y W c [ b ] g Y X i f U W Y g " i 5 b X i ] *Ryan Lindsay, Passionate NQ Trail Runner* i d i h \ Y



Feb 25th 2012 @ Adventures on a Summer Weekend – Tinaroo

30 or 60 Minute Adventure Run



18th March 2012 – Speewah Campground, Speewah

17 / 8 / 4km courses.



22nd April 2012 – Boulders Campground, Babinda

42.2 / 23 / 7km courses.



24th June 2012 – Highlander Tavern Mt Lewis Rd, Julatten

57 / 21.1 / 10km courses.

<http://adventuresportnq.info/events/trail-running>

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