

About 8k

From the editor,

Welcome to the second edition for About 8k for 2017. Firstly, my apologies in the length of time between newsletters. The committee has had some busy weeks and months since March in the lead-up to the Running Festival as well as events such as the Mother's Day Fun Run and the 3 Day Race. I endeavour to be back on a timeline with regular bi-monthly newsletters coming out for the remainder of 2017. I'll be looking for someone to write me a bit of a story about their Running Festival experience for the race report in the next issue. I'll be tapping shoulders pre and post-run in the coming weeks to see if anyone is willing and able to assist. In the meantime, enjoy this edition of About 8k and I'll see you out there.

Ginga. :-)



From the Pres...

Hey movers, shakers, and record breakers.

It's been a while! Where to start...with the McDonald's Townsville Running Festival lurking ever closer, I always find it quite difficult to focus on anything else at this time of year. On the MTRF front, we are tracking for a bumper turnout. We have confirmed a couple of weeks ago that we were standing on roughly 45-50% higher entries to the same point last year, much of which is from an out of town market. As far as event success is measured-this is going to be a major plus for us securing a sustainable future and clawing our way in to viability as an event on the national calendar (as far as regional events are concerned.). I believe we already are the great event that the punters want, they just need to anti-up and pay us a visit.

On a club level, our season is progressing nicely. It's hot competition on the women's side of the draw with Deahne Turnbull putting up some hefty performances and scalping all comers on a couple of occasions. Simon O'Regan threw in some dominant wins early on, but was posted abroad with work which left the door open for a few well deserved wins for others (and a couple of sneaky podiums under my belt.) ...I do hope Simon notches up his quota of runs and gets through his injury quickly, I always like presenting at the end of year awards to the best that the club has, and in all performances thus far this year, Simon has been a class above.

Early on on the season, we had a few significant injuries to club members out on course. Three out of four weeks saw an ambulance being called. (Personally, in my mind I was wondering if Karma was a thing and noting every dicey thing I've said and done (the list is long and distinguished...)). Thankfully, all are ok with no reports of major "down time" or risk of re-injury. I'd like to thank all involved in helping, sacrificing their own runs for the good of others, and following the recently instated club rules around "what to do" should you witness an incident. I'm glad we had this in place and discussed it at the committee prior to any of the events. Dave Nahrung and Liz Maguire in particular deserve a few drinkies shouted at the next shindig that TRR throws for their efforts, as well as a dozen others who's names escape me at the second.

You are no doubt aware that the committee is trialling a new calendar format this year where we have numerous returns to the Ross river dam 10km time trial circuit. This is for people of all abilities to test their progress and efficiency of their training plans on a relatively controlled environment. I'm claiming an early tick in the box for the initiative. At the conclusion and post race gossip mills/Facebook bum-patting from the two time trials, several people have shown steady improvement and so many PB-bombs have been dropped out there that Kurt Vonnegut is making a comeback novel (slaughterhouse six maybe?!?) ...so it goes. (Anyone who understands that reference should read "All the light we cannot see" by Doerr. Brilliant. Lock it in Eddy.).

Next year, (and I will be proposing and discussing with the committee), we will be looking at implementing a Townsville 10km championship series to the TRR calendar in an attempt to draw out the speed demons of the 'ville who are quite often too busy with other sports and agendas to regularly visit TRR of a Saturday. I'm thinking a road TT or two, a hill course, trail course and a 10km event on the track as a "mini series". This is just a heads up-I think it could be a good thing for the club to take the initiative to instate something of the sort, as Parkrunners may see it as a stepping stone, the fast guys may come out of their tortoise shells for bragging rights, and I feel we need to make more of an appeal to the wider fitness fraternity without hosting "fun runs" per se. We have already dropped the axe on several fun runs that were no longer viable or well attended, a revamp is in order.



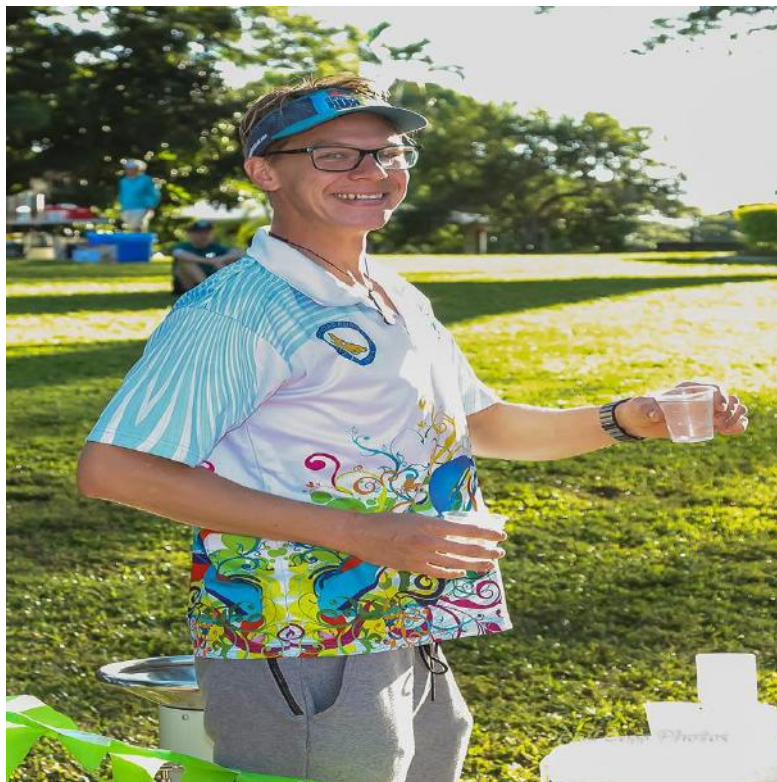
From the Pres...

I have had a few members voice their praise and concerns with this year's calendar (some more vocal than others) which is a great thing. However, it is meltdown-inducing when one member states that the season starts with runs that are on aggregate too long for some of the member populace and on the very same morning another member aired concern at the shorter runs being "not what the club is about and not worth getting out of bed for." Contradictions turn in to a feedback-loop in my head until someone switches me off and back on again. We meet and brainstorm at a committee level about directions the club should be taking. Without input and feedback from the club, we are clutching at straws as to what you guys are really after! Feel free to voice your ideas about progression to the committee and also bear in mind that we do some things to entice new blood and a new generation of runners to the club. I humbly understand and respect the tradition and history of TRR, but there's also a reason that "Let it go" is one of the biggest songs in Disney history.

By the time this is published, many of you will be aware that Simon O'Regan has formally resigned his position of Club Vice President. We have obviously discussed this decision and he feels that he cannot give the role the attention it affords and has other personal commitments which he must prioritise. Being arguably new to the nuances of this whole "family" game, I actually applaud his decision and think it takes a maturity that is far beyond my own to make such a call. I don't just burn the candle at both ends, I hold a blowtorch to the middle as well. Though Simon was only elected in to the role and committee at the culmination of last year, he made a tremendous impact on the direction, focus, purpose and future of the club. I have learned a lot from his leadership and attitude and will strive, along with the committee, to build on his foundations and follow his vision. I have no doubt Simon will be missed in his role, but also no doubt that he will have a great stake in shaping TRR into the future. Thank you kindly for your time and epic guidance this year Simon, you are appreciated.

Don't forget high fives are free, and I'll catch you in the long run.

Tony Gordon.



Coaches corner July 2017

Hopefully by now you have set some running goals for the year and are deep into a structured training program. This month we are going to touch on interval training – most runners have some form of intervals in their programs but when should they do it and how often??

Most elite runners will maintain some form of fast running in their programs all year round, but their remains a structure to it. I recommend a weekly faster session year round, but during base building this is just a fortnightly session of 6 x 200m run throughs at the end of an easy run (note: run-throughs at faster than 5km pace with 90 sec recovery) with a faster tempo based session (20 mins at ½ marathon tempo) on the alternate weeks. Remember the goal during base building is increasing your fitness through volume, which I discussed with the long run last article.

As you transition into some faster running, the volume (how far you run) should now be steady and you can look to add up to three faster sessions each week. Up to three is entirely dependent on your level of experience and how long you have been running. If you are relatively new to running then I recommend one fast session per week during your first season and progress from there based on how you react and a continual assessment of your strengths and weaknesses. So how far and fast should I be doing my intervals?

This remains dependant on your goals and there are numerous variables for rest and recovery periods. If you are chasing increased speed, then rest periods remain longer, strength endurance, then rest is short and may involve slower running rather than static rest. As you can see there are a large number of variables and that is why it is important to not simply follow what someone else is doing. As a guide – I recommend Frank Horwill's five pace theory, which means that over a certain cycle you cover sessions that are up to two paces below (faster) your desired race pace and two paces above (slower), with one at goal race pace.

Here is an example of how it works – you are a 40min 10km runner who does two faster sessions per week.

Week 1. Tues – 5km pace reps Thurs – 15km pace reps
Week 2. Tues – 3km pace reps Thurs – ½ marathon paced reps Sat – 20mins@10km pace

By working at paces above and below your goal race, you cover a wide range of distances. Sebastian Coe, whilst an 800m runner, had the fitness to still run a sub 30min 10km. Likewise, Peter Snell a dual Olympic 800m Gold medallist, ran a 2.42 Marathon the year prior to the Olympics. My point being, you need to develop your aerobic base and also work at a range of paces in your training to be a stronger athlete.

This month's workouts

Speed – 8 x 400m at 3-5 sec per 400 faster than 3km pace. 2 mins between reps and 5 mins after 4 reps.

Strength endurance – 6 x 1km with 200m jog between reps. Aim to hold 1km reps at 3-5 sec per km faster than current 5km pace.

Editor's Note

In future editions of About 8k, the coach's corner section will be written by our new club coach, Phil Copp. Phil is a great runner and has a wealth of knowledge about training plans, training sessions and how to peak at the right time for your planned race. When you have Simon O'Regan's recommendation, that's one ringing endorsement if you ask me. Welcome to Phil and we look forward to his contributions to this section moving forward.



Does Running Actually Wear Out Your Knees?

By Ryan Bartholomew

Senior and Sports Physiotherapist

Back2Health360 Sports Health and Wellness



I am sure anyone who has been running for some time has been told at some point that they are damaging their knees and setting themselves up for arthritis and knee problems down the track. But is this really the case?

This is a topic which has been studied extensively by researchers over the years. The results tend to shock most people, the research suggests that running in fact tends to do the opposite. The evidence actually suggests that runners generally have less knee wear and tear than non-runners and as time goes on, older runners are healthier and in better joint health than non-runners.

The knee is where most of the research into running and arthritis has been focused and the majority of studies could not find a link between running and arthritis. Rather than straight line running, it seems there is a greater risk of knee arthritis with change of direction sports such as football and soccer.

Now the research doesn't say that running will assist with the prevention of arthritis in the knee, it does though conclude that it will not increase your risk of arthritis. That doesn't mean though that you can go and run extreme lengths every day as excess load of anything can tend to cause its own problems. For most of us though, normal running can be a great thing for your long-term knee health.

Next time someone tells you that running is bad for your knees, you can now tell them that this is not the case.

Ask us about our NEW supplement, Arthrex, proven to enhance collagen production and regrow cartilage. Whether you are looking for prevention or helping to repair damage already done, Arthrex has been proven to:

Support joint mobility, cartilage protection and formation, growth and development of connective tissue.^{1,2}

Support symptomatic relief of mild osteoarthritis and arthritic pain.^{3,4}

Comprehensive Joint Nutrition. Free from Soy Protein, Nuts and Seeds free, Lactose free, Gluten free, Dairy protein free

If you have been experiencing any running related injuries or want any preventative advice or exercises, contact Ryan at Back2Health360 today on 4728 3200 to help keep you on your feet and running.

Townsville Road Runner's members are now able to receive 15% off all services at Back2Health360 and 10% off Arthrex Joint Nutrition. There is also a progressive discount incentive for club members who purchase any ON running shoes from the clinic. For more information, please use the information below to contact us.

Happy running!

147 Kings Road, Pimlico QLD 4812 P: 07 4728 3200

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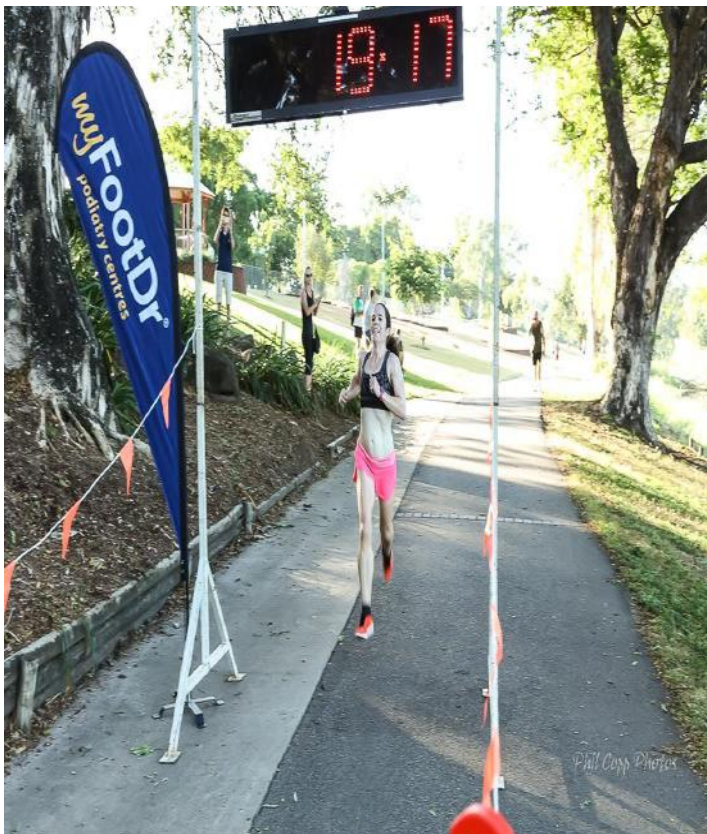


*2017 myFootDr Podiatry
Centres Mother's Day Fun Run and Walk.*

On Sunday the 14th of May Townsville Road Runners hosted the annual Fun Run and Walk down at Rossiter Park. With the help of our major sponsor, myFootDr Podiatry Centres the club set up what was an enjoyable morning for all involved. The family atmosphere, the lovely weather and the high-spirited competitors made for a great morning enjoyed by all. All contributions made on the day were in support of the McGrath Foundation and their wonderful breast care nurses based in Townsville.

We were fortunate enough this year to have generous support from Lambert's Fresh Produce, who provided the delicious produce available to all in attendance. The Coffee Club Townsville, along with The Feel Good Foodie, provided all present delicious coffee and tasty treats before or after their efforts out on the course. Club member Deahne Turnbull won the event and took out line honours on the day. Deahne is also a proud mum so the victory was doubly sweet!

The club managed to raise over \$3000 dollars to donate to the McGrath Foundation. For more photos of this event, check out Townsville Road Runners on Facebook and look through the photo albums to find the one named myFootDr Podiatry Centres Mother's Day Fun Run and Walk 2017.





Running Townsville FOR OVER 40 YEARS



Roadrunner Rambles

Each newsletter, this section is dedicated to introducing the committee and other club members. The aim of this section is to shed some light on those who turn up each week and share a course, cuppa and bikkie with you. It also allows members to become familiar with those runners who are on the committee and who can willingly put and ideas you have for the club on meeting agendas. This issue, we say hello to our club secretary, Michael Punshon!

Name: Michael Punshon

Nickname: -

Years running: 8

Occupation: Aeronautical Engineer

Favourite Shoes: Brooks Adrenaline

Favourite Singlet: One that fits! I'm partial to my Master's Games singlet.

Favourite Race Distance: 5km and 10km

2017 Running Goals: To be a sub 4:00 per/km runner.

Why do you run? At first it was to get fit. Now it's to challenge myself to be above average.

Thanks so much Michael!



This, that and the other.

This section will fill club members in on upcoming events, calls to arms, important information and general good news stories from club members. Have something you'd like mentioned in the newsletter? This is the section you'll find it in. Please see **anyone** on the committee to let us know what you'd like us to add and we'll make sure we get it in here or on the Facebook page.

Running Festival Welcome Dinner:

Spend the evening with members of the Townsville business community and be a part of our McDonald's Townsville Running Festival Welcome Dinner! The menu has been revamped to be runner friendly (delicious carbs) including; roast vegetables, butter chicken, chicken boscaiola pasta, roast beef & pork, salads and churros for dessert!

\$30 per person

Date: 4th August 2017

Time: 6:30PM

Venue: Fish Inn at the Rockpool

RSVP: 1 August 2017

ONLINE BOOKINGS ONLY: www.townsvillerunningfestival.com.au

Email: admin@townsvillerunningfestival.com





IT'S LIVE!
in Queensland

Please join us for the
FRIDAY NIGHT WELCOME DINNER

Spend the evening with members of the Townsville business community and be apart of our McDonald's Townsville Running Festival Welcome Dinner.

\$30 PER PERSON

DATE: 4 August 2017

TIME: 6:30PM

VENUE: Fish Inn at the Rockpool

RSVP: 1 August 2017

ONLINE BOOKING ONLY

Book now at townsvillerunningfestival.com or email admin@townsvillerunningfestival.com

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WHAT'S ON THE MENU

Buffet Style

Bread rolls on the tables
Garden Salad/Greek Salad
Potato, peas and bacon ranch salad

Herb Roast beef/Traditional Roast pork
A medley of sweet pumpkin, potatoes and sweet potatoes
Butter Chicken/Rice/Chicken Escalofante

Spanish Chorizo with chorizo and marinated berries

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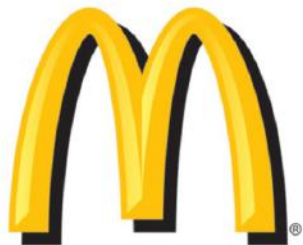
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