

About 8k

From the editor,

Welcome to the third edition for About 8k for 2017. This newsletter finds us having raced/ experienced/survived two of the best races on our club's calendar. The 3 Day Race was very eventful, as was the 2017 McDonalds Townsville Running Festival. The second half of the year always provides great running conditions, momentarily, before heating up again to welcome the festive season. The club will be seeking feedback over the rest of the season because the time has come to plan the calendar for 2018. There will be a chance to provide feedback at club runs as well as a small survey coming your way soon with one of the weekly emails.



From the Pres...

Hey movers, shakers, and record breakers.

What a time to be involved with Townsville Road Runners! We are winding in to the nitty gritty pointy end of the points season and the mad dash for any and all remaining points is on in earnest.

On the operational side of the club, there have been more shift and shunts this year than any time in my memory of the club and quite possibly ever in our clubs' rich history. Justin Smith has tried on a new pair of "I'm the VP now" shoes, quite big shoes to fill once vacated by Simon O'Regan, however he has yanked the laces and hit the ground running. I haven't yet celebrated a year where a VP has thrown in anything more than an opinion-so to have two very different yet highly skilled and enthused members throw all in has been nothing short of a godsend.

Simon at the culmination of last year shaped and implemented a few of the calendar tweaks that, love them or hate them, have given us some bearing toward where we as a committee feel the club would best serve the greater community and our sport. He brought a credible voice and opinion to a few key meetings regarding the club constitution and spearheaded a grant application which has since been successful in attaining a defibrillator for the club.

Justin has been rolling hard and gathering momentum since he got on to the committee, and when the position became vacant he jumped at it. He has been an awesome sounding board and took the lions share of responsibilities in recent times surrounding the Townsville Running Festival. His ability to network baffles me. I think it's a teacher thing? We can both enter the same room, I'll talk to a few people and regale them with charm and running jargon. Justin will leave the same room with five new friends on Instagram, two "exciting opportunities for sponsorship" and a t-shirt. More often than not a shirt for me too. It's an ability I dare say I'm lacking greatly in comparison, but it's warm coco in Winter (in a place that has winter) to know that someone with tact and gusto is getting it done.

On the Townsville Running Festival front, this years' festival was quite successful. We are still finalising a few accounts, however we can report that we are financially stable and ticking all necessary boxes in the accounting side of things. The weekend itself was not short of drama and, personally, I felt like a lot of balls were dropped and I wasn't offered what I considered acceptable explanations in an acceptable time frame. But that's trivial, I wear Nike's and moisture wicking fabrics - I don't wear excuses.

The Townsville Road Runners committee since went to tender for the role of Townsville Running Festival Promoter and have awarded McDonough Piper Promotions a three year contract. (Obviously this is the cliff notes of the entire procedure, if you would like a full dissertation feel free to throw your name in the hat and skin in the game at our next AGM.)

We are grateful to Mad Maggies Promotions for bringing the festival from a club and volunteer managed event, (which it still technically is) effectively in to what I'm dubbing the "professional era" of the TRF. Margie Ryder has been instrumental in this and is deeply emotionally invested in our event and I would personally encourage a round of applause in appreciation of her for taking us this far and allowing us opportunities for the progression of our iconic event.



From the Pres...

Looking forward though, I am excited to see where a new partnership will take us.

Needless to say, the TRF has been a master of time-suckage for the better part of the last 3 months and my poor little synapses are backfiring like chitty chitty bang bang (or Mater if you were born after 1989), so the club has been largely self perpetuating. Our last committee meeting saw a few interesting developments get tabled. We are working on locking in a date and location for our presentation night and the formation of a sub committee to "get'r'dooooonnnnee" (that's a Mater joke for all of you born pre 1989) so that's all rolling, we are in discussions about next years calendar layout and how we want to approach fun runs-to have any influence on this it is vital that you fill out the survey which Justin is circulating through all members email and in hard copies at club runs. Get amongst it.

We are beating the same old drum and lighting the same old beacons for any and all help we can get in our weekly chores. Trevor is a stalwart with the van, Mike is assumed to be the man with the cones. Mike has been marking out the courses since...well pre-Tony-time. I'm pretty sure there's a blue cone in the background of C.Ludwigs interpretation of stations of the cross? Needless to say, Mike has earned a spell and would like to relinquish the ownership of responsibility to someone new. And rightfully so. Alternatively, the 2018 committee might throw it all in the too hard basket and choose only out and back courses along straight, sterile, bland, non-descript roads for 2019.

On a happy note, we have made amends for what I feel was a wrong in 2015. As many of you are aware, the TRF has a "sister city project" which recognises our fastest local marathoners (male and female) in the TRF Marathon by sending them to compete in our sister city, Iwaki, in Japan. The fastest of Iwaki are also rewarded a trip to have a crack in Townsville! The initiative is completely funded by Townsville City Council and in 2015 due to budgetary constraints the entire project was scrapped. That was all good and fair, and the winners took it well as it was understood that the prize was no longer "a thing" we did. Until 2016 when it was re-instated.

There are several arguments on either side of the coin, it wasn't the club or the festival committee's fault or funding that caused it to miss this one year. But, putting myself in the shoes of a winner, I'd have felt it was a kick in the teeth. I'd have taken it on the chin but there would definitely be a smarting wound. So, although it isn't the clubs fault, I felt like it was the clubs responsibility to make amends. 2015 was won by Liz Maguire and Phil Copp, and the committee has agreed to fund them (up to a dollar value) to race in an event wherever they see fit in the next calendar year. My most sincere congratulations to them both again for their accomplishments in 2015.

That's enough from me for now. We are slowly taking the helm of this juggernaut-it's just overwhelming how big the hull actually is! ...second star to the right and straight on till morning.

Catch you in the long run,
Tony Gordon.



Coach's Corner

Coach's corner September 2017

Thanks for reading my first column for this esteemed newsletter as coach.

Firstly, I would like to recognise the contributions of Simon O'Regan. So many good things have been put in place by Simon as coach for the club, something which I hope I can continue. His shoes will be hard to fill for me, but I know he will always be there to support the club and he will fill in and take the track sessions when I am not available. His knowledge of running and his coaching ability are very highly regarded by me and I'm sure by everyone in the club.

For my first topic, I would like to cover one of the most important aspects of running and that's recovery. When you put your body under the training load that occurs when you run, it's very important that you recover properly from this. When you train hard, you are effectively breaking your body down and it's how quickly you recover from this that governs how you improve. This process is called adaptation. Get the adaptation process wrong and it will be detrimental to your running.

Take it too easy and you will not improve or stay at the same level while pushing too hard can sometimes actually have a negative effect and you may even go backwards due to fatigue and also risk injuries. So, it's not a matter of running as hard or as much as you can day in, day out. Recovery from hard sessions (and races) is very important and you should try to avoid two hard sessions in a row. Recovery can be in the form of rest or an easy "absorption" run with absorption a good word to mean absorbing the effect of your running training load and preparing for the next hard session.

So effectively, at times, you can be training/improving while resting. Think about the above next time you smash a hill session in the morning and then turn up for a track session in the afternoon.

Until next time,

Phil.

L2 Intermediate Recreational Running Coach.



Shin Splints – A Runners Worst Nightmare

By Ryan Bartholomew
Senior and Sports Physiotherapist
Back2Health360 Sports Health and Wellness



Few things in life can frustrate a runner more than shin splints. Shin splints are painful, long lasting and quite often will completely stop a runner in their tracks. Usually everything is going really well, then one day the pain starts in your shin and gradually worsens until you feel like you can't go on any further.

So what are shin splints? Shin splints or Medial Tibial Stress Syndrome is caused by the inflammation of the fascia that covers and connects the muscles of your leg to your Tibia (shin bone). In more severe cases the fascia can be put under enough stress to separate from the bone or ultimately cause stress fractures in your Tibia.

Unfortunately, most of the time shin splints are our own fault. There are a number of factors which contribute to shin splints, most of these are easily corrected but ultimately are our own fault to begin with. The most common causes of shin splints are over pronated (flat) feet, poor running biomechanics, inappropriate or worn out running shoes, overtraining and a lack of massage or stretching.

Luckily for you, correcting shin splints is not overly difficult if you follow the advice given to you by your Physiotherapist. The physiotherapist will usually treat you with a combination of massage, dry needling, joint mobilisations and stretches to begin with. One of the most important aspects of recovery is addressing the inappropriate shoes and over pronated feet. Whether orthotics are appropriate for you or simply just updating your shoes to something more appropriate, your physiotherapist will advise you the best course of action. Your feet are taking the whole load of your body when running. If they aren't held in the best possible position, you are opening yourself up to a range of injuries, not just shin splints.

Correcting your running biomechanics is one of the final stages of treatment. As your pain settles down and you have corrected your shoes and feet, you can now focus on your running again. Your Physiotherapist will address any weaknesses in your core, hips, knees and ankles to allow you to run more efficiently and prevent further injury.

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 able to receive 15% off all services at Back2Health360. 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!

Back2Health360, 147 Kings Road, Pimlico QLD 4812



3 Day Race 2017

Oh July, July, July, July! The first weekend in July is always an exciting affair with the annual 3-day race taking place from Friday the 7th through to Sunday the 9th. It is a chance (for those who aren't familiar with it) to run marathon distance over a weekend. It's actually, a great pace predictor for a real marathon if you run it at your perceived pace/effort for a full marathon. Friday night saw the race begin out at JCU with the friendliest distance of the weekend, 9km. It was a night for competitors to feel each other out, get an idea of pacing and ease themselves in to what's to come on Saturday and Sunday.

With the race finished, recovery and stretching done, it was a nice and early start on the Saturday down at Strand Park for the longest and most gruelling race of the weekend, 19kms of fun with a mixture of long flats, climbs and descents and a decent amount of 'heavy legs' thrown in for good measure. Fortunately, club life member Dave Wharton and his friendly Bowen therapy colleagues were on hand before and after the run to ensure people could finish the weekend on the Sunday and have any niggles or concerns treated. Many thanks to Dave and the crew for providing this service to all competitors, it was very much appreciated.



Sunday was a bit kinder with the total distance, 14kms, but not with the terrain. Climbs, descents, flats and points to really pile on the speed made for a sweet ending to one of the calendar's signature races.

In the end, club president Tony Gordon took the honours for the men at the line whilst super-running-mum Deahne Turnbull took the honours for the ladies. This event requires determination, planning, training and that little bit of mongrel to be executed perfectly and all who raced did so in the spirit of competition, comradery and above all, a damn good time. Continued on the next page...



The photos below are but a fraction of what was taken. We're hoping to have all the photos from all events where photographers have been sneaky enough to snap photos of people looking their best up on our new Facebook page into the future. It's a big job so please bear with us.

****Congratulations Tony and Deahne for taking out the 3-day race for 2017!****



McDonalds Townsville Running Festival 2017

Townsville Running Festival 2017 – my tips from the sidelines
Michael Harding.

I started the year rather keen to race the Townsville marathon. The idea was formed over a few longer weekend runs in good company, and spurred by the possibility that this might be the year to pip my younger brother's New York Marathon time of 3:30:25. I must have been feeling pretty sure of my success because I spent the next few months prematurely relishing the achievement and increasingly neglecting the requisite hard work... Needless to say, I never quite got around to filling out that entry form. Still, determined to enjoy the day of the Townsville Running Festival, I rolled around on my bike and cheered on friends and visiting competitors as they looped around the casino and stretched their way out to Pallarenda. Before I knew it, I'd cycled more than twenty kilometers. The opportunity to see competitors at multiple points along the route gave me a unique perspective, and an insight into what makes the day a success for so many people. I have summarised them as follows:



Marathon running can be fun. I was able to read some smiles into the grimaces on the road to Rowes Bay.

Anyone who has had the pleasure of following a solid pacer (with or without balloons) will tell you that they're worth their weight in gold.

Rowes Bay to Pallarenda. Is this road always windy? Yes. And rainy. And humid. And possibly all three on the same day.

A pipe cleaner sticking out of your bottle at the nutrition table won't always help you to pick it up. Best to slow down as you approach.

Townsville Brass motivated us from the sidelines at a hearty bpm. Note: they wash off the salty residue by plunging their instruments into a bathtub of truck wash.

House party guests on The Esplanade will heckle you every time you run (or ride past). There is no such thing as a lonely run today.

Ouch. You don't have to fall over, cramp, or pull out of the race to feel pain. This can be experienced vicariously from the sidelines watching your mates battle it out.

Never ever admit to your little brother that he *might* be faster than you.

MARATHON tips aside, the highlight of the day had to be the refreshing rainstorm at 8:30. Runners opened their mouths in wonder and bathed in the deluge. The brass band scattered to protect their sheet music and instruments, and The Esplanade pyjama party never broke stride. They just poured another round of champagne and kept on cheering. Out front, the speedsters snuck home before the rain turned the course into a steamy sauna. Meanwhile, I hid under a Moreton Bay fig. So, where were you?

Next year I hope to have a better answer to this question. See you on the start line in 2018.



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 the smiliest member of the committee, Colleen Newnham!

Name: Colleen Newnham

Nickname: C, Col or Newie

Years running: 6

Occupation: Teacher

Favourite Shoes: Nike Frees (road) and Salomon Speed Cross (trail)

Favourite Singlet: UTA100 (had to work the hardest for that one) or the TRR 2011 Running Festival 5km singlet (where it all started!)

Favourite Race Distance: Half Marathon

2017 Running Goals: Be like a good wine—get better with age!

Why do you run? Because I can and I'm grateful for my health.

Thanks so much Colleen!



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.

Townsville Road Runners Facebook Page

If you're in the land of social media, you're probably aware that the club now has a Facebook [page](#). By the end of 2017, the Facebook [group](#) we've been using will be shut down. Having a page makes it easier for people to find out about the club and what we're about as you don't have to request access, you can simply like and follow the page. Secondly, when we plan our fun runs and club events for the year they can be managed on the actual Facebook page.

Finally, we can connect our Instagram account as well as the website to it making it easier to manage for those of us who take care of these things. If you've not found us yet and you have Facebook, search for 'Townsville Road Runners' and like the page to receive updates, photos, news and event announcements in your Facebook feed.

End of Year Dinner

The end of the season is fast approaching and with that brings the festivities, food, fun and awards for all of your hard work during the season. The committee is open to any suggestions for the venue, location, food ideas and themes. If you have any ideas for the dinner, please approach Tony, Justin, one of the Michaels (Donoghue or Fitzsimmons) ha ha or anyone else on the committee to have your ideas heard. All ideas will be considered. We're hoping the club gets behind the event and attend for a fun night, possibly friendly sledging, a good meal, lots of laughs and a memorable evening.

2018 Calendar Feedback

By the time you read this, the window for providing feedback about the 2017 calendar will have already or just about be closed. My thanks in advance for those who have provided feedback as it will help us to put together an exciting calendar in 2018 with even further changes from 2017 as we look to build a running season here in Townsville that accommodates all those who choose to run with us. In order to do this, there'll be compromise on all fronts to achieve the best calendar possible. Please bear with the committee and see what we come up with for next year.



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