



## Cairns Road Runners and Triathlon Club Inc.

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## August 2010 Newsletter

### Contents:

President's Report

Upcoming Roadies events

Letters to the Editor

Shoelaces

Race Results

Other events

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Buy a Cairns Roadies Singlet for only \$40!



### At the **Ultraman Canada Event (31 July-2 August 2010) Mike LeRoux**

maintained his second place overall standing by running a 7:17:31 double marathon for a 3 day total time of 22:36:54, also beating the previous overall record time and claiming the second fastest time overall.

Fantastic result, Mike! But the gold medal has to go to wife and Cairns Roadies committee member, **Kirsten**, who had her Cairns Roadies singlet on for this photo opportunity!

Read Mike's blog at

<http://www.mikeleroux.com.au/>.

## President's Report

Welcome to the Cairns Roadies August Newsletter. Thanks to the efforts of vice president, **Julie Sager**, the **Christmas in July social** was a very pleasant evening and everyone had plenty to eat and went home with a Christmas pressie.

Congratulations to our newest **Life Members Jim Cavill**, and **Pam Palmer**. Both have donated endless hours to the club over many years. Jim and Pam join the ranks of the **deKievith family**, **Kev Morrissey**, **Brad Beven**, **Don Morton**, **Ted Leitch** and **Jenny Covacevich**.

The KOKODA CHALLENGE RACE (in PNG) is back on! **Mike LeRoux**, **Larry Lawson** and myself have done this race (Mike and Larry have done it TWICE). It's been off the race calendar for two years. Now it's back on. Who will be at McDonald's Corner (Port Moresby end of the track) in August 2011 and finish 96km later in Kokoda Village? A time limit of 39 hours is set down for this race. Find TREK 713 at <http://www.kokodatrail.com.au/schedule.html#53>



A big thank you to **Rosie Ball** who took some great photos at the Amanda Gale Physiotherapy Copperlode Cup. I'll upload those to the website.

The Pyramid Race is on Saturday, 14 August at 2:30pm. All the best to Cairns Roadies top trail runners: **Chris White** and **Sue Crowe** – and all our other members who are participating! Volunteers needed, so come along and help out!

Want to run from the Esplanade to the top of the Pyramid? See the email from Scott in the "Letters to the Editor" section.

Enjoy trail running? Send an email to [info@runtrails.org](mailto:info@runtrails.org) with Newsletter in the subject line and they'll add you to their mailing list. Great newsletter with updates on trail runs all over Queensland and Australia. Don't forget that you can already enter for the **Spiny Cray Ultra** (check the website for details).

I attended a Queensland Parks and Wildlife Recreation Forum in Cairns on 11 August. QPWR met with interested outdoor recreation groups. Any issues that arise will be open for discussion. These forums will be held twice-yearly and should go a long way to increase understanding of sustainable parks use. Next forum set for February 2011.

We should be looking at accessing funding available. Read over the "Active Inclusion Program" in the Shoelaces section – if you feel you can help out, let me know. Also, foster and kinship carers for (current) children in out-of-home care can access \$300 per child in care to use for sport club rego fees; race entry fees; and possible running shoes or uniforms. For details go to:

<http://www.sportrec.qld.gov.au/Funding/Overviewofallfundingprograms/ChildreninCareInitiative.aspx>

Interested in knowing more about physical activity for older people? You can attend a free workshop on 2 September – see flyer on the last page of this newsletter.

Members of the Australian **Commonwealth Games** middle and long distance running team will be in Cairns in September. (Remember the Oceania Championship is on!). I've invited them to join us at our Club Run on Wednesday nights, so come along on the 22<sup>nd</sup> and 29<sup>th</sup> of September to meet and chat with some of the team, including marathon runner Lisa Weightman. Read the email in the letters to the editor section.

Active Health Club hosted a Health Expo on Saturday, 31 July. Great morning and lots of interesting people to speak to. We donated two 2010 Cairns Roadies memberships. Welcome to **Chris S** and **Lindsay C!**

Unfortunately the Zumba class (and more importantly the cheese and wine) scheduled for 19 August is cancelled. We will organise something else with Active Health Club for later in the year. If you really want to have a go at a Zumba class, let me know and I'll see if I can get a couple of free passes.

The next Cairns Roadies event is the Cassowary Cup Time Trial on 1 September.

Any feedback on the newsletter is greatly appreciated. Let me know what you like, what you don't like and send ideas of things that can be included.

Regards,

*Lorraine Lawson*

Check the website ([www.roadrunners.org.au](http://www.roadrunners.org.au)) for more news and events.

## Letter to the Editor

### Email received on 22 July 2010:

Morning Road Runner's

I, Like yourselves enjoy a good run, so much in fact I'm doing a run Next Friday (30th July) from my home at Trinity Beach to work Kenny Street (Cairns) then home again at the end of the day, I'm doing this for the charity Harald House, which does amazing things for the 30 to 50 homeless children in the Cairns area.

Every night Harald and his team go out in their food van at Munro Park and feed the kids. [www.haraldshouse.com](http://www.haraldshouse.com) Harald is trying to set up a home for some of these children (some as young as 6) in South Cairns which will help get them on the right track in life.

The reason for this e-mail, I'm thinking of organizing a charity fun run later in the year, which would start at the esplanade (Blue Lagoon) and finish.....wait for it.....the top of the pyramid (Gordonvale!) do you have any one in the club who would be brave enough to enter? And would they be willing to get friend - family to sponsor them for this great cause?

Let me know,

**Scott Fraser** | Generation Operations | **Ergon Energy**

07 4046 0916 | 0427 202 056 | [scott.fraser@ergon.com.au](mailto:scott.fraser@ergon.com.au) | Fax: 07 4051 4285 | 83 - 85 Kenny St, Cairns QLD 4870

### Email correspondence from 25 July 2010:

Yes Lisa (Weightman) will be part of our group.

All the marathon team will be in Cairns Martin Dent, Micheal Shelly, Jeff Hunt & Lisa. Others will be 1500m runner Jeremy Roff, and maybe 5000m athlete Eloise Wellings. Others perhaps but yet to confirm. I'm sure the group would be happy to join in on your Wednesday events. At this stage our period in Cairns will be 20/9 to 30/9.

Thank you,  
Ken Green.

### Earlier that day:

Dear Lorraine,

I am the Team Middle Distance/Distance Coach for the Aths Australia Commonwealth Games Team. You may be aware that several of our MD/D team will be based in Cairns from the 20 September for 10-12 days, prior to their departure to India. We are looking to establish, and hence my contact, the better places (forest type tracks/bush) to run. Most of the team will be looking for places to train and complete runs from 60 minutes to 2 hours. Can you kindly advise, alternatively perhaps there is someone available who might be willing to join the team for a few runs and show us around the better places to train/run.

Regards, Ken Green

"Second place is not a defeat. It is a stimulation to get better.  
It makes you even more determined."

Carlos Lopes  
(Portuguese Marathon Runner Olympic-gold-1984, b.1947)



## Membership: 234 members for 2010

New members since June: Rorey H, Susan C, Melinda C, Chris S and Lindsay C. Welcome to the Club!

### August Birthday Babies: (list drawn from our database)

**The big wishes go to:** Sheridan Arkey; Tiki Baxter; Megan Robb; Matthew Hawke *Enjoy the big "0"*.

**And Happy Birthday to the rest:** Neville Appleby; Lorna Bradshaw; Ray Carey; Jo Carman; Bill Carrodus; David Chaffus; Kim Close; Gary Cotter; Eamon Courtney; Steve Cunningham; MF de Jourdan; Matthew Dewar; Stephanie Garner; Sharai Haddock; Leela Hancox; Kallen Hardie; Katie Harlen; T.A. Hartley; Pauline Horne; Bini James; Lenny Johnson; Donna Kellaway; Jacqui Kelly; Greg Kern; Donnalee Marino; Peter Morris; Amanda Nastasi; Kristen Neilson; Ronan O'Mahony; Ryan Richardson; Lenore Sims; Evan Smith; Liz Smyth; Lauren Townend; Meredith Watkins; Greg Wilson; Zack Wilson; Abby Young

Time to get into the swing of things at the **Masquerade Cocktail Party**, being held on Friday 13th August at the Riverstone Hotel in Gordonvale at 7pm. Don a mask, down a cocktail and soak up the spirit of the Festival. All money raised goes towards the running of the Great Pyramid Race and Country Fair. Tickets available at the door - \$35:00. See you there!

### News from the Committee:

August meeting postponed to Tuesday, 17 August.

Remember there is a GREAT offer for new members  
- check the website for details.

**Pyramid Race Update:** 100 runners are ready to go! Great to see so many people keen to take on the mountain, with many entrants being first timers. Neil Labinsky (record breaker in 2007) is back for another crack at the peak having taken a bad tumble last year. Hot on his heels will be **Chris White** who has been training hard and doing well in the local trail running series. The women's race promises to be interesting with both Dehanne Turnbull and **Sue Crowe** lining up again, with only seconds separating them last year.

It is a huge test of endurance and once again the younger runners are under represented with no entries in the junior female category (16-18 yrs) and only a couple in the junior male category. Well - experience and mental toughness must beat youth and recklessness! Go the website [www.pyramidrace.com](http://www.pyramidrace.com) to view the Festival Day Program . There's something for everyone - don't miss out!"

### Active Inclusion Program

Opening date: 1 September 2010 - Closing date: 15 October 2010

Funding to a total of \$5,000 is available to build the capacity of the clubs through education and training; recruitment and retention of volunteers; and encouraging participation in sport and recreation in their community. As a Queensland not-for-profit organisation we are eligible to apply.

The following target groups are the priorities:

- children, youth and families at risk
- culturally and/or linguistically diverse populations
- Aboriginal and Torres Strait Islander populations
- people with a disability

More details at: <http://www.sportrec.qld.gov.au/Funding/Overviewofallfundingprograms/ActiveInclusionProgram.aspx>

## Race Reports and Results:

### Amanda Gale Physiotherapy Copperlode Cup

**Date:** Sunday, 25<sup>th</sup> July 2010

**Race Director:** Eve Kusinski

Light rain and cool, overcast conditions greeted the 58 runners for the Copperlode Cup early Sunday morning. With Phil Bradshaw just missing out on breaking Brad Bevan's record last year, the pressure was on to better his time but unfortunately this was not to be his year. Phil still was the overall winner in a time of 59min and the overall female winner was Anita Gori in 1h18min04sec. Five teams also competed with team Applebee (Neville Appleby and junior Roadies member Bini James) blitzing the field in a time of 56:56 min. Four Townsville runners came along too, but this year, five of the six top spots was taken by Cairns Roadies runners! Post race, runners and supporters were treated to a delicious chicken and champagne breakfast except someone forgot the champagne (oh well, more for next year). Many thanks to our major sponsor - Amanda Gale Physiotherapy and Wellness Clinic who donated two major prizes of \$100+ each!

Thanks to all the volunteers, including Clayton Priddle, Pam Palmer, Russell, Rosie Ball, Kev Morrissey, Melinda Cashman, Kirsten LeRoux, Lorraine Lawson, Rob Mackenzie and Michelle Gooiker. Michelle won the volunteer's lucky draw prize - a \$25.00 dinner voucher from Cock n Bull.

#### Overall winners

##### Male

Phil Bradshaw 59:00  
Chris White 1:03:22  
Steve Cunningham 1:07:30

##### Female

Anita Gori 1:18:04  
Jo Carman 1:18:47  
Teri Orr 1:25:33

Please check the website for full list of results.



Rob and Phil



Eve, Rob and Phil

"I eat whatever the guy who beat me in the last race ate."

Alex Ratelle

(Doctor and Runner won the Heart of America Marathon  
40+ category 8 different times)

### Cassowary Cup Time Trial (4 August 2010)

5k Male winner: Nick Bradt with a 5% improvement.

5k Female winner: Lorraine Lawson with a 9% improvement.

Please check the website for updates on the Wednesday night runs.

## Other sporting events/training in the region and beyond:

### **Athletics:**

The Longreach Athletics Club is hosting the Outback Sunset Carnival on the **21st and 22nd August**, 2010.

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### **Trail Running:**

*Glasshouse Mountains 100/50/30/12 - 11-12 Sept – [www.glasshousetrails.com.au](http://www.glasshousetrails.com.au)  
Run The Whitsundays Great Walk – 18 Sept – [www.whitsundayrun.com/index.php](http://www.whitsundayrun.com/index.php)  
Lamington Classic – 23/24 October – [www.runtrails.org/articles/?p=1111](http://www.runtrails.org/articles/?p=1111)*

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### **Metrogaining:**

**Hike/Bike Mossie Metrogaine:** Sunday **August 15<sup>th</sup> 9.00am-12.00pm** from the Mossman High School on William St.

Rego closed Thursday, 12 August. Call Mike on 4032 4567 to see if you can still get in.

#### **2010 It's Extreme Winter Series Metrogaines**

1. ~~Thursday August 12th, Struan Lamont – Brinsmead~~
2. Friday August 20th, MC & Muzza - CBD
3. Thursday August 26, Louise Carver- Holloways
4. Friday Sept 3rd, Jason Thomson - Bayview
5. Thursday Sept 9th, Nance Storch & Lizzie Marshall - Smithfield
6. Friday Sept 17th, Darren Osmond - TAS

Check the website for details – [www.adventuresportnq.info](http://www.adventuresportnq.info)

Happy Trails.

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### **Cairns Crocs AGM**

Trinity Beach Lawn Bowles Club. 28<sup>th</sup> August, 6pm. SHARP

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Sun, **05 Sept 6.30am ONAMISSION** Multisport Short/Long option Mission Beach South

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Sun, **03 Oct 9.00am** Cairns MTB Mountain Bike **20th RRR** 100k / 44k Mt Molloy to Port Douglas

“Run like hell and get the agony over with.”

Clarence DeMar at Thinkexit.com



## SPORT and RECREATION WORKSHOP

### Physical Activity for Older People

**Date:** Thursday, 2<sup>nd</sup> September 2010  
**Time:** 9.00 am – 12 noon  
**Venue:** Cairns Bowls Club, 117-125 Toogood Road, Bayview Heights

Presented by Complete Performance Solutions, this workshop is part of a series of Queensland Government initiatives to discuss current issues facing the sport and recreation industry. This workshop is a great learning opportunity for coaches, administrators, instructors and volunteers operating at the grassroots level.

	Presented by Leanne Cordero, this workshop will cover:
<b>Topics Covered</b>	<ul style="list-style-type: none"><li>The benefits of being physically active</li><li>How much activity is enough?</li><li>Managing your risk when exercising</li><li>Recommendations for specific medical conditions</li><li>Recommended heart rate ranges whilst exercising</li><li>How to improve your fitness, flexibility, strength &amp; balance</li><li>Enjoying a variety of physical activities</li><li>The benefits of incidental exercise</li><li>Setting physical activity goals &amp; monitoring your progress</li></ul>

**Join us to help make our community more active!**

Contact the Department of Communities, Sport and Recreation Services on (07) 4091 9230 or email [sfarnorth@communities.qld.gov.au](mailto:sfarnorth@communities.qld.gov.au) before Monday 30<sup>th</sup> August 2010 to register your place.

**There is no charge to attend this workshop**  
**Light refreshments will be provided**

Click on [www.sportrec.qld.gov.au](http://www.sportrec.qld.gov.au) and get active!

