



# Cairns Road Runners and Triathlon Club Inc

PO Box 7403, Cairns QLD 4870

Established in 1979 - 30 years  
of fun and fitness

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## January 2010 newsletter

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*Tip:* Did you know that you can **zoom in** by holding down the Control Key and using the roller on your mouse?! Otherwise, put on your glasses!

## Welcome

Happy New Year! If you wish to receive this newsletter via email, please let us know!

My aim is to send out one newsletter at the end of the second week of each month, and only a couple of race reminders in between. If you have something to share, you will need to send it to me to include in the next newsletter, or risk missing out.

I recommend you skim over the document and print out the pages (double-sided, of course) you wish to read. Lots of riveting information included, I'm sure once you start, you won't be able to put it down...

There are also lots of attachments with the original email. You can access most of it elsewhere on our website. If you cannot find it, please request it via email.

The story entitled "Who Wins?" is the story of how and why I came to be a runner (please request via email if you would like to read it) Have you got something to say? Put pen to paper and send me **your story** to include in a future newsletter!

Our sign on is on 10 February (that's a Wednesday) and our first race – the CBC Staff Selection Holloways Race - is on 13 February. Our Wednesday Club Runs are very popular, we've been using a new format since May last year and it's proved to be a change for the better. A handicap run followed by a sausage sizzle/soft drink and chat. Join us this week and have a go! We meet at 5:30pm just north of Muddy's Playground on the Esplanade.

Are you the type of person that reads the newspaper or newsletters like this with a pencil in your hand, checking if I know how ter rite proper? I know you're out there, if so, make sure you let me know, as I'll put you in charge of editing the newsletters in 2010. For the rest of you, I apologise in advance for any and all errors in this month's newsletter (won't happen again if the editor actually starts their job next month). I always use the excuse that English is in fact my *second* language!

Baie dankie,

*Lorraine Lawson* (Cairns Roadies President)



## *New Members / New Runners*

Do you know of someone who would like to join us? **Please forward this email** to family, friends and work mates. Promote the Sign On and invite people to come along. I find that often you just have to ask! Lots of people would like to be more active, but just don't get going on their own...

## **The Couch-to-5K Running Plan**

(Find this page online at: [http://www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml))

Coolrunning.com claims that their beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 5k in just two months.

**By Josh Clark**  
**Posted Monday, 20 July, 2009**

Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.

You should ease into your running program gradually. In fact, the beginners' program we outline here is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you running 5k on a regular basis in just two months.

It's easy to get impatient, and you may feel tempted to skip ahead in the program, but hold yourself back. Don't try to do more, even if you feel you can. If, on the other hand, you find the program too strenuous, just stretch it out. Don't feel pressured to continue faster than you're able. Repeat weeks if needed and move ahead only when you feel you're ready.

### **A few minutes each week**

Each session should take about 20 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. This program will get you fit. (Runners who do more than this amount are doing it for more than fitness, and before long you might find yourself doing the same as well).

Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

Before setting out, make sure to precede each session with a five-minute warmup walk or jog. Be sure to stretch both before and after.

Remember, check the Roadies Event Calendar and include some races too! Most of our races have a 3k for kids and novices. We cater for all ages and all abilities. Races are set up to allow runners to turn back early or complete a shorter course. If you attend the Wednesday Night Club Run (5:30pm, just north of Muddy's playground on the Esplanade), it's **FREE**.



## The schedule

Week	Workout 1	Workout 2	Workout 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Repeat Workout 1 for week 1	Repeat Workout 1 for week 1
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Repeat Workout 1 for week 2	Repeat Workout 1 for week 2
3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 90 sec</li> <li>• Walk 90 sec</li> <li>• Jog 3 min</li> <li>• Walk 3 min</li> </ul>	Repeat Workout 1 for week 3	Repeat Workout 1 for week 3
4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> </ul>	Repeat Workout 1 for week 4	Repeat Workout 1 for week 4
5	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 5 min</li> <li>• Walk 3 min</li> <li>• Jog 5 min</li> <li>• Walk 3 min</li> <li>• Jog 5 min</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 8 min</li> <li>• Walk 5 min</li> <li>• Jog 8 min</li> </ul>	Brisk five-minute warmup walk, then jog 20 min with no walking. (This will be about 3 kilometres)
6	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 5 min</li> <li>• Walk 3 min</li> <li>• Jog 8 min</li> <li>• Walk 3 min</li> <li>• Jog 5 min</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 10 min</li> <li>• Walk 3 min</li> <li>• Jog 10 min</li> </ul>	Brisk five-minute warmup walk, then jog 25 min with no walking.
7	Brisk five-minute warmup walk, then jog 25 min.	Repeat Workout 1 for week 7	Repeat Workout 1 for week 7
8	Brisk five-minute warmup walk, then jog 28 min.	Repeat Workout 1 for week 8	Repeat Workout 1 for week 8
9	Brisk five-minute warmup walk, then jog 30 min (this will be approximately 5k).	Repeat Workout 1 for week 9	The final workout! Congratulations! Repeat Workout 1



## Committee Meetings / Race Director Meeting

On the second Tuesday of each month, the Roadies committee members meet to discuss issues relating to the club. Did you know that these meetings are an open to members. Venue: CBC Staff Selection, Level 1, 42 Spence Street, Cairns. Time: 5:30pm. The first meeting for 2010 has been moved and postponed to Monday, 25 January and will take place from 5-6pm at 17 Hudson Street, Whitfield.

The **Race Director Meeting** follows the Committee Meeting on the 25<sup>th</sup> of January. Race Director responsibilities and volunteer roles will be discussed. After the meeting there is a BBQ. For catering purposes, please let us know if you want attend.

## Race Singlets

Now available for \$40.00 each. Where your singlet at the new race and stand in line to win a prize!

*Thanks to our models (from left to right)  
Sue, Celia, Sandra, Martin, Lorraine and Jim.*



## The Trailer

New signage for the four sides of the trailer is donated by Tammy and Jeff Homan from **Homan signs**. Tammy is a wiz with this sort of thing, so make sure next time you need signs, etc that you contact her first! **Scody** generously allowed us to use the same image as that on the race singlets they made for us. So it all looks very cohesive.

A huge thank you to **Marcel** who is stripping the trailer in preparation for the new signage to go on. You'll see the revamped trailer at the Sign On or our first race series - Holloways Beach - 13 Feb, 6 March and 27 March.

Sign On Poster – a special thanks to local artist, **Cathie Brett**, for this year's Sign On poster art & design. Please print and distribute the poster (see attached) to promote this event!

## Sign On

2010 Membership Fees are now due. We currently have 7 members – of which 5 are NEW members. Welcome **Rosie, Alison, Johno, Mo** and **Taras**! And welcome back **Steve** and **Sam**. Come along to Sign On day or submit your membership form at any other time to one of the committee members along with your payment. You must be a current member to get discounts for your races.

**Sign On Day:** 10 February 2010, 4pm – 7pm

**Venue:** BBQ area next to the Skate Park on the Esplanade

**Costs:** Family \$65; Senior (19+) \$30; Junior (U19) \$20; Life Member \$0; Super Senior (70+) \$20; Non-Competitor \$20 (Discounts apply if you sign on by 10 February)

WHAT'S ON

**4:00-7:00pm** Sign On – fill in the paperwork, pay your money. Buy your singlet. Collect your bag of goodies – string bag, water cooler holder, wrist band, CBC yearly calendar and pen, 2010 Event Calendar, Activity booklet (kids only), Members information booklet, **Sportsco** discount card (one per family), bottle of water from **Choice Australia Management**, Sausage sizzle & soft drink voucher

**5:30pm** Run/Walk 3k or 5k – Handicap Race

**6:15pm** Free Sausage Sizzle & soft drink for all 2010 Roadies members



## Roadies Sponsors with Race Naming Rights

Below is a list of sponsors that have donated their time, goods and/or services to support our races this year. **PLEASE** make sure you support them and mention that you are with the Roadies, so they know they are getting something back for all their efforts! We are still looking for more prizes for the races, so please contact me with your suggestions. Or donate something yourself!

### 2010 Sponsors:

- **Amanda Gale Physiotherapy, Massage & Wellness Clinic** – thanks for your continued support this year, Amanda and team. Jude and Fiona are performing Running and Cycling Biomechanical Assessments. (see brochure attached). Amanda is sponsoring the Copperlode Cup (24 July) this year.



- **Sportsco** - Great to have you aboard, Derek. Derek is the sponsor for our Little Street Series Races (3 & 22 May) this year. Some exciting news from Sportsco is that they will soon have a treadmill set up to allow you to determine the best running shoe for your running style. *Look out for your Sportsco discount card in your Sign On bag!*



- **Active Health Clubs** – Read Big Ben’s article on [How Agility Affects Jogging](#). Active is providing us with a \$300.00 prize for one of our races! And access to additional free guest passes, special promotions, and corporate membership packages for all Cairns Road Runners and their families. See voucher attached.

- **Cock 'n Bull** – great place to eat and enormous meals. Thanks, Stevie & Graham for donating prizes and vouchers for our volunteers and runners this year. *Stevie is training for the 2010 Comrades Marathon in South Africa. All the best, Stevie!*



- **Choice Australia Management** – T.A. Hartley is an avid runner and I’m sure you’ve seen him running on the Esplanade with Peter Mounteny! (Just need to convince them to come run with us on Wednesdays now!) Todd is donating a cup for the Choice Australia Management Cassowary Cup Races and Choice Water and for us to use during races and Wednesday Night Club Runs. Thanks, Todd!
- **CBC Staff Selection** – thanks for your continued support, Sally and Kirsten. CBC Staff Selection has been very helpful and provide us with a venue for our monthly committee meetings. They have earned the naming rights to the 2010 Holloways Series Races. *Kirsten is our acting Secretary. Thanks for all your help, Kirsten!*
- **AJ Hackett** – one of our Trail Running sponsor. Our participants will love the BBQ and bungy jumping after the Poker Run on the 13<sup>th</sup> of March.
- **Jason Hedges** – Jason conducts PT sessions & sports massages. He is donating his time in prizes this year and is also the race director for the Halloween Run on 30 October.

The **Lions Babinda Harvest Festival** Committee has approached us to host a 5k and 3k fun run on the Saturday afternoon, 29 May. Lots of prize money up for grabs.

**Please note:** *There are various levels of sponsorship available with the Cairns Roadies. Check our website next month for more details.*

## 2010 FNQ Multisport Event Calendar

There is a long list of sponsors who has made the printing of the Event Calendar possible. Please refer to our website for more details.

Paper copy of the Event Calendar available at Sign On. Online copy available now on our website at [www.roadrunners.org.au](http://www.roadrunners.org.au).

ROADIES EVENTS FOR FEBRUARY TO APRIL, 2010	
Every Wed - no exceptions 5.30pm, <b>CLUB RUN</b> (free for everyone), 5k / 3k Northern end of Muddy's Playground, Esplanade	
FEBRUARY	
10	Wed, 4-7pm, <b>SIGN-ON</b> Evening, 5k / 3k Northern end of Muddy's Playground, Esplanade, Roadies Committee
13	Sat, 5.00pm, <b>CBC STAFF SELECTION HOLLOWAYS #1</b> , 5k / 3k Holloways Beach, Angela Graham
MARCH	
6	Sat, 5.00pm, <b>CBC STAFF SELECTION HOLLOWAYS #2</b> , 5k / 3k Holloways Beach, Angela Graham
13	Sat, 5.00pm, <b>AJ HACKETT POKER RUN, TRAIL RUN #1</b> , One Hour, Smithfield MTB Park Car Park, Macgregor Road, Shane White
17	Wed, 5.30pm, <b>CHOICE AUSTRALIA MANAGEMENT CASSOWARY CUP TIME TRIAL</b> , 10k / 5k / 3k, Northern end of Muddy's Playground, Esplanade, Lorraine Lawson
27	Sat, 5.00pm, <b>CBC STAFF SELECTION HOLLOWAYS #3</b> , 5k / 3k Holloways Beach, Angela Graham
APRIL	
9	Fri, 5.30pm, <b>2010 SUNCORP NQ GAMES</b> Opening Ceremony Barlow Park, <a href="http://www.nqsports.com.au">www.nqsports.com.au</a>
10	Sat, 4.00pm, <b>2010 SUNCORP NQ GAMES</b> , 5k / 3k Fun Ship, north end of Esplanade, TBA
11	Sat, 6.30am, <b>2010 SUNCORP NQ GAMES</b> , 21.1k / 10k Barlow Park, Lorraine Lawson
25	Sun, 7.00am, <b>THE SPEEWAH LEGEND FOOT RACE, TRAIL RUN #2</b> , 17k / 8k Speewah Campground, Shane White

"I believe in using races as motivators. It's hard to keep an exercise program if you don't have a significant goal in sight." Bob Greene, Oprah Winfrey's personal trainer.

## Volunteers

We need people to help. Please make sure your name is added to the list of volunteers for races this year. You don't have to do much – water stop, rego, clean up, etc. Don't stay at home if you are injured, come along and help out! We also need helpers to do things like design the website, edit the newsletter, apply for grants and distribute event posters. Contact Lorraine.



## Races and Runs and Socials

### 2010 Suncorp NQ Games - 9-12 April

Nomination forms now available – see attached. Note that you don't return the form or the money to the Cairns Roadies, but to the NQ Sports Foundation. AND there is a cut-off date, so get your form in early.

If you are not running, we desperately need you to help out! Volunteers are required to stand on street corners, man water stops, help with handing out race bags, record results, take photos and lots more.

The course will be decided on at the Race Director Meeting (25<sup>th</sup> January).

### Choice Australia Management Cassowary Cup Time Trial: 3k, 5k or 10k

New event to encourage more runners to attend the Wednesday Night Club Run. If nothing else, come to these five races during the year. Wednesday nights: 17 March, 12 May, 16 June, 4 August and 1 September. There will be a trophy for the most improved runner. No idea how that gets decided. But we'll figure something out...

### Trail Runs

Shane White has been working hard on these. There are four on the calendar this year. Fantastic job, Shane! I'll be there supporting you. The Poker Run and Goldsborouh Rush last year were great races.

<b>13 March</b>	Sat, 5.00pm, <b>AJ HACKETT POKER RUN, TRAIL RUN #1</b> , 1hr, Smithfield MTB Park Car Park, Macgregor Road
<b>25 April</b>	Sun, 7.00am, <b>THE SPEEWAH LEGEND FOOT RACE, TRAIL RUN #2</b> , 17k / 8k Speewah Campground
<b>30 May</b>	Sun, 7.00am, <b>GOLD RUSH, TRAIL RUN #3</b> , 42k / 21k / 5k The Boulders campground, Babinda
<b>17 October</b>	Sun, 7.00am, <b>SPINY CRAY ULTRA, TRAIL RUN #4</b> , 56k / 21k / 5k Highlander Tavern, Mt Lewis Rd, Julatten

### Social Events

This year we are introducing social events purely for the FUN of it! Adults and kids are welcome to attend.

**Relay for Life** (5-6 June) - Thanks to committee member, Sandra Buckley who is in charge. You can sign on now for the Relay for Life. Google Relay for Life and navigate to Cairns. Search for teams "Cairns Roadies" or "Cairns Road Runners". Registration fee is \$15.00, and you can sign on online. Remember that by signing onto the team you pledge to contribute **at least** \$100 towards the team fundraising efforts. You can fundraise the money, or pay it out of your own pocket. A team meeting to decide on a theme, fundraising options, etc is being planned. Watch this space...



## Social Events (continue)

**Barron Gorge Moonlight Gallop** (25 June) – this is an event that has been on the calendar since 1995, thanks to **MF's** efforts. 86 runners participated in the first race and a kids' run distance was introduced the next year. Free pizza, so make sure you pencil it into your diary and join us for a (nearly) full moon run.

**Christmas in July** (30 July) – new on the Roadies Calendar. And another event Sandra is organising. Make sure you come along and enjoy the company of fellow runners. No running involved, just eating, dancing and presents. *Any suggestions on a venue?*

**Inaugural Halloween Run** (30 October) - Purely for the kids, those young at heart and those who like to dress up (Yes, I know you are out there).

**Christmas Run/Triathlon** (5 December) – a bit of a disaster in 2009 as there was no tri, only a run. We'll be better organised this year.

"For me, as for so many runners, there really are no finish lines. Runs end running doesn't." Dean Karnazes, "Ultramarathon Man"

## What else is news?

Are you 40 or over? Are you female? Do you want to improve your bike speed? Do you want to build anaerobic threshold & lactic acid tolerance? Do you want to improve your bike handling? Do you want to learn how to bunch ride? Do you want to train with women a similar age and ability to you? Please contact Sue Rayner on 0407967975 or [susan.rayner@ergon.com.au](mailto:susan.rayner@ergon.com.au) for more details.

**Cairns Crocs Triathlon Club Sign On – 7am, Sunday 7 February** at the Lagoon. Kids aquathon. Check the Crocs Website for more details.

### Adventures on a Summers Weekend. (February 27/28 2010)

3 events:

- a) 2 hour Saturday afternoon Metrogaine in Tinaroo Township
  - b) 2 Hour Day/Night Rogaine Saturday Evening at Camp Barabadeen; including BBQ Dinner
  - c) 3 Hour Off Road Triathlon Sunday Morning from Tinaroo Township
- Static and dynamic displays all weekend.

For more information go to [www.adventuresportnq.info](http://www.adventuresportnq.info) - events. (Event website will be open January 20th) or call Kim on 4058 1548

*P.S. Kim attends the Wednesday Night Roadies Club Run on a regular basis, so chat to her about this event then.*



### January Babies – Happy Birthday to you all!

Rob Mackenzie	Trees de Keivith	Mark Urquart	Liz Cox
Maureen MacIntosh	Geoff Lucas	Ian Grant	Rebecca Carey
Tim Trehearn	Sandra Matthews	Stuart Heggie	Debra Harrison
Melissa Cotter			

*(P.S. Names generated from our database. There is no particular order, so don't even try to figure out how old they are!)*





# Who Is Sue Rayner?

## Club Member Profile

1. Female
2. Favourite Race: Tour de France [to watch] Maryborough Masters Games to participate in.
3. PBs? Ha Ha!!! Probably 50 minute off the bike at Noosa Triathlon after recovering from being hit by a car.
4. If you could go anywhere in the world for a run, where would it be and who would it be with? I'd go with Ian [my husband] and anywhere where there is a flat 3km circuit in the shade.....runner I am not!!
5. What would you call yourself if you could choose your own name? Boss!!
6. Favourite Website? Pinarello.com
7. What is the kindest thing that someone has ever done for you? My best friend who came around every morning before work to help me shower after I'd been hit by a car.
8. Most hated job on the household chore list? Bloody grocery shopping....bring on the on line shopping for Cairns!!
9. Where is your bloodline originally from? New Zealand...Bahhhhh
10. Name one thing that not many people know about you. But then you'd know!!
11. How many towns have you lived in? 4 different countries and too many towns to count....
12. Why do you like living in Cairns? Weather and sporting opportunities
13. Have you been told you look like someone famous? Who? Not recently although I'd like someone to tell me I resembled Elle McPherson!
14. Are you a morning person or a night person? Morning
15. Pets? 2 dogs. Bailey [Golden Labrador pup] and Sammy [Rottweiler]
16. Any new and exciting news you'd like to share with us? Ian and I are off to race at Mooloolaba in March
17. How many keys on your key ring? 8 [I'm not that important!]
18. Last person you spoke to on the phone? A Diabetes Educator at work
19. Wet season or Not-wet season? Not wet season
20. Coffee or tea? Both
21. Salty or Sweet? Salty
22. Favourite day of the week? Saturday
23. Name one thing that you miss about being a kid. Having to be politically correct!

# Who Is Phil Bradshaw?

## Club Member Profile

1. Male or Female? **Male**
2. Favourite Race / Run?  
**Last year I enjoyed the Copperlode Cup and Kewarra 10k races.**
3. PBs?  
**5k – 15.04                      10k – 30.58                      HM – 70.10**
4. If you could go anywhere in the world for a run, where would it be and who would it be with? **Maybe the New York or Boston Marathons with Kenenisa Bekele, because that means I would be keeping up with him.**
5. What would you call yourself if you could choose your own name? **I heard someone on the radio had called themselves "Captain Muscles"...I like that.**
6. Favourite Website? **Runners World....and the Roadies website of course.**
7. What is the kindest thing that someone has ever done for you? **Married me.**
8. Most hated job on the household chore list? **Washing the dog**
9. Where is your bloodline originally from? **Stoke-on-Trent, United Kingdom.**
10. Name one thing that not many people know about you.  
**Er...I'm distantly related to Adam and Eve????**
11. How many towns have you lived in? **three**
12. Why do you like living in Cairns? **You can actually plan to do something outside weeks in advance instead of minute in advance in the UK.**
13. Have you been told you look like someone famous? Who?  
**My mates call me "Gower" after David Gower the slightly odd looking ex-England cricket captain (bottom of picture on the right) (Source: <http://tinyurl.com/ykm2plb>)**
14. Are you a morning person or a night person? **Since moving here a morning person**
15. Pets? **My running partner, a German Shepherd called Rex.**
16. Any new and exciting news you'd like to share with us?  
**Lorna and I had a little baby boy called Evan on 22<sup>nd</sup> December 2009.**



17. How many keys on your key ring? **4**
18. Last person you spoke to on the phone? **Father in Law, also called Phil.**
19. Wet season or Not-wet season? **Dry season all the way . I the wet season you come back from a run looking like drowned rat whether it's raining or not.**
20. Coffee or tea? **Tea, white with one and a half sugars**
21. Salty or Sweet? **The sweeter the better**
22. Favourite day of the week? **Friday, because you have the next 2 days off.**
23. Name one thing that you miss about being a kid. **When I was younger I could remember anything, whether it happened or not.**

## How Agility affects Jogging

As an avid jogger, coming from a family of triathletes, I had to ask myself why was I the only person to have painful incidents like stepping into potholes, tripping on sidewalks, and running into invisible spider webs? Some treatments for a rolled ankle and a back injury enlightened me on my history of bad luck.

The consequences of weak agility muscles can be debilitating for running athletes. Complaints range from knee pain, iliotibial tightness, sciatic nerve pain, lower back aches, and shin splints.

If we consider the planes of movement, most running training and strength conditioning occurs predominantly in the sagittal plane (eg. Running forwards, lifting the knee). The muscles which help align our movement in the sagittal plane and create a safe range of movement sideways (as you overtake your competition, or jog on winding paths) are our side glutes – the Gluteus Medius and Gluteus Minimus.

These muscles are the hip abductors and lift the leg out to the side from the hip joint. If the knee remains aligned to the front as we naturally push off our foot to the side, our leg laterally rotates away from the hip, such as when we are jogging up steep descents or changing direction.

In order to increase your hip abductor strength, and reduce risk of injuries resulting from bad hip alignment and poor agility performance, a combination of lateral rotation and hip abduction exercises need to be included in your weekly training schedule.

These would include standing leg abduction (squeezing one of your straight legs away from the body, to the side or behind) during your warm-up phase, or attaching a leg cable while performing this at the gym. There are also exercise machines, both standing and seated, which increase your strength moving your knees away from the hips (against the resistance).

Likewise, plyometric exercises such as the “Superman” move in BODYATTACK fitness classes create an explosive movement performed in the frontal plane which recruits the posterior fibres of the Gluteus Medius.

Readers are able to use the attached coupon to come along to a BODYATTACK class FOR FREE\* at any Active Health Club. Come and try this fitness conditioning class in the air-conditioned and friendly inclusive atmosphere of our studios, locations and times are noted on the website: [www.activehealthclubs.com.au](http://www.activehealthclubs.com.au)

Just make sure you always stretch warm muscles, and incorporate some stretches targeting your agility muscles such as gluteals, iliotibial band, lower back, and calf muscles after each training session to increase muscle length and recovery from training.

If you see me jogging along and waving my arms up frantically, remember to thank me for removing the spiderwebs from the footpath.

Yours in fitness,  
Big Ben.



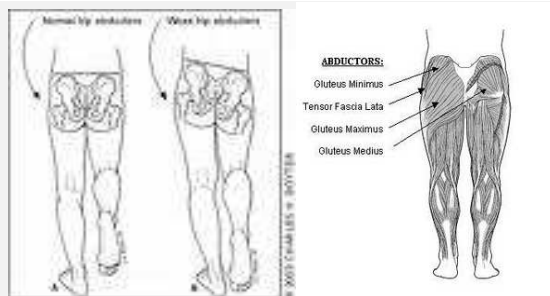
Benjamin Newman is the Business Development Manager for Active Health Clubs, and is qualified in Certificate III Fitness, specialising in group fitness. Ben has been keeping our community healthy and fit since 2001.



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\* You need to be on our database to access the pass, please email me at [info@roadrunners.org.au](mailto:info@roadrunners.org.au).

## FITNESS CHEAT SHEET...



**Normal / Weak  
Hip abduction      Anatomy of  
                                 Abductors**

**BODYATTACK is the sports inspired cardio workout for building strength and stamina. This interval training class combines athletic aerobic movements with strength stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. Studies by Sydney and Auckland University have shown between 500-600 calories are shredded in this 55-minute program. Check out the moves online**

**<<http://www.lesmills.com/global/en/members/bodyattack/>>**

**BODYATTACK is just one of many fun fitness classes available at your nearest Active Health Club, check out the full program <[www.activehealthclubs.com.au](http://www.activehealthclubs.com.au)>**