



Cairns Road Runners and Triathlon Club Inc.

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May 2010 Newsletter

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President's Report

Welcome to the May Cairns Roadies newsletter. I apologise up front for any errors, as I've not had time to get Chris to a proof read for me! New in this newsletter: Letters to the Editor, links to various flyers/documents.

Thanks to those members who stepped up and offered to help. We had volunteers for the first Sportsco Little Street, thanks to Lenore Sims efforts. Julie Sager is the race director for Babinda Boulders Burst and Darren Hargreaves is helping her by phoning people to get volunteers to help. Sandra has found 20 participants for the Relay for Life!

There is a 'Busy Bee' for the Gold Rush THIS Sunday – see message from race director, Shane on the next page.

A few of our members are out and about this month – make sure you have a chat to them about their events!

The North Face 100km trail run in Blue Mountains (15th May) & Lunch on 21 May- **Mike Le Roux**
Wheelbarrow race (14-16 May) – **Laura Garner, Ivan Whittle, Sarah Giffiths, Lorraine Lawson, Ian Valentine**

Comrades Marathon (end of May) – ultra marathon in South Africa - **Stevie Johnson**

XPD Adventure Race (17-28 May) – any Cairns Roadies members doing this one????

Anyone else we've missed? If you don't tell us, we don't know about it!

Ben Newman from Active Health Clubs will be leaving for Sydney. He has been a great supporter of the Cairns Road Runners this year and his enthusiasm and drive will be missed dearly. All the best, Ben!

Peter Tibbs, a long-standing supporter of the Cairns Road Runners, passed away last week. Our condolences go to his family. He will be remembered.

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.

Thank you to the following people who have contributed to this newsletter:

Chris White – Speewah Race Results and Report

Speewah Race Competitor's Reports from **Steve Cunningham,**

Julie Sager and **Ryan Lindsay**

Ben Newman – Anti-ageing through diet and exercise

Regards,

Lorraine Lawson

Tip: If the arrow on your mouse changes to a hand – there's a link to open that will take you to another page...



Upcoming Cairns Roadies Events May/June 2010

sportsco
SMITHFIELD
07 4038 1799

Little Street 10k Series, Race 2 of 2

10k / 5k / 3k

22 May

Race Director: Michele Clark

Babinda Boulders Burst - \$2000 in cash prizes

11k / 5k / 3k

29 May

Race Director: Julie Sager

Gold Rush - part of our Dirty Northern Trail Running Series

42.2k / 23k / 5k

30 May

Race Director: Shane White

If you are keen to get to know the Gold Rush course a **LOT** better, there is a top opportunity to do so this Sunday. A small group (Chris and anyone who responds to this enticing offer) are going to do some track work (clearing wait a while and minor vegetation from track) **this Sunday morning, May 16th**. Starting from Boulders heading north and basically making track runnable where vegetation currently slows progress. Helpers can turn and run (newly cleared) return leg from whatever distance out they like. Give Chris a ring (0404 187 477) if you are keen (or even slightly interested) to work out times and gear etc. Note you'll also qualify for the volunteer prize of the series if you help out!!!

Cheers **Shane White** (shane@adventuresportnq.info, 0438 758 862)

Relay for Life - fundraiser/social event

Do as much as you like!

5-6 June

Team Leader: Sandra Buckley



Cassowary Cup Time Trial

3k, 5k, 8k, 10k

16 June

Race Director: Lorraine Lawson

Cross Country Runs for the Kids

Hi Kids, there are lots of events coming up just for YOU! Make sure you come along - bring a friend too...

12 June - St Mary's Cross Country, Race 1

19 June - St Mary's Cross Country, Race 2

25 June - Moonlight Gorge Gallop with glow sticks and free pizza (this one is not cross country!)

3 July - Goomboora Park Cross Country

10 July - David Todd Memorial Mile

Check the website (www.roadrunners.org.au) for details on all events and how to enter.

Letters to the Editor

Hi Lorraine

Rosie and I are off to the Cook Islands on Sunday and will be away for a couple of weeks.

Suddenly I have the feeling that I may have peaked a month ago and this is going to be ugly.

Oh well the scenery should be nice.

Cheers
Martin & Rosie Ball
22/4/2010, via email

They are back. Great job Martin – we are all waiting for your photos and race report!

During the Beginners Running Clinic in April Larry had suggested people have a look at a great book - "Lore of Running". John sent an email saying:

Hi Lorraine - just back from Brisbane last night. Got the Lore of Running off the shelf at Dymocks in Brisbane city (and only \$45 Australian)!!

Fantastic. And read it on the way home on the plane.

Heather (that's John's wife) has snaffled it now though - should have bought one for her too i guess. But she's found some stuff in there pretty useful for coaching her Tuesday/Thursday youngsters as well.

Cheers
John
2/5/2010

Hello Lorraine,

The Melbourne Marathon is on 10-10-2010. Even though I have not run for some years now, I am currently slowly building a base to compete in and complete this wonderful event - the best marathon in Australia. I completed this event in 1990 and for some strange reason I want to do it again this year: 20 years on (and much slower). As you are aware training for such an event is helped when you train with a buddy or in a group. I was wondering if you could put a little note in the next newsletter for me.

A simple note: Am **looking for training buddy** or two for BIG M held 10-10-2010. Chasing a time between 3.30 to 4.00 hours. Have good program to follow. If interested please contact me by email or phone.

I am currently doing about 40kms a week with paces ranging from 5min to 6min per km pace -slow and steady. The real program begins on 13/6/10, which is an 18-week countdown to the big day. I have been a Roadies member on and off since 1979 and will rejoin again soon.

If anyone is interested and wishes to contact me my email address is blueyquirk@live.com.au. Ph no 40577406.

Thank you,
Kevin (aka Bluey) Quirk
21/4/2010, via email

Hi Lorraine,

... I will be relocating to Sydney next week with my partner (and our two precious dogs), and will dearly miss interacting with so many amazing business partners and heads of our local community. I wanted to say I really admire how hard you work for the Road Runners club, and feel it is so important for active people in Cairns to have clubs and events to create a sense of challenge, achievement and camaraderie. Thank you for making the local community a healthier happier place, and please keep up the good work!

Best for the future,

Benjamin Newman
BDM, Active Health group
ph: 13-000-FITNESS
www.activehealthclubs.com.au



Shoelaces



OAA Competition CIRCULAR Call for Officials – Oceania Open Area Championships – Cairns, Australia, 23-25 September 2010

Mike's Courthouse Hotel Lunch – 21 May 2010

Pyramid Race update:

With the introduction this year of online entries for the Pyramid Race over 25 athletes have already registered and paid for the great event on Saturday 14th August. In past years many runners have left it until the last week to commit themselves to the race - but early indications suggest this will not be a good idea this year. So [get registered](#).

NQ Games photos

www.onlinepictureproof.com/rutherfordphotographystudio

The website allows the viewer to select their preferred sport, view the images in that sport, download an image or order a personalised poster sized print.

There is no password or login required, it's a site built purely for the Games and its photography.

Steve Rutherford
Rutherford Photography Studio

p. +61 7 4055 3353
e. info@steverutherford.com.au
w. www.steverutherford.com.au

Note from Lorraine: I have yet to sort out the photos people have sent me. Sorry for the delay.

Relay for Life – 5-6 June 2010

We now have 20 people signed on – still time to get your name on the list and join us!

Sign on today! Google Relay for Life and navigate to "Cairns Roadies" or "Cairns Road Runners". Or speak to committee member and event organizer Sandra at the Wednesday Night Run, or send us an email.

Membership: 210 members as of 3 May 2010

Names of 2010 members signed on since the last newsletter: Marco, Jason T, Kim C & Larnie, Kylie J, Shane, Holly; Carlie, Jacob & Gary B. *Apologies to those who have signed on since 3 May – I'll put your names in the next newsletter!*



May Birthday Babies: (list drawn from our database)

Happy Birthday Ted Leitch – life time member of the Cairns Roadies!

The big wishes also go to: Rene Staedler, Brian Walmsley, Nathan Walmsley, Bryan O'Mahony, Danielle Garner, Baiden Sager *Enjoy the big "0"*.

And Happy Birthday to the rest: Barry Tomlin, Joan Beecroft, Brian Hoult, Glenys Pilat, Joe Pilat, Sue Jelley, Robert Martin, Scott Penny, Debra Bunt, David Foster, Shawn Claydon, Lorraine Lawson, Matthew Holt, Elizabeth Maguire, Edward Strivens, Suzie Jansen, Jenny Bussey, Margaret McGrath, Shane Pue, Belinda Grobler, Ian Murray, Muzza Anderson-Clemence, Emma Mills, Ryan Comas, Brenda Foley, Sarah Griffiths, Meaghan Hoff, Hayley-Jane Romer, Mariska Marnane, Zoe Frecklington, James Omundsen, Melanie Parker, Tegan Rooke, Mia Comas



Shoelaces



Good-bye Serge! Serge joined up as a member and participated in a flurry of events, including the NQ Games half marathon. He's gone, traveling to Alice Springs, WA and then on home to Canada. He has promised that he'll welcome anyone going over there, so if you need his address, let us know!

Interested in Trail Running?

Subscribe to the TRAQ (Trail Running Assoc Qld Inc) Newsletter. Email info@runtrails.org with Subscribe in the subject line.

Changes to the Wednesday Night Club Run

- Sausage sizzle – to continue at least for the month of May – all proceeds to go to the Relay for Life
- Pick your distance – do 3k, 5k, 8k, 10k or 15k. Route for 10/15k to be decided.
- Each week a volunteer will take the results and type it up in excel – using a spreadsheet provided by Lorraine.

Connected Seniors Training

Presented by FNQ Volunteers Inc in partnership with Telstra and the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs

This training will give an introduction on how to make good use of your mobile phone. Including how to send a text message, take a photo, add a contact to your address book.

It will also cover an introduction to the Internet, how to set up an email account and how to send an email, shopping and banking online and creating websites.

FNQ Volunteers Inc are looking to deliver this course in a number of locations including, Cairns, Atherton, Mareeba, Innisfail and Dimbulah.

Times, Dates and Locations to be advised.

If you would like to express an interest in taking part in this training please contact:-
 FNQ Volunteers Inc
 Email—info@fnqvolunteers.org
 or telephone 07 4041 7400

Beginners Running Clinics, April 2010

Congratulations to those who participated! Many of these runners are joining us on Wednesday nights and also at races – make sure you welcome them and provide support! Thanks to Larry and Jim who came along and helped out at the clinics!

- Will Bird
- Michelle Caffrey
- Chris Chapman
- Tash Chapman
- Kylie Colman
- Glen Fairfoot
- Katie Harlen
- Craig Harriss
- Chris Keir
- Russell Keir
- Kathy Kennedy
- Mike Kennedy
- Helen Kinnane
- Lenore Sims
- Bronwyn Thomas
- John Vaughan
- Bron Voyce

News from the Committee

The Management Committee had a meeting on Tuesday, 11 May. Not much to report!

Remember, as a Cairns Roadies member you can sit in on any of the meetings! Next meeting on June 8. Contact us for more details, if required.

Also, we will soon be looking for **new committee members** – President, Secretary, Treasurer, and four committee members – please consider helping out!

Dirty Northern Trail Running Series

The 2010 Dirty Northern Trail Running Series involves three Trail Running Events in Far North Queensland. The AJ Hackett Poker Run and the Speewah Legend Foot Race have already come and gone ([check your position out!](#)). Don't miss the [Gold Rush on 30 May – enter online](#).

For more Dirty Details, results and series points go to the Trail Running page

on our website (www.roadrunners.org.au) or

email our Trail Running Coordinator Shane White at shane@adventuresportnq.info

The Speewah Legend Footrace (Race Two – Monday, 26 April)

Speewah Legend Foot Race Report:

by Chris White

A weekend of mixed weather helped keep the mud slippery and the leeches active in preparation for the first ever Speewah Legend Footrace – the 2nd event in the 2010 Dirty Northern Trail Running Series. With Cassowaries, Musky Rat Kangaroos, Pademelons, Scrub Pythons, Giant Centipedes, Feral Pigs and Tree Snakes (and leeches) all spotted during track work leading up to the event, a true wilderness running experience was on offer to those lucky enough to secure an entry. Permit conditions allowed a maximum of 50 entrants and spots quickly filled with trail runners accepting the challenge of the 4.4km, 8km and 17km courses on offer. All three courses departed and finished from the lovely Speewah Campground, traversing the trails intersecting Barron Gorge National Park and visiting sites of tremendous natural attraction such as The Kauris, Tobys Lookout, Glacier Rock and the two Stony Creek Crossings.

Cairns Roadies members Julie Sager (2:08:09) and Chris White (1:37:08) were female and male 17km winners, Fiona Campbell (49:21) and junior Bini James (40:26) were quickest around the 8km course while 4.4km couldn't separate Christine Bell and Louise Gale who tied over the shorter event. (Detailed results can be found at www.roadrunners.org.au). Despite runners returning covered with varying combinations of mud, blood and sweat, feedback was overwhelmingly positive. With continued support the first ever Speewah Legend may grow to become an iconic event on the North Queensland Sporting Calendar.

The Trail Running Series was created and is now coordinated (with the Cairns Roadies) by a group of runners (**Shane White, Chris White, Murray Anderson** and **Shawn Depper**) who do so through a love of trail running – not of event administration. Having such a great group of willing and professional volunteers allows us to participate in these events and not be solely event coordinators who forego the joys of running in the events they coordinate. We do feel truly lucky and genuinely appreciate having such wonderful help from people such as **Kim Seccafien, Nance Storch** and **Lorraine Lawson** (Registration and Recording), **Rob Mackenzie, Michelle Clark** and **Leone Sims** (Starter and Timekeeping), **Neridah White** (Catering), **Mike Coleman** and **John Harders** (Remote Checkpoint Officials, Event Photographers and Trail Marker Collectors) and **Idan Piercy** (Trail Marker Collector) along with the other willing helpers like **Owen** and **Gary Cotter** at set up, pack up and throughout the event who made the event – and our participation in it – possible.
THANKS! Chris White

Race Report by competitors Steve Cunningham, Julie Sager and Ryan Lindsay

Check results on the website.



Speedwah Legend Foot
Race
25 April 2010



“Laugh when it hurts, turn setbacks into momentum, embrace a packed schedual,
and check your confidence.”

James Blaine, U.S. Olympic tennis champion, on overcoming adversity

Sportsco Little Street 10k Series, Race 1 of 2, 3 May 2010 Results on the website.

Race Report by Lorraine Lawson

Seventy-four runners braved the rain and turned up to participate in the 2010 Sportsco Little Street 10k Series Race #1 at 5pm on Monday, 3 May 2010. The tried and tested figure eight course once again brought the best out of the runners and Mike Le Roux came in as the overall winner in a time of 35 minutes 35 seconds – 2 minutes 20 seconds ahead of the next competitor, James Hilton (37.55). Kelvin Marino was third overall in a time of 38.13. The Cairns Roadies females took out the top five spots with Natalie Boddington finishing first in a time of 41.54 followed by Fiona Campbell in 43.22 and Megan Robb in 43.59. Congratulations to all our winners – including those in the 5k and 3k events (see results attached). Mike and Natalie each received a \$25.00 voucher from major sponsor, Sportsco.

Thanks to our sponsors many competitors and volunteers received prizes. Sportsco contributed lucky draw prizes including another two \$25.00 vouchers, four MP3 players and six pencil cases for the kids. A \$25.00 dinner voucher from Cock 'n Bull went to a lucky volunteer, 3 x 30 minute massages from Sarah Griffiths (High Performance Massage), 5 coffee vouchers from Michelle Gooiker (Hotshotz Mobile Coffee), a sports-recovery pack from Alan Courtney and Andrea Collins (Trinity Family Chiropractic) and 50 600mL bottles of water from T.A. Hartley (Choice Australia Management). There were also some novelty prizes – a bottle of wine for the oldest competitor and a packet of lollies for the youngest (both prizes donated by Trinity Family Chiropractic) and double movie pass to a competitor wearing their new Cairns Roadies Singlet. A participant in the April Beginners Running Clinic got one of the massage prizes.

The success of this event is contributed to a group of people who worked hard to get it all organised! Michele Clark (who stepped in as race director a week before the event!) sorted out the registrations on the day, compiled the results, cut up the fruit and put out and collected the cones along the course. Lenore Sims phoned Cairns Roadies members to find volunteers to help, and she assisted Michele during the race. Lorraine Lawson arranged the police permit, took online entries and towed the trailer to the location. Rob Mackenzie sorted out the paperwork. Other helpers included Pam Palmer (water station), Kev Morrissey (timing), Celia Mackenzie, Peter Mountney, Ian Valentine, Larry Lawson and Andrea Collins.

[2010 Choice Australia Management Cassowary Cup Time Trials \(and Wednesday night handicap results on website\)](#)



Congratulations to the 59 people who participated in the Cassowary Cup Time Trial on Wednesday night, 12 May. Welcome to all the juniors and new runners! Thanks to our sponsor **Choice Australia Management** who donated the water and trophies. Of those the ones below can compare their times with their previous time trial. Jim, Heath, Jordan, Rob and John – you have all improved your time since the last time trial! **Jordan** got the trophy for the most improved female (5k) and **John** for the most improved male (5k). Well done!

Name	Date: 12 May		Date: 17 March	
	Distance	Time	Distance	Time
Ball Rosie	3	22.12	3	19.02
Besgrove Paula	10	48.51	10	48.04
Cavill Jim	5	24.49	5	25.08
Cross Avril	5	25.55	5	25.42
Hargreaves Ella	5	22.07	5	21.46
Hargreaves Andrea	10	45.49	10	43.59
Horobin Heath	10	41.52	10	42.15
Hougan Jordan	5	24.20	5	26.36
Lawson Lorraine	5	28.37	5	28.02
Mackenzie Rob	5	20.50	5	21.52
Vaughan John	5	28.04	5	30.00

Anti-ageing Through Diet & Exercise

By Ben Newman

Your body is a ticking clock, with every moment creating biological ageing, stress and loss of function, and how fast your internal body clock ticks depends on your lifestyle!

Ageing affects not only our external appearance, but what our body is capable of, what it can do for us every day. Do you have a “Losers Mentality”? Have you consigned yourself to thinking it is ok to look older, feel fatigued, unfit, and lose your physical mobility with age?

The good news is that if you maintain your body with regular service checks, top it up with good fuel, and keep it performing at an optimum level, your body can drive forever! So how do you avoid putting it on the scrap heap? There are some basic exercises and food groups to reverse your ageing (yes, I said “reverse”, and I have personally met bodybuilders, athletes, and presenters in their twilight years who have the bodies of twenty year-olds!).

Stress, vitamin and mineral deficiencies and excessive food intake speed up the aging process while improving stress resistance and modest limiting of food intake seems to slow down the aging process. Fitness classes like BODYBALANCE which are offered at Active Health clubs incorporate yoga, tai-chi, and pilates to decrease stress and improve muscular control, stamina and flexibility.

Sun exposure damage to the skin can be difficult to reverse without medical procedures, but use of Vitamin D helps repair, which is abundant in avocado, asparagus, spinach, almonds, milk, and egg. Quercetin, an enzyme in many teas (eg. Red, white and green tea) has also been effective in anti-ageing. Zinc is also a great vitamin to promote cell repair and hormone production (which declines with age), and can be found in fortified cereals, baked beans, cashew nuts, cheese and kidney beans.

Cardiovascular exercise indoors, away from ageing climate (eg. Sun and weather) in a controlled environment can strengthen the heart muscle gradually, eliminating risks associated with lifestyle diseases (such as diabetes, heart conditions and stroke). Also weight-bearing exercises, using the beginner circuits available at Active Health clubs, can replace the muscle loss associated with ageing, giving you a body which can do more for you! Both types of exercise will assist with burning fat, and it is fat cells which use up energy (which is more useful elsewhere) and negatively affect your shape.

Find your nearest Active Health club today <www.activehealthclubs.com.au> or call 13-000-FITNESS and see the experts about designing your Anti-ageing Plan. Everything is reversible, so it's time to make everyone curious and envious of your youthful looks and fit healthy body!

By Benjamin Newman, AISM, Cert III Fitness, BDM
Active Health group



Other sporting events/training in the region and beyond:

Triathlon clinic - Saturday 15th May 2010.

'Learn the tricks to cycle transition and run like a professional from Triathlon Queensland professional coach Cath Rogers.'

All ages and abilities will be accommodated.

Cost: Free for Triathlon Queensland members; \$20.00 for non members

Time: 1pm-4pm

Where: Smith Park Velodrome, Keeble street, Manunda.

Contact: Greg Wilson 0438 680 424 or Joel Murray 0412 287 378

Sports Strapping workshop (29 May) – hosted by Get Active (refer to the April newsletter for details).

Bowen Athletics Carnival – 29-30 May. Online entries close **Friday, 14 May!**

ANQ Student Games and NQ All-Comers Championships – open to all ages. 12-13 June 2010, Townsville.

Cairns Legends Amateur Masters Swimmers (clams) together with Ellis Beach Surf Club invite swimmers 12 years and above to the Ellis Beach Open Water Swim (1.5 km beach swim) on Sunday 27th June 2010, 8 am

Contacts: Ted Bunt edwy@primus.com.au, 0417 226 569 or Diane Owens di_12di4@yahoo.com, 0438 623 870