



Cairns Road Runners and Triathlon Club Inc.

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October 2010 Newsletter

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Running with bulls, and bears

The Sydney Morning Herald

October 9, 2010

Source: <http://www.smh.com.au/business/running-with-bulls-and-bears-20101008-16bzf.html>

It's the Melbourne Marathon tomorrow. The comparisons between investments and marathons are hardly new, or inspiring, based as they are on some of the worst of the sharemarket's motherhood statements about "long term investment".

The more obvious and repeated include:

- **You have to plan and set goals;**
- **Run don't sprint;**
- **Take small steps and the long term will look after itself;**
- **1 per cent elation, 99 per cent slog;**
- **Win or lose, participation is an education;**
- **Others will blow past you all the time. Run your own race;**
- **Don't stop. There is nothing there;**
- **After the wall lies the well of endurance;**
- **You will wish you had done more training;**
- **You will certainly question "Why am I doing this?" Know the answer;**
- **Whatever the result don't fear it, rationalise it;**
- **At the very least you will find out a lot about yourself and you will be better for it whatever;**
- **90 per cent of success is just showing up.**

There was a time I would have considered a marathon a madness but having discovered running with my rather more athletic wife a couple of years ago I know there's so much more to it.

Running is the foundation human exercise. It precedes the nearly as honest and more necessary exercises of fighting and swimming, ranks ahead of essentially pointless sports like rugby, Australian rules, netball, tennis and football and ranks well ahead of equipment-based activities such as cycling and motor racing and, can we possibly mention them in the same sentence, the other very popular sports like fishing and golf.

With running there are no accessories, no "talent" you can rely on, no birth rite, just endless preparation and effort. Getting up in the morning and moving those arms and legs. It's about as honest as it gets and the purity of it provides a universal medium to judge and compare self worth, self improvement, your ability to endure. "He who conquers others is strong; he who conquers himself is mighty." It is a medium for a man to compare himself to a king.

On top of that, running is the modern substitute for religion. Running is a monastery for the mind. It is the opportunity for anyone great or small to spend an hour or four in the modern day equivalent of prayer enhanced by iPod. What better place for thought and its religious equivalents of contemplation, assessment, confession and spiritual renewal. And where else could you do that with Meat Loaf singing hymns in the background.



And there is another doctrine that says our highest human need is to be a hero and that in the pursuit of fulfilment we all seek to pursue a heroic life. Not a famous or glorious heroism so much as a personal even anonymous heroism.

In the words of George Sheehan, a man who ran and wrote about running through years of prostate cancer, "When we cease to be heroic, we no longer truly exist. Heroism is ever available to each of us. Through ordinary experiences, the ordinary person can become extraordinary. Life boils down to finding the best means of expressing heroism; each of us needs to find our own personal arena, our true talent, our gift, our vocation. We all must be heroic, but in our own way."

His was running and writing.

For those pulling on runners and bolting on iPods tomorrow, heroism awaits. Good Luck.

The rest of us we will have to find some other universally accessible field of heroism, one we can access from the sofa, where the results can be measured without question and where success delivers that feeling of a king running through his kingdom. Any ideas?

Marcus Padley is a stockbroker with Patersons Securities and the author of stockmarket newsletter Marcus Today. His views do not necessarily reflect the views of Patersons.

President's Report

Welcome to the October 2010 issue of the Cairns Roadies Newsletter. Thanks Kev Morrissey for sending the article: Running with the bulls, and bears.

We have over 60 entries for Spiny Cray Ultra marathon. Come along and do the 5k or 21k if you are not up for the 56k. We still need volunteers and First Aiders at the turnarounds. Give Shane a ring on 0438 758 862 please. Details on the Trail Running page on our website.

Congratulations to junior club member, **Rorey Hunter**, who received automatic qualification for 2011 March Junior Nationals with a win in the 1500m at the Ergon Energy ANQ Track & Field Championships in Townsville at the start of October! Rorey also received the Charlie Doyle trophy for most outstanding male middle distance runner.

We need race directors for the upcoming Northern Beaches 10k Race in November and also the Xmas run in December. Give me a ring if you can help, or send an email. I've already directed heaps of events this year, so maybe it's time YOU help out? Trust me, it's not hard to do...

The next few pages is the **Management Committee Report** I read out at the Cairns Road Runners AGM on 6 October 2010. Please take the time to read over it if you did not attend the meeting! What can you do to help? Send me an email with your ideas.

Membership

Our current membership stands at 239 of which 125 members are brand NEW to the Club this year.

I would like to mention a few of our members who have done exceptional things this year. **Bini James** is the 2010 U16 National Cross Country Champion; **Mike Le Roux** came first in his category and second overall in the Ultraman Canada and **Stevie Johnston** completed the 89km Comrades Marathon in South Africa. **Jim Cavill** and **Ian Valentine** completed the most individual laps at the Relay for Life. And I have to also mention **Steve Cunningham** who performs exceptionally well at all our races – you'll have to go back over race results to see just how well he does!

Volunteers

I want to start by thanking the 2010 Management Committee members for their contributions. The committee consists of seven members. All committee members are volunteers, and most of us work full time.

- **Rob Mackenzie**, our treasurer/secretary, kept our database up to date and prepared all the paperwork for all the races. He researched and bought a new computer and a camera for the Club. He also did all the finances for the Club. He will be presenting the financial report next. Rob is nominated as the treasurer for 2011.

- **Julie Sager**, our vice-president, ordered the new singlets. She stepped in as race director for the 3k/5k NQ Games Race and also the Babinda Boulders Bash. And she organised the Xmas in July social which 14 members attended. Julie declined nomination as a 2011 committee member.
- **Kirsten Le Roux** provided a venue for our monthly meetings at CBC Staff Selection in town, and she did the minutes at these meetings. She also helped at races with registration. Kirsten is nominated as vice-president for 2011.
- **Sandra Buckley** helped at races. She was the team leader for the Relay for Life team and organised the banking of the \$2000 we raised. We entered 2 teams, of which 5 participants were CRR. Sandra is nominated as a committee member for 2011.
- **Eve Kusinski** was the race director for the 2009 Christmas Run and also the Copperlode Cup race.
- **Keri Frecklington** got injured in a bike accident in 2009 and was unable to attend all but one meeting this year. She helped at races when she could. Rob took over the treasurer position when Keri was injured.
- **Julie LeComte** stepped in as a committee member for a few months when Keri was injured. She helped out at races.

Shane White was our trail running coordinator. He organised four trail running events this year. Brother, Chris, their mum and Muzza Anderson-Clemence helped out as well. Chris also helped me with the newsletter by giving it a once over before it went online – when I could get it to him on time!

I did a range of things as the Club President this year. Some of these were my responsibility, others I did to get a better understanding of the Club and then there were some things I did because there was no one else.

Here are things I did, that was my duty as Club President:

- (1) I attended all CRR events and meetings to represent the Club, with the exception of the cross country events in July and one of the Beginners Runners Clinics.
- (2) I represented the Club to promote the events on radio and television - in particular the NQ Games.
- (3) I advertised in the Cairns Post (as required) and had an article published in the March edition of PacMag.
- (4) I attended the Annual Workshop for ANQ Clubs in Townsville in November last year.
- (5) I represented the Club at the QPWS Outdoor Recreation Forum on 11 August.
- (6) I represented the Club at the half-day Health Expo event held at the Pease Street Active Health Club on 31 July.
- (7) Arranged for our Club to be involved in the upcoming Mental Health week next week.
- (8) I coordinated the Sign on in February. All committee members helped at the Sign on in February, making it a very successful event with 87 members signing on compared to 34 in 2009 and 47 in 2008.
- (9) I submitted race results to the Cairns Post for publication.
- (10) I finetuned the Race Director's Checklists for road races and trail runs. I invited race directors to attend a meeting at the start of the year.
- (11) I provided assistance to race directors.
- (12) I dealt with most of the emails the Club received.
- (13) Worked with Tammy and Jeff Homan to oversee new stickers put on the trailer.

This list is things I did to understand the Club organisation better, but really, many of the duties here can be taken over by other volunteers in the future. Please check if there is something YOU can help with!

- (14) I contacted prospective sponsors and secured sponsorship for all our major races, this included prizes for runners and volunteers. Our 2010 sponsors include Active Health Clubs (memberships, free passes); Homan Signs (free trailer stickers; signs for the NQ Games); Choice Australia Management; Amanda Gale Physiotherapy & Wellbeing Clinic; Sportsco; AJ Hackett; Cock 'n Bull; Trinity Family Chiropractic; CBC Staff Selection, Hotshotz Mobile Coffee and High Performance Massage.
- (15) I organised the Beginners Runners Clinic. (More details later)

- (16) I was race director of three races. (a) The second Freshie handicap race last year (b) The NQ Games half marathon and 10k in April (c) The Moonlight Gorge Gallop with pizza. We sold flashing headgear for Cancer Council.
- (17) I produced the monthly newsletter which included race reports and results, upcoming events, free passes to Active Health Clubs; free workshops e.g. active seniors and injury strapping.
- (18) I coordinated the sponsorship and production of the 2010 Multisport Event Calender and arranged for the distribution of the 1500 copies printed.
- (19) I put together a Cairns Roadies Information booklet for members.
- (20) I got flyers printed and distributed around town to advertise upcoming events.
- (21) As webmaster, I attended a 'Technology Made Simple' Sport and Recreation Workshop in May.
- (22) I set up a new template for the website and I upload race results and news on a regular basis.
- (23) I set up a Facebook page – we have 32 people who 'Like' us, and Twitter account.
- (24) I set up the PayPal system and updated the website to allow online payment for races, buying singlets and signing up as members.
- (25) I advertised events online on CoolRunning.com, Eventful.com and WOMF.
- (26) I put a mannequin dressed in the new CRR singlet in the Active Health Club gym at Pease Street in February to promote the sign on.

One possible reason for the high turnover of committee members in this Club is burnout! So what will you do to ensure everyone gets to enjoy being part of this Club?

This is a list of things I think I should NOT be doing as president!

- (27) Since May 2009 I've been doing the paperwork for the Wednesday night run. And occasionally organised the sausage sizzle.
- (28) I helped with registration, setting up and pulling down after events.
- (29) I typed up all the race results, except for the Trail Running and cross country events.
- (30) I organised the lending out of the trailer/CRR gear for example for a fun run in Port Douglas and the Pyramid Race.
- (31) I got various trophies engraved.

I was pleasantly surprised and appreciative of all the people who stepped in to help this year. I try to ensure all volunteers' names are added to the race reports. There are too many to thank individually, and I apologise if I've forgotten someone! But here are some of those volunteers:

Kevin Morrissey was the race director for the Goomboora Park cross country race and the David Todd Memorial Mile. He also participates regularly as the time-keeper at other races. And of course he continues to train junior runners at the Botanical Gardens each week.

Larry Lawson helped with maintenance of the trailer and made some stands for the new lights. He replaced a flat tyre for the trailer and often helped to pack up after races. He helped out at the Beginners Runners Clinic. Of note, Larry helped me to measure and mark the course for the NQ Games half marathon. He ran the course twice prior to the event!

There were over sixty other volunteers who help at the NQ Games. **Kathy Kennedy** who is nominated as a 2011 committee member helped at the finish line. **Peter Morris** and **John Vaughan** were at the stadium, **Darren Hargreaves** were out on the course checking things were going well. Darren also helped out by phoning members to get volunteers to the Babinda Boulders Race. The Hargreaves also helped out during that race.

Marcel deKievith cleaned up the trailer to get it ready for the stickers to go on. An enormous task! Like many others, he also steps in and helps whenever asked, especially packing up after events.

Lenore Sims phoned around for helpers at the Little Street Races.

Nick Bradt did a great job in putting together an excel sheet I now use to record the Wednesday night run results. He is currently working on a system to record results for Club Championship points.

Race directors this year were Angela Graham, Michelle Clark, Eve Kusinski, Shane White, Julie Sager, Kev Morrissey and Neville Appleby. Martin and Rosie Ball, Jason Hedges and

Marcel & Trees deKievith are race directors for races coming up in October/November. Race directors were paid \$50.

Regular helpers, apart from committee members, at races included **Kev Morrissey** (as mentioned) and **Nance Storch** who did the timing; **Celia Mackenzie** who helped with registration, **Pam Palmer** on water stops and **Jim Cavill** helping with set-up and pull-down. Jim also helped out at the Beginners Runners Clinic and at runs on Wednesday nights. Many others have also come forward this year to help out, for example **Ian Valentine** – who is nominated for the 2011 committee - helped out at races and also at Wednesday night sausage sizzles. **Chris White** helped me with the newsletter by giving it a once over before it went online – when I could get it to him on time!

Events

We had 35 events on the calendar this year. Of these, 7 were inaugural events (I introduced the Cassowary Cup Time Trial Series, the Beginners Runners Clinic, the Halloween Run and Christmas in July social; while Shane White introduced the Speewah Legend Footrace, Gold Rush Trail Marathon and the Spiny Cray Ultra Trail Run) while one – the Babinda Boulders Burst - was a revival of an event held in the 80s.

Races

On average the Holloways Series had an 74% increase in competitors from 2009 to 2010, of those 74% were CRR.

The **NQ Games** comes to Cairns every six years. As the CRR we hosted two events – a half marathon/10k and a 3k/5k fun run. For the 21.1k there were 127 runners; the 10k had 68 runners. The 3k/5k event had 65 runners. Stuart Gibson, the then managing director of the NQ Games, thinks that this year had the largest number of half marathon entries in the 26 years of the NQ Games history. As a result of the NQ Games, we did not have our regular half marathon in June. This will be back on the calendar next year. The event cost us over \$5000 to put on – and that was after I shamelessly begged various strangers around town for assistance.

Trail Running

With the help of trail running enthusiasts Shane and Chris White, trail running is fast becoming very popular with our Club members and also with out-of-towners.

The **Poker Trail Run** had a 100% increase in runners from 2009 to 2010! Of those 95% were CRR. (62 runners, 52 of whom were CRR (30 in 2009)). The **Speewah Legend Footrace** attracted the maximum runners and was full prior to the event with 50 runners. **The Gold Rush** saw the first marathon distance event held in Cairns since 1995! 12 runners did the marathon distance, 33 did the 22k and 2 the 5k. **The Spiny Cray Ultra** is on in a couple of weeks and already have over 60 entries! We need volunteers. Please let me or Shane know if you can come along to help.

Other Events

Wednesday night runs moved to the Esplanade in May 2009. The handicap racing format seems to work well. We have many visitors to Cairns who join us as well as a core group of runners who attend each week.

As part of the Babinda Harvest Festival this year, the CRR hosted the **Babinda Boulders Bash**. Fiona George – the Festival coordinator - is to be commended for her extraordinary efforts in putting on a fantastic festival. This was a fun event and attracted \$1000 in cash prize money. Small field, so most people got some cash to take home! If this event is on again next year, make sure you are there!

The inaugural **Beginner Runners Clinic** was held once a week over three weeks in April/May. Sponsors **Amanda Gale Physiotherapy & Wellbeing Clinic** and **Sportsco** helped out, as did **Larry Lawson** and **Jim Cavill**. **Brian Armit** from Townsville Road Runners helped out with the format for the clinics. They already have a very successful clinic at the start of each year. It attracted an average of eleven runners. Eight of those participated in the first Little Street Race. **Kylie Colman** and **Kathy Kennedy** are now members and nominated to be on the 2011 committee. **John Vaughan** signed up as a member and attend Wednesday night runs on a regular basis. Kylie also attends the Wednesday night runs.

The **Halloween Fun Run** is on at the end of this month at the Freshie Swimming Hole. Everyone is welcome – dress up and come and have some fun while doing a quick 3k or 6k run.

Motions that were accepted at Committee meetings this year:

- David Todd Memorial awards were presented to Bini James, Jarrod Ahern and Rory Hunter. They each received \$350.
- Jim Cavill and Pam Palmer were awarded lifetime membership status in July.
- Age groups will now be determined on a person's age as at 31 December 2011, to align with ANQ.
- Increase in Club Membership fees: Senior - \$35; Junior/super senior - \$25; Family - \$75. Non-competitors?
- Increase trail running fees: Junior members 0; Senior members \$25; Senior non-members \$35. Junior non-members?

2011

I need help with ideas on how we can retain our current members, how we can recruit new members and how we can involve those who are already regular CRR.

Membership

- My focus this year was on families. We now have 20 family groups in CRR compared to 9 in 2009. My aim is to encourage parents to play a bigger role in organising events for the kids, for example the Moonlight Gorge Gallop and the Halloween Run.
- We currently have less than ten members who are in the over 60s age group! My focus for next year will shift from families to seniors.
- Continue to advertise widely.

Sponsorship

- Potential new sponsors: Harvey World Travel and Nando's.

Volunteers

- Refine the roles of committee and sub-committee member.
- Update the Rules of Association – **Fiona Campbell** and **Ian Valentine**. This will require a special meeting – probably after the first Holloway Run in February next year.
- Donate more back to the community at the Relay for Life and Moonlight Gorge Gallop.
- Refine online entries and forms.

Events

- Refine how races are being organised including a roster for helpers.
- Beginners Runners Clinic – incorporate into sign on.
- Introduce Corporate Event/Series.
- Increase the trail running profile.
- Reduce online entry fee.
- I also want to revive the Copperlode Cup Run and place it on the calendar at a time that will attract Townsville runners to the event.
- The David Todd Memorial Mile also needs more exposure and I would like to see some top adult runners participate in that in 2011.
- Revive the Club Championship Points.
- And finally – increase social participation of the members.

Regards,

Lorraine Lawson

Upcoming CRR events: (enter online or on the day)

Mental Health Week '**Be Active, Get Connected, Stay Involved**' (10-16 October 2010)

Sun 17 Oct, 7:00am **Spiny Cray Ultra** (online entries only)

Sat 23 Oct, 5:00pm **Cock & Bull Freshie Handicap #2** 3k/6k

Sat 30 Oct, 6:00pm Jason Hedges Halloween Run - Freshwater Swimming Hole - same course as Freshie Handicap Race. We need volunteers for this event! Please ring me if you can help out.

Sun 7 Nov, 7:00am **Active Health Clubs Northern Beaches Race 4k/10k** - race director needed.

Thurs 11 Nov, 6:30pm Free Zumba class and Cheese and Wine social Active Health Club Pease Street. **Check the website (www.roadrunners.org.au) for more news and events.**



Membership: 240 members for 2010

New member since September: Kathy and Colin. Welcome to the Club!

October Birthday Babies: (list drawn from our database)

The big wishes go to: Cassandra Olholm *Enjoy the big "0"*. **And Happy Birthday to the rest:** Lifetime member **Marcel deKievith**, 2010 committee member Sandra Buckley, Martin Ball, Chris Gould, Nick Bradt, Lesa Hansen, Melissa Akmentins, Jordan Sievers, Mathew Werner, Gabriella Garner, Hannah Witten, Whitney Sager, Dylan Lazzaroni, Brian Hewett, Bruce Bilbe, David John Lawrence, Bruno Bennett, Helen McLellan, Julie Godfrey, David Sperling, Anna Morgan, Jeremy Godfrey, Vicki Steele, Maria Ross, Caroline Hardy, Angela Johnson, Danielle Kent, Ashley Zerner, Samantha Aranas, Kylie Jones, Lucille Pedersen, Michelle Caffrey, Kathryn McFarlane, Donna MacLeod, Paul Rigby, Nami Matsuoka, Jared Fox, Nathan Lee, Claire Nicholls, Melinda Cashman, Jessica Pickering, Serge Boisvert, Marc Murray, Andrew Morgan, Treasa Gray, Lauren Marino, Aedin Gray, and Chanelle Haddock.

News from the Committee: Welcome to the new 2011 Management committee:

President: Lorraine Lawson

Vice president: Kirsten Le Roux

Treasurer: Rob Mackenzie

Secretary: Kathy Kennedy

Committee members: Kylie Colman, Nathan Moore and Ian Valentine

Thank you to Sandra Buckley and Jim Cavill who also showed an interest in being on the committee this year, we are sure to find some work for you!

Cairns Road Runners Cock 'n' Bull Freshie Handicap Race #1, 9 October 2010

Race report by race directors Martin and Rosie Ball

Thank you to the 31 runners who participated in the Cock 'n' Bull Freshie Handicap Race #1. 29 participated in the 6k event and 2 in the 3k. It was good to see numbers were up from 18 last year when we held the race. Maybe it was the fine weather that attracted them, sunny sky and cool breeze. A couple of new faces which is always good to see and no-one strayed from the course. In true handicap race style, all runners ran without the aid of their watches. So sounds like a great afternoon had by all.

Handicap Winners with time (in seconds) off their nominated time:

1st: Idan Piercy 0.02

2nd: John Vaughan 0.08

3rd: Sam Ederveen 0.14

Overall winners for 6k, based on time:

Male:

1st Phil Bradshaw 18:41

2nd Steve Cunningham 21:11

3rd (Visitor to Cairns) Wayne Roy 23:24

For full race results, go to our website.

Female:

1st Fiona Campbell 24:56

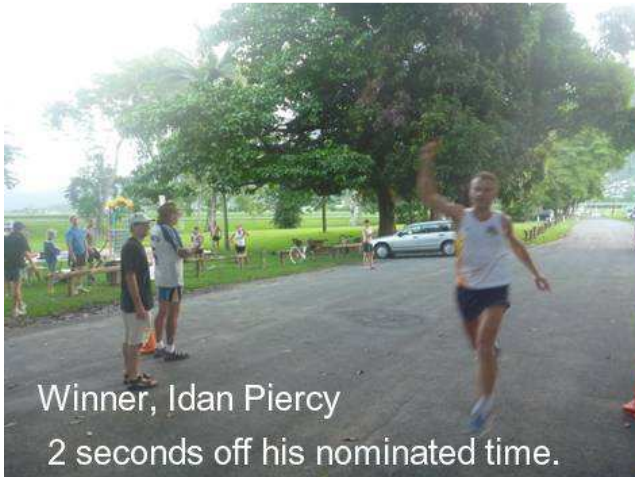
2nd Margie Shearer 28:08

3rd Stevie Johnston 28:36

A big thank you to our sponsor, Stevie Johnston, from Cock 'n' Bull who kindly donated the winning prize - a \$25 meal voucher. Stevie was there to handout the prize and other lucky draw prizes to competitors and volunteers.

Thank you to the following volunteers: our water stop boys David Skinner and Martin Ball; Keith Fearon, Courtney & Georgia for do doing a good job cutting up the fruit and may I say what lovely looking and tasting fruit it was. Kevin Morrissey our timekeeper, Helen Kinnane and Margie Shearer for taking registrations and Rob Mackenzie for assisting with marking out the course. Also those who helped with setup and pull down including John Vaughan, Jim Cavill and Ian Valentine.

Cock 'n Bull Freshie Handicap #1 photos:



Winner, Idan Piercy
2 seconds off his nominated time.



Race director, Rosie Ball,
handing out prizes



Fantastic volunteers and fruit!



Winners:
John Vaughan, Ian Piercy,
Sam Ederveen

Other sporting events/training in the region and beyond:

Trail Running: [Lamington Classic – 23/24 October – www.runtrails.org/articles/?p=1111](http://www.runtrails.org/articles/?p=1111)

Tri De Femme (Smithfield Pool, Sunday the 24th October). 75 meter swim, 5km bike, 1 km run. See Cairns Crocs website for more details.

2010 Annual General Meeting of Athletics North Queensland will be held at Townsville Sports House Conference Rooms, on Saturday November 13 2010, commencing at 9.15 am.

Nominations are now called for the following Board Positions:

President, Director of Competition – Track & Field, Director of Competition – Technical, Director of Officials, Vice President Southern, Vice President Far Northern. Term of appointment is for 2 years.

Please email us at info@roadrunners.org.au for Nomination Forms and Duty Statements for the various positions. Nominations **must** be lodged by October 31 2010.

A flyer was received via email re a proposed Hong Kong Marathon on the 20th of February 2011. Please email me if you would like the details and I'll forward the information to you.

2011 **Alpine Challenge Charity Run** 19 – 21 March in the Alpine National Park
100miles, 100km and the new 60km Alpine Experience Details and entries available at
www.runningwild.net.au