



September 2010 Newsletter

Contents:

Cairns Post Article: Bini James
President's Report
Upcoming Roadies events
Letters to the Editor

Shoelaces
Cassowary Cup Time Trial Results
Article: 10 Reasons to go barefoot!
Other events

Bini on the run to great things

Sean Atkins

Wednesday, September 8, 2010

© The Cairns Post

NATIONAL cross country champion Bini James is looking to continue his excellent run when he switches to the track for the school state titles.

The Cairns State High School student is expected to target the 1500m and 3000m at the event in Brisbane next month as his coach encourages him to make the most of a massive natural ability. Bini claimed the Australian under-16 title last month, despite only training seriously for the past three years.

"He is a very talented runner with enormous potential," coach Neville Appleby, of Cairns Road Runners, said.

"You have got to have that mental drive and the capacity to go for it – and he just loves it, he runs for the pure joy of running."

Bini came third in the under-16s at last year's nationals, but was thrilled to take gold in 2010.

"It was a pretty amazing experience, even beyond what I was hoping for," Bini said. "The course was very quick, but very sharp hills and very muddy."

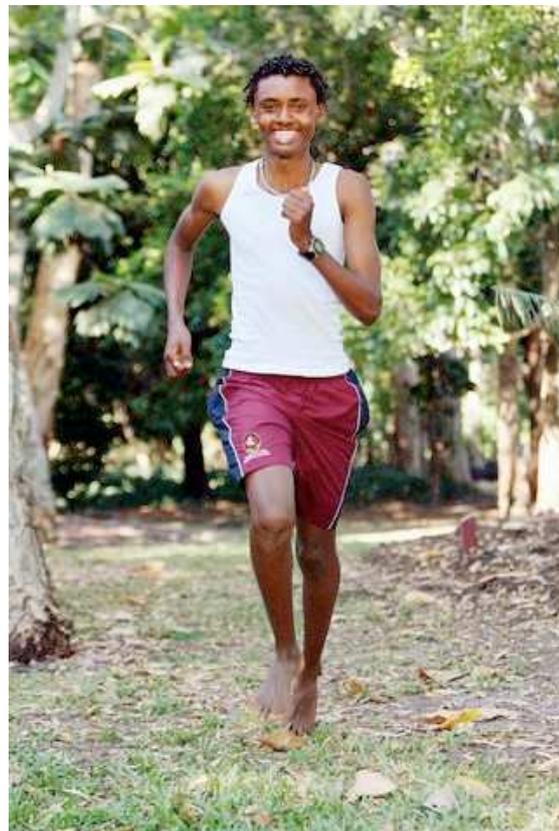
"Next year I would like to make the world championships."

Although Bini admits cross country is his first love, his coach believes that raw talent will translate well to distance running on the track.

"He is a born distance runner and he could go on to run 10,000m on the track or even marathons in the future," Appleby said.

Anyone of any age who is interested in joining the Cairns Road Runners can visit their website at

www.roadrunners.org.au.



Running man: Bini James won the national cross country title in Brisbane and is now eyeing the track.
Picture: SEAN DAVEY

Article at: http://www.cairns.com.au/article/2010/09/08/125935_local-sport-news.html



President's Report

It's hard to believe that this is my last report as the 2010 Cairns Roadies president! Our AGM is on the 6th of October and all current committee members will step down for a new committee to be elected. I want to thank all the current committee members for all their efforts this year. It was a pleasure to work with all of you. **Rob** did the paperwork for races, and as **Keri** was out of action for most of the year, he also took on the Treasurer's job! **Julie** did a great job as the vice president and helped out at various events (including the Suncorp Games 3k/5k; Babinda Boulders race and the Christmas in July social); **Sandra** was fantastic in drumming up two teams for the Relay for Life and collecting the \$2000 we raised for the event. She is also a regular attendee at the Wednesday night runs. **Kirsten**, as in previous years, was a life-saver in providing us with a venue for our meetings, collecting the mail, typing the minutes of the meetings and keeping her ear to the ground and letting me know of interesting things happening. Despite the fact that **Eve** travels away for work often, she made it to many of our meetings and also did a great job with the Copperlode Cup this year.

If you can help out as a committee member, please read the information on our website under 'volunteers' – it gives you an idea of what we need! Complete a nomination form and get it to us on or before 22 September. Don't be shy, you can nominate yourself! You must be a current club member, and we will approve any new members on Tuesday, 14 September, so it's not too late to join in!

Come to the **AGM** on the 6th of October. The normal Wednesday night run will be on from 5:30-6:00pm, and the AGM starts at 7:00pm. FREE pizza for all members who attend. Anyone is welcome to attend, but you must be a member to vote. PLEASE complete a proxy form and get it to us before the AGM *if* you cannot make it on the night. I have the proxy forms (and also committee member nomination forms) at the Wednesday night run if you want to come over and complete one. Make sure you have a say in who is running your club!

I've updated the website and you can now become a follower of the Cairns Road Runners on twitter (@CairnsRoadies). We also have 7 people that like us on Facebook – there is a link on our website. Join in and get connected.

Currently we have one entry in the 5k, 21 entrants in 21k and 22 entrants in 56k for **Spiny Cray Ultra!** Pretty exciting. We need volunteers for the water stop and First Aiders at the turnarounds. **Shane** assures me that the water stop will be great sport. Not especially scenic but the bird watching is amazing, so if you know any twitchers they'll be in heaven!!

A few special offers in the Shoelaces section, and some great events coming up too. If you have any comments or suggestions on the newsletter, please let me know!

Regards,

Lorraine Lawson

Upcoming Events

Each Wednesday Night – Roadies Club Run, northern end of Muddys Playground, 5:30pm

Wed, 6 Oct, 7:00pm **AGM** (After Wed night run), Dunwoodys

Sat 9 Oct, 5:00pm Cock & Bull Freshie Handicap #1

Sat 17 Oct, 7:00am Spiny Cray Ultra

Sat 23 Oct, 5:00pm Cock & Bull Freshie Handicap #2

Sat 30 Oct, 6:00pm Jason Hedges Halloween Run (venue to be announced)

Check the website (www.roadrunners.org.au) for more news and events.



Shoelaces

Letters to the Editor

Received via email on 18 August 2010

Hi Lorraine,

If you wanted to share the Mike Le Roux article that appeared in the Weekender section of Saturday's Cairns Post (14 Aug) with the members in your next newsletter, I have saved a copy on our server (from the digital edition which we subscribe to). Link is as follows: <http://smartlinecairns.com/newsletterupload/mikeleroux140810.pdf>

Regards Jason Thompson

Received via email on 13 August 2010

Hi There,

I am just making an enquiry to see if any of your members would be interested in some bike gear I have for sale. My husband is now working overseas and decided to sell his Pinarello bike, however, he still has some gear to sell.

1. Bike Stand that you mount to the wall \$15
2. Stand alone Bike Stand \$40
3. Bike Trainer (I bought it for him last Christmas for \$330, sell for \$100 ono - not sure if its missing a piece across the top, as I don't know alot about bikes)

Thank you for your time,

Kind regards,

Sandy Chapelle (mobile 0412 489 279)

Membership: 237 members for 2010 New members since August: Wayne, Rod and Kylie.

September Birthday Babies: (list drawn from our database)

The big wishes go to: Zoe Mlikota *Enjoy the big "0"*.

And Happy Birthday to the rest: Lyndie Beil, Adrian Kuhne, Kerry Jarrett, Robert Ellershaw, Kevin Quirk, Kate Harrison, Stevie Johnston, Denis Croke, Martin Barlow, Debra Parker, Robert Maddern, Phil Meadows, Kathy Kennedy, Sue Betts, Darren Hargreaves, Jon Bird, Murray Ferguson, Aaron Smith, Michelle Anderson, Genevieve O'Grady, Jo-anne MacLean, Gregory Keane, Gillian Newton, Fiona Dix, Mark Fleet, Stephen Gane, Claudine Angear, Deborah Maher, Jenny List, Louise Gale, David Hallinan, Ben Cavin, Roland Lawrence, Ruth Wallis, Melanie Caplick, Jenna Brosseuk, James Gould, Isaac Hargreaves, Jackson Bunt, Yvonne Callaway, Jesse Priddle, Brendan Bunt

Do you have a GPS enabled Nokia or Blackberry mobile phone? SignalGuard Australia has offered Cairns Roadies members free access to download an application that will track their route taken on an online map, along with associated timings recorded during their journey at anytime during or after the event or training session. Email me (info@roadrunners.org.au) for more details.

News from the Committee:

Club membership fees will increase slightly next year. Make sure you take advantage of the early bird offer and sign on at our special Sign On Evening (late January/early February) or before.

The Far North Queensland Youth Assistance Fund can provide grants for nominated young people under the age of 21 up to a maximum of \$3,000 per individual to support, promote and encourage their artistic, educational or sporting potential.

<http://www.fnqyaf.org.au/index.html>

Gary Boodnikoff (Remedial Massage Therapist) based at Active Health Club Edge Hill has offered Cairns Roadies members an introductory massage at \$35. See flyer. You don't have to be a member of Active Health Club to make use of Gary's services. Ring him on 0435 887 856.

Choice Australia Management Cassowary Cup Time Trial (1 September 2010)

The overall results have been calculated. The following rules were applied: selected participants who showed an improvement; compared most recent time with worst recorded previous time, used the formula Nick provided to determine the % improvement.

Congratulations to the following participants:

Name		% Improvement
5K Male		
Fletcher	Adam	13.33
Bradt	Nick	11.22
Fearon	Rod	12.14
Vaughan	John	10.63
Cavill	Jim	5.76
Ross	Robert	3.31
Smith	Gareth	1.37
5K Female		
Lawson	Lorraine	9.60
Kellaway	Donna	8.73
Hougan	Jordan	8.01
Rayner	Sue	7.31
Mackenzie	Celia	3.73
Cotter	Melissa	2.19
10K Female		
Besgrove	Paula	2.34
10K Male		
Horobin	Heath	5.69

Want to see your results? Check the results page on the website (<http://www.roadrunners.org.au>).

10 reasons to go barefoot!

1. Enhanced running efficiency

research has shown that running barefoot results in a 4% increase in efficiency. It is not clear why this is, though it is likely to be due in part to the toes and the arches of the foot being allowed to function more effectively without a stiff sole and unforgiving arch supports.

2. Facilitated venous return resulting in

- Decreased blood pressure; this is true - particularly if walking on uneven ground (e.g. off road). The walking itself, of course, helps to support good cardiovascular function but, in addition, the fact that the foot strikes the ground at a slightly different angle with each step and is allowed to roll over the naturally convex heel (rather than a flat, straight, rubber plate) means that multiple muscle groups are activated resulting in greater pumping of blood back through the valve-based venous system (Vines 2005).
- Reduced risk of deep vein thrombosis; for the same reason as above (2a) there is less pooling of blood in the lower leg and enhanced venous return.
- Lower incidence of varicose veins; because there is better venous return, blood does not sit in the veins increasing pressure on the vein walls and creating varicosities. Instead it is pumped more efficiently back to the heart through enhanced muscular use in the lower leg.

3. Decreased ankle sprains

it is claimed that increased awareness of foot position from direct contact with the ground (Robbins et al., 1995) may decrease risk of ankle sprain - and/or the reduced leverage and consequently twisting around the ankle (sub-talar) joint from going "barefoot" minimizes the risk of spraining the joint during a stumble (Stacoff et al., 1996).

4. Lowered risk of shin splints

chronic ailments such as shin splints, ilio-tibial band syndrome and peri-patellar pain are attributed variously to altered biomechanical loading of the limbs (Siff and Verkhoshansky, 1999, p.451). When running barefoot on hard surfaces, the runner compensates for the lack of cushioning underfoot by plantar-flexing the foot at contact, thus giving a softer landing (Frederick, 1986). Barefoot runners also land mid-foot, increasing the work of the foot's soft tissue support structures, thereby increasing their strength and possibly reducing the risk of injury (Yessis 2000, p.124).

5. Minimize back pain

walking barefoot means, inherently, that the only heel you're walking on is your own. Walking wearing standard shoes means, almost inevitably, you'll have an extra heel. Any change in the orientation of the heel instantly changes the mechanics of the arch of the foot, but importantly also changes the mechanics of the low back - increasing the curve. An increased curve in the low back means that the small facet joints on the back of the spine which are not designed for weight bearing (Bogduk 2003) become loaded and, across time, painful.

6. Enhance proprioception

70% of the body's terminal nerve endings finish in the hands and feet. Bipedalism requires significant balance and, by definition, means that our only two consistent points of contact with our surrounding environment are our feet. This is reflected by the fact that there are 200,000 sensory nerve endings in the sole of the foot - more than anywhere else in the body.

7. Strengthen intrinsic foot musculature

just as when you support a broken limb with a plaster the muscles weaken and atrophy, so when you support a foot the muscles weaken and atrophy. Weak muscles make for greater injury risk, greater dependency on shoes, and impaired performance. Don't let yourself become a statistic.

8. Maximise biomechanical performance

funnily enough, the arches of the foot evolved that way not by chance, but for a reason. Counter to the commonly held belief that the arches are there to absorb shock, in actuality the arches are designed to store energy and return that energy to the gait cycle on the next step. Similarly, the natural arches of the spine are designed to perfectly store energy as the body "derotates" during the gait cycle (Gracovetsky 1988, 1997, 2001). Wearing shoes that "support" the arch prevent the arches from performing their function, while any change in heel height above that of the forefoot results in changes to the spinal curves compromising energy storage and recoil in these two key areas for efficiency and performance.

9. Diminish risk of bunions

the traditional shape of shoes means that they round to a point somewhere in front of the 2nd or 3rd toe. This means that the big toe is often pushed towards the middle of the foot and the same is true of the little toe. This phenomenon coupled with a heel on the shoe - which loads the big toe even further - results in a deviation of the big toe called hallux valgus and ultimately bunions may develop.

10. Optimise balance / prevent falls

we mentioned above (point 6) that the feet provide significant sensory feedback to the brain and are therefore critical in balance and efficient gait. However, it is sad to learn that the leading cause of death in people of the age of 65 years is not heart attacks, not cancer and not strokes - but falling (Chek 2004). In fact, 25% of elderly people who fall and fracture a hip, die within 1 year of that fall.

Glossary

Atrophy: A lack of nutrition to a tissue, resulting in wasting of that tissue.

Gait cycle: The repetitive cyclical motion of walking or running.

Venous return: The return of blood, via the veins, from the periphery toward the heart.

References and full article at: <http://www.primallifestyle.com/fivefingers/barefoot-technology>

Other sporting events/training in the region and beyond:

Oceania Championships, Cairns. Festivities start on Tuesday 21st with a "Meet & Greet" at the Cairns Regional Council Chambers 6-8 p.m. Wednesday 22nd, the Opening Ceremony on the Esplanade starting at 5p.m. The competition starts on Thursday 23rd, finishing on Saturday 25th. The Closing Ceremony will be at Brothers Anderson Street starting at 7p.m.

Trail Running:

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

Ergon Energy Track and Field Championships

Townsville, 1-3 October 2010

This event is open to all ANQ registered athletes (as a Cairns Roadies member you qualify to participate in events 800m or longer), include Queensland and North Queensland 1 Mile for Men and Women. Nominations close 24 September 2010.

The Ibis in Palmer Street have accommodation offers. Ring 07 4753 2000. Quote the reference 'ANQ2010' for special rates.

Contact Robyn Potts (ANQ OFFICE)
phone: 07 47 214 998
email : admin@athleticsnorthqld.org.au

Metrogaining:

2010 It's Extreme Winter Series Metrogaines – final event

Friday Sept 17th, Darren Osmond - TAS

Check the website for details – www.adventuresportnq.info

Happy Trails.

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

Alpine Challenge Charity Run: 100miles, 100km and the new 60km Alpine Experience are now available for entry. Full details on this spectacular and tough Alpine trail run to be held over 19 – 21 March 2011 in the Alpine National Park can now be found at www.runningwild.net.au

Eclipse Marathon

Council and TTNQ have combined to develop an events strategy to secure, create and develop new events that will attract visitors to the region specifically for the event, as well as enable locals to join in too. One event attracting a lot of interest - and one which Council really wants to get behind - is the proposed Eclipse Marathon which will be held at Port Douglas starting at the time of a total eclipse of the sun early on the morning of 14 November 2014.

This event will bring 3,000 people into the region for 6 days and it's likely that participants will spend much more than the average of \$1,000 per person per visit. The result will be more than \$5M into the regional economy and the proposal is to make it an annual event. Council expects that new event ideas will be initiated once it becomes known that funding is available for major events and that a Council officer will be a designated contact point to assist with applications.

(Source: <http://www.valschier.com.au/whats-new/whats-new/123-creating-new-events-eclipse-marathon.html>)