

2011 Information about the Cairns Road Runners Club

We are a not for profit organisation established in 1979. We provide a fun and sociable environment that promotes health and fitness to all runners and walkers. You are welcome at all our events!

Address: PO Box 7403, Cairns, Qld, 4870

Website: www.roadrunners.org.au - news, monthly newsletter, membership information, race details & maps, race results, photos, history & archives and lots more.

Road Safety: Give way to traffic on the road. Vehicles have right of way. If possible, run facing oncoming traffic.

New Members/Novices: Join in the Beginners Runners Clinics in February and again in July/August. Shorter courses or turn around points allow you to turn back early at any time during a race.

Race Singlets \$40.00.

Types of Events include:

Club/Social Runs: Each Wednesday.

Time Trials: First Wednesday of each month.

Beginners Runners Clinics: February and July/August.

Fun Runs: Shorter distances and cheaper. Bring family, friends and work mates.

Road Races: Various distances throughout the year.

Trail Runs: Join us and discover the best trails in the region. Distances vary from 1km to 64km!

Series Events: Holloways Beach (3 races); Little Street (2 races); FNQ Trail Running Series (3 races); Freshie Handicap (2 races) – winners are presented with their trophies at the last race in each series.

Track Running: As a Cairns Road Runners member, you can participate in track events 800m and over. Sign up for the Masters Championships.

Team Challenge: A new event aimed at businesses, government groups, sport clubs, schools etc. Get a team of four together and challenge your work rivals.

Socials: Dinners and other get togethers throughout the year.

Training: Speed sessions, hill training and group trail running are available to members.

Club Championship Points:

To gain points for the Club Championships, you must be a current member.

Volunteers

Want to have a good race? It's only going to be as good as the volunteers who are there to help. (Check the website for the Volunteer Roster. Please organise a swap or a friend/family member if you are unavailable). Come along to races if you are injured and help out.

Parents Please Note: Members and volunteers of the Club do not have Blue Cards. It is your responsibility as a parent to supervise your child/ren at all times. Our junior runners have a range of training options and events. Not all track events are listed on this calendar. Please refer to our website.

| Day, Date | Start | Discipline | Sponsor & Event | Length | Location |
|---|---------------|--|--|--|---|
| Colour Codes: Cairns Road Runners Club: RED ; Cairns Crocs Triathlon Club: BLUE; Some other events in the region: BLACK (give us a ring if you need details) | | | | | |
| Every Wednesday | 5.30pm | Road Run, Social | Club Run (Everyone is welcome) | 5k / 3k | Cnr Esplanade and Upward St |
| First Wed of each month | 5.30pm | Road Run, Time Trial | Choice Australia Management Time Trial | 10k / 5k / 3k | Cnr Esplanade and Upward St |
| Sun, 07 Aug | | Road Run, Race | Townsville Running Festival | | Townsville |
| Sun, 07 Aug | | Mountain Bike | Herberton 8hr | 8hr | Tepon Centre, Herberton |
| Sat, 13 Aug | 4.00pm | Cross Country, Race | Stoney Creek Race | 10k | Bunny Adair Park (Freshwater Railway Station) |
| Sun, 14 Aug | | Hike or Bike | Metrogaine | 3hr | Northern Beaches |
| Sat, 20 Aug | | Trail Run, Race | Pyramid Race | 12k / 5k | Gordonvale |
| Sun, 28 Aug | 6.00am | Trail Run Series, Race 3 of 3 & Beach Fun Run | It's Extreme Kuranda to Port Douglas Ultra Trail Marathon | 64k / 12k / 5k | Black Mountain Road, Bump Track, Four mile Beach |
| Sun, 04 Sept | 7.00am | Road Run, Teams | CBC Staff Selection Team Challenge | 8k / 5k / 3k | Fun Ship, Northern end of Esplanade |
| Sun, 11 Sept | | Multisport | OnaMission | | Mission Beach South |
| Sat, 17 Sept | 10.00am | Triathlon, includes Juniors | Tri Port, Triathlon Festival | 1.9 / 90 / 21 1.5 / 40 / 10 750 / 20 / 5 | Port Douglas |
| Sun, 18 Sept | 9.00am | Road Run, Race, Relay option (tbc), Club trip | Misty Mountains Half Marathon | 21.1k | Milla Milla |
| Fri, 23 – Sun, 25 Sept | | Track, Race | ANQ Track Championships | Various | Townsville |
| Sat, 01 Oct | 5.00pm | Road Run, Series, Race 1 of 2 | Cock 'n Bull Freshie Handicap #1 | 6k / 3k | Ryan Weare Park, Freshwater |
| Sun, 09 Oct | 8.00am | Triathlon, Fundraiser | Tri De-Femme | 75 / 7 / 500 | Smithfield Pool |
| Sun, 09 Oct | | Hike with night option | 3/6/10 hr Bush Rogaine | 3hr / 6hr / 10hr | Tablelands |
| Sat, 15 Oct | 5.00pm | Road Run, Series, Race 2 of 2 | Cock 'n Bull Freshie Handicap #2 | 6k / 3k | Ryan Weare Park, Freshwater |
| Wed, 19 Oct | 7.00pm | AGM | AGM | n/a | Dunwoody's Tavern |
| Sun, 30 Oct | 9.00am | Triathlon, Junior | Triathlon | | Kewarra Beach |
| Sun, 30 Oct | 5.00pm | Road Run, Fun Run | Halloween Fun Run (Theme: Scary) | 5k / 3k / 1k | Fun Ship, Northern end of Esplanade |
| Sun, 06 Nov | 7.00am | Road Run, Race | Active Health Clubs Northern Beaches Race | 10k / 4k | At beach, end of Kewarra St, Kewarra Beach |
| Fri, 11 Nov | 7.00pm | Road Run, Fun Run, Social | Moonlight Gorge Gallop with glowsticks, Pizza | 5k / 3k | At the end of Barron Gorge Road |
| Sun, 13 Nov | 9.00am | Time Trial, Fundraiser | Mo-Vember Time Trial | 10 / 20 / 40 | Second Beach, Cairns |
| Sat, 19 Nov | 8.00am | Road Run, Race | Koah Race | 15k / 5k | Koah |
| Sun, 20 Nov | 7.00am | Triathlon | Triathlon and Peninsula Trials | 750 / 20 / 5 600 / 16 / 4 400 / 12 / 3 | Lake Placid |
| Sun, 04 Dec | 7.00am | Road Run, Fun Run and Social | Xmas Dress Up Gathering (Theme: Christmas) | 10k / 5k / 2k | Lake Placid Road, Car Park |
| Wed, 07 Dec | 5.30pm | Road Run, Time Trial and Social | Choice Australia Management Time Trial & Presentation Night | 10k / 5k / 3k | Cnr Esplanade and Upward St |
| 22-25 Jun, 2012 | | Various | NQ Games | Various | Mackay |
| 14 Nov 2012 | | Road/Trail Run, Race | Eclipse Marathon | 42.2k | Port Douglas |

2011 Cairns Runners Event Calendar



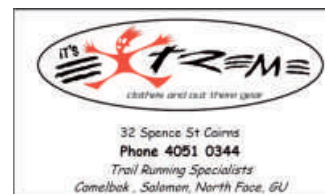
Lorraine Lawson
0450 324 637

info@roadrunners.org.au
www.roadrunners.org.au



Greg Wilson

info@cairnscrocs.org.au
www.cairnscrocs.org.au



Kewarra Beach
gregwils@bigpond.net.au



310 Severin St, Parramatta Park, Cairns
Ph: 4041 6440



83 Sheridan St, Cairns
Ph: 4031 5550

Dates and information accurate at the time of print in January 2011

| Day, Date | Start | Discipline | Sponsor & Event | Length | Location |
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| Every Wednesday | 5.30pm | Road Run, Social | Club Run (Everyone is welcome) | 5k / 3k | Cnr Esplanade and Upward St |
| First Wed of each month | 5.30pm | Road Run, Time Trial | Choice Australia Management Time Trial | 10k / 5k / 3k | Cnr Esplanade and Upward St |
| Each Tue & Fri, 25 Jan - 04 Mar | Tue: 5.30pm Fri: 6.00am | Road Run, Training | Beginners Runners Clinics | 5k / 3k / 2k | Tue: Barlow Park Fri: cnr Greenslopes & Little Sts, North Cairns |
| Wed, 26 Jan | 7.00am | Road Run, Fun Run | National Day Series Race #1 (Australia Day) Fun Run (Theme: Green and Gold) | 6k / 2k | Paradise Palms Drive, Kewarra Beach |
| Wed, 26 Jan & Thursdays in Feb | | Metrogaine Series | It's Extreme Summer Series | 1hr | Check Adventure Sport NQ website for venues |
| Wed, 02 Feb | 4.00-7.00pm Run:6.00pm | Road Run, Fun Run, Social | Sign On Evening Year of the Rabbit Fun Run (Theme: Rabbits and Bunnies) | 5k / 3k | Cnr Esplanade and Upward St |
| Sun, 06 Feb | 7.00am | Road Run, Fun Run | National Day Series Race #2 (Waitangi Day) Fun Run (Theme: Black and White) | 6k / 2k | Paradise Palms Drive, Kewarra Beach |
| Sun, 13 Feb | 9.00am | Triathlon | Sign On Family Morning | n/a | Lagoon, Esplanade |
| Sun, 13 Feb | 6.00pm | Road Run, Fun Run | Valentine's Eve Fun Run (Theme: Red) | 5k / 3k | Cnr Esplanade and Upward St |
| Sat, 19 Feb | 5.00pm | Road Run, Series, Race 1 of 3 | Harvey World Travel Holloways Race #1 | 5k / 3k | Cnr Oleander St and Hibiscus Lane, Holloways Beach |
| Sat, 26 Feb | 5.00pm | Trail Run, Race, Social | AJ Hackett Poker Run followed by BBQ | 1hr | AJ Hackett Car Park, McGregor Road, Smithfield |
| Sun, 27 Feb | 8.00am | Triathlon | Mossman Pool | 750 / 30 / 4 350 / 15 / 2 200 / 10 / 1 | Mossman |
| Sun, 27 Feb | | Bush Rogaine | 3/6 hr Bush Rogaine | 3hr / 6hr | 40 minutes from Cairns |
| Sat, 05 Mar | 5.00pm | Road Run, Series, Race 2 of 3 | Harvey World Travel Holloways Race #2 | 5k / 3k | Holloways Beach, as for Race #1 |
| Sat, 12 & Sun, 13 Mar | | Multisport, Metro- & Rogaine | Adventures on a Summer's Weekend | Various | Tinaroo township |
| Sat, 19 Mar | 5.00pm | Road Run, Series, Race 3 of 3, Social | Harvey World Travel Holloways Race #3, Dinner | 5k / 3k | Holloways Beach, as for Race #1 |
| Sun, 20 Mar | 7.00am | Road Run, Fun Run | St Paddy's Day Celebration Run | 8k / 5k / 3k | Sound Shell, Esplanade |
| Sun, 20 Mar | 7.00am | Triathlon | Pete's Bridge | 750 / 20 / 4 400 / 10 / 2 | Goldsborough |
| Sat, 02 Apr | 5.00pm | Road Run, Series, Race 1 of 2, Social | Cairns Courthouse Hotel Little Street 10k Series Race #1, BBQ | 10k / 5k / 3k | Little St, Cairns North |
| Sun, 03 Apr | | Bush Rogaine | 3/6/9 hr Bush Rogaine | 3hr / 6hr / 9hr | Tablelands |
| Sat, 16 Apr | 5.00pm | Road Run, Series, Race 2 of 2, Social | Cairns Courthouse Hotel Little Street 10k Series Race #2, BBQ | 10k / 5k / 3k | Little St, Cairns North |
| Thu, 21 - Sun, 24 Apr | | Track | 2011 Australia Masters National Championships | Various | Brisbane |
| Tue, 26 Apr | 7.00am | Triathlon | Lake Placid | 600 / 16 / 4 300 / 12 / 2 200 / 8 / 1 | Lake Placid |
| Sun, 08 May | 7.00am Walk:8.00am | Trail Run, Series, Race 1 of 3 & Fun Run/Walk | Black Snake Trail Race & Mother's Day Fun Run/Walk | 34k / 21.1k / 10k / 7k (walk) | Copperlode Dam Car Park, Lake Morris Rd |

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| Sat, 14 May | 9.00am | Road Run, Fun Run | Candlenut Steiner School Fun Run | 5k / 2k | Kuranda |
| Sat, 14 - Sun, 15 May, TBC | | Track, Junior | Student Games | Various | Cairns |
| Sun, 22 May | 7.30am & 8.30am | Trail Run Series, Race 2 of 3 | Trinity Family Chiropractic Mt Haig Trail Marathon | 42.2k / 21.1k / 5k | Kari Campground, Lake Tinaroo |
| Sun, 29 May | 7.00am | Triathlon Festival | USM Coral Coast Olympic and Sprint Distances Triathlon | 750 / 20 / 5 1.5 / 40 / 10 | Port Douglas |
| Sun, 29 May | | Mountain Bike | USM 21st RRR | 44k / 38k | Mt Molloy |
| Sat, 04 Jun | 4.00pm | Road Run, Fun Run | Babinda Boulders Burst Fun Run | 12k / 3k | Anzac Park, Munro Street, Babinda |
| Sun, 05 Jun | 6.00am | Triathlon Festival | USM Challenge Cairns | 3.8 / 180 / 42.2 1.9 / 90 / 21.1 | Yorkeys Knob - Pt Douglas - Cairns |
| Sun, 05 Jun | | Road Run, Fun Run | USM Challenge Cairns Fun Runs | 10k / 5k | Lagoon, Esplanade |
| Fri, 10 - Sun, 12 Jun | | Track, Club trip | Qld Masters Track Championships | Various | Townsville |
| Each Tue & Fri, 12 Jul - 19 Aug | Tue: 5.30pm Fri: 6.00am | Road Run, Training | Beginners Runners Clinics | 5k / 3k / 2k | Tue: Barlow Park Fri: cnr Greenslopes & Little Sts, North Cairns |
| Sat, 18 Jun | 4.00pm | Cross Country, Juniors, Training | St Mary's Cross Country #1 | 1.5k circuit | St Mary's College, Anderson Rd, Woree |
| Sat, 18 - Sun, 19 Jun | 2.30pm | Track, Team, Social | Relay for Life | 18hr | Barlow Park |
| Sat, 25 - 26 Jun | | Bush Rogaine | Point to Point Bush Rogaine | 3hr / 6hr / 24hr | All over NQ |
| Sat, 25 Jun | 4.00pm | Cross Country, Juniors, Training | St Mary's Cross Country #2 | 1.5k circuit | St Mary's College, Anderson Rd, Woree |
| Sat, 02 Jul | 4.00pm | Cross Country, Training | Goomboora Park Cross Country | 2k circuit | Goomboora Park, Brinsmead (off Loridan Drive) |
| Sun, 03 Jul | | Road Run, Race, Club Trip | Gold Coast Marathon | Various | Gold Coast |
| Sun, 03 Jul | 7.00am | Triathlon | Pump 'n Pedals Yorkey's Knob #1 | 750 / 20 / 4 350 / 10 / 2 | Yorkey's Knob |
| Sat, 09 - Sun, 10 Jul TBC | | Track, Race | Cairns Coral Coast Athletics Carnival | Various | Barlow Park |
| Sat, 09 Jul | 4.00pm | Cross Country, Race | 25th David Todd Memorial Mile | 1 mile (1.6k) | Centenary Lakes, Botanical Gardens, Greenslopes Street |
| Sun, 10 Jul | 7.30am | Road Run, Race, Individual or team, Social | Amanda Gale Physiotherapy and Wellness Clinic Copperlode Cup, Breakfast | 16k | Base of Lake Morris Road |
| Thu, 14 Jul - Thu, 18 Aug | | Metrogaine Series | It's Extreme Winter Series | 1hr | Check Adventure Sport NQ website for venues |
| Sat, 16 Jul | 4.00pm | Road Run, Race | Machans Beach Race | 5k / 2.5k | Machans Beach |
| Sun, 17 Jul | | Multisport | James Grant Memorial Race | | Goldsborough Valley |
| Sat, 30 - 31 Jul | | Various | Western Games | Various | Mt Isa Region |
| Sat, 30 Jul | 7.00pm | Social | Christmas in July Dinner with Secret Santa | n/a | Yorkey's Knob Beachfront |
| Sun, 31 Jul | 7.00am | Triathlon | Pump 'n Pedals Yorkey's Knob #2 | 750 / 20 / 4 350 / 10 / 2 | Yorkey's Knob |



2/137 Collins Ave, Edge Hill
Ph: 4053 6022



6 Grove St. North Cairns
Ph: 4031 1160



127 Abbott St, Ph: 4041 6897
www.nandos.com.au



38 Abbott St, Cairns
Ph: 4081 7777
www.cairns courthouse hotel.com.au



Super Clinic: 17 Anderson St Cairns
City Clinic: 113 Lake St Cairns
Ph: 4041 7717
www.amandagalephysio.com.au



1/42 Spence St, Cairns
Ph: 4051 9699
www.cbcstaff.com.au



Various Locations
Ph: 1300 0348 6377
activehealthclubs.com.au



113-117 Sheridan St, Cairns
Ph: 4051 6853
www.pumpnpedals.com.au