



## Cairns Road Runners and Triathlon Club Inc.

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## August 2011 Newsletter

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**Heart & Soul Grant Award.** The CTK Foundation together with Connecting Up Australia is offering **cash grants and technology software** to not-for-profit organisations in Australia and New Zealand. Simply **write a short poem that describes the Cairns Road Runner's Mission.** First prize is a \$5,000.00 grant: there are ten \$1K technology grants and two \$1K cash grants. Send me your poem **before August 15, 2011** and I'll submit it.

**Award details & Apply online** at <http://www.connectingup.org/heartsoul2011>

## President's Report

There are already over 20 competitors in the **64km It's Extreme Kuranda to Port Douglas Trail Race!** If you are keen to participate (64km, 64km relay team, 21km, 16km or 5km fun run/walk) – please submit your entry on or before Thursday, 25 August. The 21k and 64k require you to carry a compression bandage and whistle. You can also enter on the day for the 21km, 16km and fun run. Check times and locations on the website.

We are desperate for more volunteers on this event! PLEASE let me know how you can help and it will make it a pleasant day for everyone as we can rotate volunteers. I still need people to help with: marshalling; towing the trailer to and from Port (this can happen the day before and after); putting up signs along the course – this is a huge job as the race is 64km long! We will probably be going out on Saturday, 27 August to do some of this, so if you can help on that day, Kuranda or Port Douglas, that will be fantastic!

A new run on the calendar this year is the **Stoney Creek Race** (4pm, Saturday 13 August). There is a 10km run from Freshwater Railway Station to the top of Stoney Creek Road and back. There's a 5km and 3km run for those who want a shorter course. We only have a couple of volunteers for this event so far, so please come along if you are not running to help out with marshalling or to cut up fruit or something...Thanks to Sarah Griffiths we have two massage vouchers as random prizes!

The **Team Challenge** on 4 September is going to be a great event too. Teams of four runners/walkers compete to see who is the fastest in town. Thanks to CBC Staff Selection who has the naming rights for the event this year, we are getting in some entries already. The team I'm in are going for the "best dressed", as we can't possibly be the fastest – but you never know...

A draft for the **2012 CRR Event Calendar** is included later in this newsletter. Please submit your suggestions/comments within the next few months as we go to print in November. We need to allocate sign on days for the Tablelands and Port Douglas – as well as races in those locations. Dates for other events in the region is yet to be confirmed. Let me know at which event you can help out. There are various new events – but only ONE new "race" – the Smith's/Douglas Trail Loop (still looking for a name for this race).

I've created a new term: "**Race Team**" – it refers to a group of people who takes charge of the race – someone on the ground on the day that is not running, someone to buy the fruit/buns/ice/etc., people to set up/pull down the course (signs, cones, etc), people to take registrations; people to record times/hand out tags, someone to collate the time sheets and someone to write the race report. The committee will continue to sort out race permits and online registrations.



In 2012, only events with allocated **Race Teams** will go ahead. I'm burnt out from having had to organise every event on the calendar since the second Little Street Race (with the exception of the trail races)! I don't mind helping out, but when I start missing out on running myself, I get a bit annoyed. It would be nice if I can turn up to an event just once and not have to do registration, setting up, recording results, buying the fruit/lollies, towing the trailer – or worse trying to squeeze everything into the Zebra! Would YOU do all that just ONCE a year? If not, don't expect me to be around to continue to do it!

On **16 August** there is a workshop on physical activity for older people – see flyer at the end of this newsletter.

See you out on the road or trail or at the next race!

Regards,

*Lorraine Lawson*

## Upcoming Cairns Runners Events August/September 2011

2011 Cairns Road Runners Event Calendar					
Every Wednesday	5.30pm	Road Run, Social	Club Run (Everyone is welcome)	5k / 3k	Northern end of Muddy's Playground, Esplanade
Sat, 13 Aug	4.00pm	Cross Country, Race	Stoney Creek Race	10k	Bunny Adair Park (Freshwater Railway Station)
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
Sat & Sun, 17-18 Sept	9.00am	Road Run	Misty Mountains	4km Family Run/Walk 21.1k – relay option	Milla Milla
Sun, 25 Sept	8.00 am	Trail Run	Bump track and swim at the waterfall. Run to Port	10-20km	Base of the Bump track
Fri, 23 – Sun 25 Sept		Track, Race	ANQ Track Championships	800m, 1500m, 5000m, 10,000m	Townsville

Check the website ([www.roadrunners.org.au](http://www.roadrunners.org.au)) for more news and events.

### Letter to the Editor

Received via email on 29/7/2011

Hi Lorraine,

Kids did really well at the State Championships Montanna came 6<sup>th</sup> and was named first shadow for the QLD team 11yr girls, Sandra Vecchio 13<sup>th</sup>, Mackenzie 39<sup>th</sup>, Stirling 21<sup>st</sup>. because Stirling, Montanna and Mackenzie were the fastest Peninsula kids they were selected in to the All Age relay team (team of 6 fastest qualifiers 10,11,12 girl and boy) and they took out the gold medal. Will forward a photo of their relay success.

Cheers Alicia

Photo of the McAvoy kids in the All Age Relay Team for Peninsula at the QLD State Cross Country Championships with their gold medal. Well done!



### August Cairns Runners Birthday Babies:

**The big wishes go to:** Todd R Enjoy the big "0".

**And Happy Birthday to the rest:** Mike K, Stephanie, Xavier, Rhonda, Bill C, Peter, Steve C, Suzanne, Ronan, Eamon, Megan, Georgianna, Jade, Cameron P, Jo C, Bini, Anthony, Lorna, Louise O, Fraser, Shona

Well done to all the competitors who participated in the Townsville Running Festival. Results online at <http://www.townsvilleroadrunners.com.au/index.cfm?Menu=Results&PageID=333>



Please support our Fabulous Sponsors!



Cairns Road Runners Proposed Calendar for 2012

Day, Date	Start	Discipline	Sponsor & Event	Length	Location
Every Wednesday	5.30pm	Road Run, Social	Club Run (Free for Everyone)	5k / 3k	Northern end of Muddy's Playground, Esplanade
Every Monday and Friday	6.00am	Road Run, Social	Club Run (Free for Everyone)	5k / 3k	Port Douglas
Every Fortnight on a Sunday	9.00am	Road Run, Social	Club Run (Free for Everyone)	Various	Roving, Atherton/Tablelands
Sun, 01 Jan					
Sun, 08 Jan					
Fri, 13 Jan	7.00pm	Road Run, Social	Black Friday #1 NEW!	5k / 3k	Cemetry, Little St, Cairns North
Sun, 22 Jan					
Each Mon, 23 Jan - 05 Mar	5.30pm	Road Run, Social	Beginners Runners Clinics		Cnr Greenslopes and Little Street, North Cairns
Wed, 25 Jan	7.00am	Road Run, Social	Sign On, Australia Day Social. Dress: Green and Gold	5k / 3k	Esplanade
Sun, 05 Feb	7.00am	Road Run, Fun Run	Waitangi Day, Dress: Black and White	6k / 2k	Paradise Palms, Kewarra
Sat, 11 Feb	5.00pm	Road Run, 5k Series, 1 of 3	5k Series #1	5k / 3k	tba
Wed, 15 Feb	5.00pm	Road Run, Social	Belated Valentine's Day Fun Run, Dress: Red and White	3k	Esplanade
Sat, 18 Feb	4.00pm	Trail Run, Practice	Poker Run (Practice)	1/2 hr	Smithfield MTB Park Car Park, Macgregor Road
Sat, 25 Feb	5.00pm	Road Run, 5k Series, 2 of 3	5k Series #2	5k / 3k	tba
Wed, 29 Feb	5.30pm	Road Run, Social	Leap Year Run		Esplanade
Sat, 03 Mar	4.00pm	Trail Run	Poker Run	1 hr	Smithfield MTB Park Car Park, Macgregor Road
Sat, 10 Mar	5.00pm	Road Run, 5k Series, 3 of 3	5k Series #3	5k / 3k	tba
Sat, 17 Mar	7.00am	Road Run, Fun Run	St Paddy's Day	5k / 3k	Esplanade
Sun, 25 Mar	9.00pm	Trail Run, Practice	Smith to Douglas Track (Practice)	1 hr	Stoney Creek Road
(26 March 2011)		Trail Run	Mud Run	5k	Smithfield
Sat, 31 Mar	7.00pm	Road Run, Social	Earth Hour Night Run	tba	Park Ridge
Fri, 06 Apr	6.30pm	Trail Run, Social	Glacier Rock Full Moon Run	6k	Stoney Creek Road
(10 April 2011)		Trail Run	Speewah	17k	
Fri, 13 Apr	7.00pm	Road Run, Social	Black Friday #2 NEW!	5k / 3k	Cemetry, Little St, Cairns North

<b>Sat, 14 Apr</b>	<b>5.00pm</b>	<b>Road Run, 10k Series, 2 of 2</b>	<b>10k Series #1</b>	<b>10k / 5k / 3k</b>	<b>Little St, Cairns North</b>
<b>Sun, 22 Apr</b>	<b>8.00am</b>	<b>Trail Run</b>	<b>Smith to Douglas Track NEW!</b>	<b>17k</b>	<b>Stoney Creek</b>
<b>Wed, 25 Apr</b>	<b>5.30pm</b>	<b>Social</b>	<b>Anzac Day Run</b>	<b>5k / 3k</b>	<b>Esplanade</b>
(2 May 2011)		Trail Run	Goldsborough Valley	42k	
<b>Sat, 05 May</b>	<b>5.00pm</b>	<b>Road Run, 10k Series, 2 of 2</b>	<b>10k Series #2</b>	<b>10k / 5k / 3k</b>	<b>Little St, Cairns North</b>
<b>Sun, 06 May</b>	<b>9.00am</b>	<b>Trail Run, Practice</b>	<b>Black Snake (Practice)</b>	<b>34k / 21k / 5k</b>	<b>Lake Morris</b>
<b>Sun, 13 May</b>	<b>7.00am</b>	<b>Fun Run/Walk</b>	<b>Mother's Day Classic</b>	<b>Various</b>	<b>Esplanade</b>
(15 May 2011)		Walk	Million Paws Walk	1k / 2k / 5k	Fogarty Park, Cairns
<b>Sun, 20 May</b>	<b>7.00am</b>	<b>Trail Run, FNQ Series, 1 of 3</b>	<b>Black Snake</b>	<b>34k / 21k / 10k</b>	<b>Lake Morris</b>
<b>Sun, 27 May</b>	<b>8.00am</b>	<b>Fun Run/Walk</b>	<b>Every Dog Has It's Day</b>	<b>tba</b>	<b>tba</b>
	<b>2.30pm</b>	<b>Road Run, Fun Run</b>	<b>Babinda Boulders Burst</b>	<b>12k / 3k</b>	<b>Babinda</b>
Fri, 01 Jun 2012			USM Challenge Cairns Fun Run		
<b>Fri, 8 Jun - Sun, 10 Jun</b>		<b>Road Run, Social</b>	<b>3-day Marathon New!</b>	<b>Total 42k</b>	<b>tba</b>
<b>Sun, 17 Jun</b>	<b>8.00am</b>	<b>Road Run, Fun Run</b>	<b>Father's Day New!</b>	<b>tba</b>	<b>tba</b>
(10-12 June 2012)		Track	Qld Masters Track Championships	800m, 1500m, 5000m	Townsville
(18-19 June 2011)	<b>2.30pm</b>	<b>Track, Run / Walk, Fundraiser / Team</b>	<b>Relay for Life</b>	<b>18hr</b>	<b>Barlow Park</b>
<b>Sat, 23 Jun</b>	<b>8.00am</b>	<b>Road Run</b>	<b>Faster Today or Tomorrow? New!</b>	<b>10k</b>	<b>tba</b>
<b>Sun 24 Jun</b>	<b>8.00am</b>	<b>Road Run</b>	<b>Faster Today or Yesterday? New!</b>	<b>10k</b>	<b>tba</b>
(26 June 2011)			Train Race		
<b>Sat, 30 Jun</b>	<b>4.00pm</b>	<b>Cross Country</b>	<b>Goomboora Park Cross Country</b>	<b>2k circuit</b>	<b>Goomboora Park, Brinsmead (off Loridan Drive)</b>
Sun, 01 July	6.00am	Road Run, Marathon	Gold Coast Marathon	42.2k / 21.1k	Gold Coast - Club trip
			Coaching Clinic	n/a	Townsville
<b>Sat, 07 July</b>	<b>4.00pm</b>	<b>Cross Country</b>	<b>25th David Todd Memorial Mile</b>	<b>1 mile (1.6k)</b>	<b>Centenary Lakes</b>
<b>Fri, 13 July</b>	<b>7.00pm</b>	<b>Road Run, Social</b>	<b>Black Friday #3 New!</b>	<b>5k / 3k</b>	<b>Cemetery, Little St, Cairns North</b>
<b>Sun, 15 July</b>	<b>7.30am</b>	<b>Road Run, Individual or Relay</b>	<b>Copperlode Cup</b>	<b>16k</b>	<b>Base of Lake Morris Road</b>



(16-17 July 2011)		Track	Cairns Coral Coast Athletics Carnival	Various	Barlow Park
<b>Sun, 22 Jul</b>					
<b>Sat, 28 July - Sun, 29 July</b>	<b>7.00pm</b>	<b>Trail Run, Social</b>	<b>Christmas in July Weekend away</b>	<b>Various, including fun run</b>	<b>Barrabadeen Scout Camp, Tinaroo</b>
<b>Each Mon, 30 July - 17 Sept</b>	<b>5.30pm</b>	<b>Road Run, Social</b>	<b>Beginner Runners Clinics</b>	<b>5k / 3k</b>	<b>Cnr Greenslopes and Little Street, North Cairns</b>
<b>Sun, 5 Aug</b>	<b>9.00am</b>	<b>Trail Run, Practice</b>	<b>Bump Track Run (Practice)</b>		<b>Bottom of the Bump</b>
(7 Aug 2011)		Road Run, Race	Townsville Running Festival	42.2k / 21.1k / 10k / 5k	Townsville
<b>Sun, 12 Aug</b>	<b>8.00am</b>	<b>Road Run</b>	<b>Koah</b>	<b>15k, 5k</b>	<b>Koah</b>
(20 Aug 2011)	2.30pm	Trail Run, Race	Pyramid Race	12k / 5k	Gordonvale
<b>Sun, 19 Aug</b>					
<b>Sun, 26 Aug</b>	<b>8.00am</b>	<b>Trail Run, FNQ Series, 2 of 3</b>	<b>Mt Haig Trail Marathon</b>	<b>42.2k / 21.1k / 5k</b>	<b>Kari Day Use Area, Tinaroo</b>
<b>Sun, 02 Sep</b>	<b>9.00am</b>	<b>Trail Run, Practice</b>	<b>Cairns to Kuranda (Practice)</b>	<b>10k</b>	<b>JCU car park</b>
<b>Sun, 09 Sep</b>					
<b>Fri, 14 Sep</b>	<b>7.30pm</b>	<b>Road Run, Fun Run</b>	<b>Moonlight Gorge Gallop</b>	<b>5k / 3k / 1k</b>	<b>Barron Gorge</b>
<b>Sun, 16 Sep</b>	<b>9.00am</b>	<b>Trail Run, Practice</b>	<b>Twin Bridges Trial Run (Practice)</b>	<b>18k</b>	<b>Quaid Road/ Black Mountain Road</b>
<b>Sun, 23 Sep</b>	<b>8.00am</b>	<b>Road Run, Teams</b>	<b>Team Challenge</b>	<b>8k / 5k / 3k</b>	<b>Esplanade</b>
(25 Sept 2011)		Trail Run	Julatten	57k	
<b>Sun, 30 Sep</b>					
<b>Sun, 07 Oct</b>	<b>6.00am</b>	<b>Trail Run, FNQ Series, 3 of 3, Individual or Relay</b>	<b>Cairns to Port Douglas Ultra</b>	<b>74k / 21k / 16k / 5k</b>	<b>JCU car park</b>
<b>Sat, 13 Oct</b>	<b>5.00pm</b>	<b>Road Run, Handicap Series, 1 of 2</b>	<b>Freshie Handicap #1</b>	<b>6k / 3k</b>	<b>Freshwater Swimming Hole</b>
<b>Wed, 17 Oct</b>	<b>7.00pm</b>	<b>AGM</b>	<b>AGM</b>	<b>n/a</b>	<b>Dunwoody's Tavern</b>
<b>Sat, 27 Oct</b>	<b>5.00pm</b>	<b>Road Run, Handicap Series, 2 of 2</b>	<b>Freshie Handicap #2</b>	<b>6k / 3k</b>	<b>Freshwater Swimming Hole</b>
<b>Wed, 31 Oct</b>	<b>6.00pm</b>	<b>Road Run, Fun Run</b>	<b>Halloween</b>	<b>5k / 3k / 1k</b>	<b>Esplanade</b>
<b>Sun, 04 Nov</b>	<b>7.00am</b>	<b>Road Run</b>	<b>Northern Beaches</b>	<b>10k / 4k</b>	<b>tba</b>
<b>Sun, 11 Nov</b>					
Wed, 14 Nov		Road Run	Eclipse Marathon	42k	Port Douglas
<b>Sun, 25 Nov</b>					
<b>Sun, 02 Dec</b>					
<b>Sun, 09 Dec</b>	<b>8.00am</b>	<b>Road Run, Fun Run &amp; Breakfast</b>	<b>Sweaty Santa</b>	<b>tba</b>	<b>tba</b>

## Upcoming Events:

# SPORT and RECREATION WORKSHOP

## Physical Activity for Older People

**Date:** Tuesday 16 August 2011  
**Time:** 10.00 am – 1.00 pm  
**Venue:** Port Douglas Sports Centre, Mowbray Street, Port Douglas

Presented by Complete Performance Solutions, this workshop is part of a series of Queensland Government initiatives to discuss current issues facing the sport and recreation industry. This workshop is a great learning opportunity for coaches, administrators, instructors and volunteers operating at the grassroots level.

Presented by Brad Phillette-Hughes, this workshop will cover:	
<b>Topics Covered</b>	The benefits of being physically active How much activity is enough? Managing your risk when exercising Recommendations for specific medical conditions Recommended heart rate ranges whilst exercising How to improve your fitness, flexibility, strength & balance Enjoying a variety of physical activities The benefits of incidental exercise Setting physical activity goals & monitoring your progress

**Join us to help make our community more active!**

Contact the Department of Communities, Sport and Recreation Services on (07) 4091 9230 or email [srfarnorth@communities.qld.gov.au](mailto:srfarnorth@communities.qld.gov.au) **before** Monday 15<sup>th</sup> August 2011 to register your place.

**There is no charge to attend this workshop**  
**Light refreshments will be provided**

Other upcoming events:

Day, Date	Start	Discipline	Sponsor & Event	Length	Location
Sun, 14 Aug		Hike or Bike	Metrogaine	3hr	Northern Beaches
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