



Join us on twitter at @CairnsRunners  
Join us on Facebook at  
<http://www.facebook.com/pages/Cairns-Runners/115131855206686?v=wall>

## Cairns Road Runners and Triathlon Club Inc.

Mobile: 0450 324 637

Email: [info@roadrunners.org.au](mailto:info@roadrunners.org.au)

Web: [www.roadrunners.org.au](http://www.roadrunners.org.au)

P.O. Box 7403, Cairns, QLD 4870

## December 2011 Newsletter

### Contents:

Training strategies  
President's Report  
Upcoming CRR events  
Letters to the editor

Shoelaces  
Recent CRR events  
Our wonderful sponsors

## Training strategies from Hal Higdon

To run multiple marathons without raising your risk of injury, you do need to know what you're doing. Here are some training strategies:

1. **Plan your schedule early.** Select multiple marathons well in advance. That allows you to plan your training around more than one race.
2. **Don't ignore rest.** Your body needs time to rebound before training hard again. Muscle soreness ends after a few days, but full recovery may take three to four weeks.
3. **Try shorter events.** Races at 5-K, 10-K and half-marathon distances still are worthy of your attention. They can serve as speedwork.
4. **Don't run all marathons hard.** Enter some seeking less than peak performance. This makes most sense if running back-to-back marathons with less than eight weeks between.
5. **Take time to prepare.** When serious about a marathon, prepare very carefully. Use the full 18 weeks in my [marathon training programs](http://www.halhigdon.com/marathon/Mar00index.htm) <http://www.halhigdon.com/marathon/Mar00index.htm> to ensure a Personal Best.

## President's Report

Welcome to the final newsletter for 2011. Sadly, this will also be my last newsletter as editor. A job I enjoyed doing for the past two years or so. **Sarah Griffiths** will take over in January 2012.

A huge thank you to our new and returning sponsors for 2012. If you would like to support the Club, please contact Sarah on [sponsorship@roadrunners.org.au](mailto:sponsorship@roadrunners.org.au). Paper copies of the 2012 Event Calendar, including contact details for sponsors are on the calendar. Please use it and share it around.

We have so many long distance events next year, that I thought it good to provide a few "Training Strategies" to get you thinking about 2012. It's straight off Hal Higdon's website, so I can't take any credit for it! When you study the 2012 Events Calendar, you will discover, that apart from all the events we had in 2011, there are numerous new events, including a 18km trail run along the Smith and Douglas Tracks in Barron Gorge National Park and a "Three Marathons in Three Days" in July!

I forgot to include the 2011 Management Committee Report that was read out at the AGM in October. You can read the report on our website under "Club Info - Committee" (<http://www.roadrunners.org.au/wp-content/uploads/2010/12/2011-MC-report-for-AGM.pdf>)

How exciting, we already have **60** Club members for 2012. You don't need to wait for Sign On day on 25 January, go online anytime and sign up via our website – this is a HUGE help to our volunteers, who need to do the data entry for the database at the start of the year. There's a button in the left margin called "Join Now for 2012!". Your membership will remain "pending" until the Management Committee has approved it at their next meeting. The list of current members and their membership numbers will be published in the newsletter each month. We meet every second Wednesday of each month, it's an open meeting and all club members are invited to attend. Check the website for location and time.

Talking about meetings, there is a meeting on **Wednesday night, 21 December, at 6.30pm** for anyone interested in helping out with the Trail Runs next year. This is when the entry fees for the trail runs will be decided.

If you are looking for a great present for a runner in the family, come along to the Wednesday night club run and pick up a singlet or crop top (for the ladies). We have lots of different sizes for juniors, males and females. \$40 for adults and \$30 for the kids. When you sign up for your 2012 membership, you can also order a USB that contains information about the club including the Club Information Booklet, race descriptions, maps, registration forms, history and photos. Or just use it for something else. Only costs \$5.

Thank you to the following people who have already agreed to help out with events next year as Race Directors:

**Lorraine & Larry Lawson**  
**Mel Akmentins**  
**Rosie Ball**  
**Sarah Griffiths**  
**Gareth Smith**  
**John Vaughan**

**Christine Bell**  
**Alan Courtney**  
**Lesa Hansen**  
**Taras Jakubovsky**  
**Kev Morrissey**

**John Musgrove & Tina Freeman**  
**Scott & Chrissy Radcliffe**  
**Glen Robinson**  
**Paul Ryan**  
**Bec Tucker**

It's not a big job, and it does make the year a pleasant experience for everyone when the work load is shared. The procedure for 2012 races is going to be different as club members opt into a "team" to be part of (e.g. admin, timing, water stations, setup / pull down), this will be explained more in the next newsletter. A roster will be added to the website to remind people when they are needed. If you would like an opportunity to participate as a race director, please let me know – anyone is welcome to have a go.

Please read the letter from Darryl re sponsorship for **Bini James**. If you wish to help the family out, please contact Darryl directly.

Remember that we continue to run each Wednesday night. There are also some trail runs coming up in late December/January, so keep an eye on the website and facebook page for updates. See you out on the road or trail or at the next race!

Have great Christmas and New Year.

Regards,

*Lorraine Lawson*

## Upcoming Cairns Runners Events: January-February 2012

Day, Date, Start Time	Length	Discipline	Sponsor & Event	Location	Organiser
Every Wed, 5.30pm	5km / 3km	Road Run, Social	Club Run (Free for Everyone)	Esplanade	Lorraine Lawson
Every Fortnight on a Sunday, 9.00am	Various	Road Run, Social	Club Run (Free for Everyone)	Roving, Atherton / Tablelands, check website for updates	Paul Ryan & Janette Jacob
Fri, 13 Jan, 7.00pm	5km / 3km	Road Run, Social	Black Friday #1 NEW!	Cemetery, Little St, Cairns North	Larry Lawson
Each Mon, 23 Jan - 05 Mar, 5.30pm	3km	Road Run, Social	Beginner Runners' Clinics. Sponsor: High Performance Massage	tba	Lorraine Lawson
Wed, 25 Jan, 4.00-7.30pm	5km / 3km	Road Run, Social	Sign On, Australia Day Social. Dress: Green and Gold	Esplanade, just north of Muddy's Playground	Mel Akmentins
Sun, 05 Feb, 7.00am, tbc	6km / 2km	Road Run, Fun Run	Waitangi Day, Dress: Black & White. Sponsor: Paradise Palms Resort and Country Club	Paradise Palms Drive, Kewarra Beach	Alan Courtney
Sat, 11 Feb, 4.00pm	1/2 hr	Trail Run, Practice	Poker Run (Practice)	JCU, Smithfield	Gareth Smith
Wed, 15 Feb, 5.00pm	3km	Road Run, Social	Belated Valentine's Day Fun Run, Dress: Red & White. Sponsor: Anytime Fitness	Esplanade, just north of Muddy's Playground	Lorraine Lawson
Sat, 18 Feb, 4.00pm	5km / 3km	Road Run, 5k Series, 1 of 3	5k Series #1. Sponsor: Active Health Clubs	The Rocks, Redlynch Valley	tbc
Sat, 25 Feb, 4.00pm	1 hr	Trail Run	Poker Run. Sponsor: Pump 'n Pedals	Smithfield MTB Park Car Park, Macgregor Road	Gareth Smith
Wed, 29 Feb, 5.30pm	6km / 4km / 1km	Road Run, Social	Leap Year Run. Sponsor: Anytime Fitness	Esplanade, just north of Muddy's Playground	Lorraine Lawson

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

### Letters to the Editor

Received via email on 12 December 2011

Hello Road Runners! Cairns Regional Council is searching for new Active Games facilitators for 2012.

Active Games is a free sport and games program for children and young people to come to after school. It usually runs for two hours in 8 locations (parks) around Cairns from Smithfield to Gordonvale and facilitated by two energetic, sporty and creative facilitators.

We are holding a free Facilitator Workshop Training day in January! If you or anyone you know may be interested, please pass on the message or give Sarah Gosling a call on 0459999082

Thanks,

**Sarah Boule | Project Officer**

**Email: [s.boule@cairns.qld.gov.au](mailto:s.boule@cairns.qld.gov.au) | URL: [cairns.qld.gov.au](http://cairns.qld.gov.au)**

---

Received via email on 16 November 2011

Hi. Just want to give you a big thank and hug to make the event to happen. Although I had DNF, I enjoyed every moment at the tough course and to meet nice runners/ St Johns people/ race organisers/ volunteers. The bad fall makes me stronger and more determined to come back to finish the rest of the course next year. Your management has been great from the before to the after.

Take care  
Karen Chan

Received via email on 13 November 2011

Hi Joni, Lorraine and the Team. Big Thank You and congratulations for organising such a wonderful and successful event! Wish other organisers could learn from your thoughtfulness and amazing support. I absolutely loved the scenery, the cheering and very much appreciated the refreshments and regular water supply throughout the trail! Although was not expected, your patience/encouragements with me crossing the finish line as the last person is highly valued!! Thank you also for uploading pictures to facebook so quick.

If you do not mind, I would like to ask a favour to pass on my email address to Karen Wong Cheung Chan and Glen Alan Prentice as we did not have the time/energy to do so while on the event...

Many-many thanks.  
Regards,  
Julia Bodonyi  
Cronulla, New South Wales

Received via email on 30/11/2011

Dear Lorraine, Alan & Andrea, and the committee members. Bini James has been chosen to represent Australia at the ISF World Schools Cross-Country Championships in Malta from March 21<sup>st</sup> - April 3<sup>rd</sup> 2012. Bini was selected based on the results of the 16 year old athletes who competed at the National Cross-Country Championships in Canberra on August 21<sup>st</sup> 2011.

Please find attached a letter of confirmation from the Tour Manager of the School Sport Australia National Cross-Country Team (*see letter on next page*). As the costs of Bini's participation at this event are over \$6,000, it would be very much appreciated if Cairns Road Runners could consider making a contribution towards the cost of this trip. Bini has been a competitor at cross-country and running events in this region, and will represent Far North Queensland very proudly.

Thank you kindly for your consideration. Also, please advise if you are aware of other companies who may be interested in assisting Bini in such an endeavour.

Darryl James & Peta Weaver  
P.O. Box 349  
North Cairns QLD 4870  
Phone 07 4051 6127 or 0457 506661

*Note from the Editor: Thanks, Darryl. The Management Committee contributes a total of \$1000 out of Club Funds to promising young athlete(s) each year in the form of the **David Todd Memorial Fund**. Recipients of the 2011 money will be announced at The Rocks Race on 17 March 2012.*

Cairns Road Runners & Triathlon Club Inc  
PO Box 7403  
Cairns, Qld, 4870

Dear Sir/ Madam

Re: Sponsorship for World Schools Cross-Country Championships

This is to acknowledge that Biniyam Tilahun James from the state of QLD has been selected to represent Australia at the ISF World Schools Cross-Country Championships in La Valetta, Malta from March 21<sup>st</sup> - April 3<sup>rd</sup> 2012. Biniyam was selected as one of the best six (6) 16 year old school athletes at the National Cross-Country Championships in Canberra, ACT on August 21<sup>st</sup> 2011.

The final cost of the tour is estimated to be around \$5500 with an **extra \$600 provided by Biniyam** for the purchase of lunch and dinners for 10 days of the tour. Hidden expenses of up to \$1000 will be incurred by the family over the next 6 months in preparing for the event is not included. Such expenses are weekly physiotherapy/massage, coaching sessions and travel to other Championships. An itemized list of the costs is set out below.

Uniform - \$650 (depending on how much is purchased)  
Airtfares - \$2400  
Travel Insurance - \$150  
Rome & Dubai tours package - \$1300  
Championships costs (includes all meals and accommodation) in La Valetta - \$480  
Championship Levy (nomination fee) - \$40  
Administration, Travel Bags, Friendship pins and photo - \$280  
Team Members School Sport Australia International Levy - \$200  
Total Estimated Cost: \$5500

Any moral and/or financial support, which your organization could provide for Biniyam, would be greatly appreciated.

School Sport Australia place's an emphasis on such Championships as being more than purely a sporting competition with educational, social, and cultural experiences being provided throughout the tour.

Thank you for your support of school sport.

If you require any further information you can contact me on 0418344266 at any time.

Yours Sincerely  
Trevor Wiseman OAM  
Tour Manager & Head of Delegation  
School Sport Australia National Cross-Country Team



Shoelaces



## 2012 Memberships – 60

Please note that 2012 Cairns Road Runners Members' names published in the newsletter are those who have been accepted by the Management Committee at their monthly meeting. Take note of your **new membership number**, you'll need it at your next event!

If you have paid for 2012 membership on or before 13 December and your name does not appear on the list, please contact Mel on [secretary@roadrunners.org.au](mailto:secretary@roadrunners.org.au).

2012 CRR#	Surname	First name	Gender	2012 CRR#	Surname	First name	Gender
314	Atfield	Joanna	F	271	Matsuoka	Nami	F
274	Bailey	Steve	M	138	McAvoy	Hunter	M
78	Ball	Rosanna	F	139	McAvoy	Mackenzie	F
77	Ball	Martin	M	135	McAvoy	Mark	M
254	Bean	Alisia	F	136	McAvoy	Alicia	F
313	Black	Tony	M	137	McAvoy	Jordan	F
6	Cavill	Jim (Life Member)	M	141	McAvoy	Stirling	M
310	Cheesman	Trevor	M	140	McAvoy	Montanna	F
311	Cheesman	Matthew	M	290	Miller	Emma	F
1	deKievith	Marcel (Life Member)	M	4	Morrissey	Kevin	M
2	deKievith	Trees (Life Member)	F	275	Musgrove	John	M
3	deKievith	Moniek (Life Member)	F	279	Parker	Neil	M
312	Elmer	Don	M	280	Parker	Debra	F
302	Fearon	Keith	M	288	Pengilly	Martin	M
303	Fearon	Bridget	F	309	Petrucci	Joe	M
304	Fearon	Aislinn	F	291	Phillips	Sharyn	F
305	Fearon	Niamh	F	278	Roberts	Sandy	F
306	Fearon	Siobhan	F	292	Russo	Karen	F
276	Freeman	Tina	F	221	Ryan	Paul	M
277	Freeman	Ellie-Jay	F	323	Ryan	David	M
316	Godfrey	Andrew	M	315	Sandaver	Carolyn	F
319	Greenwood	Andrew	M	265	Seehafe	Wilfried	M
320	Greenwood	Nadine	F	282	Smith	Jason	M
321	Greenwood	Thomas	M	283	Smith	Aiden	M
322	Greenwood	Hannah	F	284	Tattersall	Rowan	M
289	Gwillim	Jason	M	307	Van Hoofstadt	Tania	F
272	Harrison	Neil	M	287	vanden Driesen	Jordan	M
285	Heenan	John	M	318	Von Senden	David	M
286	Heenan	Isabella	F	308	Watters	Donal	M
23	Kraska	Ian	M	317	Wells	Susan	F
10	Lawson	Larry	M	301	Xu	Cynthia	F
11	Lawson	Lorraine	F	281	Zaltash	Lena	F
267	Lupson	Donna	F				



### **December Cairns Runners Birthday Babies:**

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

Sue Benny, Scott Ratcliffe, Mackenzie and Stirling McAvoy

### **And Happy Birthday to the rest:**

Life member Moniek deKievith, CRR treasurer Rosie Ball, Joshua, Nikita and Alex Bryant, Rosie Campbell, Chris Chapman, Avril Cross, Jacqui Dovale, Kate Doyle, Steven Francis, Derek Garner, Stephen and Corey Guerini, Ella Hargreaves, Craig Harriss, Donna Lupson, Hunter McAvoy, Nathan Moore, Heather Rogers, Monique Storch, Ian Valentine, Sharee Walmsley, Nicola Wilkins, Chris Wilson

Getting 'old'? Sign up to be a Masters at

[http://athleticsnorthqld.org.au/images/stories/2011\\_forms/ang08\\_-\\_2011\\_masters\\_member\\_registration\\_ol.pdf](http://athleticsnorthqld.org.au/images/stories/2011_forms/ang08_-_2011_masters_member_registration_ol.pdf)

Love your Ultra Running? Become a member of AURA [http://www.aura.asn.au/why\\_join.html](http://www.aura.asn.au/why_join.html)

Love your newsletters? Here's a few you may want to subscribe to:

- Cairns Crocs Triathlon Club: For new subscriptions go to <http://eepurl.com/gj9kf>  
Townsville Road Runners: [newsletter@townsvilleroadrunners.com.au](mailto:newsletter@townsvilleroadrunners.com.au)
- ANQ Admin [ [admin@athleticsnorthqld.org.au](mailto:admin@athleticsnorthqld.org.au) ] – we will send the list of members who select this on their membership form to ANQ each month.
- Masters Athlete [ [peter@mastersathlete.com.au](mailto:peter@mastersathlete.com.au) ]
- The E-Newsletter for the Australian not-for-profit sector: [TheDevelopmentOffice@bigpond.com](mailto:TheDevelopmentOffice@bigpond.com)
- Updates on volunteering opportunities: [julian.evans@volunteeringqld.org.au](mailto:julian.evans@volunteeringqld.org.au)
- News from Sport and Rec: Sparkes Debora [ [D.Sparkes@ Cairns.qld.gov.au](mailto:D.Sparkes@ Cairns.qld.gov.au) ]
- Cairns Courthouse Hotel [ [marketing@ CairnsCourthouseHotel.com.au](mailto:marketing@ CairnsCourthouseHotel.com.au) ] – great for reminders on their upcoming events.
- Active Network, Sports [ [info@info.activenetwork.com](mailto:info@info.activenetwork.com) ] – this is a great one if you would like to participate in webinars on a range of topics relating to sport.

### **Recent CRR Events:**

#### **Koah 15km (19 November 2011)**

Inaugural race with Paul Ryan and Alan Courtney as race directors. The 15km was the main attractions, but some competitors chose to do the 10km, others the 5km, and Marnie Carrison just made up her own race and did 8km! Thanks to those who came along. From all accounts it's a good course and it's been put on the calendar again for 2012. Earlier in the year on Saturday 16 June. Results on our website and photos on Facebook.

#### **Barefoot Bowls (1 December 2011)**

Great evening of Barefoot Bowls at the Edge Hill Memorial Club. Rosie Ball did a fantastic job getting everyone sorted into teams and we ended up with 32 players – with the majority having no clue what they were doing. Good fun and great food too.

#### **Sweaty Santa Fun Run (4 December 2011)**

The last official run for the Club for 2012 rounded the year off beautifully. Thanks to everyone who came along for the run and in particular those who helped out. The list of names is on our website and photos on Facebook.



# Shoelaces



## Koah 15km (19 November 2011)



## Barefoot Bowls (1 December 2011)



## Sweaty Santa Fun Run (4 December 2011)







COURTHOUSE



Please support our Fabulous Sponsors!

