



Cairns Road Runners and Triathlon Club Inc.

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February 2011 Newsletter

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Solar Eclipse Marathon off to a flyer

Hundreds of athletes have already registered to run in the Solar Eclipse Marathon to take place in Port Douglas in November 2012.

Bruno Bennett from Port Douglas Event Management said the marathon will be one of the biggest events ever to come to Port Douglas. "We'll have 3,000 runners in total and we expect that, through the course of this year (2011), the majority of those places will be taken up."

Read the full article here: <http://www.tourismportdouglas.com.au/Solar-Eclipse-Marathon-off-to-a-flyer.5130.0.html>

Facing the bare facts on running

Running barefoot may be more beneficial for your feet and ankles than wearing expensive running shoes, according to Dr Robert Crowther, an exercise physiologist and lecturer at JCU's Institute of Sport and Exercise Science.

If you are interested in finding out more about barefoot running Dr Crowther will be presenting a free talk on **Friday, February 18 at 6pm** in the Rehabilitation and Exercise Sciences building at JCU's Douglas campus in Townsville. The talk will be video-linked to JCU's Cairns campus – room A4.105. Come along if you are interested.

Thanks to Greg from the Crocs for informing us of the talk! To read the full article, go to <http://world.edu/content/facing-bare-facts-running/>

President's Report

Welcome to the February 2011 CRR Newsletter. With Cyclone Yasi arriving on the eve of our sign on, I've not got too much to report this month! Thanks to those who have used the online registration to sign on and also to those who came along to the run on Wednesday night with their \$30 or \$65. If you want to take advantage of the discounted sign on rate, we've extended it to the first Holloways Beach Race day – 19 February.

Kirsten and **Rob** have resigned from the CRR management committee. They have assured us that they will still continue to help at events and be involved in the Club. Thank you Kirsten and Rob for all your help as committee members, we appreciate the time and effort you put into making this a great Club. If you have good skills as a treasurer and can help out, let me know. Anyone that knows me, will be *terrified* when they hear I'll be doing the job until we find someone! I just spend the money we have! Probably not a good thing?

The Beginners Runners Clinics are going well and it's great to see so many people keen to get into running. Please encourage these participants when you see them at our events or if you know of someone who would be interested in coming along, there are details on our website under the 'Novice' page. Thanks to **Kathy, Kylie** and **Jim** for helping me out the past few weeks.

The CRR Management Committee has agreed to show our support to people with a disability, as well as their carers, and sign CRR up as an affiliate of the Queensland **Companion Card** program. The program promotes fair ticketing for people with a disability who have a lifelong need for the significant assistance of a companion to attend activities. Cardholders can present their card when entering a CRR event and will be issued with a second entry for their companion at no charge. It is not a discount scheme, concession or benefit. You can read more about the program at <http://www.communityservices.qld.gov.au/community/companion-card/about.html>.

The CRR Management Committee has also agreed to trial a **Members Listing** on our website. You must be a current member and the committee will have the final say in who will be included. The idea is to allow members to network – NOT for people to take advantage and expect special treatment from those on the listing! I will send out a separate email to Club members with a link to the survey.

Thanks to **Kylie**, we've got in our new order of **singlets**. So any guys who have been waiting for the large singlet sizes, or any kids who want singlets, now's your chance! Check the gear page on our website for details.

The **AJ Hackett Poker** run is only a few weeks away. You can enter online and also buy a trail shirt for \$25.00. We need some help with clearing the track as Cyclone Yasi has dropped a lot of leaves and branches. We are meeting on Saturday morning (yes, that's tomorrow, 12 February!) at **8.00am** at the car park on Macgregor Road, Smithfield to go over the tracks. Bring some gloves, secateurs and a rake (if you've got one).

I would like to personally thank the volunteers who came along to the second **National Day Fun Run** to offer their services! It meant that Kathy and I could get out and actual take part in the race. It's not a difficult job to help out, and we will need Club Members, their family and friends support this year. You can pick when you want to help out by sending me the date of the race and the job you would like to do. Check the volunteer roster online (I'll put it up after the Valentine's Eve Run on Sunday night).

I'm pleased to announce that **Nando's** Cairns have come on board as one of our sponsors. They are going to provide vouchers as prizes for our fun runs. Please support Nando's – they make the best chicken in town. If you've not tried it before, you'll be pleasantly surprised. They are at 127 Abbott Street in Cairns. We'll get some 'take away' on Sunday night for those who want to join in after the **Valentine's Eve Fun Run**.

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

Regards,

Lorraine Lawson

Upcoming Cairns Runners Events February 2011

2011 Cairns Road Runners Event Calendar - draft					
Every Wednesday	5.30pm	Road Run, Social	Club Run (Everyone is welcome)	5k / 3k	Northern end of Muddy's Playground, Esplanade
First Wed of each month	5.30pm	Road Run, Time Trial	Choice Australia Management Time Trial	10k / 5k / 3k	Northern end of Muddy's Playground, Esplanade
Each Tue 25 Jan - 01 March	5.30pm	Road Run, Social	Beginners Running Clinic	5k / 3k	Barlow Park
Each Fri, 28 Jan - 04 March	6.00am	Road Run, Social	Beginners Running Clinic	5k / 3k	Cnr Greenslopes & Little St, North Cairns
Sun, 13 Feb	6.00pm	Road Run, Fun Run	Valentine's Eve Fun Run (Theme: Red)	3k	Northern end of Muddy's Playground, Esplanade
Sat, 19 Feb	5.00pm	Road Run, Series, Race 1 of 3	Harvey World Travel Holloways #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, Macgregor Road, Smithfield
Sat, 5 March	5.00pm	Road Run, Series, Race 2 of 3	Harvey World Travel Holloways #2	5k / 3k	Cnr Oleander St and Hibiscus Lane, Holloways Beach

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

Sunday Trail Running

If you'd like to try trail running but aren't sure where to start, or if you don't want to run alone, come along on Sundays at 8 am. Calendar of runs below.

Location maps will be added to our website, the Cairns Runners Facebook page and sent via email to those interested.

When?	Where?	What?	How Hard?
13th Feb	Smithfield Conservation Park	hill training	Beginners welcome
20th Feb	Glacier Rock + Smiths Track	Approx 10 km/ short out and back	Beginners welcome
27th Feb	Lake Morris (bring cash for morning tea)	Approx 8 km round trip	Steep uphill but beginners welcome
6th Mar	Smithfield Conservation Park	Holloways warm down!	nice and steady, good for beginners
13th Mar	Blue Arrow	5.6 km + red arrow hill training	narrow and rocky track in places
20th Mar	Paddy's Day run	No Trail Run	
27th Mar	No Trail Run		
3rd Apr	Little Street 10 km	No Trail Run	
10th Apr	Copperlode Dam Practice Black Snake	34 km/20 km/ your distance	Hard as you like
17th Apr	Little Street 10 km	No Trail Run	
24th Apr	Redlynch	10km / 5km	easy track, plenty of road

Letter to the Editor

Received via email on 20/1/2011

Hi Lorraine

I am contacting you to seek your support in helping us (Doon McColl, Deb Trehearn, Mary Frances De Jourdan and Leanne Kruger - all rogainers and past CRRs) to hold a **TRASH and TREASURE GARAGE SALE** in order to raise funds for the Fred Hollows Foundation. We have put together a team, the **Tropical Tryhards to participate in Coastrek in March - a 100kms walk in 36hrs from Palm Beach to Coogee**. All proceeds will go to the Fred Hollows Foundation.

Saturday 19th February
7am – midday

Cominos House
Corner Greenslopes and Little Streets

We are looking for people to donate their second hand goods and / or coming along to find a bargain.

Thanks in anticipation
Leanne Kruger 40561364 / 0429385098



Membership: 75 for 2011

New members who've signed on since the last newsletter: Steven F, Nicole, Michael, Flynn and Xavier; Dwayne, Rhonda, Kelly, Suzy, Simon, Sandra V, Ken and Leanne H. Welcome to the Club! And welcome back. Laura, Derek, Danielle, Gabriella and Stephanie; Fiona, Peter B, Rosie C, Larry, Peter M, Melissa C, Avril, Marco, Sally, Debra M, Alison, Celia, Natalie, Steve C, Anna, Bill, Bryan, Gary B, Wayne and Glen.

February Cairns Runners Birthday Babies:

The big wishes go to: *Enjoy the big "0"*. Marco K, Michael C, Julie S, Silvio M

And Happy Birthday to the rest: Life member Jim C, Rorey H, Ella A, Niels E, Angela G, Kathy J, Helen K, Sally M, Michelle W, Russell D, Benjamin A, Cleo B, Anthony D, Stephen D, Ralf D, Kent H, Jill L, David L, Luke M, Brian M, Liz M, Tangi M, Bert M, Sian M, Richard N, Jeanette N, Alexandra P, Neil P, Michael P, Lyndell P, Daniel P, Nathan R, Natasha R, Ryley-Kate R, Chrissie S, Karen S, Ludwig S, Rowan T, Kate T, Malindi T, Klaus Z

Masters Track Athletes are required to be financial members of a Masters club. We can provide you with more details, but we recommend you hold off until April to join up, as membership is valid from April - March. So if you sign up now, you'll have to do so again in April!

Sports Medicine Australia: 2011 - Safer Sport Program Course Calendar. See the flyer at the end of this newsletter. If you would like more information, please send us an email at info@roadrunners.org.au

Juniors:

Kids sport - see flyer at the end of this newsletter.

Queensland Team nominations are now open for the Australian Junior Championships to be held in Sydney on 10-14 March 2011. All athletes must complete the online nomination form in order to be considered for selection in the Queensland Team. The nomination form is available on the Queensland Athletics website here: www.qldathletics.org.au/teams

Apply now for a Local Sporting Champions Grant

Are you, or do you know, a dedicated young athlete, coach or official participating in a state or national sporting championships? Are you aged 12-18 years old travelling further than 250km return for a state or national championships?

If yes, then you could be eligible for a Local Sporting Champions grant to help meet costs such as uniforms, travel, accommodation and equipment.

Grants of \$500 per individual are available for young people participating in a nominated National Sporting Organisation-endorsed state or national sporting championships or a School Sport Australia national championship.

Applications must be submitted prior to the commencement of the nominated championships.

For further information, including application forms and eligibility criteria, go to: <http://www.ausport.gov.au/champions>

National Day Fun Run Series



Dr. Alan Courtney
B.App.Sc. (Clinical) B.Chiro.Sc. (RMIT)
Dip Hort (Massey NZ)
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~ Gentle Wellness Care for
babies, children and adults ~



Fun Run #1: Australia Day, 26 January 2011

Race Director Alan Courtney

94 runners participated in the inaugural National Day Fun Run. Thank you to sponsors Paradise Palms Resort who donated a one night accommodation with breakfast. Trinity Family Chiropractic provided wine and other spot prizes.

Volunteers: **Lorraine, Kathy** and **Kirsten** on registration; **Melanie** and **Alan** on timing; **Gareth** and **Jim** at the drink stops and; **Marie** and **Debbie** on catering.

Overall winners for 6k:

Male: Phillip Bradshaw 19.59; Glen Robinson 22.56; Steven Francis 23.19

Female: Fiona Campbell 25.25; Natalie Boddington 26.13; Carmel Bakurski 26.19

Overall winners for 2k:

Male: Jesse Callaway 8.17; Stirling McAvoy 8.33; Connor Mitchell 9.44

Female: Montanna McAvoy 8.17; Mackenzie McAvoy 11.25; Nikita Bryant 11.41

Fun Run #2: Waitangi Day, 6 February 2011

Race Director Alan Courtney

50 runners participated in the second race in the National Day Fun Run Series. Numbers were down, most likely due to Cyclone Yasi. Thank you to sponsors Paradise Palms Resort who donated another three one night accommodations with breakfast (one as a lucky draw and the other two as 6k series winners prizes. Trinity Family Chiropractic provided wine and other spot prizes.

Volunteers: **Sarah** and **Ian** on registration; **Alan, Nathan** and **Robyn** on timing; **Gareth** and **Andrea** at the drink stops and; **Kylie** on catering.

Overall series winners:

6k Male: Phillip Bradshaw

6k Female: Fiona Campbell

2k Male: Stirling McAvoy

2k Female: Montanna McAvoy

Overall winners for 6k

Male: Phillip Bradshaw 21.10; Glen Robinson 23.02; Steve Cunningham 23.34

Female: Fiona Campbell 24.58; Natalie Boddington 25.09; Alison Smith 30.43

Overall winners for 2k

Male: Stirling McAvoy 9.08; Tom Meadows & Kai Mouteny 10.04; Ajay Connell 10.43

Female: Montanna McAvoy 8.22; Mackenzie McAvoy 11.16; Kathy Kennedy 11.48

Full results on our website under the 'Results' page.

Photos on Facebook

<http://www.facebook.com/pages/Cairns-Runners/115131855206686?v=photos>



Please support our Fabulous Sponsors!



Other Upcoming Events:

Sun, 13 Feb	9.00am	Crocs Triathlon Club	Sign On Family Morning	Lagoon, Esplanade
Sun, 27 Feb	8.00am	Crocs Triathlon Club	Mossman Pool	Mossman
Sun, 27 Feb		Adventure Sport NQ	3/6 hr Bush Rogaine	40 minutes from Cairns

Queensland Athletics UPCOMING EVENT: QUEENSLAND 5000M & 10,000M WALK CHAMPIONSHIPS

The Queensland U18/U20/Open Walk Championships will now be held on Saturday 26th February at the Gold Coast City Athletics Track in conjunction with the PB Series Meet and Queensland Combined Events Championships also being held that day.

FREE FUN PROGRAM

Cairns Regional Council, in conjunction with Kids Sports, is offering **FREE FUN physical activity sessions** in parks for children, young people, and their families.

No level of skill or ability required. Fun, awesome games for the whole family!

Cost: **FREE** -.

All 'Kids Sports' games and activities are run by experienced (and very cool) Primary School PE Teachers. ...All Kids Sports staff have current blue cards.

Bring a **bottle of water and wear joggers, a hat and sunscreen.**

The Kids Sports programs are unique in being able to motivate all children and young people to participate, ensuring everyone is able to have fun!

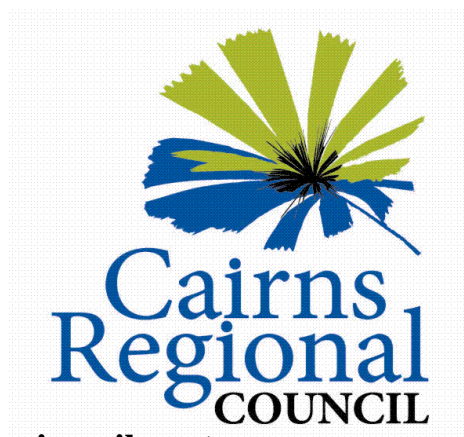
A venue near YOU.....

White Rock State School	Every Tuesday afternoon 3.15-4.15pm 15th Feb to 5th April 2011 (8 weeks)
Woree State School	Every Thursday afternoon 3.15-4.15pm 17th Feb to 7th April 2011 (8 weeks)
Ravizza Park, Ravizza Drive, EDMONTON	Every Friday afternoon 4-5pm 18th Feb to 8th April 2011 (8 weeks)

FREE Fun Programs at each venue...

- **Parents 'n Toddlers** – fun games and play for 2-5 yrs and their parents
- **Kids Sports**-cool games for Primary Schoolers
- **Walk 'n Talk**- have a chat and get some light exercise (adults)

Whilst every effort is made to ensure the safety of all children in this program, children remain the responsibility of their parent/ carer, AT ALL TIMES.



**...fostering vibrant
communities**

Sports Medicine Australia

2011 - Safer Sport Program Course Calendar

North Queensland



[What are these courses?](#)

Full course descriptions can be found on our website - www.smaql.com.au



Sports First Aid - (HLTFA301B Apply First Aid & HLTCP201B Perform CPR)

Teaches the skills and knowledge required to provide first aid response, life support, management of injuries and incidents, and other sports first aiders. This First Aid course has a sporting focus and as such is ideal for athletes, coaches, teachers and parents who wish to make sport safer.

Level 1 Sports Trainer



This course will recognise you as an accredited Sports Trainer, providing skills on how to prevent and manage injuries on and off the sporting field. Learn from skilled presenters on topics such as preventing sporting injuries, sports taping and nutrition, injury management and more!

Combined Sports First Aid / Level 1 Sports Trainer

Choose to combine the Sports First Aid and Level 1 Sports Trainer courses to fast track becoming an accredited Level 1 Sports Trainer over three days, at a discounted rate!

Townsville			
CPR	19. Feb	11. June	
Sports First Aid (SFA) – includes CPR	19. Feb	11. June	
Combined SFA & L1ST	19, 26 & 27 Feb	11, 18 & 19 June	
Level 1 Sports Trainer (L1ST)	26 & 27 Feb	18 & 19 June	29 & 30 Oct
Level 2 Sports Trainer	19, 20, 26 & 27 March		
Introduction to Taping Workshop	27. Feb	19. June	30. Oct
Sports Trainer Reaccreditation	27. Feb	19. June	30. Oct
Advanced Taping Workshop	28. Feb	20. June	31. Oct
Advanced Resuscitation	19. March		
Introduction to Massage	20. March		

Cairns		
Level 1 Sports Trainer (L1ST)	26 & 27 Feb	22 & 23 Oct
Introduction to Taping Workshop	27. Feb	23. Oct
Sports Trainer Reaccreditation	27. Feb	23. Oct