



## Cairns Road Runners and Triathlon Club Inc.

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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

### January 2011 Newsletter

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**15/1/2011: Please Note: The President's Report of this newsletter has been edited after the original newsletter was distributed on 14/1/2011. Some spelling and typo errors have also been fixed up.**

#### Setting Goals for 2011

**"Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."**

St Francis of Assisi

Check the CRR Event Calendar – there are so many events, you are sure to find something you would like to do. Then get started! Ask for help if you need it. We have many experienced runners who can offer great advice!

*For the novices out there* – here is some advice you may not have heard before: You don't need to train for years and years before you will be ready to do long-distance events! You do need a decent training program, commitment and TIME – 'time on your legs' is what us runners call it.

No matter where you are in your running, novice, intermediate or elite runner, we encourage you to come along to our events and share your experiences, team up with other and enjoy your running! Our events this year help you build up to some major events.

Not sure what to do? Have a look here and get started!

Novices / Walkers	Road Running	Trail Running	Track Running	Juniors
Beginners Runners Clinics (February)	Fun Runs	Sunday Trail Running Clinics (ongoing)	Training (yet to be organized with Cairns Athletics)	Training (ongoing)
Fun Runs	Holloways 5k Series (Feb/March)	Poker Run (February)	Various track events throughout the year	St Mary's Cross-country races (June)
Holloways Race, 17 March	Little Street Series (April)	Black Snake (May)		Goomboora Park Cross-country (July)
Beginners Runners Clinics (July/August)	Other road runs and Wednesday night social runs	Mt Haig Trail Marathon (May)		David Todd Memorial Mile (July)
Team Challenge (September)	Misty Mountains Half Marathon (September) (CRR supported event)	Kuranda to Port Douglas Ultra (August)		School/State Championships

All great achievements require time.  
 - Maya Angelou

## President's Report

Welcome to the first Newsletter for 2011! Although there has only been one event since the last newsletter, much has been happening behind the scenes to get set up for 2011.

For the results of the **Choice Australia Management Time Trial** held on 5 January, visit our website results page.

I will start this report by thanking our members and sponsors for their support in 2010. I sincerely hope you consider signing on for another year to enjoy all the benefits our wonderful Club have to offer. Over the past year or so I have seen a marked change in the ethos of our Club. Members are friendly and helpful – especially in volunteering their time to help. Runners don't get left behind. Socially, members are meeting up and enjoying each others' company.

The paper copy of the **2011 CRR Event Calendar** will be available at the Australia Day Fun Run, at our Wednesday night runs and other events. You can also check the website for upcoming events – and while you are there pay online for your events. It really speeds up registration on race day!

Our **website** has changed. A big thank you to Gabrielle and Alejo from Just Purple (<http://www.justpurple.com.au>) who set up the site for us. I transferred all the relevant information from the old site. Committee members Kathy and Nathan are uploading results, documents and photos. We want the site to be user-friendly and easy to navigate around. If something is annoying you, it's probably the same for others, let me know.

In my Management Committee Report at the AGM in October 2010, I included my personal goals/vision for the Club (see **Blue font** below). Here is what we've done so far:

### Membership

- **My focus this year (2010) was on families. We now have 20 family groups in CRR compared to 9 in 2009. My aim is to encourage parents to play a bigger role in organising events for the kids, for example the Moonlight Gorge Gallop and the Halloween Run.** Five new Fun Runs have been added to the calendar to encourage families and new runners to participate in our events. The two events mentioned are later in the year, so we'll come back to those later.
- **We currently have less than ten members who are in the over 60s age group! My focus for next year will shift from families to seniors.** I've not had time to do anything about this yet. Maybe YOU have some ideas or can help me out!
- **Continue to advertise widely.** This is very time-consuming, yet I've contacted many local, national and international news outlets and event sites to promote our events. This is a big, ongoing job, so again, if you can help – even just keeping one event site updated - please let me know. Please join Cool Running and WOMF and inform other runners about our Club and what we are doing.

### Volunteers

- **Refine the roles of committee and sub-committee member.** In progress.
- **Update the Rules of Association – Fiona Campbell and Ian Valentine.** This will require a special meeting – probably after the first Holloway Run in February next year. In progress. At this stage the special general meeting will be called for 17 March, after the third Holloways Run. All members will have an opportunity to view the updated Rules of Association prior to the meeting and all that needs to be done is to vote if it's in or out. So, the meeting should only take a few minutes to count votes.
- **Donate more back to the community at the Relay for Life and Moonlight Gorge Gallop.** To be discussed in upcoming Management Committee meetings closer to the events. We are currently considering hosting the Mother's Day Classic, a major fundraising event.
- **Refine online entries and forms.** In progress. You can already pay for your races, singlet and membership online.

### Events

- **Refine how races are being organised including a roster for helpers.** In progress. Race director duties have been reduced. The \$50 payment has been removed as many other people are involved in the planning and on the day.
- **Beginners Runners Clinic – incorporate into sign on.** In progress, refer to the "Shoelaces" section below.

- [Introduce Corporate Event/Series](#). It's called the CBC Staff Selection Team Challenge and is set for 4 September. The Beginners Runners Clinics in July/August are aimed at helping teams to get ready for this event. **Get a team together at work and start training!**
- [Increase the trail running profile](#). There is an explanation about what has happened over the past two months below, if you are interested\*\*. We already have out of town and international runners enquiring about our FNQ Trail Running Series.
- [Reduce online entry fee](#). This is on the agenda for discussion at our next Management Committee meeting on Wednesday, 19 January.
- [I also want to revive the Copperlode Cup Run and place it on the calendar at a time that will attract Townsville runners to the event](#). In progress.
- [The David Todd Memorial Mile also needs more exposure and I would like to see some top adult runners participate in that in 2011](#). In progress.
- [Revive the Club Championship Points](#). In progress.
- [And finally – increase social participation of the members](#). Various things planned. To start off we are having a Board Game evening with drinks and nibbles at Jurdy's place on Australia Day. Come along!

\*\*If you read the newsletter for December, you will be aware that we have three NEW trail runs on our calendar for this year: The 34k Black Snake Trail Race on 8 May; the Trinity Family Chiropractic Mt Haig Trail Marathon on 22 May and the It's Extreme Kuranda to Port Douglas 64k Ultra Trail Marathon on 28 August. We are very excited about these events and feel that they showcase our wonderful region. Unfortunately our 2010 Trail series no longer belongs to the CRR. The CRR committee received a letter at the end of October 2010 from the "Dirty Northern Trail Running Crew", but no signatures were included. This 'Crew' informed us that they will move the series elsewhere - which is what they have done. We don't have any issue with the fact that they want to organise their own trail runs, *anyone* can offer trail running in this region, of course. Call your events whatever you like, do whatever you like (even if it is identical to ours), but don't take our events.

This 'Crew' also suggest that the more traditional 'road' runner may want to 'experiment with a trail event'. **I disagree!** The percentage of CRR members who participated at the trail races in 2010 were as follows: 81% at the Poker Run, 73% at the Speewah Race, 44% at the Gold Rush and 39% at the Spiny Cray. Our members LOVE trail running, they are not just 'experimenting'.

Another reason why this 'Crew' moved away from CRR appears to be because there were "regular discrepancies" on our website with regards to information about the trail runs. Again, **I disagree!** I am the webmaster for the CRR website, and have been for about 1½ years now. so I know exactly what goes onto the site. If discrepancies existed, it was because I was not kept up to date!

But, as we all know, adversity actually brings people together. Our Club and the broader running community have actually benefitted from this incident. We now have a trail running sub-committee consisting of Ian Valentine (chair), Christine Bell, Alan Courtney, Larry Lawson and Gareth Smith. Various other members are also actively involved in helping with our trail runs for 2011. And three new trail runs in the region provide more variety, not only for our local runners, but for those who travel to the region. Members are excited about what is on offer as our events cater for the novice through to the elite. And with our trail running clinics on weekends, everyone can come along to have a go.

Since becoming President in October 2009, I have actively worked to ensure members are informed about Club matters. I put together this monthly newsletter and I chat to people on a weekly basis to determine how the Club can better serve our members. I think this open and honest communication is what defines our Club today. Members have a voice and are actively involved in the running of the Club. I am therefore disappointed that the Management Committee may need to conduct a closed "Special Meeting of the Management Committee", according to our Rules of Association.

If you have questions, comments or suggestions with regards to our Club, please feel free to chat to me or contact me via email or phone.

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

*Lorraine Lawson*

[Upcoming Cairns Runners Events January/February 2011](#)

Every Wednesday	5.30pm	Road Run, Social	Club Run (Everyone is welcome)	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
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 Country Club, Paradise Palms Drive, Kewarra Beach
Wed, 26 Jan	6.45pm	Social evening at Jurdy's Place	Board Games Night – after our regular Wednesday night run	n/a	Walking distance from our Wednesday Night Social Run location
Each Fri, 28 Jan - 04 March	6.00am	Road Run, Social	Beginners Running Clinic	5k / 3k	Cnr Greenslopes & Little St, North Cairns
Wed, 02 Feb	4-7pm Run:6.00pm	Road Run, Fun Run, Social	<b>Sign On Evening</b> & Year of the Rabbit (Theme: Rabbits and Bunnies)	3k	Sea Eagle BBQ next to Skate Park on the Esplanade
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 Country Club, Paradise Palms Drive, Kewarra Beach
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

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

**You're Invited.** We offer trail running clinics on weekends where people can come along and experience trail running (check website for location). Our first one on Sunday last week had ten participants. Thank Christine and Gareth for organizing this. Those wanting to do longer trail runs, can help out with the runs over the courses we have planned for the FNQ Trail Running Series. We'll be doing the Black Snake on the weekend (16 January), contact Lorraine if you are interested.

There is also a group that meets on Tuesday nights – the sessions alternate between speed work and hill training. Next week is Hills. Meet at 5.30pm at the corner of Greenslopes and Little Streets, North Cairns.

### **Letter to the Editor**

Received via email on 23/12/2010

Lorraine

I would like to thank you and Cairns runners for your friendship whilst we were here in Cairns. It is a good running club and everyone is friendly we should be back next year thanks a lot.

Les Crawford { will wear cairns runners singlet at Canberra marathon }



## Membership: 32 for 2011

**New members** since last newsletter: Jurdy, Ben, Arthur, Mike, Steven, Leland and Emma. Welcome to the Club! And Welcome Back, Sarah G.

Membership forms are available on our website and at our events.

### **January Cairns Runners Birthday Babies:**

**The big wishes go to:** Life member Trees deKievith, Maureen McIntosh, Alan Hurst, Susan Crowe and Kate Comas *Enjoy the big "0"*.

**And Happy Birthday to the rest:** Club Treasurer Rob Mackenzie, Gareth Smith, Ian Grant, Fiona Bunt, Melissa Cotter, Debra Harrison, Tim Trehearn, Stuart Heggie, Liz Cox, Lisa Lindsey, Sandra Matthews, Mark Urquhart, Tessa Marshall, Geoff Lucas, Adam Fletcher, James Keightley, Kate Gould, Robert Barnes, Max Trounce, Gary Bryant, Theresa Donnelly, Carla De Domenico, Trent Gleeson, David Brook, Georgina Bosworth, Mario Marino, Bharat Gadhvi, Dennis Snijders, Rachel Mills, Tim Read, Mathew Potter, Om Beacon-Halliday

**Please Note:** Our regular monthly management meetings have moved to the second Wednesday of each month at 6.45pm at CBC Staff Selection on Spence Street. A reminder that current members **are welcome** to attend.



**Did you know?** We are investigating other merchandise such as Club shirts and ladies' crop tops. We will also have trail running shirts, which you can order online at the same time as entering the races.



**Reminder:** Our **Sign On Evening** is on 2 February on the Esplanade (4.00-7.00pm). Join in the Year of the Rabbit Fun Run at 6.00pm – make sure you dress up in your best bunny gear. There is also a BBQ for all 2011 members at 6.30pm. Lorraine will be IGA at Peace Street on Saturday, 29<sup>th</sup> January from 9.00am – 2.00pm, so come along and join her to promote our Club!

Source of image: <http://www.bluebison.net>

**ANQ News – read the Paralympic Talent Search information (link under the January newsletter link on our website). Be quick, it's on tomorrow, 15<sup>th</sup> January 2011 in Townsville!**

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 at [www.qldathletics.org.au/teams](http://www.qldathletics.org.au/teams).

**Reminder:** Please invite family members, friends and work mates to join our **Beginners Runners Clinics** (details on our website and flyers at the Wednesday Night Run).

Dates: 25 January – 4 March and again in July/August. Two sessions per week for six weeks in each block. Please come along to help! Lorraine is the coach, but she cannot physically take all the beginners as they are divided into three groups according to ability. Thanks to life member, **Jim**, who has already indicated he will help out. But we need you too!

### Other Upcoming Events in the Region:

Day, Date	Sponsor & Event	Location
Sat, 15 Jan	<b>Share the Road.</b> Hossam El Shazlay Memorial Ride of Silence	Opposite Tobruk pool at 06.15
Wed, 26 Jan	Summer Series Metrogaines #1-#5	Check Adventure Sport NQ website
Sun, 13 Feb	Cairns Crocs Triathlon Club Sign On Family Morning	Lagoon, Esplanade
Sun, 27 Feb	Cairns Crocs Triathlon	Mossman
Sun, 27 Feb	3/6 Hr Bush Rogaine	Check Adventure Sport NQ website

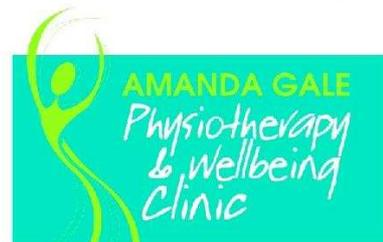
## Club Sponsors

We welcome back Active Health Clubs, Amanda Gale Physiotherapy & Wellbeing Clinic, AJ Hackett, CBC Staff Selection, Choice Australia Management, Cock 'n Bull and Trinity Family Chiropractic as sponsors!

New sponsors include: Harvey World Travel, It's Extreme and the Cairns Courthouse Hotel. I'm still in discussion with Nando's, who are one of our sponsors for our calendar.

If you are considering sponsorship with the Club, please let me know. We still have events awaiting naming rights! You can check our Sponsors Page on our website for sponsors' details and also for a list of the sponsors of our 2011 Event Calendar.

Please support our sponsors, many of them are providing support to our Club and prizes for our runners and volunteers.



Please support our Fabulous Sponsors!

