



Cairns Road Runners and Triathlon Club Inc.

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Mobile: 0450 324 637
Email: info@roadrunners.org.au
Web: www.roadrunners.org.au
P.O. Box 7403, Cairns, QLD 4870

October 2011 Newsletter

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Who to vote for

AGM, 19 October 2011

As there have been only one nomination for president, treasurer and secretary respectively there will be no need to vote for these nominees. The three nominees are:

Lorraine Lawson (president): See president's report.

Rosie Ball (treasurer): Cairns born and bred. Married to an elite athlete, Martin Ball. Played sport all my life. Was a gym junkie. Played squash for a few years. Bought a bike and rode Cairns to Karumba in 2009, after being talked into it by my personal trainer. Often do bike leg in Team triathlons, and will be competing in 2012 Challenge Cairns ½ Ironman in a team. Joined Cairns Road Runners in 2009 for the fun of it and still having fun.



Melissa Akmentins (secretary): My passion has always been running. I started running back in high school, although not very seriously. Looking for something new, I took up the challenge of triathlon in 1999 (I even had to learn to ride a bike). I was lucky enough to score an entry into the Forster Ironman in 2002. Some 6 month later, I was involved in serious motor bike accident which kept me out of the sport for five years. Due to nerve injury, I struggled to put more than a few km together without breaking down. After a sea change to Cairns from Melbourne in 2005, I found a very caring doctor who supported me to make the decision to undergo surgery. I have not looked back since. I have now completed another 3 ironman distance triathlons. I am not fast, but I get the job done, and always with a smile. This year, I decided to focus more upon my running. I was so overwhelmed to be the female winner of the Copperlode race (my first win ever). I have now ventured into the amazing world of trail running and am currently training for my first ultra, and with some five weeks to go I am extremely excited. I would look forward to the opportunity to be a representative on the committee. It is about being able to give something back to a club that give so much to its members.



As there are seven nominations for the four committee member positions all current Cairns Road Runners Club Members can vote for who they would like to represent the committee. These nominees are:

Martin Ball: in 2009 I had perfected couch surfing and needed a new challenge. On cue a mate challenged me to compete with him in Raratonga International Triathlon on Cook Islands. Suddenly realised I would have to run 10km assuming I survived swim and bike legs. Joined Cairns Road Runners trying to improve my running and have exceeded my expectations. Road Runners helps people to learn about and enjoy running.



Jim Cavill: Have been to and on the Roadies Committee since 1993. Served as a committee member for several years, the vice president for at least three years and treasurer for 3-4 years. An active life member. No plans on moving from Cairns. A licensed traffic controller and certificate in Traffic Management Level 4. Currently studying for a Cert III Events. Planning for studying a Diploma in Event Management. Will be able to make good use of those skills on 2012 committee.



Sarah Griffiths: I have been a CRR member for two years and enjoyed being a part of the growth and development that it has gone through over those years. I am a part-time bookkeeper and also run my own business as a sports massage therapist. I am excited by how much the club has supported me and my running goals over the last two years and I look forward to bigger, better (and hopefully faster) events in the future.



My professional skills can help me in various areas within the club, and I am most keen to help put in place easy to operate/maintain systems to reduce the current dependence on individuals within the club and make simple tasks easier to delegate, perform and complete. These types of systems I hope will facilitate basic functions within the club that currently rely on the President's (and other key committee positions) verbal coordination, and/or life members committed assistance to achieve. I hope by simplifying these areas we can encourage more volunteers come race day, and support the longevity and development of current members and new members to come.

I would also like to help in obtaining new and enthusiastic business supporters who may contribute with race day prizes etc through some personal associations within the tourism and hospitality industries, and potentially contacting larger organisations within the sporting retail fields to support and encourage the running community to be involved with CRR.

I am excited about being a part of this club, and have really enjoyed the unexpected friendship that the club has embraced between its members. As a fairly new member, I hope my fresh approach and ideas to help the movement of the club into the future are heard. I look forward to contributing these either by being on the committee, or as a proud CRR member.



Glen Robinson: Aka 'Rabbit' (family nick-name from running since a young age). Running Highlights in 2011: 1st - 100km Alpine Challenge (Vic); 2nd - 64km Cairns to Kuranda. Seeking a committee position with a view to developing additional, less formal running opportunities targeting middle distances that will assist beginners increase their running ability and raise the club profile to also attract a more intermediate level of runner. Experience that will assist in my capacity as committee member includes previous memberships with Athletics, other Road-running and Triathlon Clubs. My career experience includes managing and leading small teams and effecting decisions to achieve outcomes. I am regarded as reliable organized and disciplined.

Gareth Smith: I've been in Cairns for 3 ½ years and a club member since 2010. A keen trail runner, a member of the trail running sub-committee and race director for the Poker Run in 2011 makes me a valuable asset to the club when it comes to providing runners with quality trail runs. I volunteered at numerous races throughout the year, and most importantly, I was one of the key people involved in providing social trail runs throughout the year, taking other runners out to enjoy the outdoors. My best race to date was the Great Pyramid Race in 2010. My practical skills and willingness to help out with all matters relating to the Club will make me a valuable member of the 2012 committee.



Larry Lawson: I am a passionate runner and have been for most of my adult life. I have completed numerous marathons and ultra marathons at a high standard. I believe that running is the best form of exercise, which is well supported by Scientific evidence, despite numerous myths stating the contrary. I have been a Club Member since arriving in Cairns eleven years ago. Running is at the moment in a worldwide growth stage, certainly locally we are in a growth stage and we need to develop the club in a well-rounded way to cater for our elite runners, average runners and those who are just starting out. We need to stick to our core value of being a running club. We must not forget the social aspect which attracts members to the Club. Over the past three years, I have contributed considerable time and effort into the Club, including revamping the trailer and general maintenance and repairs of CRR equipment and gear. My biggest contribution this year has been in setting the courses for the FNQ Trail Running Series, which has a lot of potential to develop further. I look forward to being part of a committee who functions as a democratic organisation with the best interest of its members at heart.



John Vaughan: I'm the poor chap on Wednesday nights chasing after the variety of blond and red headed kids (the "Little Vaughans"). I've been a member of Cairns Road Runners a runner only about two years, but can claim both a road and a trail marathon this year (still stoked). Apart from that, I have a wife (and the three kids), work as a guidance officer in schools and enjoy playing a range of instruments badly. I love the Roadies, our friendly, egalitarian spirit is fantastic. Connecting with other runners regardless of cadence, dress sense or waist measurement! I have served on quite a number of committees, in a range of roles (currently serving as treasurer/secretary for a different organisation). I have some skills in coordinating, publicity, and grant application writing. But at the end of the day am just wanting to help in a club I feel passionate about (like the rest of us).

President's Report

With the upcoming AGM, it's probably time I remind Club Members what I'm doing here as the president and why I accepted the nomination for a third term. I am passionate about encouraging others to run, no matter their ability or age. I took up running and joined the CRR in 2006 and in the past five years I have completed three ultras, five marathons and lots of other runs and races – despite getting a back injury that prevented me from running for 18 months. I nominated myself as a committee member in 2009 because I felt the Club needed to lift its social profile and be 'friendlier'. We are, I believe, today a very inclusive, friendly bunch of caring people – and most of us are only 'average runners' at best, and proud of it.



I nominated myself for president in 2010 and 2011 because I wanted to see our running club become a club for runners. In the two years as president I increased club membership from 100 to just shy of 300, revived the Wednesday night runs, introduced Beginner Runners Clinics, supported members in Port Douglas and on the Tablelands starting up running groups, increased running events from 16 in 2009 to over 30 in 2011. In 2010 I was the race director for the NQ Games 21k & 10k, which attracted a record number of runners to the event. In 2011 I was the co-race director with Larry Lawson, for the Kuranda to Port Douglas Ultra Trail Run – another extremely successful event, with 50% of the field travelling into the region to do the event. I secured sponsors for most of our events, introduced online payments and typed up most of the race report and results. Furthermore I produce a monthly newsletter, keep the website up to date and advertise our events widely on the internet and in the local media. There's more, but I'm sure you get the picture? It's unlikely I would be able to continue indefinitely without burning out! I work full time and train 4-5 times a week as well. So any help YOU can provide, when asked, will be greatly appreciated. The 2011 committee members were a huge help and the Club has really moved forward with their positive attitude and support. I'll do a more formal thank you in the next newsletter. The nominees for the 2012 Management Committee are all wonderful people too - are keen to pick up many of the tasks mentioned above. Thank you!

I want to make special mention of **Nathan Moore**, our vice-president on the 2011 Management Committee. Also one of the 'special' people who completed all three inaugural FNQ Trail Running Series events this year (the full distance in each). He nominated himself as a committee member last year and proved to be an invaluable asset to the Club. He helped behind the scenes with updating the new website, designing spreadsheets with complicated formulas which streamlined our data entry at races, saving hours of time! He also attended most of our events and was always willing to step in and help out where ever needed, be it with set up, pull down, timing or rego. It breaks my heart to lose him to the big city, but life moves on and I wish him the best in his new job in Brisbane. We'll catch up when you come back for the 2012 FNQ Trail Series, Nathan! And of course we'll all be coming down to Gold Coast to run the Marathon with you.

We need volunteers for the remaining events this year – the Halloween Fun Run, the Northern Beaches Race, the Moonlight Gorge Gallop and the Sweaty Santa Fun Run. It doesn't help much if you turn up on the day to offer help – I need to know BEFORE the event so I can allocate duties. Email me, ring me, or just talk to me!

Helpers are also needed to assist a runner visiting Cairns. Majella, from Sydney, will be in Cairns from 17 October - 9 December. She's keen to continue her running while here and would like to attend the Wednesday night sessions and upcoming fun runs. As she has a vision impairment (no useful sight), we'll need volunteers to guide her. Majella says her pace is fast walker/slow runner. There's some great information about the running group she is in at www.achilles-sydney.org.au. Read the **guiding tips** later in the newsletter, you'll discover that it is not a difficult task. If you can help, let me know and I'll add you to the roster – we already have three volunteers.

The weekend of 11-13 November is a busy one. Come along on Friday night for the Moonlight Gorge Gallop – great fun for kids and adults alike. Glowsticks and free pizza. A reminder that you need to **get your entry in** for the Great Barrier Reef Marathon Festival (74k, 21k, 10k or 5k Fun Run) on 12 November 2011. And on Sunday afternoon, there's a reunion for all those who have attended our Beginner Runners Clinics. Contact me via email or phone for the details. **Sally Dixon** will be our host and it's a lovely, festive Christmas theme.

Information on using **Endura** in long distance events is provided later in this newsletter – for those doing the longer runs. And don't forget to make a batch up Christine Bell's Famous Slice. Recipe in the Shoelaces section. Thanks to **PDEM, Keith Fearon** has won a free entry into the race by completing the survey on the It's Extreme Kuranda to Port Douglas Race. Thanks to **Rebel Sport, Tania Mitchell** and **David Elms** has each one a \$50 voucher. **Steven Bailey** has one a one month membership with **Active Health Clubs**.

We will be using a **new online registration system**. It will be ready for the Northern Beaches Race on 6 November.

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

Regards,

Lorraine Lawson

Upcoming Cairns Runners Events for the rest of 2011



Photo: Halloween, 2010. Bigger, better and scarier in 2011! Be there.

Day, Date, Time	Distance/s	Event	Location
Sat, 15 Oct, 5.00pm	6k / 3k	Cock 'n Bull Freshie Handicap #2	Ryan Weare Park, Freshwater
Sun, 16 Oct, 9.00am	10-20k	Bump Track Trail run and swim at the waterfall. Option to also run into Port.	Base of the Bump track
Wed, 19 Oct 7.00pm	n/a	AGM, free pizza for all Club Members	LaPorchetta (Grafton Street, next to City Cinemas)
Sun, 30 Oct 5.00pm	5k / 3k / 1k	Halloween Fun Run (Theme: Scary)	Fun Ship, Northern end of Esplanade
Sun, 06 Nov 7.00am	10k / 4k	Active Health Clubs Northern Beaches Race	At beach, end of Kewarra St, Kewarra Beach
Fri, 11 Nov 7.00pm	5k / 3k	Moonlight Gorge Gallop with glowsticks	At the end of Barron Gorge Road
Sat, 12 Nov, 6.00am	74k / 21.1k / 10k / 5k	Great Barrier Reef Marathon Festival (CRR supported event)	Cairns to Port Douglas
Sat, 13 Nov, 4.00pm	Social	Beginner Runners Reunion	Private residence, Esplanade, Cairns
Sat, 19 Nov, 8.00am	15k / 5k	Koah Race	Koah
Sun, 04 Dec 7.00am	10k / 5k / 2k	Sweaty Santa Fun Run (Theme: Christmas)	Lake Placid Road, Car Park
Wed, 07 Dec 7.30pm	n/a	Presentation Night	Venue TBA

Check the website (www.roadrunners.org.au) for maps, entry forms, flyers and event details.

Letters to the Editor

Received from the McAvoy's via email on 5/10/2011

Hi Lorraine...as requested we are forwarding the following information regarding the ANQ Championships in Townsville:.

Montanna McAvoy: Silver 400m PB 1.08.23; Gold 800m PB 2.35.93; Gold 1500m PB: 5.08.63 (**NEW ANQ RECORD**)
Broke a 17 year old record by 10 seconds. Old record was 5.18.20

Montanna and Bini James were awarded the female and male **Charlie Doyle Perpetual Trophy** for "**Most Outstanding Middle Distance Runners of the Championships**".

Received via the website on 30 September 2011 - re the Kuranda to Port Douglas Ultra Trail Race

Thanks to Lorraine and all who made this event possible – especially to those fantastic volunteers!

This event was very well organised and supported.

The course was challenging but offered a great opportunity to see a unique part of North Queensland. Whilst underway the support stations were well placed and a welcome sight. Again – thanks to everyone who offered up their own time for the enjoyment of the participants.

For members like myself who travelled from out of town to attend, the transport arranged to get us to the race start – and return us to Cairns in the afternoon – made an enormous difference. Our travel was never the responsibility of the Club. Thank you to the CRR for "going that extra mile!"

I highly recommend this event!

Thanks again,
Ben

Thanks, Ben! Great to have you along and congratulations on winning the FNQ Trail Running Series! We look forward to hosting all the events again next year – and more.

Received via email on 7/10/2011

Hi Lorraine

Thank you for making me so welcome on Wednesday. I really enjoyed the run and meeting everyone. If any of your members visit the UK, they will be most welcome to run with my club - York Knivesmire Harriers. See our website - www.yorkknivesmireharriers.co.uk

Happy running, Liz Matthews
Sent from my iPhone

The Future is Near – did you know:

- **a Comrades Marathon "Club Trip" to South Africa in June 2013 is in the pipeline.**

- **plans are on the way to host a Master's Twilight Games in Cairns in October 2013.**

Membership: 291 for 2011

New members since July: Wilfried, Sally D, Donna L, Marnie, Lisa D, Adam F, Nami, Neil H, Arafa, Steve B, John M, Tina & Ellie, Sandy, Neil & Debra P, Lena Z, Jason G, Jason & Aiden S, Rowan T, John & Isabella H
Welcome to the Club!

October Cairns Runners Birthday Babies:

The big wishes go to: Sam O; Jordan S and Karen T *Enjoy the big "0"*.

And Happy Birthday to the rest: Melissa A, Martin, Nick, Sandra, Anna C, Life Member Marcel, Belinda, Gabriella, Lisa, Lesa, Donna, Nami, Philip M, Kathryn M, Anna M, Rebecca M, Leland, Wally and Lena

Winners of various prizes:

Black Snake – David Elms receives a \$50 Rebel Sport Voucher

Mother's Day Classic – Tania Mitchell receives a \$50 Rebel Sport Voucher

Great Barrier Reef Marathon Festival Free Entry – Keith Fearon

Team Challenge Feedback – Steven Bailey receives an 1 month membership with Active Health Club.

Christine's Healthy Slice

Measurements are only rough!!

1 cup honey/something similar (trial and error, I prefer maple syrup)

1 cup peanut butter (crunchy)

1 2/3 cups oats

1 cup rice puffs

1 cup flour (wholemeal/spelt)

1/4 cup linseed

1/4 cup linseed meal

2 cups dried fruit + seeds (I use chia, pumpkin, sunflower) and lots of choc chips/buttons (buttons are better) You may need to add water/fruit juice to keep moist.

Mix it all up in a big bowl and bake for approx 20 minutes at 170-180 °C.

SHOE TESTERS NEEDED FOR RUNNING SHOE RESEARCH - JOIN THE ELIGIBILITY LIST

Do cushioned running shoes prevent injuries or cause them?

Does a running shoe with an elevated heel speed you up or slow you down?

Researchers at the University of Newcastle are planning a series of studies to determine how basic differences in distance running shoe design, such as heel elevation and degree of cushioning, affect injury rates and distance running performance.

An eligibility list of runners interested in taking part in this research is now being created. Runners on the eligibility list will be contacted when runners are being recruited to take part in this research.

All Australian runners aged 18 or over are eligible for inclusion on the eligibility list.

If you would like to be considered for inclusion in these studies, please complete the online survey accessible via this link. https://www.surveymonkey.com/s/Eligibility_Survey

For further information please contact

Dr Craig Richards

E Craig.Richards@newcastle.edu.au

T 0438 264 264

Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2011-0244. Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research Office, The Chancellery, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 49216333, email Human-Ethics@newcastle.edu.au.

Cairns Road Runners Cock 'n' Bull Freshie Handicap Race #1, 1 October

Race Report by race directors Martin and Rosie Ball

What was thought was going to be a small turnout, we were surprised to get an impressive group of 44 runners and one dog (Oscar).

The look on some of the runner's faces showed it wasn't an easy race as they crossed the finish line. Good race times were made in these warm conditions as the runners challenged themselves.

Handicap Winners: 1st: Sarah Griffiths & Oscar - 0.02 seconds off her nominated time – prize winner, a \$25 dinner voucher from Cock 'n Bull; 2nd: Margie Shearer - 0.06 seconds off her nominated time; Tied 3rd: Peter Banaghan + 0.14 seconds off his nominated time and David Ronelett - 0.14 seconds off his nominated time.

The quickest times on the day for the 6km course were from Paul Ryan 22:02, Steven Francis 22:14 and Ian Web 23:40. Even our junior runners showed how tough they were with Montanna McAvoy running 3km in 11min 35sec. Also great to have four new members sign up on the day.

A big thank you to the sponsor Cock 'n' Bull for donating the winning prize of \$25 meal voucher. Thank you to the following volunteers: our water stop boys and course mapping, David Skinner and Martin Ball; Alison Smith, Mel Akmentins, Margie Shearer and Louise Gale for helping out on the registration desk. Congratulations Margie Shearer and Louise Gale winning a double movie vouchers for volunteering.

Farewell to Nathan Moore, our vice president, who is moving to Brisbane.

Position in Handicap	Name	Nominated Time		Time Out		Actual Time			
		min	sec		min	sec	min	sec	
6km									
1	Sarah Griffiths	34	10	-	00	02	34	08	
2	Margie Shearer	30	00	-	00	06	29	54	
3	Peter Banaghan	26	30	+	00	14	26	44	
3	David Ronelett	30	00	-	00	14	29	46	
3km									
1	Montana McAvoy	11	25	+	00	10	11	35	
1	Mackenzie McAvoy	14	30	-	00	10	14	20	
1	Tina Freeman	20	00	-	00	10	19	50	
2	Ellie-Jae Freeman	20	00	-	00	20	19	40	
3	Arafa Bahar	18	00	-	00	29	17	31	

Full results on our website.

Other Upcoming Events:

Tri De Femme, 23/10/11. Women's only Triathlon to raise awareness and money for Breast Cancer, with all the proceeds going toward Breast Cancer. 75m swim in a heated 25m pool (Smithfield), 10km easy flat ride and about 2km run/jog/walk around the oval adjacent to the pool. More details on the Cairns Cross website.

Sports Nutrition Workshop, 6 – 9.00 pm, Monday, 14th November 2011 at Innisfail Shire Hall, 70 Rankin Street, Innisfail. To register, contact Sport and Recreation Services, Department of Communities on (07) 4091 9230 Atherton, (07) 4036 5434 Cairns or email srfarnorth@communities.qld.gov.au by 5.00 pm, THURSDAY, 10th November 2011. Bookings are essential

THE GREAT RACE!

Taking place one afternoon during **Wellness Week** 21 to 25 November 2011. Teams of 4, all fitness levels, approx 2k around the Cairns CBD, including various pit stops, with challenges, great prizes and fun! **Register as a team or an individual to be placed in a team.** Contact Megan Emerton m.emerton@cairns.qld.gov.au

Cradle Run (82km on 4 February 2012): Online entries at www.entryhub.net will open at 8pm on Tuesday October 18th, 2011. Due to the limited number of runners that can be considered, please be aware that entries fill very fast.

Are you a pure bred long distance runner?

Your non-sporting friends wonder why you do it. You realise you are part of a special breed. Remember your first runner's high? Maybe that's what got you hooked on long distance sports. Or maybe it's the sense of freedom you experience as you track across wide open spaces that keeps you coming back for more; feeling fighting fit, capable of going anywhere your legs carry you. If you are a long distance athlete, you can rest assured Endura are as committed as you are when it comes to helping you perform and recover to your full potential.

You can rely on pure talent for a while but in the end it comes down to nutrition, training and rest. Try out the various Endura products to help you perform to your full potential. Read the full article at <http://endura.com.au/articles/2011/08/are-you-pure-bred-long-distance-runner>.

Here is a nutritional plan for a marathon, developed by Nick Lavelle from Endura for a few athletes down in Brissie. **It's just a guide**, so use as you see fit.

E= Endura Rehydration Gel= Endura Energy Gel

WEIGHT	80kg			Gel		Gel		Gel		Gel		Gel		Gel		Gel		Gel		Gel		4 scoops			
			F		F		F		F		F		F		F		F		F		F		OPTIMIZER 500ml water		
			300ml				300ml				300ml				300ml				300ml						
BODY	70kg			Gel		Gel		Gel		Gel		Gel		Gel		Gel		Gel		Gel		4 scoops			
			F		F		F		F		F		F		F		F		F		F		OPTIMIZER 500ml water		
			250ml			250ml				250ml				250ml				250ml							
	60kg			Gel		Gel		Gel		Gel		Gel		Gel		Gel		Gel		Gel		4 scoops			
			F		F		F		F		F		F		F		F		F		F		OPTIMIZER 500ml water		
			200ml			200ml				200ml				200ml				200ml							
		10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240
							1hr					2hrs													RECOVERY

- Endura Magnesium Rehydration taken approx. every 30 min
- Endura Energy Gels = 26g Carbs- (Consume approx. every 30min with 200ml water)
- 200ml Endura Magnesium Rehydration = 12g Carbs
- 250ml Endura Magnesium Rehydration = 15g Carbs
- 300ml Endura Magnesium Rehydration = 18g Carbs

ENERGY & HYDRATION

- Body weight 60kg = 2 x Endura Energy Gels + 400ml Endura Magnesium Rehydration Sports Drink per hour. Total Carbs per hour = 76g (304 Cals) water as required.
- Body weight 70kg = 2 x Endura Energy Gels + 500ml Endura Magnesium Rehydration Sports Drink per hour. Total Carbs per hour = 82g (328 Cals) water as required.
- Body weight 80kg = 2 x Endura Energy Gels + 600ml Endura Magnesium Rehydration Sports Drink per hour. Total Carbs per hour = 88g (352 Cals) water as required.

PRERACE PLAN

MAGNESIUM LOADING – 2 x 750ml bottles with 2 scoops of Endura Magnesium Rehydration in each bottle (4 x scoops per day, each day 2-3 days before race day)

OPTIMIZER (CARB LOADING) – 2 x scoops in 250ml water or milk and taken twice a day (each day 2-3 days before race day)

RACE MORNING- 4 scoops of OPTIMIZER in 500ml water within 60-120min before start time, or 1-2 gels within 30-60min with 300ml water before start of race.

ACHILLES RUNNING CLUB — Guiding Tips

1. Introduce yourself.
2. Make sure you know what the person's disability is - if they are vision impaired, ask what they can and can't see.
3. Ask which side is best to guide on.
4. Do not rush - you must feel that you are in control. You must relax, enjoy the experience and have fun.
5. Start slowly.
6. Give clear, loud commands.
7. Commands include these: "ramp up, ramp down, come left, come right, uneven/rough ground, tuck in close, step up, step down, stop".
8. If the unexpected happens and you are losing control of the situation, say "STOP" and stop immediately.
9. Do not give unnecessary commands and information about obstacles- it makes concentrating harder.
10. However, do tell about things of interest - scenery, flowers etc.
11. Try to allow more room between you and obstacles/cars than is necessary in case of the unpredictable.
12. Approach steps at 90 degrees. Pause (not stop) before negotiating stairs. Walk up/down stairs - don't run. Offer a hand rail if available.
13. When you are in a normal environment, make sure you are must be next to the person, not in front or behind.
14. Relax your arm and hand holding the guiding strap - the strap must not be taut. If it is tight, movement is being impeded.
15. If you are going through a narrow area, always lead; the blind person will follow you (guide from the front, not the back) .
16. When going past low obstructions eg bollards, line the blind person up to keep going straight and you move to avoid the obstacle.
17. if people ahead are blocking your path, warn pedestrians ahead by calling/shouting "blind runner coming through".
18. Ask questions during the walking/running session: e.g. how can I best guide you? Ask for feedback during the exercise session as to how you are guiding.
19. Give relevant commands at ANY time you need to - never hold back relevant information because you are interrupting conversation.
20. It is your responsibility to keep the athlete with a disability safe. If you are having trouble guiding, please ask for help.

Source: <http://www.achilles-sydney.org.au/trainingguide>



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Sarah Kate Griffiths
0400 323 588



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