



Relay for Life Team (16-17/06/2012)



Koah Road Race participants (16/06/2012)



Cairns Road Runners and Triathlon Club Inc.

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Hi Cairns Road Runners and supporters. An African proverb "If you want to travel fast, travel alone, if you want to travel far, travel together" sums up the 3 Marathons in 3 Days Race held on 6-8 July. A truly inspirational event, if you missed it - as competitor, volunteer or supporter - you should kick yourself! A special newsletter is being produced with all the exciting news from that weekend. Check out the results online.

Other CRR events in the school holidays catered for our juniors. The Junior Runners' Clinic attracted 21 kids. Thanks to **Heather Vaughan** who taught them some drills to improve their running technique. This was followed by the Goombroora Park Cross Country Run organised by life member **Kev Morrissey**.

Want to try track running? The 2012 Coral Coast Carnival, hosted by the Cairns Athletics Club, is on from 27-29 July. CRR members qualify for events 800m and longer (club singlet must be worn). Collect a nomination form at the Wednesday night run. Entries close on 19 July - which is also the evening to come along to Barlow Park to get some tips from hurdler **Heather Vaughan** on how to run the steeple chase race. I'm doing it, come on ladies, you need to be there if you want to set a new track record - which was set by ME last year (if you are not laughing out loud now, you obviously don't know me!)

The Mt Haig Trail Race is on 22 July. Then we're into the practice runs for the Kuranda to Port Douglas Race! It just never ends, lucky we all love running! And new members continue to sign on...

We have 20 new Club Members and 4 existing members who are starting their Beginner Runners' Clinics next week. Congratulations, **Tina Reagon**, our the 400th member to sign up this year! Encourage family, friends and work mates to learn to run, or get a team together to run the 5km Team Challenge in September. There is also a Canine Challenge, with **Taras Jakubovsky** as the race director, in September, so get Pooch trained up to run along with you. Taras has been planning this event for some time and it is going to be spectacular, to say the least. More details later.

Well done to those who competed in the Gold Coast Marathon this year, I hope you come to do one of the three marathons right here in Cairns next year!. Good luck to our Club Members heading down for the Townsville Running Festival. A group of Beginner Runners graduates are doing the 21.1km! What a great effort!

Thanks to a grant from the Qld Credit Union we now have a battery-operated printer. With the two new digital clocks, a digital timing system and online entries prior to the event we should be able to generate results and category placings as soon as the last competitor is in! Let's see how good it works at the next road race: "Faster Today or Tomorrow", 11-12 August.

All Club Members should have received a letter at the Wednesday night run or in the mail outlining changes to online registrations and race day procedures for major road and trail races. We will trial this for the remainder of the year. If you didn't get your letter, please contact **Mel Akmentins** on secretary@roadrunners.org.au, or read about the changes on our "Events and Rego" webpage.

See you out on the road or on the trails.

Lorraine Lawson
President
2010-present

Event Highlights

3 MARATHONS IN 3 DAYS (3M3D)

Race Directors: Larry and Lorraine Lawson
Race Report: Larry Lawson
Location: Kuranda to Cedar Park to Cairns
Date: Friday 6th to Sunday 8th July, 2012

32 participants started the inaugural running of the 3 Marathons in 3 Days Stage Race on 6 July 2012. 25 made it through the 126.6km to finish three days later at the top of Park Ridge. About 20 runners travelled from all over Australia and 2 from New Zealand to compete in the event.

The weather was cold by local standards, but very good for running. The course over the three days took you over some spectacular, but grueling country. Total ascent over the three days is more than 3600m and descent about 3800m, that is like climbing from sea level to the top of Mount Kosciusko 1.63 times, and descending 1.7 times. Only 30km of the event was on bitumen, the remaining 96km was on terrain ranging from rocky, rutted and tree rooted single tracks to good dirt roads.

There was a very good spirit of comradery amongst the competitors. Many out of town competitors commented on the friendliness of the locals and how nice the Cairns Road Runners Club is. Our volunteers did an excellent job and we are grateful to them all. All the visitors I spoke to were raving about this event. I recall words like 'awesome' being used. One competitor, within hours of finishing, and after texting his running mates, said he is coming back next year with three of them.

Cairns Road Runners Club Members did us proud, with Robbo Robinson coming in first overall (11:28:56), Ben Carter second (12:13:34) and Karl Gurnick third (13:22:53). I personally could not hold on to my fourth place on the descent down Lake Morris Road, to be beaten into 5th place by three minutes. Predictably because I could not descent as well as young Matt Baker can. I did however hang on to win the 50-59 age category. Steve Cunningham – running Marathon 3 only – came in in a time of 3h24min28sec. New Zealand Road Runner, Fleur Bromley, was the overall winner of the women (15:40:10). Club member, Corinne Smith, was a strong contender, but did not compete in Marathon 3. Lorraine Lawson was second overall (17:08:58) followed closely by Jane Trumper (17:12:02).

Report: Larry Lawson

For full race results please visit:
<http://3marathonsin3days.com>
and for photos check out our Facebook page
<http://www.facebook.com/pages/Cairns-Runners/115131855206686?ref=hl>



Upcoming Events:

- Friday 13th July, 7:00pm @ Little Street, North Cairns
Black Friday #3: 5km/3km
- Saturday 14th July, 4:00pm @ Centenary Lakes
26th David Todd Memorial Mile: 1.6km
- Monday 16th July, 5:30pm @ Corner Greenslopes Street and Little Street, Cairns North
Beginner Runner's Clinic 8week Program
- Sunday 22nd July, 8:00am @ Kari Day Use Area, Tinaroo
Mt Haig Trail Marathon: 45km/21.1km/10km/5km
- Sunday 29th July, @. Black Mountain / Quaid Road, **Twin Bridges Practice Run 5km to 20km**. Meet at Smithfield Shopping Centre at 7.00am.
- Saturday– Sunday, 11 – 12 Aug 8.00am @ Bunny Adair Park, Freshwater Railway Station **Faster Today or Tomorrow? 10km, 5km, 3km**
- Sunday 19 Aug 8.00am @ Bottom of the Bump, Mowbray River Road, Port Douglas. **10 – 20 km Bump Track** (Training run)
- Sunday, 26 Aug, 6.00am **Kuranda to Port Douglas Trail Races** (64km; 64km relay; 21km; 16km; 5km Fun Run).

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."

- Fred Lebow

(New York City Marathon co-founder)

Shoelaces



WEAR IT & SHARE IT

David O'Brien is the winner of the July Club Shirt Competition.

Dave sent in this smiley shot of him reaching the Clohesy Road, Bridle Creek checkpoint during the Black Snake Race.

Who can top this in their club shirt... where will your shirt be running this month?

Just thought I would let you know that Cahn Butler-Channell competed in the North Qld Games in Mackay 24-25 July representing Cairns Road Runners.

He competed in the 5 km run in pretty awful weather, winning the Under 16's and was 3rd overall.

He then competed later that morning at the athletic track in the 15 years 800m finishing 2nd, again representing Cairns Road Runners.

Kind regards
Marg Judd (mum)

Photo: Cahn with Brad Carron-Arthur on his run north in April 2012.



Cairns Crocs Triathlon Club
are now taking memberships
for 2012/2013

www.cairnscrocs.org.au/membership

The 2012 Coral Coast Carnival will be held in Cairns between the 27-29 July. The nomination forms and event information will be sent out and placed on the ANQ website by the end of the week.

Due to financial restraints and a reformat in the Coaching Structure of Athletics North Queensland the OZ Squad will not be conducted in 2012.

Athletics North Queensland and Queensland Athletics are in the process of restructuring the Coaching Incentives program that may offer coaching clinics for athletes later in the year.

If you would like to feature a 'Post-It Note' on the Member's "Shoelaces" Pin Board, please email your details to: newsletter@roadrunners.org.au with the email subject line as "Post-It Note".

Club Crusaders



Roadies Birthdays

As a member of the Club we like to treat you like family..... That's why we embarrass you with our special "Roadies Birthday" wishes:

JULY 2012

Celia Mackenzie
Jeff Bunt
John Vaughan
Christine Bell
Mandy Anderson
Montanna McAvoy
Mickey Pruden
Andrew Simpson
Michael Rhodes
Sally Dixon
Carolyn Sandaver
Kai Mountney
Caleb Fearon

Adaline Storch
Sala Ayrey
Gwil Vaughan
Ian Rooke
Mario Kiefer
Heath Horobin
Tania Mitchell
Tonia Marquardt
Wilfried Seehafe
Ellie Musgrove
Jamie Walker
Lorien Fearon
Brad Congdon

New Members

A big Roadies welcome to all the new members joining this fun filled, action packed club:

50 Janette Jacob
55 Tina Reagon
390 Nadia Mead
392 Barb McEwan
394 Maudi Bennett
396 Leslie Morris
398 Fatima Borges
400 Sam Fazackerley
402 Belinda Simpson
404 Helen Simpson

51 Lou Gale
389 Louarde Thomas
391 Lou Cracknell
393 John Bennett
395 Donna Baker
397 Debby Kann
399 Wendy Mackay
401 Mel Palezza
403 Richard Gaunt
405 Nicola Ellis



Please note that 2012 Cairns Road Runners Members' names published in the newsletter are those who have been accepted by

Sponsor's Splash

Hitting the Wall

Your race is going well. You've trained hard for this event. Suddenly your legs won't work and your feet feel like cement. You slow down almost to a complete stop and worse still, you want to lie down. Disaster! You've hit the wall! The dream of achieving that PB is rapidly drifting away. Any athlete who has experienced this extreme fatigue and energy loss knows that it can prevent you from achieving your ultimate goal of crossing the finishing line. Don't hit the wall - smash through it! Read on to learn how to sustain your energy and keep all cylinders firing.

During intense exercise your energy comes from glycogen, a stored form of carbohydrates, and one of the most important sources of energy for the body. It is stored mainly in the muscles and liver, and during exercise it forms an energy reserve that can be quickly mobilised to meet your need for glucose. 'Hitting the wall' in endurance sports is caused by depleted glycogen stores and can cause a sudden loss of energy, fatigue, weakness and dizziness. This state not only affects your performance but is potentially harmful to health. Athletes can increase their glycogen energy stores by consuming high carbohydrate foods. However during training or competition, glycogen stores are rapidly used up, making it difficult to consume enough food before or during exercise to maintain adequate stores. Athletes can deplete glycogen stores at a rate of 3-4 grams per minute. Only 30 to 40 minutes of exercise is enough to cause your body's glycogen stores to start to deplete and glycogen 'debt' can affect your performance. Glycogen 'debt' may lead to increased muscle catabolism as the body is forced to source energy via the breakdown of muscle. This may cause muscle soreness, fatigue and delayed recovery, greatly affecting training and future results.

Sports gels are a convenient source of carbohydrates for optimising glycogen stores before, during and following exercise. Endura Sports Energy Gels are a high quality source of carbohydrates that are easy to digest and provide an instant blast of fuel for the body. These gels contain a blend of immediate impact and slow release carbohydrates to keep your body performing for longer. The Endura Sports Energy Gels provide a boost of energy in a single compact serve that can easily be carried while you train or compete. Endura Sports Energy Gels are available in six different flavours including raspberry, citrus, grape, coffee, vanilla and the refreshing new cool mint. Each sachet contains 26 g of carbohydrates and delivers a 444 kJ energy hit. 500 mL bottles are also available in raspberry, citrus, coffee, vanilla and cool mint flavours for athletes who use their own gel flasks.

Prevent yourself from crashing and burning during endurance events by maintaining your glycogen stores. Fuel your body with a steady stream of dietary carbohydrates and reach for Endura Sports Energy Gels and Endura Rehydration Formula to build glycogen stores and keep your energy firing. Don't hit the wall – smash through it!

Why Use Endura Sports Energy Gels - before, during and after training and competition?

- They combine immediate impact carbohydrates with slow release carbohydrates for sustained energy.
- Endura Energy Gels maintain energy reserves so you can perform stronger and longer.
- You can choose from handy 500 mL bottles and convenient 35 g compact sachets that you can carry on you while you train or compete.
- Endura Gels come in a variety of delicious flavours - raspberry, grape, coffee, citrus, vanilla and now cool mint.



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