



3 Marathons in 3 Days – Practice Runs Stage 1, Stage 2 and Stage 3. Mandatory Equipment: Snorkel, Mask and Fins ©



## Cairns Road Runners and Triathlon Club Inc.

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Hi Cairns Road Runners Members and supporters, we are back after a quite few weeks for the Cairns Road Runners. Congratulations to everyone who participated in the North Face 100, the Wheelbarrow Race, the Cairns Airport Adventure Festival and the Train Race. We look forward to catching up at Koah, the Relay for Life and the Mt Haig training run (stay overnight at Camp Tinaroo on Saturday night, 30 June) - and that just takes us to the end of June!

The **Three Marathons in Three Days** on 6-8 July looks to be a great event and we would love more Club members to participate – either as competitors doing one, two or three of the marathons, or as volunteers/ spectators. Thanks to the members who have been coming along for the training runs to measure the course. Thanks to new sponsor Hoka OneOne for donating three pairs of shoes! [Great photos on our Facebook page](#) to inspire you.

The **2013 Event Calendar** is under development. If you have any good ideas for races or runs, please email me or come along for a planning meeting on **Monday, 25 June** after 7.00 pm. Address: 17 Hudson Street, Whitfield, Cairns. Alan Courtney has come up with some great ideas over the past few years, like the Mt Haig Marathon, the National Day Series and the Black Friday runs.

Well done to the participants in the **April Beginner Runners' and Intermediate Runners' Clinics**. A big thank you to **Larry Lawson** for helping out as the coach. Good luck to the latest graduates, we'll see how you go at Koah tomorrow!

On request from parents, a **Junior Runners' Clinic** will be held on **Monday 25 June** from 5.30pm – 6.30pm at Barlow Park. Thanks to **Heather** and **John Vaughan**, who is coming along to help out. [Register online](#). Only pay track fees.

**Please encourage any new adult runners to sign up via our website for the July-September Beginner Runners' Clinics!**

**David Todd Memorial Bursary:** The new terms and will be revealed at the David Todd Memorial Mile Race on Saturday, 14 July 2012. If you would like to provide input, please contact secretary, [Mel Akmentins](#) for a copy of the draft document. Feedback required on or before Wednesday, 11 July.

There are some major changes coming for our road and trail races. The main reason for this is to ensure the safety of all our competitors. Details to follow in a letter to all Club Members. If you would like to have an input in the way the Club functions, come along to the MC meetings (second Wednesday of each month), or get on the 2013 Committee. ALL current committee members step down at the AGM on 10 October.

A **Local Active Recreation Coordinator** has finally been appointed by the CRC – be it six months late! **Bec Davis** will be helping us for the next three years. Welcome along, Bec! Duties include creating opportunities for groups to work together to encourage greater participation in outdoor activities; recruitment and retention of volunteers; risk management and event management.

And finally thanks to **John Vaughan** and **Laurie Green** for putting up their hands to be the race directors for the "Faster Today or Tomorrow?" and Northern Beaches races.

See you out on the road or on the trails.

*Lorraine Lawson*, President

# Event Highlights



## LITTLE STREET SERIES, RACE #2

Race Directors: Rosie Ball  
Location: Little Street, Cairns North  
Date: Sunday 05/05/2012 @ 5:00pm

Wow, I thought being a long weekend numbers would be down for the 2<sup>nd</sup> Little St 10K but how wrong I was. Good to see most of you came back to complete the Series. Some had a point to prove and that they did with the majority of the field improving their times from 3 seconds up to 3 minutes.

73 runners arrived to compete in the second Little Street Series race on 5 May 2012, despite the long weekend. Congratulations to series winners Phil Bradshaw and Emma Rooke. 2<sup>nd</sup> Place: Male - Bryan O'Mahony and Female - Corinne Smith, Prize (\$50 Dinner voucher Cairns Courthouse Hotel); 3<sup>rd</sup> Place: Male: John Grehan; Female: Paula Besgrove, Prize (2 Adult movie tickets). Photos and full results on our website ([www.roadrunners.org.au](http://www.roadrunners.org.au)) and facebook page.

I would also like to make a special and very big "thank you" to the following volunteers, Julie Bates, Irene Rooke & Tanya Phoenix (Time Keepers), Helen & Kiara (daughter) Kinane & Paula Besgrove (Registration), Craig Harriss & Jim Cavill (Course setup/pull down), David Von Senden (Setup/pull down) Martin Ball (Catering & Setup), Idan Piercy (Food prep) and those two lovely ladies and the kids who helped filling cups of water and handing them to the runners. Thank you all very much, you saved the day! Thank you also to Gavin Butler for donating two massage vouchers, going to a couple of willing participants.

Report: Rosie Ball

For full race results please visit: [www.roadrunners.org.au](http://www.roadrunners.org.au)  
and for photos check out our Facebook page  
[www.facebook.com/cairns-runners](http://www.facebook.com/cairns-runners)



## Upcoming Events:

- Saturday 16<sup>th</sup> June, 8:00am @ Koah Sport & Social Club, Koah Road  
**Koah Road Run: 15km/10km/5km**
- Saturday 16<sup>th</sup> June to Sunday 17<sup>th</sup> June, 2:30pm @ Barlow Park  
**Relay for Life: 18hr Team Event**
- Monday 25<sup>th</sup> June, 5:30pm @ Barlow Park  
**Junior Runners' Clinic**
- Monday 25<sup>th</sup> June, 7.00pm @ 17 Hudson Street, Whitfield  
**2013 Event Calendar Planning Session**
- Saturday 30<sup>th</sup> June – Sunday 1<sup>st</sup> July, Camp Tinaroo,  
**Mt Haig Practice Trail Runs**
- Friday 6<sup>th</sup> July – Sunday 8<sup>th</sup> July, 7:00am @ Kuranda, Tablelands to Cairns  
**3 Marathons in 3 Days: 126km**
- Saturday 7<sup>th</sup> July, 4:00pm @ Goomboora Park, Brinsmead  
**Cross Country: 2km Circuit**
- Friday 13<sup>th</sup> July, 7:00pm @ Little Street, North Cairns  
**Black Friday #3: 5km/3km**
- Saturday 14<sup>th</sup> July, 4:00pm @ Centenary Lakes  
**26<sup>th</sup> David Todd Memorial Mile: 1.6km**

### A.D.D. = Activity Deficit Disorder

Definition: the inability to stick to one training strategy long enough to actually see any results. The belief that if it is new, novel or shiny it has to be better than whatever you are currently doing.

# Shoelaces



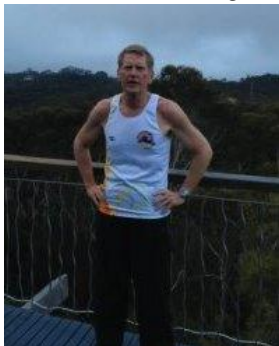
## WEAR IT & SHARE IT

Teri Orr is the winner of the June Club Shirt Competition.

Yes, the sign does say Everest! Teri and Russell are travelling around Europe and decided run via Nepal, literally! "...The altitude was brutal, easy running the downhill sections (would have been easy to run the flat sections only there weren't any!) incredibly difficult getting up the uphill when we were at over 5000m. But what a fantastic run! You really are on Top of the World there!...."!

Who can top this in their club shirt?  
A huge Hi-5 for Terri who has won herself a fabulous prize... where will your shirt be running this month?

Club member David Elms sent in an update on his entry into the Blue Mountains TNF100.... "Bit slow on the time but a finish is a finish. Looks like about 400 people DNF. Tegwen and I crossed together in 21:15."



Well done David, and you're right.... a finish is a finish! Congratulations on being brave enough to make it to the start line!

Peninsula Primary schools Regional Championships were well represented by junior members from Innisfail:

Aiden Smith - 12yrs Boys: 4<sup>th</sup>  
Montanna McAvoy - 12yrs Girls: 1<sup>st</sup> Mackenzie  
McAvoy - 11yrs Girls: 1<sup>st</sup>  
Stirling McAvoy - 11yrs Boys: 1<sup>st</sup>  
All will compete in the State Titles to be held in Cairns on the 16<sup>th</sup> July at T.A.S School Whiterock.

The juniors also got some great results in the ANQ NQ student games on the 5-6<sup>th</sup> May in Townsville:

Aiden Smith - 12yrs Boys:  
400m Gold (1:13:71)  
800m Silver (2:48:71)  
1500m Silver (5:44:14)  
3000m Gold (11:45:21)  
Montanna McAvoy - 12yrs Girls:  
800m Gold (2:31:83)  
1500m Gold (5:05:12)  
3000m Gold (11:05:12)  
Mackenzie McAvoy - 11yrs Girls:  
800m Silver (2:54:85)  
1500m Silver (5:54:59)  
Stirling McAvoy - 11yrs Boys:  
400m Silver (1:12:48)  
800m Silver (2:35:56)  
1500m Gold (5:24:05)

And a huge congratulations to Montanna who smashed the old games record of 11:33:85 set in 2002 with her speedy 3000m run of 11:05:12!

## **FOR SALE:**

Vibram New Balance trail running shoes,  
Ladies 8US/6UK.  
Almost new \$100.

Contact the newsletter and we'll put you in contact with Dorothy

Hello!

Thank you for organising such a lovely morning. We are on holidays from Melbourne and decided to run. Our whole family took part and we thoroughly enjoyed ourselves, apart from sand flies!

Thanks again. Hoghton family. (re Mother Days Classic)

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](mailto: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:

### JUNE 2012

Dom Bancilhon  
Imogen Fearon  
Maddy Hargreaves  
Jason Maitland  
Flynn Martin  
Tina Musgrove  
Rosie Omundsen  
Chrissy Ratcliffe  
Scott Shults  
Steve Slatyer  
Pauline Taylor  
Bec Tucker

Amelie Courtney  
Bruce Hansen  
Jane Kahler  
Michael Martin  
Debra Moll  
Annalese Omundsen  
Adam Procriv  
Dorothy Reeman  
Kaya Shults  
Scooter Taylor  
Mhandii Tokesi  
Craig Warren

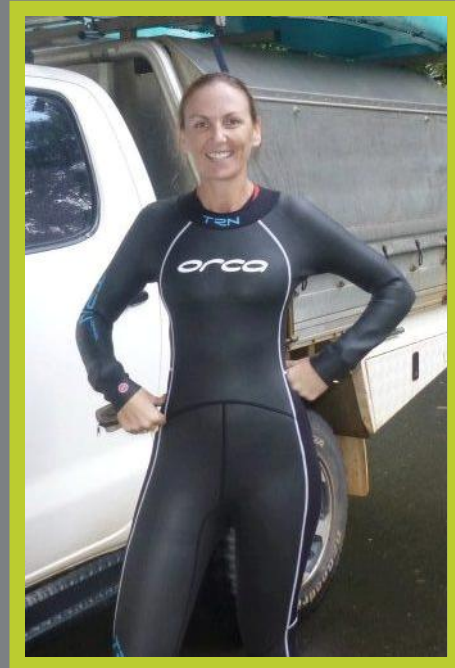
## New Members

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

50 Janette Jacob  
381 Kye Kudo  
383 Hazel Restrivera  
386 Rod Spinks  
387 Rose Blackwood

380 Daniel Hubner  
382 Tomo Kudo  
384 Audrey Boyle  
385 Sandra Spinks  
388 Gemma Webster

*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!*



### MEMBER PROFILE: Joanne Van Gorp

Jo is an energetic, young at heart 37 year old who has previously competed in Competition Aerobics, is a yoga fanatic, and the coolest Spin teacher to the regular gym fanatics.

Run, swim and cycle training has recently re-entered her busy life during the past two years with the reward of completing a grueling 70.3 Ironman last week. But as we say "A finish is a finish" and the bravery in making it to the start line at sunrise is highly commendable.... even if the crossing the finish line wasn't until sunset.

Jo has a passion for good, healthy food choices that are not only positive for your body but also minimum impact on mother nature and her fauna family. She is currently doing her diploma in Naturopathy .

Although running is not her strongest discipline, Jo joined the Club during the first 2012 Beginners Clinic and has improved her ability immensely. You'll always recognize Jo by her infectious smile and friendly nature.

....oh and she's pretty cool even for a Vegan ☺

# (New) Sponsor's Splash

## HEALTH MANAGEMENT SPORTS DIETITIANS *Fueling Fitness in Far North Queensland*

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- Recover Better
- Train Harder
- Lose Body Fat
- Prepare for that big event

Health Management is the only place where you can get the Gold Standard in Body Composition through DEXA whole body analysis, North of Brisbane.



**Mitch Smith, Sports Dietitian**

Mitch is a sports dietitian who has recently moved to Cairns to join Health Management. Mitch works individually with athletes from weekend warriors to professional and elite athletes. Mitch is currently the sports dietitian for The Cairns Taipans and Northern Pride. He himself has been involved in rugby league, rugby union, running, cricket, swimming and triathlon. He is training for the 2013 Cairns Ironman 70.3 after seeing the training courses on offer in the Far North.



**Tara Diversi, Sports Dietitian**

Tara is a Cairns local and currently living between Sydney and Cairns. Tara works with athletes in specialized nutrition projects, particularly in endurance, adventure and the down right crazy. Tara is currently the consultant dietitian to Marathon Guru, working alongside Lee Troop.

Tara has run (very slowly) two marathons including the 2011 New York Marathon, and is currently training for the 2012 Solar Eclipse Marathon and to swim the English Channel solo in August 2013.



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