Vol. 3

15th March, 2012

Roadies Rag

The Rocks #1 18/02/2012

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Dear CRR Members and supporters,

Welcome to March! It's been a pleasure to meet up with so many of our Club members at the great CRR events held already this year. This is my third year as president, fourth year on the committee, and I'm pleased to see that what I set out to achieve as a part of the committee, has – in my opinion – been achieved. Time for a new president, I think?

In 2008 I put my hand up to be on the committee – in those days we were phoning people while at the AGM to get them to come along so we would meet quorum. My contribution was to be simple – improve the social aspect of the Club. I was on the sub-committee organising the 30th Club Anniversary, which took place in October 2009 with 100 party-goers. That year I got the job of President. My goal was to increase the number of families we had in the Club and by the end of 2010 we not only had 20 family groups (compared to 9 in 2009), but membership numbers increased from 100 (where it seem to have got 'stuck' for donkey's years) to 240. To date this year we have 32 families and 340 members.

I do think the Club today is a friendly, happy place to be, with many members helping out and providing support to their fellow runners. I would encourage you to be part of the crowd, make others feel welcome, go over and have a chat if you see someone standing on their own looking a bit lost. Get onto Facebook or post on the website to keep in contact and get to know the other runners. What I don't like to see are groups or 'clicks' developing, excluding new comers – that's exactly what we need to work hard to prevent! Let's be an 'inclusive social club' – the 'big enough to make a difference, yet small enough to care' mentality.

The Rocks #3 (17 March) is going to be big – Series Trophies to the winners; David Todd Memorial Bursaries presented; Beginner Runner Clinic participant certificates handed out. **Come dressed in Green for St Paddy's Day** – and enjoy some green cake. Come, even if you are not running!

A few ladies have approached me asking for a Beginner Runners Clinic in April/May. I'll put one on, if I can get enough participants. I'll need at least 15. Can you email me (info@roadrunners.org.au) if you are interested?

You need to know that our Trail Runs have a **cut off prior** to race day – you cannot turn up on the day and enter the event. There are HUGE penalties for entering trail runs late. You will pay the full non-member's late fee if you enter in the week prior to the event. Print out the flyer provided in the email and mark the dates in your diary. Remember, Admin can enter you into any event, we just need your membership number, event and distance (cash payment due the Wednesday prior to the event).

See you out on the road, on the trails or at the next race.

Lorraine Lawson
President

It's sad to say goodbye to John, Tina and Ellie! We will miss you dearly.

Cairns Road Runners and Triathlon Club Inc.

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Event Highlights

THE ROCKS #1

Race Directors: John Vaughan
Location: The Rocks Picnic Area, Redlynch Valley
Date: Saturday 18/02/2012 @ 4:00pm

What a turn out for the first of three events sponsored by Active Health Clubs! The decision to move from Holloways Beach to Redlynch Valley Estate has been endorsed with the largest turn out for a Road Runner event in many years. 119 competitors dug deep and put in a speedy effort on the 5 km. A further 47 enthusiastic runners, including many children, competed in the 3 km event

The scenic 5 km course followed Freshwater Creek from the tennis courts at the Rocks via the bike path to the Redlynch Valley estate. With two small inclines and two creek crossings between the rainforest and water it showcased what is best about our Cairns lifestyle. Many competitors chose to relax on the grass (not straying too far from the groaning food table) or go for a dip after the race (some of our kids actually dipped before the race as well!)

A sensational finish from Phil Bradshaw with a blistering 15:25 finish on the 5km. Followed by rising star Bini James (16:12) and Wes Swindale (17:01). A great effort from the girls too, Carmel Bakurski (19:53) pushed though to win round one, setting up an exciting battle for next time, with Susan Crowe (19:56) and Corinne Smith (20:16) hot on the heels.

One of the benefit of the separate 3 and 5 km starts was the chance for the many kids in our club to see the "real runners " (as dubbed by Ceiridwen Vaughan) come through. The kids provided a cheering honour guard to support the runners through.

The favour was returned by many adults with the three km race also well supported. Our 3 km runners put in a big effort. Well done winner Clio Ozanne-Jaques (11:59), Aiden Smith crossed first for the boys (12:33). Poppy Boltz (12:56), Mackenzie McAvoy (13:13) completed the top three for the girls.

Many parents voiced their delight at the separate starts for the 3 and 5 km races. According to one mum (and loyal runner) it was the first time they'd actually seen their children cross the line. Many photos were undoubtedly taken.

A big thanks to our many volunteers. The many people who helped set up, and pull down, including the official helpers: Mark St Amand, David von Senden; Tony Black; Jim Cavill and Ian Kraska. The great trooper award must go to Pam Palmer for "walking out" with a trolley laden with cups and other items to her turn-around water station. Pam you'll be happy to know we've found a way to get stuff into that point for Rocks#2!

With such a big turn out the patience and persistence of those courageous souls who volunteered to (wo)man the registration, timing and recording must be mentioned: Meagan Cross; Heather Vaughan; Margie Shearer; Alisia Bean; Andrew Simpson; Rhonda Zeylmans; Jake Cashion; Scooter Taylor, Bridget Fearon, Alicia McAvoy, Rob Mackenzie and Lucy . The popularity award though goes to Sally Dixon, Donna Lupson, Dayana Fearon, Nojo Ferik and Jenny Watson,

Report: John Vaughan

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

Upcoming Events:

- Saturday 17th March, 4:00pm @ The Rocks Picnic Area, Redlynch, The Rocks Series #3: 5km/3km
- Sunday 25th March, 8:00am @ Stoney Creek Road Barron Gorge Trail Run: 18km/11km
- Saturday 31st March, 7:00pm @ Glenoma Park Earth Hour Night Run: 10km/5km
- Friday 6th April, 6:30pm @ Stoney Creek Road Glacier Rock Full Moon Run
- Friday 13th April, 7:00pm @ Little St North Cairns Black Friday #2: 5km/3km
- Sunday 15th April, 9:00am @ Lake Morris/Clohessy Rd Practice Trail Run: 34km/21km/10km/5km

For more information click the link:
http://www.roadrunners.org.au/events/

"MENTAL WILL IS A MUSCLE THAT NEEDS EXERCISE, JUST LIKE THE MUSCLES OF THE BODY."

– Lynn Jennings

Shoelaces

WEAR IT & SHARE IT

Is this you? You are our March winner of our Club Shirt competition and have won yourself a fab prize…

….. Where will your shirt be running this month?

GO BOWLING CAIRNS

Go Bowling Cairns will be hosting their monthly Kids Club on Sunday 25 March from 1.00 pm to 3.00 pm.

Meet up with friends to enjoy monthly themes, dance-off competitions, prizes, Cosmic Bowling with new Laser Lights, face painting and 2 games on the lanes. Cost only $13.50 per person or ask for the GREAT Family Rate for four ONLY $39.00.

Get out and Party on ……

2012 Kid Club dates: 25 March, 29 April 27 May, 29 July, 26 August, 28 October, 26 November and 23 December.

Cairns Regional Council Bike Survey

Link to Cairns Regional Council survey to help target areas that need improvement locally for bike riders.

Complete if you want have your say!

http://www.bv.com.au/general/bike-futures/94105/

MEMO TO ALL CLUBS - if you have athletes that may be travelling to **Junior Nationals** the following information may be of interest. Funding opportunities for athletes travelling for National

Competitions:

Federal Government Grant - must be submitted PRIOR to championships

State Government Grant - must be submitted AFTER the championships

FNQ Wilderness Bike Tour

The 2012 Far North Wilderness Bike Tour is definitely on! Starting on Saturday the 22nd September, you can expect this celebrated 8 day fully-supported, self-paced mountain biking tour to be as enjoyable as ever.

Registrations are open and we have already got our first rider signed up and ready to ride. Don't forget there are only 65 places on this exclusive Bike Tour so get your calendars out and book some holidays.

Those early birds that register before the 1st June only pay $1,040 (all inclusive). Return riders are highly valued so we offer you this discount too, no matter when you register. For the whole run-down on the fees and to register for the ride, click here

http://www.fnqbiketour.org.au/registration/registration-form.html

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:

MARCH 2012

Brooke Baister
Jared Black
Don Elmer
Joel Farkas
Nejo Ferik
Robyn Hakelis
Eve Kusinski
John Musgrove
Life member Pam Palmer
Sharyn Phillips
Heidi Sweeting
Dave Wall
David Berry
Ben Carter
Emma Farkas
Bridget Fearon
Nadine Greenwood
Taras Jakubovsky
Life member Kev Morrissey
Tim Omundsen
Joe Petrucci
Paul Ryan
David Von Senden
Michael Ward

New Members

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

See the list of new members on the next page.

Welcome to our Club, we hope your passion for running is infectious and we reach record numbers this year.

So grab your work colleagues, neighbours, family, kids, dogs, friends (or make new ones) and bring them along to our next event.

*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:
Sarah Griffiths

This is my third year being a member of the Club, after spending 5 years watching the Wednesday night group regularly pass my house every week. I knew they were running from the Esplanade and thought I would join one day when I could increase my fitness and comfortably run 10km without being noticeable last.

And after my delight to find the Club extremely friendly and supporting, I have outrun my expectations by completing a few Half Marathons in the last 18months.

With inspiration drawn from my fellow Club members I set out to achieve my first Marathon last year with a disappointing injury only 6weeks out from the Mt Haig 42km. So this year it's on my "must achieve" list and hopefully I will conquer the great mountain – and I will be able to say that technically I will have run and Ultra ☺ too, fingers crossed!

Favourite Training Session: Mt Lumley/Whitfield Hill Loop from: Aeroglen>Freshwater>Brinsmead>Whitfield>Edge Hill>Aeroglen

Favourite Race: Freshwater Handicap (Winning it last year with my running companion, Oscar the wonder dog, after a precision (and ridiculed) time nomination made it memorable)

Goal Races for the year: Competing: Blake Snake 34km and Mt Haig 45km**. Directing:** Kuranda to Port Douglas 64km

New Members 10 February – 14 March:

Membership #	Name		Membership #	Name	
330	Nichole	Baker	321	Matt	Looker
331	Noah	Baker	324	Jason	Maitland
329	Matt	Baker	126	Michael	Martin
132	Carmel	Bakurski	128	Flynn	Martin
333	Steve	Betesta	129	Xavier	Martin
314	Jared	Black	127	Nicole	Martin
326	sacha	Blake	27	Peter	Morris
37	Phil	Bradshaw	7	Peter	Mountney
38	Lorna	Bradshaw	323	Kai	Mountney
119	Nick	Bradt	341	Judy	O'Donahoo
328	John	Brimstone	62	Ronan	O'Mahony
335	Ciaran (Kieran)	Brown	15	Tim	Omundsen
336	Erin	Brown	16	James	Omundsen
325	Gavin	Butler	14	Rosie	Omundsen
130	Ben	Carter	17	Annalese	Omundsen
131	Michele	Clark	95	Gordon	Paris
327	Belinda	Coldebella	319	Sarina	Piercy
342	Brosnan	Degenaar	90	Scott	Ratcliffe
117	Matt	Dewar	91	Chrissy	Ratcliffe
340	Ryan	Eck	120	Nathan	Readman
334	Dug	English	24	Emma	Rooke
104	Rod	Fearon	97	Tegan	Rooke
106	Lorien	Fearon	94	Ian	Rooke
107	Caleb	Fearon	100	Todd	Rutherford
108	Imogen	Fearon	337	Helen	Smyth
105	Dayana	Fearon	178	Karen	St Amand
99	Stevo	Francis	179	Trent	St Amand
338	Karl	Gurnick	180	Scott	St Amand
57	Darren	Hargreaves	31	Nance	Storch
58	Ella	Hargreaves	29	Adaline	Storch
59	Maddy	Hargreaves	30	Monique	Storch
60	Isaac	Hargreaves	118	Wes	Swindale
56	Andrea	Hargreaves	332	Pia	Valderrama
187	Jodie	Henley	320	Jamie	Walker
339	Eve	Jacks	322	Dave	Wall
96	Jane	Kahler	115	Nathan	Walmsley
343	Laura	Lea	238	Christine	Zammit
344	Isiah	Lea			

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