



MACKAY ROAD RUNNERS Inc

ESTABLISHED APRIL 1976

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NEWSLETTER

Welcome to the January 2012 Newsletter. This year we have some new runs in our Calendar below is a snippet of what we have in store for February. Please refer to the website for the complete 2012 schedule.

Sun Feb 12	Lighthouse warm up – Harbour Boat-Ramp car park	5 km	5.30pm	SR
Sun Feb 19	Tilse's Toddle – 24 Johnson St West Mackay	5/10 km	5.30pm	SR
Sun Feb 26	Mengs X country – Tourist Info Centre, City Gates	4/ 8 km	5.30pm	HC

In addition to the season starting on the 12th of February there is still plenty of social runs to participate in – Saturday mornings Wednesday evenings and Thursday mornings more information on the web site or join us on Facebook.

Christmas and the holidays are nearly over so as we begin the New Year there is bound to be some New Years Resolutions to live up to. Perhaps you are interested in the benefits of more flexibility. Here are some tips from Mellisa to get you started

“Let me highlight on a few things that I believe in and do as a runner to keep me injury free and reach for those goals I set out to achieve some time in my running life”

Stretching, Core Training and Resistant Training.

When to Stretch

Nearly as controversial as whether or not to stretch at all, the best time to stretch is often debated. Should you stretch before you run or after you finish?

If you've warmed up your muscles properly, stretching before you run can be safe and effective. Some people say it has saved them from injury; others say it helps them run smoother or transition from the office to the road. Then again, some runners would rather just jump straight from the warm up into the workout, saying they lose momentum if they stop to stretch. With the proper warm up, stretching before a run can be beneficial and is fully acceptable.

OR

If you do choose to stretch after you run, you should wait 30-45 minutes after you stop running to do so. Cool down, eat, shower, and then do a few stretches.

It is known in the fitness industry that every athlete should stretch, and they will be the ones who want to increase their speed and prevent injuries by developing flexibility.

A little tip on how to perform a stretch;

Get into the proper position and hold it for 15 to 30 seconds. Don't bounce or force the motion. Go as far as you can, without feeling pain. If you feel some mild tension, that's okay, but you should not be in pain. Repeat the stretch.



Remember that stretching is not a contest. Some people are naturally more flexible than others. But everybody can improve.

Here are some websites to have a look at. A lot of useful information and pictures on all areas of the body for runners to stretch.

http://www.sparkpeople.com/resource/fitness_articles.asp?id=1565

<http://www.runnersworld.com/topic/0,7122,s6-241-287-0-0,00.html>

<http://sportsmedicine.about.com/od/runningworkouts/tp/BestRunningStretches.htm>

http://www.coolrunning.com/engine/2/2_1/126.shtml

While we are on the subject of Christmas and Holidays, Club President Tim Magoffin and family spent some time in Switzerland. Like any good runner Tim deserted his family to run amongst the locals and compete in a Midnight New Years Eve Event. As you can see in this picture Tim is clearly crazy – how cold was it again Tim?



Apparently there was no way Competitor 1114 was going to get past Tim
Aussie Aussie Aussie Oi Oi Oi
For his efforts he won a Candle

A reminder - Club Membership will soon be due and can now be renewed through the website. In previous years we have accepted cash and cheques on the first few runs of the season. As technology improves and we consider the safety and security of our committee members we must insist that membership payments be processed through the website. If you are having trouble with this process please drop us a line at roadrunnersmackay@gmail.com

Notes regarding MRR rules for an individual's age category:

This year Female age groups now line up with the male age groups

The age category that competitors would be in for the 2012 season will be their age as at 31st March, 2012 (**This** also coincides with when fees are officially due for existing members)

Example: if someone turned 40 on 1st April, they would still be in the 30-39 age category for the 2012 season.

New members should consider joining prior to the first race of the 2012 season. New runners won't accrue Championship points for two/three races until a handicap is issued.

Club fees:

Senior memberships \$50.00 Family memberships \$100.00 Junior Memberships \$25.00
Members race day fee \$2.00 per person - Non member race day fee \$5.00 per person



8 Questions with Martin

- 1 Where were you born
- 2 I guess you follow Soccer
- 3 Why do you run
- 4 How long have you been running
- 5 Is running in your family
- 6 Running goals for 2012
- 7 Favorite food
- 8 Favorite drink

1 England

2 I think you mean **football** and of course (growing up in England it was only natural), I played for 35 years in the UK and with Rangers in Mackay. I follow Chelsea (the mighty blue team) and spent many a year in my youth travelling all over England to watch them play. They always seemed to get beaten until I moved to Australia and then they started to win – not sure if those things are connected!

3 Once I decided to stop playing football I had a go at triathlons and soon worked out that I preferred running over swimming and riding. I wanted to keep fit and enjoy the outdoor lifestyle of Mackay. Running offered much more than that, I have made lots of wonderful friends through running, it has become a significant part of my life now – I think I may be addicted.

4 I started running at Easter 2007 – I thought to myself ‘I wonder if I can run 10km without stopping’. I worked out a route by driving round in the car. I managed to run the 10km without stopping and it took 1 hour and 6 minutes. So then I wondered if I could do it in under an hour. Once I managed

that I wondered if I could run 14km – I tried that and it nearly killed me. So I waited a week and did it again, it felt much more comfortable second time round. So then I signed up for the Mackay Marina Run – I knew I could run 14km and if I couldn’t manage the whole 21.1km I would just walk. In 2008 I joined Mackay Road Runners - and keep coming back for more.

5 Not really, I have a couple of cousins who do some running, it was one of them (Lynne) who got me started with triathlons when she was in Australia for a holiday. Her brother is pretty fit too and he ran London marathon a couple of years ago. We plan to run Loch Ness marathon together later this year.

6 **Canberra marathon** in mid April (I hope to run under 3.30) / **Hamilton Island Hilly Half Marathon** in early May (it is a great weekend and tough but scenic run) / **Loch Ness marathon** at the end of September.

7 Lasagne (especially Kelly’s)

8 Water (heaps of it) – Kronenbourg 1664 (best beer in the world) – Single malt Scotch whisky (I’ve tried most of them).

Volunteers are needed for the following:

February 12th – Mackay City Council Sporting Clubs Sign on Day .The venue will be The MECC
As we won't be accepting payment for nominations the session will be more of an information day
for our club. At this point in time the start and finish times are not confirmed. However if you have
some spare time on Sunday the 12th please email us at roadrunnersmackay@gmail.com.au

Mackay Road Runners website now includes a **Forum** creating an interactive online
resource for all runners to communicate through. Simply click on Forum on the home
page. There are discussions you can join or start a new one yourself. There is also the
ability to have online Polls so watch out for these and have your say.

Anyone for Italian Spaghetti

Basic Blokes version – serves 4-6 adults

These instructions will help the average Male who believes he is put on this Earth
to run when he feels like it and mow the grass on the weekend – his mission in
life complete!

Safety equipment (PPE) Fedora, Clear safety spec's, Apron, Glass of white or
red wine (for hydration).....can be substituted with a stubbie

Ingredients:

- 1 tin 400gms diced tomatoes
- 1 tablespoon olive oil
- 2 teaspoons salt – 1 for the sauce 1 for the pasta
- One good shake of pepper
- 1 tablespoon raw sugar
- 2 pieces of garlic – to be crushed
- 500gms mince
- 2 table spoons tomato paste
- One good shake of Italian Herbs
- 500gms of your favorite pasta
- ½ a large carrot – cut into really small pieces
- 2 slices of onion 2-3mm thick – cut into really small pieces
- A really good qty of finely grated Parmesan Cheese

Will need one small / medium saucepan for the sauce and a larger one for the
spag's, cheese grater and a colander and a largish bowl for the meal – glass or
similar is best.....Continued next page

The creative part:

- Chop carrots and onion when half way through start heating the smaller
saucepan with the olive oil – on $\frac{3}{4}$ temperature
- Add carrots and onion into the heated oil and stir until onion browns a little

- When onions and carrot ready add the mince and stir regularly until mince completely brown
- While carrots and onion softening bring sufficient water to boil in the other saucepan add one teaspoon of salt to the water
- Add diced tomato and tomato paste to the mince - stir in then add one small teaspoon salt, pepper, sugar, Italian herbs – Stir regularly while pasta is cooking
- When larger saucepan boiling remove lid and add pasta and stir constantly so pasta doesn't stick to the saucepan
- While all this is happening grate a good portion of Parmesan Cheese – or do this early
- Cook pasta until Al dente (that have been cooked so as to be firm but not hard) *“the internet is such a wealth of knowledge”* **Keep stirring the sauce dude**
- When spag's Al dente pour into the colander which is in the sink and drain agitate a bit to assist with draining.
- Tip pasta into the serving bowl followed by the sauce mix - up a bit then add the cheese keep mixing until appears constant then serve –
- **Bon Appetite**
- Endorsed by my Italian other half.....



The “rear” End

Tim – Teresa – Donna 14/1/12 - 20k training run