

July 09 - Dec 09

intraining

the running store run by runners

33 Park Rd, Milton
Phone: 3367 3088



- Running Specialist Sports Store
- Running Injury Clinic
- Coaching and Training Groups
- Race Organisation Service
- Running and Triathlon Club

OPEN 7 DAYS

Mon: 9 to 5:30
Tue: 9 to 5:30
Wed: 7:30 to 8
Thur: 9 to 9
Fri: 7:30 to 5:30
Sat: 9 to 5
Sun: 9 to 2



2 hour Parking available on the street or paid parking under building entrance from Douglas St

for more information

email: shop@intraining.com.au

or Go to our website: www.intraining.com.au

- Ask a question on our running forum
- Enter our running events online
- Check our training and racing calendar
- Download training programs and articles

Our Mission Statement:

"To Share Our Joy of Running with the Community"

don't allow
injury
to get in the way
of a good run!

intraining



Running Injury Clinic

33 Park Road Milton

Now in the City at REVIVE, Level 2, 21 Mary St
Phone 3367 3088 for bookings

2 run the intraining running centre newsletter
33 Park Rd, Milton, QLD, 4064. T: 07 3367 3088. www.intraining.com.au

UPDATES: www.intraining.com.au

Race dates & times subject to change
- please confirm with race directors prior to event.



QLD running + triathlon calendar



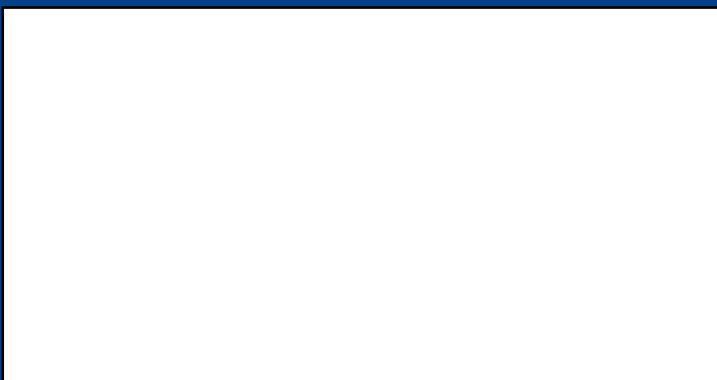
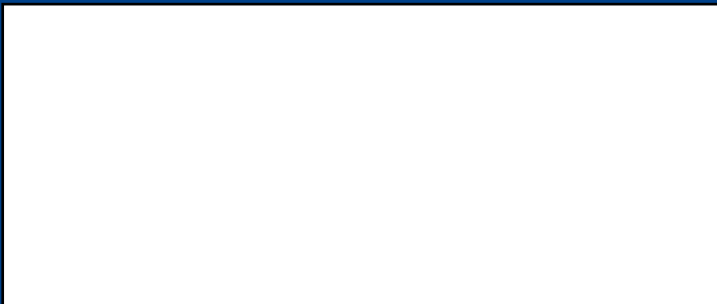
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 July 09

Wed 1	intraining Dash 5k/3k/1k 6pm Milton	www.intraining.com.au
Sat 4	Qld Running Cross Country Tingalpa	queenslandrunning.com.au
Sun 5	Gold Coast Marathon	goldcoastmarathon.com.au
Sat 11	Qld Running Cross Country Mitchelton	queenslandrunning.com.au
Sat 11	QA Cross Country Shield Tingalpa	www.qldathletics.org.au
Sun 12	BRR 10k/5k	www.brisbaneroadrunners.org
Sun 12	Flying Four Cross Country	www.ashgroverangers.org
Sun 12	Rail Trail Fun Run	www.railtrailfunrun.com
Sat 18	Qld Running Cross Country Chermerside	queenslandrunning.com.au
Sun 19	Jetty2Jetty Fun Run	www.j2j.com.au
Fri 24	Viridian Vertical Walk	www.usmevents.com.au
Sat 25	Qld Running Cross Country Mitchelton	queenslandrunning.com.au
Sat 25	Glasshouse Flinders Tour	www.glasshousetrails.com
Sun 26	BRR 5 to 35 Select	www.brisbaneroadrunners.org
Sun 26	Ipswich Park2Park	www.park2park.com.au
Sun 26	Pomona King of the Mountain	kingofthemountain.com.au
Sun 26	Rotary Fun Run St Lucia	www.rotaryfunrun.com.au

 August 09

Sun 2	Viridian Noosa Running Festival	www.usmevents.com.au
	Qld 10km Road Champs	Lions Park Noosa
Sun 2	Townsville Running Festival & Marathon	townsvilleroadrunners.com.au
Sun 2	SBH Wheel & Walk Charity Fun Run 5km	www.spinabifida.org
Sun 2	Capricorn Coast Fun Run	www.rockyrun.com.au
Wed 5	intraining Dash 5k/3k/1k 6pm Milton	www.intraining.com.au
Sat 8	UQ All Comers Track & Field	www.qldathletics.org.au
Sun 9	Sunshine Coast Winter Track & Field	www.qldathletics.org.au
Sun 9	BRR 10k/5k/2k	www.brisbaneroadrunners.org
Sat 15	The Great Pyramid Race	www.pyramidrace.com.au
Sun 16	TLC Fun Run	www.thelakescollege.com.au
Sun 16	Capricorn Half Ironman 1.9/90/21	www.capricornhalf.com
21 to 23	Brisbane Marathon Festival	www.intraining.com.au
Fri 21	Brisbane Running and Fitness Expo	ends Sunday at Noon
Sat 22	Kids Events and Founding fathers relay	Brisbane 150 Celebrations
Sun 23	Marathon, Half, 10k walk, 10k run	South Bank
Sun 23	Fraser Island Marathon & Half Marathon	www.runtrails.org
Sun 23	UQ All Comers Track & Field	www.qldathletics.org.au
Sun 23	Ipswich Winter Track & Field	www.qldathletics.org.au
Sun 23	Flying Four Cross Country	www.ashgroverangers.org
Sat 29	Cartwright Challenge Series Race 5	www.team-ascent.com.au
Sat 29	Australian Cross Country Champs	www.qldathletics.org.au
Sat 30	Airlie Beach Triathlon 750/20/5	www.whitsundaytriclub.com
Sun 30	Robin Flower Memorial 10 mile	www.brisbaneroadrunners.org
Sun 30	Bridge to Brisbane Fun Run	www.bridgetobrisbane.com.au

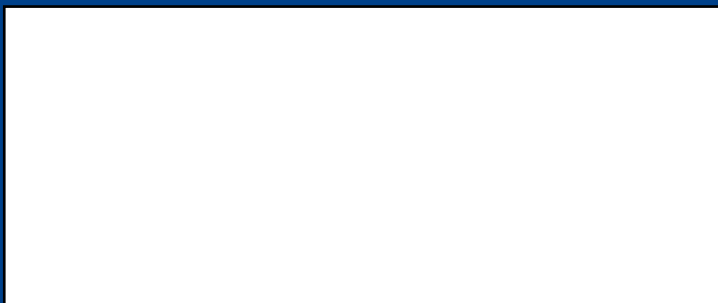
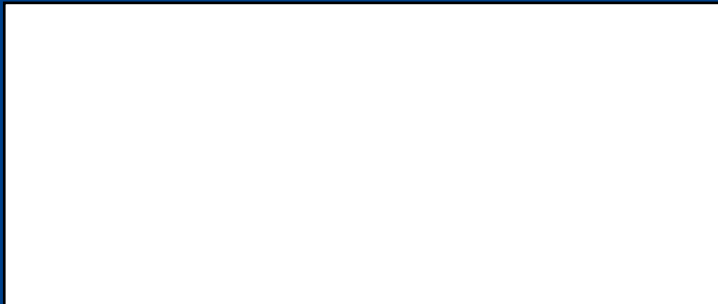


 September 09

Fri 11	Gold Coast ITU U23 World Champs	www.worldtriathlongoldcoast.com
Sat 12	Gold Coast ITU Age Group Worlds	www.worldtriathlongoldcoast.com
Sat 12	Gold Coast ITU Elite Men Worlds	www.worldtriathlongoldcoast.com
Sat 12	Gold Coast ITU ParaTri Worlds	www.worldtriathlongoldcoast.com
Sat 12	UQ All Comers Track & Field	www.qldathletics.org.au
Sat 19	Mooloolaba Half Marathon, 10km & 5km	www.team-ascent.com.au
Sun 13	GS Run For Life	www.gsruntimeforlife.org.au
Sun 13	Gold Coast ITU Elite Women Worlds	www.worldtriathlongoldcoast.com
Sun 13	Gold Coast ITU Sprint Man Triathlon	www.worldtriathlongoldcoast.com
Sun 13	Gold Coast ITU Junior Worlds	www.worldtriathlongoldcoast.com
Sun 13	BRR 14km and 7km	www.brisbaneroadrunners.org
Sun 13	Salt Fun Run 10km and 5km Series	www.corporatechallenge.com.au
Sun 20	Triathlon Pink Womens ONLY Event	www.triathlonpink.com.au
Sun 20	XC DUATHLON and Trail Run	www.tailwindpromotions.com.au
Sun 20	Townsville Triathlon Festival 400/15/4	www.corporatetriathlon.com.au
Sun 20	Flying 4 Cross Country	www.ashgroverangers.org
Sun 27	BRR 10km Handicap and 5km	www.brisbaneroadrunners.org
Sun 6	BRR Fathers Day 10km and 5km	www.brisbaneroadrunners.org
Wed 9	Gold Coast ITU Aquathlon Champs	www.worldtriathlongoldcoast.com

 October 09

Fri 2	UQ Secondary All Comers T&F	www.qldathletics.org.au
Fri 30	Eyeline Noosa 1000 Ocean Swim	www.usmevents.com.au
24 - 25	Lamington National Classic	www.runtrails.org
Sat 3	Maryborough Annual Night T&F	www.qldathletics.org.au
Sat 31	Asics 5km Bolt	www.usmevents.com.au
Sun 11	Straddie Salute 600/18/8	www.weekendwarriorevents.com.au
Sun 11	BRR 20km, 10km, 5km and 2km	www.brisbaneroadrunners.org
Sun 11	Salt Fun Run 10km and 5km Series	www.corporatechallenge.com.au
Sun 11	Bribie Beach Bash 8/15/30/45km	www.runtrails.org
Sun 18	Gatorade Triathlon Series Race 1	www.usmevents.com.au
Sun 18	2XU Bribie Island Triathlon Series	www.bribietri.com
Sun 18	Bowen Triathlon 750/20/5	www.snappaheads.com
Sun 18	Flying 4 Cross Country	www.ashgroverangers.org
Sun 18	Toowoomba Marathon	www.trr.org.au
Sun 25	Tre-X Offroad Triathlon Series Race 1	www.tre-x.com.au
Sun 25	BRR 15km Championships and 5km	www.brisbaneroadrunners.org
Sun 25	Byron Bay Lighthouse Fun Run	www.byronrun.com
Sun 4	Cannibal Gold Coast Half Ironman	www.usmevents.com.au
22 - 25	QLD Secondary Schools T&F Champs	www.qldathletics.org.au
Wed 28	Endura Noosa Run Swim Run	www.usmevents.com.au



November 09

20-22	500km Road Relay	www.endeavour.com.au
Nov 8	Salt Fun Run 10km and 5km Series	www.corporatechallenge.com.au
Sun 1	Noosa Triathlon 1.5/40/10	www.usmevents.com.au
Sun 15	2009 Mousdash Movember 10km Run	www.weekendwarriorevents.com.au
Sun 15	Gatorade Triathlon Series Race 2	www.usmevents.com.au
Sun 15	Flying 4 Cross Country	www.ashgroverangers.org
Sun 22	BRR 10km and 5km Championships	www.brisbaneroadrunners.org
Sun 29	Tre-X Offroad Triathlon Series Race 2	www.tre-x.com.au
Sun 8	BRR 3 x 5km Running Relay	www.brisbaneroadrunners.org
TBA	Cool Night Classic	www.pafoundation.org.au
Tue 3	Smiddy 5km Fun Run for Cancer	

December 09

4-7	Australian All Schools & Youth Champs	www.qldathletics.org.au
Sun 14	Kurrawa 2 Duranbah 25km and 50km	www.goldcoast100.com
Sun 20	BRR 10km and 5km	www.brisbaneroadrunners.org
Sun 6	BRR Splash and Dash 5km/100m	www.brisbaneroadrunners.org
Sun 6	2XU Bribie Island Triathlon Series	www.bribietri.com
Sun 6	Flying 4 Cross Country	www.ashgroverangers.org

Jetty to Jetty
Half, 10, 5 and 3 km
19 July, enter: www.j2j.com.au
Enquiries: 0432 390 748



Major Australian Events

9 Aug	Sydney City to Surf	city2surf.sunherald.com.au
23 Aug	Brisbane Marathon Festival	www.intraining.com.au
20 Sep	Sydney Marathon	www.sydneymarathon.com
20 Sep	Adelaide City to Bay	www.city-bay.org.au
11 Oct	Melbourne Marathon	melbournemarathon.com.au