

FREE FREE FREE FREE FREE

# intraining

July 2011

the running store run by runners

**9**  
**RUN YOUR  
BEST RACE**

*Pain **Free**  
Children*

**GPS at your  
fingertips**

**Nasty Ankle  
Sprains**

**intraining**

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Fitness & Performance Services  
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**NEW**

**Event Calendar inside**

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**Featured on the front cover:**  
**"intraining Coaching Director" Linda Watson**

## Running at the mouth: What happened to Brisbane City Fun Runs?

Almost every major city in Australia and in the world has a major running event that runs through the City.

The inaugural Brisbane Marathon in 1992 ran from the Brisbane City Botanic Gardens along Albert St then up Elizabeth St and down Ann St. Even 10 years ago the Brisbane Marathon ran through the city as did many other fun runs like the Downtown Dash and the Nike Fun Run.

However over the last decade things have changed in Brisbane and it is now impossible to run through the City Streets. While Sydney, Melbourne, Canberra, New York, London, Paris, Berlin and many other major cities close down a few days a year for community participation fun runs this is no longer an option in Brisbane. There are no fun runs in Brisbane currently running through the CBD.

While we would love to have the Brisbane Marathon highlight the beauty of the city we have been forced onto bikepaths and minor roadways. It is not just our event but every other running event finds obstacles in the way of showcasing Brisbane. Even the Bridge to Brisbane with 40,000 participants has to jump through hoops that did not exist 10 years ago.

Perhaps the biggest problem is blanket refusal to close any major road that may disrupt traffic. We are just told we can't use them - not given any explanation as to why or how we can change things. This years Mothers Day classic was refused permission to cross Melbourne St at the start so needed to do multiple turns in the first kilometer.

The impossible roadblocks include: delaying any cars that may cause even a temporary traffic jam; rescheduling or delaying any bus that may want to use that street; and crippling compliance costs of policing and traffic management. Last years Brisbane Marathon the Police cost us \$17,000 even though we only ran past three sets of traffic lights. That is about \$7 a person. Everything is user pays now and everyone seems to be paranoid about the risk of being sued.

What can we do in the future? What really needs to change is the attitude of those in power towards the value of major participation running events to the community. As obesity soars the opportunity to participate is being restricted. Cars hold sway on the roads 365 days a year so why don't they give up a few hours a year to something that improves community health?

By Steve Manning





## BRISBANE RUNNING FESTIVAL

## COURSE MAP 2011

## 5-7 AUGUST



Check it out on [www.brisbanemarathon.com](http://www.brisbanemarathon.com)

# Footwear Matrix



Motion control		M Evolution Foundation	M Beast W Ariel Addiction	Alchemy	940		
Moderate Stability	Adistar Salvation Supernova Sequence 	Kayano 2160 1160 3020 	Trance DNA Adrenaline DNA Vapor	Nirvana Inspire	1226 860 870	Equalon Structure Triax 	Hurricane Omni Guide 
Mid Stability			Ravenna Infinity 			Lunar Eclipse Lunar Glide Lunar Swift 	
Firm Neutral	Adistar Ride	Nimbus Landreth Cumulus 	Glycerin Dyad 	Creation Rider 	1080	Pegasus Atlas	Triumph Ride
Flexible Neutral	Supernova Glide		Ghost DNA Defyance Summon	Ultima	759 	Vomero	
Racer-Trainers	Adizero Tempo 	DS Trainer	Ravenna	Elixir Precision	870 905	Lunar Elite Lunar Fly Free 	Mirage
Kids	Supernova Glide Supernova Sequence Adizero Ace	Kayano Nimbus 2160 1160	Adrenaline Ghost	Nexus B Wildwood	740 759		Guide Ride 
Trail		Trabucco	Cascadia Adrenaline ASR			Pegasus Trail M Structure Triax Trail 	
Road Racing	Adizero Adios Adizero Rocket	DS Racer Tarther Diva Gel Hyperspeed 	T7 Racer Racer ST Green Silence	Ronin	M 900	Lunar Mariah Lunar Racer Lunar Speed Spider Zoom Spider	Kinvara
Track Spikes	Adizero Cadence Adizero Avanti	Hyper Rocket Girl SP Hyper Rocket Girl LD Hyper LD Hypersprint Japan lightning		Geo Silencer Tokyo Osaka		Victory Mamba Matumbo W Rival Zoom Superfly	Endorphin MD Endorphin LD
Waffles				Trans Dash 	230 	Jana Waffle Waffle Racer	



# Chronic Ankle Sprains

by Doug James (intraining Physiotherapist and Podiatrist)



Ankle sprains are the most common joint related sports injury. Sprains are at best uncomfortable, and at worst a debilitating injury requiring substantial recovery time. A sprained ankle may become chronically unstable and more prone to further sprains.



## Risk Factors

The greatest risk factor for having a future ankle sprains is a previous history of having had an ankle injury. An ankle sprain may result in a chronically unstable ankle in which the ligaments may become stretched or completely ruptured. In addition to damage of the ligaments, ankle stiffness, weakness and poor balance are often present in chronically unstable ankles and pose additional risks to future sprains. Other risk factors include:

- Footwear: shoes that are tilted outwards (often seen in worn out shoes) or are excessively soft on the outside heel.
- Surface conditions: running on rough or cambered surfaces; or having to run up or down stairs or gutters.
- Weather conditions: slippery surfaces or paths with poor visibility
- Personal factors: running when tired or distracted

Avoiding these risk factors may help you reduce the likelihood of spraining your ankle, but despite best attempts, a sprain may still occur. If so, undertaking initial treatment as soon as possible is vital. However, if you sprain your ankle and it is unbearable to stand on, and have tenderness in the ankle bone, it is recommended that you get it X-rayed to check for fractures.

## Initial treatment

The traditional approach to the initial treatment of an ankle sprains is the 'R.I.C.E.' method (Rest, Ice, Compression, Elevation). This treatment was reviewed recently by the Australian Physiotherapy Association (APA) and the following recommendations were made:

**Use the ankle:** In most cases (where fractures aren't involved) early movement and use of the ankle leads to faster recovery, and return to sport. By contrast, immobilising the ankle usually delays recovery and can result in ongoing inflexibility.

**NSAIDs:** Use of oral or topical Non-Steroidal Anti-Inflammatories (NSAIDs) is effective in enabling faster recovery and less pain.

**Ankle support:** when combined with moving the ankle can help to decrease swelling from the injury.

**Ice:** when used in conjunction with rehabilitation exercises can help reduce pain and improve function.

**Rehab:** It is recommended that a rehabilitation program is undertaken for speedier recovery and reduce future re-injury risk.

It is often beneficial to see a Podiatrist or Physiotherapist following an ankle sprain for assessment of your injury, receive injury advice and a rehabilitation program.

## Rehabilitation

Too often ankle sprains are given only minimal basic care then quickly ignored. The bad news is that if you have sprained an ankle once, then there is a 70-80% rate of re-injury which can lead to chronic ankle instability. A chronically unstable ankle has a higher risk of spraining. While there is little that can be done to repair damage to the ankle ligaments (aside from surgery) a good rehabilitation program can address some of the other factors that are associated a higher risk of ankle sprains. Additionally, ankle sprain rehabilitation can help to decrease the

amount of recovery time required - getting you back running sooner.

In the first few days following a sprain, the ankle is likely to be stiff and sore to move. Despite this, it is advisable to attempt to walk as normally as possible using the affected foot. When sitting, perform gentle back/forth and rotation movements of the ankle to encourage flexibility. Applying an ice pack to the foot prior to performing these exercises can make them less painful. In the following days as the pain decreases, stretching your calf muscles and doing light resistance exercises will further assist your recovery.

Once the ankle becomes comfortable to use, balance exercises using a wobble board are an excellent way to improve balance and ankle strength. Later, running agility drills are used to further strengthen the ankle prior to returning to sport.



Following a sprain, or if you have a chronically unstable ankle, see a Podiatrist or Physiotherapist for a sport specific rehabilitation program designed to improve your conditioning. The program should address any balance issues and structural or muscle weaknesses. Additionally, footwear should be assessed to identify any potential risk. Some people may also benefit from an orthotic (customised shoe insert) which can offer better support and awareness of the foot.

Ankle sprains are an inconvenient injury that affects not just your running but your day to day mobility. Reduce the risk of chronic ankle instability, further sprains and speed up your recovery by seeking advice early.

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the running store run by runners

33 Park Rd, Milton

◆ Book Now: 3367 3088



### OPEN 7 DAYS

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

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- ◆ Biomechanics and Postural Problems

- ◆ Running Form and Movement Analysis
- ◆ Ingrown Toenails and Blistering

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# Pain Free Children

by Margot Manning (Podiatrist)

Often children complain of pains in their legs and feet. It's easy to brush this off as growing pains. However, many active children develop growth related injuries which can plague them over a number of years and cause considerable discomfort when playing sport.

Usually the pain occurs at the attachment site of a muscle and its tendon onto the bone. The ends of children's bones are more cartilaginous allowing for growth to occur. At some locations, such as the heel, there is an actual growth plate, which has a larger area of cartilage from which the two parts of the bone grow until they fuse. When there is an increase in the pull or shear forces exerted by the tendon during physical activity, irritation and inflammation of the cartilaginous growth centre occurs.

Heel pain (Severs Disease) and knee pain (Os Good Schlatter's) are the most common growth related injuries. Severs disease occurs at the heel bones growth centre where the achilles tendon attaches. Usually children will complain of a sore heel while playing sport and/or afterwards. Symptoms will initially be niggly in nature, but can quickly develop into a stronger pain that causes a limp or for them to stop the activity.

To reduce the pain, the heel needs to be iced daily until the symptoms are relieved, shoes should be worn as much as possible, and the 'status' of the shoe should be checked. It's tempting to let children wear shoes until they are literally falling apart due to the expense of purchasing new ones when they either are growing quickly or simply wrecking them with activity. The simple act of keeping their shoes updated can be one of the single most important factors in preventing continued heel pain. If a child is hard on shoes, it's useful to keep a pair for school & sport and have a second pair for home play.

If the pain persists, then it is worth visiting a podiatrist who can advise on footwear and provide further in-shoe support if needed. This may be as simple as a heel lift, or a more customised orthotic if biomechanical reasons are contributing to the pain.

Os Good Schlatter's occurs at the attachment site of the quadriceps tendon onto the top of the leg bone (tibia). The exact location is at the tibial tuberosity which is the small bump you will feel at the top and front of the tibia. The pain occurs here due to the repeated contractions of the quadriceps muscles at the growth centre. This occurs more in adolescents, particularly those who play multiple sports, during their growth spurts. Tightening of the quadricep muscles and poor biomechanics are the major contributing factors to Os Good Schlatter's. Ice, activity modification, footwear with the appropriate support, orthotics, strengthening exercises and massage are the main forms of therapy used to alleviate the knee pain symptoms. It is possible to confuse this injury with other knee pain injuries such as Sinding Larsen, a growth related injury at the lowest point of the knee cap (patella), and other overuse knee related injuries.

Growth injuries are usually manageable and can present themselves at different times until the child has stopped growing. This may be anywhere between the ages of 11 – 18. It is possible, that the symptoms they may have are more than just a growth injury. If this is the case, it is worth making the effort to have someone such as a podiatrist investigate the injury further. Being in pain can make a huge difference to a child's continued enjoyment and participation in sport and physical activity.

**TIP: Symptoms in children don't always present as pain. Other symptoms to look for may be:**

- limping
- inability to accelerate
- disinterest in their usual activity
- refuses to walk far

## KIDS TRAINING SESSIONS:

MON & THURS 4-5PM

ANZAC PARK, TOOWONG



**Kids Racing - Asics Noosa Tri**

The flashy kids Noosa Tri shoe is ideal for the active racing child who participates in cross country races, triathlon and road running events. Offering lightweight characteristics to give your kids that extra edge come race day.



**Training Neutral - Asics Nimbus**

The Asics Nimbus is the top of the range cushioned running shoe, specifically designed with kids feet in mind. Suitable for the neutral or supinated foot type this shoe is ideal for kids who give their shoes a good workout.



**Training Support - Brooks Adrenaline**

Just like the adult version, the kids specific Brooks Adrenaline will help those children who over pronate by providing that little extra support for their feet. This can reduce potential knee pain which over pronators may experience.



moving comfort

**Moving Comfort Bras for Teens - See Page 8**



ridgy

**Ridgy - kids clothing**

## CAN'T STOP THE RUN - KIDS TRAINING SESSIONS

As the cross country season draws to a close, many children stop running. They either didn't make it to the next level of competition or the school sessions they usually go to end. The key to improvement is to keep running during the off season. If your child is still interested in running, find a group they can join to keep their fitness and interest going. If you can't make it to a group, why not ride a bike beside them or take them down to the local park.

Intraining Running and Triathlon club offer kids running groups including more advanced sessions for teenagers looking to get into running.

For more information email [training@intraining.com.au](mailto:training@intraining.com.au) or phone 07 3367 3088.

## KIDS SALE DAY JULY 9-10

**20 to 50% OFF ALL KIDS SHOES**

**MANY MODELS FROM \$40.**

**ALL CURRENT MODELS ARE 20% OFF FOR THE WEEKEND AND SUPERCEDDED MODELS ARE UP TO 50% OFF.**

**BUY TWO PAIRS AND GET A THIRD FREE.**

**WE STOCK THE BIGGEST RANGE OF KIDS TECHNICAL RUNNING SHOES AVAILABLE WITH OVER 40 DIFFERENT MODELS.**



# QLD running + triathlon calendar

July - December 2011

## July

<b>Sat 2</b>	Queensland Running X-Country - Kippa Picnic Grounds	<a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>
<b>Sat 2</b>	Gold Coast Airport Marathon 10km & 5km Run	<a href="http://www.goldcoastmarathon.com.au">www.goldcoastmarathon.com.au</a>
<b>Sun 3</b>	Gold Coast Airport Marathon Half and Full Marathon	<a href="http://www.goldcoastmarathon.com.au">www.goldcoastmarathon.com.au</a>
<b>Wed 6</b>	intraining 5km, 3km and 1km	<a href="http://www.intraining.com.au">www.intraining.com.au</a>
<b>Sat 9</b>	Queensland Running X-Country - Dowse Lagoon, Snadgate	<a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>
<b>Sun 10</b>	Brisbane Road Runners 10km and 5km	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 10</b>	Honeywood Rail Trail Fun Run 2011	<a href="http://www.railtrailfunrun.com.au">www.railtrailfunrun.com.au</a>
<b>Sat 16</b>	Urban Max Adventure Series	<a href="http://www.urbanmax.com.au">www.urbanmax.com.au</a>
<b>Sat 16</b>	Queensland Running X-Country - Minippi Parklands, Tingalpa	<a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>
<b>Sun 17</b>	Fusion Games Duathlon 4/15/4	<a href="http://www.qsm.sports.com">www.qsm.sports.com</a>
<b>Sun 17</b>	Jetty 2 Jetty Half Marathon, 10km & 3km	<a href="http://www.j2j.com.au">www.j2j.com.au</a>
<b>Sat 23</b>	Qld Athletics QLD 12km Cross Country Champs, TBC	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 23</b>	Queensland Running X-Country - 7th Brigade Park, Geebung	<a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>
<b>Sun 24</b>	Gold Coast Aquathon Series - Race 3 - 1.5/750/2.5	<a href="http://www.goldcoastbiathlon.com.au">www.goldcoastbiathlon.com.au</a>
<b>Sun 24</b>	Australian Duathlon Series - Race 2 - 10/40/5	<a href="http://www.triathlonqld.com.au">www.triathlonqld.com.au</a>
<b>Sun 24</b>	Brisbane Road Runners 5km -20km Self Select	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sat 30</b>	Qld Athletics Brown-Bonwick Memorial, Tingalpa	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 30</b>	Cartwright Challenge Fun Run 10km (Race 4)	<a href="http://www.team-ascent.com.au">www.team-ascent.com.au</a>
<b>Sat 30</b>	Queensland Running X-Country - Teralba Park, Everton Park	<a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>
<b>Sun 31</b>	Ipswich Park 2 Park Half Marathon, 10km & 5km	<a href="http://www.park2park.com.au">www.park2park.com.au</a>

## August

<b>Sat 6 - 7</b>	<b>Brisbane Running Festival</b>	<a href="http://www.brisbanemarathon.com">www.brisbanemarathon.com</a>
<b>Sun 7</b>	Cane 2 Coral 15km & 8km Fun Run	<a href="http://www.cane2coral.com.au">www.cane2coral.com.au</a>
<b>Sun 7</b>	Townsville Running Festival	<a href="http://www.townsvilleroadrunners.com.au">www.townsvilleroadrunners.com.au</a>
<b>Sun 14</b>	Botanic to Bridge, Gladstone 8km and 3km	<a href="http://www.botanictobridge.com.au">www.botanictobridge.com.au</a>
<b>Sun 14</b>	Brisbane Road Runners 15km, 10km and 5km	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 14</b>	Ironman 70.3 - Yeppoon 1.9/90/21	<a href="http://www.ironmanyeppoon.com">www.ironmanyeppoon.com</a>
<b>Sun 14</b>	TLC Fun Run - North Lakes	<a href="http://www.lakescollege.com.au">www.lakescollege.com.au</a>
<b>Sun 14</b>	Brisbane Road Runners Robin Flower 10mile Champs	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sat 20</b>	Moggill Uniting Church Fun Run 9km & 5km	<a href="http://www.moggillfunrun.org.au">www.moggillfunrun.org.au</a>
<b>Sun 21</b>	Queensland Rail Fun Run	<a href="http://www.queenslandrail.com.au">www.queenslandrail.com.au</a>
<b>Sun 24</b>	Gold Coast Aquathon Series - Race 4 - 1.5/750/2.5	<a href="http://www.goldcoastbiathlon.com.au">www.goldcoastbiathlon.com.au</a>
<b>Sat 27</b>	Cartwright Challenge 10km and 5km	<a href="http://www.team-ascent.com.au">www.team-ascent.com.au</a>
<b>Sun 28</b>	Robin Flower 10mile Championship and 5mile	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>

## September

<b>Sat 3</b>	Airlie Beach Triathlon 750/20/50	<a href="http://www.whitsundaytriclub.com">www.whitsundaytriclub.com</a>
<b>Sun 11</b>	Puresport Kingscliff Triathlon - Race 1 - 1.5/40/10	<a href="http://www.qsm.sports.com">www.qsm.sports.com</a>
<b>Sun 11</b>	Sunday Mail Bridge to Brisbane 5km & 10km	<a href="http://www.bridgetobrisbane.com.au">www.bridgetobrisbane.com.au</a>
<b>Sun 11</b>	Human Race Events Fun Run, Rockhampton	<a href="mailto:humanraceevents@hotmail.com">humanraceevents@hotmail.com</a>
<b>Sat 17</b>	Sea FM Sunshine Coast 1/2 Marathon, 10km	<a href="http://www.team-ascent.com.au">www.team-ascent.com.au</a>
<b>Sat 17</b>	GS Run for Life 5km	<a href="http://www.gsrunforlife.org.au">www.gsrunforlife.org.au</a>

## October

<b>Sat 1</b>	Port Douglas Long Course Triathlon 2/80/20	<a href="http://portdouglaslongcoursetriathlon.com">portdouglaslongcoursetriathlon.com</a>
<b>Sat 1</b>	Agnes Water Triathlon 750/20/5	<a href="http://www.agneswatertriathlon.com">www.agneswatertriathlon.com</a>
<b>Sun 2</b>	Salomon Tre-X Offroad Triathlon - Race 1	<a href="http://www.tre-x.com.au">www.tre-x.com.au</a>
<b>Sun 2</b>	Brisbane Road Runners 10km Handicap	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 9</b>	Straddle Salute Triathlon 600/18/8	<a href="http://weekendwarriorerevents.com.au">weekendwarriorerevents.com.au</a>
<b>Sun 9</b>	Bowen Triathlon 750/20/5	<a href="http://www.triathlonqld.com.au">www.triathlonqld.com.au</a>
<b>Sun 9</b>	Tri de Femme ALL WOMENS TRIATHLON 75/6/1	<a href="http://www.triathlonqld.com.au">www.triathlonqld.com.au</a>
<b>Sun 16</b>	Byron Lighthouse Fun Run 10km & 5km	<a href="http://www.byronrun.com">www.byronrun.com</a>
<b>Sun 16</b>	2XU Bribie Triathlon - Race 1 - 750/20/5	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>Sun 16</b>	Brisbane Road Runners 14km Champs	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 16</b>	Gatorade Triathlon Series - Race 1 - 400/15/4	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>Sun 16</b>	Toowoomba Marathon, Half Marathon and 10km	<a href="http://www.tri.org.au">www.tri.org.au</a>
<b>Sun 23</b>	Ramsey Health Care Triathlon Pink - Gold Coast	<a href="http://www.triathlonpink.com.au">www.triathlonpink.com.au</a>
<b>Sun 23</b>	Gelatissimo Just Tri it Triathlon - Race 1 - 300/12/3	<a href="http://www.getbiking.net">www.getbiking.net</a>
<b>Sun 23</b>	The Chronicle Run, Ride, Walk Fun Run	<a href="http://www.thechronicle.com.au">www.thechronicle.com.au</a>
<b>Sat 29</b>	Asics Noosa 5km Bolt	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>Sun 30</b>	Noosa Triathlon 1.5/40/10	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>Sun 30</b>	Brisbane Road Runners 3 x 5km Relay	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 30</b>	The Chronicle Lifeline Fun Run 10km, 5km	<a href="http://www.thechronicle.com.au">www.thechronicle.com.au</a>

## November

<b>Thu 10</b>	Pricewaterhouse Coopers Cool Night Classic - 5.2km	<a href="http://www.pwc.com.au">www.pwc.com.au</a>
<b>Sat 12</b>	Great Barrier Reef Marathon, 1/2 & 10km	<a href="http://greatbarrierreefmarathon.com.au">greatbarrierreefmarathon.com.au</a>
<b>Sun 13</b>	Gelatissimo Just Tri it Triathlon - Race 2 - 300/12/3	<a href="http://www.getbiking.net">www.getbiking.net</a>
<b>Sun 13</b>	Gatorade Triathlon Series - Race 2 - 400/15/4	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>Sun 13</b>	Brisbane Road Runners 15km & 10km	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 13</b>	Nova 106.9 Mousdash Mt Coot-tha Fun Run	<a href="http://www.weekendwarriorerevents.com.au">www.weekendwarriorerevents.com.au</a>
<b>18-21</b>	Endeavour 500km Road Running Relay	<a href="http://www.endeavour.com.au">www.endeavour.com.au</a>
<b>Sun 27</b>	Ramsey Health Care Triathlon Pink - Sunshine Coast	<a href="http://www.triathlonpink.com.au">www.triathlonpink.com.au</a>
<b>Sun 27</b>	Salomon Tre-X Offroad Triathlon - Race 2	<a href="http://www.tre-x.com.au">www.tre-x.com.au</a>
<b>Sun 27</b>	Brisbane Road Runners 5km Champs & 10kmv	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>

## December

<b>Sun 4</b>	2XU Bribie Triathlon - Race 2 - 1000/29/8	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>Sun 11</b>	Kurrawa to Durabah 25km & 50km	<a href="http://www.aura.asn.au/Kurrawa.html">www.aura.asn.au/Kurrawa.html</a>
<b>Sun 11</b>	Variety Santa Fun Run 5km	<a href="http://www.varietysantarun.com.au">www.varietysantarun.com.au</a>
<b>Sun 11</b>	Gelatissimo Just Tri it Triathlon - Race 3 - 300/12/3	<a href="http://www.getbiking.net">www.getbiking.net</a>
<b>Sun 11</b>	Gatorade Triathlon Series - Race 3 - 750/20/5	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>Sun 11</b>	Brisbane Road Runners 10km and 5km	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 18</b>	Brisbane Road Runners Dash & Splash 5km/100m	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>

## Major Australian & NZ Events

**Sun 18** Brisbane Road Runners 20, 15, 10, 5 and 2km  
**Sun 18** Ridge to Ridge Half Marathon, 10km and 5km

[www.brisbaneroadrunners.org](http://www.brisbaneroadrunners.org)  
[www.trr.org.au](http://www.trr.org.au)

**KIDS SALE DAY / JULY 9-10 / 20-50% OFF**

33 Park Road Milton  
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**Jul 3** Gold Coast Airport Marathon  
**Aug 7** Brisbane Running Festival  
**Aug 14** Sydney City to Surf  
**Aug 28** Perth City to Surf  
**Sep 18** Sydney Running Festival  
**Sep 18** Adelaide City to Bay  
**Oct 9** Melbourne Marathon  
**Oct 16** Bernie 10km - Tasmania  
**Oct 30** Adidas Auckland Marathon  
**Dec 4** Western Australia Ironman 3.8/180/42km

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[www.city-bay.org.au](http://www.city-bay.org.au)  
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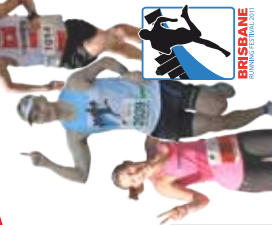
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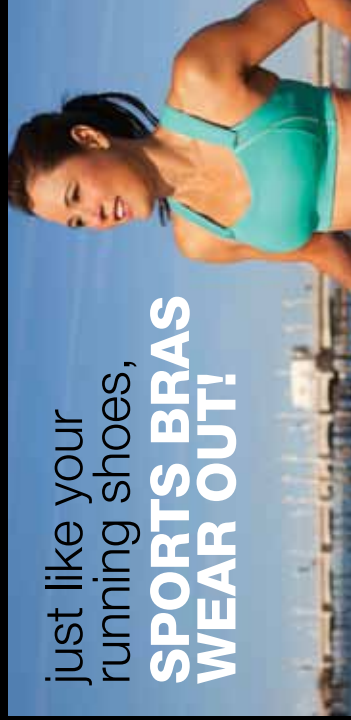
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3. Virtual Racer - probably the biggest update to the system. This will allow you to store your personal best time, pace and details at a race such as Gold Coast. You are then able to race against your exact performance, stride for stride. The previous models used an averaging function and was called Virtual Partner (note the 610 still has the virtual partner).

4. Training Effect - This fantastic feature measures the impact of the training session on your aerobic fitness level.

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GARMIN



Ricky Swindale



## NIKE LUNARACER +2

### The re-invention of a racing shoe

The latest edition of the Lunaracer has combined all the things we loved from the first generation and second generation of the shoe. The moment you put the Lunaracer on, you notice a distinct difference to other racing shoes...cushioning! You may now be thinking that this shoe weighs more than others - WRONG! The Nike Lunaracer manages to keep weight minimal whilst still providing a bed of cushioning underfoot. This is thanks to Nike patented Lunarlon outsole. I am happy to review that the little "spring like" pads under the sole have propelled me to one of my fastest 5km races this year, giving me that little extra bounce in my step. The Lunar racing shoe is truly an out of this world experience...and is a must try for your next PB assault!



Ricky Swindale

## ASICS MINI RUNNING BACKPACK

### Running traveller

The back pack that you will never leave home without! The new Asics mini running backpack designed specifically with runners in mind. Combining ergonomics, non bounce design and a myriad of pockets - this backpack has all the simple features you want.

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asics



Ricky Swindale

## MOVING COMFORT – Alexis Bra

Theresa Fabian



It takes years and years but I have finally found a sports bra that is perfect for the not so well endowed. After trying out my first Moving Comfort Alexis I was so impressed I bought another two. It supports without flattening and gives you some shape. Its super comfy (you hardly know you have it on) and wicks sweat away. Unlike every other sports bra I've worn in the past there the chafe factor is zero. Best of all doesn't look like a bra, you could wear it as a crop top. It comes in a great range of colours. My fave is the Beet Print, I call it my State Of Origin bra!

moving comfort

Ricky Swindale



# RACE TACTICS

Many runners think that race tactics only benefit the top runners. But at any level of ability and experience a race plan will help you achieve your best possible result in your most important race.

Runners often spend months of dedicated training for their major goal race. They sacrifice time with the family, forgo life's luxuries like alcohol and late nights, push their bodies limits into new realms of pain and fatigue. All to make sure that they can make the distance, achieve a satisfying result, and not struggle in the race.

They then throw it all away by making an avoidable mistake in the race itself.

Doing an extra run a week, or making your long runs a bit farther or harder, may improve your performance by a small fraction if you do not get injured. However the negative impact of poor race pacing and tactics can have a devastating affect on your performance.

Many people do not even realize that they have made a major tactical mistake. They simply do not understand when they do not achieve their goals.

Here are some tactical plans you can follow to help your major goal race be a great experience:

## ✓ Set Realistic Goals

The biggest mistake that runners make is being unrealistic about what they can achieve. If you have not run faster than 50 minutes for 10km then a 3:30 marathon is unrealistic as it is about the same pace. Sticking to an unrealistic goal time will result in tears rather than success. The easiest way to find out if a goal is realistic is to follow a formula based on your time in a shorter event. If you can't run under 50 minutes for 10km then you can't realistically run faster than a 3:52 marathon and so a time under 4:00 would be a better goal to aim for. Going out at 3:30 marathon pace will likely result in either a DNF or a lot of walking, pain and a time closer to 5 hours than 4 hours.

## ✓ Create a Race Pacing Plan

Once you have identified your realistic goal time you need to create a plan to achieve it. Some people think that by going out harder they can create a cushion of time that will let them slow down and still achieve their goal. However the evidence supports the fact that the most even pace during the race will give you the best possible time. Most of the mistakes are made in the first few kilometers while you are feeling good. A pace only 15 seconds a kilometer too fast for the first few kilometers equates to ten minutes faster over a marathon and results in a slowdown of more than a minute a kilometer in the last 10km. Once you have started too fast it is unlikely that you will ever recover in that race. A better pacing plan is to run 10 seconds a kilometer slower in the first 5km followed by 5 seconds/km faster then goal for as long as possible. They way you get to halfway back on plan but running faster so you can slow down by 10 seconds per kilometer in the last 10km and still achieve your goal. Or if you are having a good day you can maintain the pace to the end and exceed your goal. This race plan reduces the risk and opens up options for you at the end of the race depending on how you are feeling.

## ✓ Get a good start

In big races it can be difficult to have a clear run from the start. My first City to Surf I spent the whole race dodging the slower runners and probably ran an extra few 100M. If everyone in the race starts within their appropriate time goals then there will be no problems getting a clear run for any runners. It is only being considerate to start within your designated pace area. With timing chips these days your time starts when you cross the start line so it will not have any affect on your goal. The only proviso on this is that to have a chance of placing in your category then you need to get up the front because the "Official" time for winners goes off the gun time rather than the chip time.

## ✓ Use your fellow runners for motivation

Tactics are often considered to be about competition. At any pace you can be competitive with those you are running with. This competition will help you keep focused and get your adrenaline pumping. The risk is that you will get too aggressive early and run too fast. In the first half of a marathon you need to use your fellow runners to help keep you on an even pace. Marathons are more about helping each other and sharing the experience and that needs to be the focus in the first half. The second half of a marathon starts after 30km when everyone stops talking and starts grinding it out. This is when you need to get competitive so that you can maintain effort and pace. Trying to keep contact with runners you have been running with can lift you to a better performance. When it gets hard it is tempting to slow down but sometimes you just need to grit your teeth, accept the pain and get it over with. The good thing about running faster is that it is over with quicker.

## ✓ Shortest possible Route

The 2000 Sydney Marathon before the Olympics ran over the Pyrmont Bridge. The Bridge has a few gentle sweeps and everyone was following each other keeping to the Right hand side of the Bridge. However road races are measured following the shortest possible route and that is the way you should run it. Why run further then you need to? If you are running 42.2km and everyone else ends up running 42.7km then you will place better. You must make sure you stay on the course and not cut corners but if the whole road is closed then it will be measured cutting the tangents. That is the way the lead runners will run and even back in the pack you should try to look ahead and aim for the next corner. This is also the reason that most peoples GPS watches give a longer reading then the race distance. It is very hard to run the way a course is measured so an accurate GPS reading is likely a short course.

## ✓ Kick at the end

Sprinting in to the finish of a race is more a mental than a physical challenge. No matter how tired you are you should be able to lift a bit. It is a satisfying experience to pass people at the end of a long race and not as nice to be passed at the end. You need to try and catch runners ahead of you and hold off runners behind and you might make up the extra 10 seconds difference between making your goal time and missing it by seconds.

These are a few tactics that can help you get the most out of yourself on the day. There are many more components to your race preparation than just training. Planning also includes mental preparation, having a checklist, getting your equipment right, hydration, nutrition, and injury prevention. However tactics and having a race plan can be critical to a successful performance.

By Steve Manning (level 4 coach)





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