

intraining

JULY 2013

♡ 2 RUN

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**NEW SINGLET'S
ARE HERE
GET IN QUICK!**

**FREE
magazine**

*Your
Cinderella
fitting*

**TREATING
ACHILLIES
INJURIES**

in-review
Everything Running
Runners recommendations

*Why wear racing shoes?
(race shoes and your next PB)*

**Make your
next challenge
4th August**
(See the back cover)

***eat healthy
stay healthy***
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Featured on the front cover:
INTRAINING Podiatrist,
Doug James: Running at
the BRRC



Running at the Mouth: *Exercise as Medicine*

Diabetes, Smoking, Low Fitness and Obesity are all major risk factors for death and illness. If you were asked to rank them in order of highest to lowest risk most people would say that smoking or obesity would top the list.

In fact low fitness is a more significant risk factor for death than all of the other three combined. What is more significant is that even if you are overweight, smoke and have diabetes, you can significantly reduce your risk of death with regular exercise. Someone who has a normal BMI and does not exercise has a higher risk of death than someone who has a high BMI but exercises regularly.

Exercise is effective for reducing most causes of death. Many of the modern causes of death are due to inactivity. Fifty years ago most people were active at work. These days, sitting is by far the most common activity at work. Sitting is itself a risk factor for death. Frequent exercise during the day is the best way to reduce the risk of death from low fitness however few people are able to incorporate that into their workday.



A major excuse for not running or exercising is that we are too busy. However running significantly improves productivity well beyond what is lost by taking time out for a run. The next time someone tells you they are too busy to run, you might want to use the argument that improving their fitness by running 30 minutes four times a week can add about 10 years to their life. The 100 hours a year of running is certainly worth the extra 10 years.

My last Running at the Mouth, putting my goals out there, generated a lot of comment. I am happy to say I am still on track for my sub 3 hour at 50 years. I have now lost over 10kgs since the beginning of the year and my 10km time has gone from over 50 min to under 43 minutes. I have done three long runs of 32kms or more and I have a realistic chance of going under 3:30 at my first goal marathon at Gold Coast. Intraining will have a big pack aiming for sub 3:30 so please feel free to join our unofficial pacing group that will be using a low risk strategy. Just look for a crowd of distinctive intraining singlets.



intraining Footwear

HIGH MILEAGE

Adidas Adistar Salvation
Adidas Adistar Ride
Adidas Boost
Altra Torin
Altra Instinct (men's)
Altra Instinct (women's)
Asics Kayano
Asics Nimbus
Brooks Transcend
Brooks Glydair
Hoka Bondi
Hoka Stinson EVO
Hoka Stinson Tarmac
Mizuno Nirvana
Mizuno Creation
Mizuno Enigma
New Balance 1260
New Balance 1080
Nike Vomero
Nike Lunar Eclipse
Saucony Hurricane
Saucony Triumph

MOTION CONTROL

Brooks Beast (men's)
Brooks Ariel (women's)
Brooks Addiction
Mizuno Alchemy
New Balance 940

MODERATE STABILITY

Adidas Adistar Salvation
Adidas Supernova Sequence
Asics Kayano
Asics 3030
Asics 2000
Asics 1000
Brooks Transcend
Brooks Adrenaline
Brooks Vapor
Mizuno Nirvana
Mizuno Inspire
New Balance 1260
New Balance 860
Nike Structure Triax
Nike Lunar Eclipse
Saucony Hurricane
Saucony Omni
Saucony Guide

FIRM NEUTRAL

Adidas Adistar Ride
Adidas Supernova Glide
Adidas Boost
Asics Nimbus
Brooks Glydair
Brooks Dyad
Mizuno Creation
Mizuno Enigma
Mizuno Rider
New Balance 1080
Nike Vomero
Nike Zoom Elite
Nike Lunar Flyknit One
Saucony Triumph

FLEXIBLE NEUTRAL

Asics Gel Nimbus
Altra Torin
Altra Instinct (men's)
Altra Instinct (women's)
Brooks Ghost
Brooks Defiance (women's)
Mizuno Ubitra
Mizuno Precision
New Balance 880
Nike Pegasus
Saucony Ride

TRAIL

Altra Superior
Asics Trail Sensor
Asics Fuji Sensor
Asics Fuji Racer
Brooks Cascadia
Brooks Adrenaline A2R
Salomon XT Wings
Salomon Pro 3D Ultra
Salomon Crossmax Neutral
Hoka Stinson Evo
Hoka Stinson Tarmac
Inov-8 F-Lite 195
New Balance Minimus Trail
Vibram Trailport

RACER TRAINERS

Adidas Adizero Tempo
Adidas Adizero Aegle
Asics DS Trainer
Brooks Ravenna
Brooks Pure Cadence
Brooks Pure Flow
Mizuno Elite
Mizuno Precision
New Balance 890
New Balance 870
New Balance 790
Nike Zoom Elite
Nike Lunar Fly
Nike Lunar Flash
Saucony Mirage

RACING FLATS

Adidas Adizero Adios
Asics DS Racer
Brooks T7 Racer
Brooks Racer ST
Brooks Pure Connect
Brooks Pure Drift
Mizuno Ronin
Mizuno Musha
Mizuno Eldien
Nike Lunar Racer
Nike Flyknit Racer
Nike Lunar Spider R & LT
Nike Lunar Speed Lite
Nike Zoom Speed Lite
Saucony Kinvara
Saucony Grid Type A5

KIDS TRAINING

Adidas Supernova Sequence
Adidas Supernova Glide
Brooks Pure Flow
Brooks Adrenaline
Brooks Ghost
Mizuno Neos
New Balance 860
New Balance 880
New Balance 890
Nike Free Run
Nike Lunar Glide
Saucony Guide
Saucony Ride

WAFFLES & KIDS RACING

Adidas Adizero Ace
Brooks Pure Flow
New Balance 130
Nike Waffle Racer
Nike Jaws Waffle
Nike Free Run
Saucony Kinvara

SPIKES

Adidas Adizero Cadence
Adidas Adizero Aegle
Asics Hyper LD
Asics Hyper Rocket Girl SP & D
Asics Cyber MD & LD
Mizuno Tokyo
Nike Zoom Matumbo
Nike Zoom Victory
Nike Zoom Rival 5, MD & D
Nike Zoom Foreever XC
Saucony Endorphin MD & LD

MINIMALIST

Brooks Pure Cadence
Brooks Pure Flow
Brooks Pure Connect
Brooks Pure Drift
New Balance Minimus Road
New Balance Minimus Trail
Nike Free Run
Nike Free 3.0
Saucony Mirage
Saucony Kinvara
Saucony Hattori
Inov-8 F-Lite 195
Vibram Trailport
Vibram Bikla
Vibram Bikla LS
Vibram Komodo Sport
Vibram KSO

MILD STABILITY

Adidas Adizero Tempo
Adidas Adizero Aegle
Asics DS Trainer
Brooks Ravenna
Mizuno Elite
New Balance 870
Nike Lunar Swift
Nike Lunar Glide
Saucony Mirage

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A great deal of time and effort is spent on analysing the legs and feet of runners. Do your feet roll in or out? Do you strike the ground with your heel, mid-foot or forefoot? Do your patellas squint? Are you activating your glutes and VMO correctly? Where is your centre of gravity when you land? What is your cadence?

These are all important areas of consideration, however, far too often the upper body and its role in good running form is ignored. Correct upper body posture is important for running efficiency, and can help to reduce injury in both the upper and lower body.

In recent years there have been several running posture techniques that claim to reduce injury (most notably Chi Running and Pose Method). These styles may not be for everybody as they require changing a lot of aspects of running form. The following is a list of the key areas of upper body alignment that can cause problems running.

Head alignment. Dehydration is often blamed for runner's headaches, however tight neck muscles are an overlooked cause. As we fatigue there is a tendency for the head to sit forward of the torso creating a strain on the muscles that help to support the neck and skull. If running related headaches persist despite maintaining adequate hydration it is recommended that you have your neck muscles and posture assessed.

Shoulder posture is adversely affected by tight chest muscles, weak middle back muscles, or a combination of both. This results in shoulders that hunch forwards, elbows that sit out from the body, and shoulder blades that don't sit flat. This is somewhat common in triathletes that don't stretch enough after swimming, crossing your arms too much, or using bad posture when sitting.

Arm swing can help identify flaws in the way you move your legs when running. Your arm should move in sequence with your opposite side leg (ie left arm and right leg should swing backwards and forwards together). Asymmetrical and arrhythmic arm swing length can indicate over-striding on one side, and possible pelvic rotation issues. Aim to swing your arms back and forwards as arms that

swing across the front of the body can cause rotational stress on the hips and is inefficient as it wastes energy.

Some runners appear unsure of what to do with their hands and arms when running. Your arms can help to set the tempo for your legs, so speeding up your arm swing can have a positive impact on your speed. Your elbow should be bent at 90degrees and hands lightly clenched to form a fist. Try to avoid hunching your shoulders upwards, instead have them pulled gently backwards and down.

Having your running gait and posture assessed can help identify flaws and inefficiencies in your running form – which is particularly useful if you are having upper body or repeated lower body injuries. Treatment usually involves identifying alignment issues and muscle imbalances, and treating these with stretches or strengthening exercises.

The **Physio/Podiatry team at the Intraining Running Injury Clinic** are experts at assessing your running form, and can provide feedback, treatment and training tips to help improve your technique. Contact (07) 3367 3088 for an appointment.



Poor head alignment can cause neck muscle strains and headaches



Hunched shoulders are often due to tight chest muscles



Relaxed running posture

Top Running Posture tips:

Keep your hands, arms and shoulders relaxed
Avoid hunching your shoulders upwards or forwards
Arms should swing evenly on both sides.

intraining RUNNING INJURY CLINIC: Podiatry & Physiotherapy

- ✓ Pain in the Foot, Heel, Ankle, Knee, Hip and Back
- ✓ Running Form and Movement Analysis
- ✓ Biomechanics and Postural Problems
- ✓ Ingrown Toenails and Blistering
- ✓ Children/teens sports and growth related injuries

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Use it or lose it

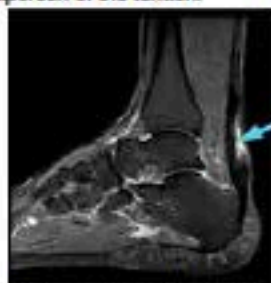
by Margaret Manning

Podiatrist: Intraining Running Injury Clinic
Running Coach: Level II Athletics Coach



What is your instinctive reaction to an injury? For most people, it is to stretch & rest. If this is your achilles right now, then **STOP!!!** Achilles tendon injuries, need the opposite. They require active rehabilitation and footwear modifications to change the loading patterns.

The management plan for chronic Achilles injuries varies depending on where the tendon is injured due to the different loading forces that occur. The two main areas of Achilles injuries, are at its insertion, and at the midportion of the tendon.



MRI of a midportion achilles tendonopathy

INSERTIONAL Achilles Tendonopathy

Compressive Forces:
The Achilles tendon inserts low onto the back of the heel bone (calcaneus). Injuries to the tendon here are usually from the tendon under going repetitive or unnecessary forces as the leg moves forward (think of a calf muscle stretch position), or from external pressures such as from a shoe. Bony prominences on the back of the calcaneus can increase these compressive forces leading to greater risk of injury.

The best treatment for this is to use a very large heel raise all the time for 4-6 weeks. Most dress shoes (men's especially) will need to be modified to accommodate for the required increase in heel height. Ladies... wear your heels!! Choose the shoes you use carefully to find the ones that give the most comfort, and live in them. As the pain goes, the heel height should be decreased in increments to reload the tendon.



MIDPORTION Achilles Tendonopathy

Tensile Forces:
The midportion of the Achilles tendon acts like a spring. Upon loading, it stores energy created by the calf muscles, then as it recoils, it recovers this energy to generate incredible forces. This allows the foot and leg to move the body powerfully up and forward. When the midportion of the tendon becomes injured, it loses the strength to cope with the normal high loads and cannot repair itself as fast as the damage.

For some time, Eccentric loading exercises have been used as the main protocol treatment plan. Recent research, by Professor Jill Cook, a leading tendon researcher and physiotherapist from Monash University, proposes a new strategy that involves a progressive retraining of co-ordination, strength and endurance of the tendon. The degree of difficulty with the exercises used in the program depends on the initial assessment of pain levels, ability to toe raise, jump and hop. Age, level of experience (athlete vs social runner), co-ordination between upper leg strength and Achilles strength, and the amount of degeneration within the tendon are also contributing factors to the intensity of the program.

THE EXERCISE REGIME:

Phase One: Massive Heel Lift

Goal: Decrease Pain

Procedure: See the Insertional Achilles treatment

Phase Two: Isometric exercises

Goal: progressive loading & decreased pain
Procedure: Calf raise & Hold. Slowly raise the calf and Hold 15s for older and untrained athletes, to up to 60s for the elite. Repetitions of 3-4, performed 2-3 times/day. Perform seated initially if the tendon is

too sore.

Continue for 2 days to 10 days, depending on how quickly pain subsides, then Stop. CARE must be taken as high loads are put through the tendon.

Phase three: Isotonic exercises

Goal: regain strength, & muscle bulk

Procedure: load the tendon using slow, co-ordinated and 'power' movement activities. Begin with low, double leg jumps, and skips. Increase the height and strength of these as the tendon improves.

Walk up stairs keeping the heel off the ground

RUNNING

The Achilles tendon is a very slow healer. Running should be controlled and performed only every 2-3 days, depending on pain levels. Talk to our podiatrists to help manage the amount and type of running you are able to do during this recovery phase. Use pain as an indicator for tendon recovery, particularly levels of morning pain and stiffness.

The Achilles tendon is a difficult tendon to repair, and takes time. Seek advice on the above program and on running from podiatrists and physiotherapists.

(NOTE: Professor Jill Cook presented her findings at a recent podiatry conference and has had her paper about "Treating Tendons Inseason" accepted in the British Journal of Sports Medicine)

TIME TO GET
NEW SHOES?

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Take a look at page 17

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eat healthy stay **HEALTHY:** *Iron*



Iron is an important dietary mineral which has a number of functions including the transportation of oxygen around the body, red blood cell production, and a strong immune function. Iron deficiency can result in fatigue, loss of appetite and decreased immunity. As some iron is lost from the body each day, it is important that iron-rich foods are included in the diet to help prevent iron deficiency anaemia. Those most at risk of becoming low in iron include women (due to normal monthly menstrual loss), vegetarians (as iron from animal foods is better absorbed), endurance runners (foot-strike haemolysis from running can destroy red blood cells), and people on restrictive diets. Iron in food can be found in two forms, haem iron is in animal foods and non-haem iron can be found in plant foods. Haem iron is better absorbed by the body than plant based foods, with red meat being the best source, (beef, lamb) although pork, poultry and fish also provide some iron.

So what about those who choose not to eat meat? Vegetarians need to regularly include a variety of non-haem iron containing foods such as eggs, legumes/beans, tofu, nuts, wholemeal breads and cereals and green leafy vegetables. Other sources of iron include fortified foods such as breakfast cereals and some soy products (check the labels on cereals, vegetarian sausages and burgers). Absorption of non-haem iron (and haem iron) can be increased by combining iron containing foods with foods high in vitamin C. For example citrus fruits, strawberries, kiwi etc, and tomatoes, capsicum, broccoli. So why not have some vitamin C rich fruit or juice at breakfast or with meals, include broccoli and capsicum in stir fries and tomatoes in

salads and sandwiches.

Some naturally occurring substances can reduce iron absorption, for example tannins in tea and coffee. So try to avoid drinking tea and coffee with meals.

Note: if you believe you may be low in iron stores see your doctor for a blood test. Tiredness can be caused by many factors, not just iron deficiency. Do not take iron supplements unless prescribed by a doctor following a blood test. Why? Because about 1 person in every 250 has an iron overload condition called haemochromatosis. Excess iron can cause organ damage.

If you would like to read more on iron see the Australian Institute of Sport (AIS) <http://www.ausport.gov.au> and the Dietitians Association of Australia (DAA) (<http://daa.asn.au>) and type iron into the search engine.

“if you believe you may be low in iron stores see your doctor for a blood test”

An Accredited Practising Dietitian (APD) can provide nutrition and dietary advice to ensure requirements for iron are being met. Find an APD via the DAA website (above).

Liz Lovering (APD), runner and chef



Iron **RECIPE:** *Lentil patties*

Ingredients

Serves 4
200gm potato peeled and cubed
200gm sweet potato peeled and cubed
400gm can lentils, rinsed and drained well
1/2 cup breadcrumbs
1 tablespoon chopped coriander
Fresh lemon juice to taste
Salt and pepper to taste

Method

Steam the sweet potato and potato until cooked
Place in a large bowl and mash with the lentils
Mix in breadcrumbs and other ingredients (add more breadcrumbs if mix appears wet)
When cool enough to handle shape into 4 large OR 8 small patties
Chill in fridge for 1 hour
Spray a large frying pan with oil and gently cook on a medium heat until brown on each side.

Serving Suggestions

These lentil patties are a good source of non-haem iron and delicious served hot or cold. Serve with rice or pasta, a wedge of lemon or lime and a salad. To enhance iron absorption make sure the salad is vitamin C rich by including tomatoes and capsicum. Alternatively serve the patties with flat bread, mixed salad and drizzle with plain natural yoghurt.

Why wear racing shoes?

WHY WEAR RACING SHOES?

Racing shoes are designed to help you run faster when it is most important. They usually are at least half the weight of a training shoe and some are even less than 100 grams. Because your feet are the bit on your body that moves the most, weight from your shoes has a bigger impact on performance than weight anywhere else. If you are lifting an extra 200grams each step and each step is one metre then that calculates to an extra 200kg you are swinging around every kilometre. That can be enough of a difference to run a PB.

WHAT MAKES A RACING SHOE DIFFERENT TO A TRAINER?

Besides the lighter weight racing shoes also function and feel different to a training

shoe. The lower weight translates to less cushioning and less durability. The midsoles are thinner, they are more flexible, and there are fewer extras attached to them for stability. The reduced cushioning serves to also reduce the loss of power absorbed by the shoe when you are running. While this helps you run faster it can also make it hurt more afterwards. Most racing shoes look faster. Research has shown that red shoes are the fastest and this is probably because red is used more in racers than trainers.

WHO SHOULD WEAR RACING SHOES?

Racing shoes will not suit everyone. There is a threshold for each runner where reduction in weight, cushioning and stability leads to a poorer performance as the trauma from running in a racer is too much. For many people that is at a pace around 4:30/km. Runners with poor biomechanics may be better off racing in a lightweight trainer or marathon racer. Some runners have good biomechanics at slower paces and will still benefit from a racing shoe.

WHEN SHOULD I WEAR A RACER?

You should not just use your racers in races. Your body needs to get used to the change in support by

using your shoes in speedwork and time trials. The first time you use a racer your legs will get sore. It takes a few runs in them and then you no longer hurt so much afterwards. Try not to use them in easy runs or long runs as the slow running will break them down more than fast running. This is because running form is usually better as you run faster. Trying to run faster than 4 min/km in a training shoe can even increase injury risk as you have to fight the shoe in order to run faster.

IS THERE A DIFFERENCE BETWEEN MINIMALIST AND RACING SHOES?

Many minimalist shoes can be used as racing shoes however there are some differences. There are many different types of minimalist shoes however they usually have less or zero heel height difference and many are more flexible than training or racing shoes. Many racers are more stable but lighter than most minimalist shoes. Racing shoes can be a good transition shoe to use before going to a full minimalist model.

If you feel that your running performances have stagnated lately then perhaps a new pair of racing shoes will make the difference. They can give you a bounce in your stride and wings on your feet.

By *Steve Manning*



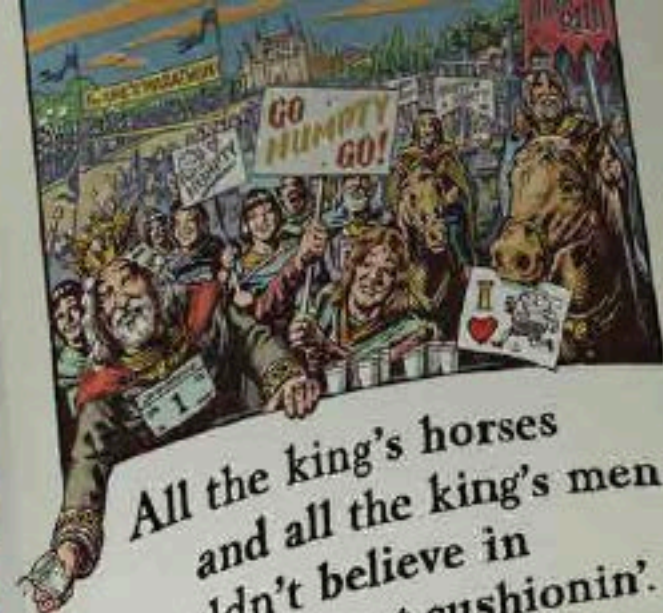
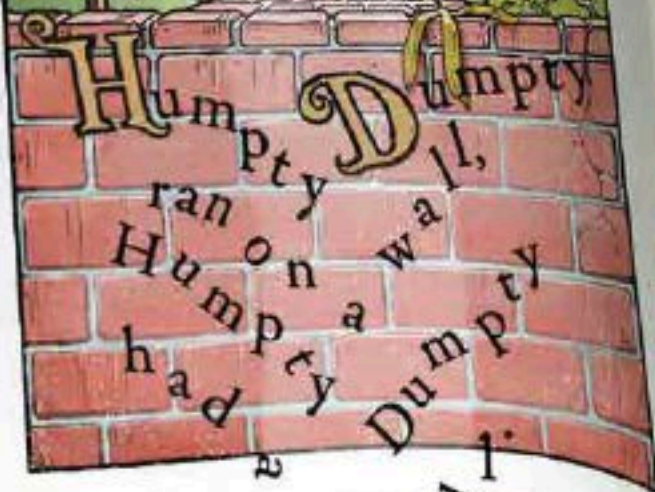
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JULY

Sat 6	Gold Coast Airport 5km and 10km	www.goldcoastmarathon.com.au
Sat 6	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 6	Queensland Running X-Country - Tingalpa	www.queenslandrunning.com.au
Sun 7	Gold Coast Airport Marathon Half and Full Marathon	www.goldcoastmarathon.com.au
Sat 13	QA X-Country, Tingalpa	www.qdstrides.org.au
Sat 13	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 13	Queensland Running X-Country - Sandgate	www.queenslandrunning.com.au
Sat 13-14	Kokoda Challenge Gold Coast	www.kokodachallenge.com
Sun 14	Brisbane Road Runners 10km and 5km	www.brisbaneroadrunners.org
Sun 14	Rail Trail Fun Run 2013	www.railtrailfunrun.com.au
Sat 20	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 20	Queensland Running X-Country - Stratford	www.queenslandrunning.com.au
Sun 21	Jeffy 2 Jetty Half Marathon, 10km & 3km	www.j2j.com.au
Sat 27	Queensland Running X-Country - Mitchellton	www.queenslandrunning.com.au
Sat 27	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 28	Mountain View Challenge 1/2 Marathon, Malesy	www.malesyfitness.com
Sun 28	Brisbane Road Runners 5km - 20km Self Select	www.brisbaneroadrunners.org
Sun 28	Sunshine Coast Run Series Race 6	www.sunshinecoastrunseries.com.au
Sun 28	Ipswich Park 2 Park Half Marathon, 10km & 5km	www.park2park.com.au

AUGUST

Sat 3	A/C Cross Country - Limestone Park	9:00am start
Sat 3	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 3	QA QLD X-Country Champs	www.qdstrides.org.au
Sun 4	Brisbane Marathon Festival	www.brisbanemarathon.com
Sun 4	42.2km Fitness First Brisbane Marathon	6:00am Start
Sun 4	21.1km Mizuno Brisbane Half Marathon	6:00am Start
Sun 4	Accor Hotels Brisbane 10km Run	6:30am Start
Sun 4	Intraining Brisbane 5km Run/Walk	10:00am Start
Sun 4	Leukemia Kids 2.2km Hero Run	10:15am Start
Sun 4	Cane 2 Coral 15km & 8km Fun Run	www.cane2coral.com.au
Sun 4	Townsville Running Festival	www.townsvilleroadrunners.com.au
Sat 10	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 11	Brisbane Road Runners 15km, 10km and 5km	www.brisbaneroadrunners.org
Sat 17	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 18	Botanic to Bridge, Gladstone 8km and 3km	www.botanictobridge.com.au
Sun 18	Ironman 70.3 - Yeppoon 1.9/90/21	www.ironmanyeppoon.com
Sun 18	TLC Fun Run - North Lakes	www.tcfunrun.org.au
Sat 24	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 24-25	Rainbow Beach Triathlon 750/20/5	www.fleurbaey.com
Sun 25	Sunshine Coast Marathon	www.sunshinecoastmarathon.com.au
Sun 25	Robin Flower 10mile Championship and 5mile	www.brisbaneroadrunners.org

OCTOBER

Sat 5	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 6	CO Physio Spring Classic - Yeppoon	www.co.physio.com.au
Sun 6	Agnes Water Triathlon 750/20/5	www.agneswatertriathlon.com
Sun 13	Brisbane Road Runners 3 x 5km Relay	www.brisbaneroadrunners.org
Sun 13	QTS Triathlon Series Race 2	www.qdstrides.org.au
Sun 20	Santos Brisbane to Gold Coast Challenge	http://b2gc.bq.org.au
Sat 12	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 13	Bowen Triathlon 750/20/5	www.whitsundaytriclub.com
Sun 13	Towamba Marathon, Half Marathon and 10km	www.tmr.org.au
Sat 19	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 15	Byron Lighthouse Fun Run 10km & 5km	www.byroneun.com
Sun 20	Bible Triathlon - Race 1 - 750/20/5	www.bibletri.com
Sun 27	Salmon Tre-X Offroad Triathlon	www.tre-x.com.au
Sun 27	Brisbane Road Runners 15km Champs	www.brisbaneroadrunners.org
Sun 27	Triathlon Pink - Gold Coast	www.triforpink.com.au
Sat 28	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 28	Jacaranda Fun Run 10km and 5km	http://woodnipsandfestival.com
Thu 31	PWC Cool Night Classic - 5km and 3km Walk	www.initialingevents.com.au

NOVEMBER

Sat 2	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 2	Asics Noosa 5km Bolt	www.asicsaustralia.com.au
Sun 3	Harvey Norman Pink Ribbon Run 5km & 10km	www.worokun.com.au
Sun 10	Noosa Triathlon 1.5/40/10	www.usmevents.com.au
Thu 7	Brisbane Road Runners 10km Handicap & 5km	www.brisbaneroadrunners.org
Sat 9	Intraining II Nike 1500m Classic - UQ	www.uspsport.com.au
Sat 9	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 10	Nova 105.9 Mousdash Mt Coot-tha Fun Run	www.weekendmarathon.com.au
Sun 17	Hamilton Island Triathlon 750/20/5	www.hamiltonisland.com.au
Sat 16	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 17	QTS Triathlon Selfies Race 3	www.qdstrides.org.au
Sun 24	Brisbane Road Runners 5km Champs and 10km	www.brisbaneroadrunners.org
22-24	Endavour 500km Road Running Relay	www.endavour.com.au
Sat 23	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 24	Salmon Tre-X Offroad Triathlon	www.tre-x.com.au
Sun 24	Triathlon Pink - Sunshine Coast	www.triforpink.com.au
Sat 30	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 30	Tour de Tamborine 15km and 8.5km Trail Run	www.tourdelamborine.com.au

DECEMBER

Sun 1	Bible Island Triathlon - 1/25/6	www.bibletri.com
Sun 1	Kingscliff Triathlon 1.5/40/10	www.kingsclifftri.com.au

Sat 31 parkrun 5km - Various Locations
www.parkrun.com.au

SEPTEMBER

Sat 1 Airfie Beach Triathlon 750/20/50
www.whitesundaysclub.com
Sun 1 Wivenhoe Triathlon Festival 1.5/40/10
www.wivenhoetriathlon.com.au
Sat 7 parkrun 5km - Various Locations
www.parkrun.com.au
Sat 7 GS Run for Life 5km
www.runforlife.org.au
Sat 7-8 Strathfield Salute Triathlon 600/18/8
www.weekendwarrior events.com.au
Sat 7-8 Salt MultiSport Festival
www.corporatechallenge.com.au
Sun 8 Sunday Melli Bridge to Brisbane 5km & 10km
www.bridgetobrisbane.com.au
Sat 14 parkrun 5km - Various Locations
www.parkrun.com.au
Sun 15 Brisbane Road Runners 10, 5 and 2km
www.brisbaneroadrunners.org
Sun 15 Sunshine Coast Ironman 70.3
www.ironman.com.au
Sat 21 Townsville Triathlon Festival 750/20/5
www.townsvilletriathlon.org.au

Sat 21 Twilight Bay Run - Wynnum Foreshore - Join over 500 people! www.twilightbayrun.com.au
Sat 21 Twilight Bay 5km Run/Walk 4:00pm Start
Sat 21 Twilight Bay 1km Active Kids Run 4:45pm Start
Sat 21 Twilight Bay 10km Run 5:00pm Start
Sat 21 Twilight Bay Half Marathon 5:00pm Start
www.parkrun.com.au
www.qdtrials.com.au
www.townshillmountainchallenge.com.au
www.mtmoreton.com.au
www.brisbaneroadrunners.org
www.parkrun.com.au

Sat 21 parkrun 5km - Various Locations
Sun 22 QTS Triathlon Series Race 1
Sun 29 Townsville Mountain Challenge Half Marathon
Sun 29 Moreton Bay Triathlon 1.5/40/10
Sun 29 Brisbane Road Runners 20, 15, 10, 5km
Sat 28 parkrun 5km - Various Locations
www.parkrun.com.au

Twilight
BAY RUN
EVENT DATE: 21 SEPTEMBER 2013
www.TWILIGHTBAYRUN.COM.AU
Events: Half Marathon, 10km Run, 5km Run/Walk and 1km Active Kids Run

NEW SINGLET'S IN STORE Intraining Running Store: 33 Park Rd, Milton, Brisbane

21 RUN
www.intraining.com.au

Sun 1 Tour de Tamborine Half Marathon, 10km and 5km
Sun 1 Variety Santa Fun Run 5km
www.varietysantarun.com.au
Sun 8 Brisbane Road Runners 10km and 5km
www.brisbaneroadrunners.org
Sat 7 parkrun 5km - Various Locations
www.parkrun.com.au
Sun 8 Kurawata Duranbah 25km & 50km
www.kurawata.com.au
Sat 14 parkrun 5km - Various Locations
www.parkrun.com.au
Sun 15 QTS Triathlon Series Race 4
www.qdtrials.com.au
Sun 15 Brisbane Road Runners Dash & Splash 5km/100m
www.brisbaneroadrunners.org
Sat 21 parkrun 5km - Various Locations
www.parkrun.com.au
Sat 28 parkrun 5km - Various Locations
www.parkrun.com.au

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www.brisbanemarathon.com

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Several obstacles to choose from!
29 Nov - 1 Dec 2013

resolution run
Resolving my new year's resolution!

Sunday 12 January 2014
5.5 / 10km

activeBechange.com.au



COMPRESSION GEAR



Long, short or in between . . . we have an extensive range of Skins and 2XU compression garments in store. Both offer highly developed and researched fabrics which are designed to provide runners with a myriad of benefits. These include an increase in strength, power and endurance during activity and a more rapid recovery thanks to a decrease in exercise induced muscle damage and more efficient removal of lactic acid from working muscles. Whilst this is all great they need to feel good to wear, and they do. Thanks to the fabric's antimicrobial and moisture wicking capabilities these garments don't feel too hot. Both brands offer 2 levels of compression and both have designed their pants to be both gender specific and tailored for individual body types; there are options for taller athletes and for different female body shapes. 2XU also now offer trim design in a variety of fun colours for girls. Options don't stop with pants. Intraining also stocks an extensive range of compression tops, long socks and calf guards. To mitigate injury risk and improve recovery processes it is well worth considering adding a compression garment (or 2) to your running wardrobe.

I'm enjoying the benefits of my collection!

Clare

INJINJI NEW TOE SOCK RANGE



Injinji are back with a newly designed range of toe socks. If you are looking for a way to possibly reduce friction between your toes or feel more balanced when running you may be looking in the right place! They new socks have been updated with newer, harder wearing fabric that still fits like a glove (literally!), making sure these socks will not move around on your foot or bunch up when running or walking. Moisture wicking fabric also allows for a comfortable, reduced friction ride! If you have not tried these socks before and still get blisters or are looking for a tight fitting performance sock that fits like a glove, why not step out and slide on some toe socks!

Matt

ADIDAS SUPERNOVA GLIDE



Let your muscles and joints thank you after a long run in Adidas supernova glide. The ankle collar moulds to your heel with memory foam for an individual fit and reduced chance of rear foot movement. The forefoot is blown continental rubber giving amazing traction and durability to so you can keep pounding the pavement for miles. If you hit hard on your heel, the glide provides an independent crash pad to give more comfort to your stride. Give your joints a rest with this cushioned neutral shoe

Matt

ALTRA



With their innovative technologies and functional new footwear range, it's no wonder that Altra is the number one brand for sales growth in the USA at present. Altra are the world's first zero drop shoes to incorporate full-length cushioning. The zero-drop platform eliminates the bulky heel cushioning found in most traditional shoes, and thus promotes a more natural running gait. Their A-Bound cushioning is extremely durable, and provides a smooth, responsive ride. Unlike conventional running shoes, the toe-box is actually foot shaped! They've been described by many sources as 'running slippers' as their wide, deep toe box allows space for your foot to function much more effectively and is extremely comfortable. Selected models from the Altra range including the brand new, ultra-cushioned, and surprisingly lightweight Torin, will be available from next week at Intraining Running Centre. We also stock the Intuition, Instinct (road shoes) and Superior (lightweight trail shoe), and the 3-Sum (triathlon racing flat) will be available from late June. For the month of June we are offering a free pair of Injinji Toe Socks with every Altra footwear purchase, so take advantage of this offer and free your feet – they'll thank you for it in the long run!

Emily

LOVE 2 RUN - NEW SHIRT RANGE



MENS AND WOMENS

SUUNTO AMBIT2 S



The new Suunto Ambit2 S has packed more technology into it than any other GPS watch on the market. It is not just an upgrade from the original Suunto Ambit and is not just a different looking Garmin 610, it hardly seems fair to even call it a watch. GPS navigation, altitude, heart rate, and weather conditions – all at your finger tips. Suunto have further set themselves apart from the likes of Garmin, Polar and Nike with the addition of Apps, where you can download, share and even create your own. From calculating aerodynamic drag, burning the amount of calories in 2 beers, to already created Apps marking out a trail course prior to beginning, there is an App for everyone. Finally, the Ambit has introduced a multisport mode critical for racing, seamlessly transitioning from one sport to the next without ending the activity currently underway. Ultimately, a game-changing concept one which should definitely be watched (pun-intended) in the future, if the success of Apple's App store is anything to go by.

Aaron

SHOTZ ENERGY BARS



Sick of gels and looking for a great tasting energy snack, to keep you going, look no further than SHOTZ ENERGY BARS! These bars can be used before and during exercise. Shotz are a conveniently packaged (perfect for all of us on the 'run') great tasting carbohydrate bar, low in fat and sugar. Available in three great flavours—Apple Berry, Sticky Date and Choc Almond. I found they go down easily and have a great after taste. Their 'all natural' ingredients are a bonus.

Muriel

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SHOES, RUNNING APPAREL, RUNNING ACCESSORIES,
NUTRITION SUPPLEMENTS + SO MUCH MORE

WOMEN'S SAUCONY IGNITE



Need a new singlet to help pick up the pace for the next race? Either the Saucony Ignite or the Ignite LT Shimmel will be the option for you. With the Ignite's lightweight features and racing lines, it is breathable and will be sure to keep you dry. The Saucony logos are reflective allowing you to be seen at any time of the day. The Ignite singlet retails at \$44.95 with the option of pink and yellow or pink and white.

Ashleigh

BASTA FLARE TAIL LIGHT



Sick of always being left in the dark when it comes to new running gear? Well Don't be!

Although running at night can be calming it does come with an associated safety risk. Previous running lights on the market have been big, bulky and sometimes ineffective. Well get ready to stand out because Intraining now stocks the Basta Flare Tail Light. This highly visible Red LED light is lightweight and fully rechargeable via USB, meaning no need to worry about faulty batteries. These lights come with a rubber strap mount so you can attach them to your seat posts, wheels or handlebars of your bike, or a belt clip to use on your shorts, jersey pockets or saddle bags. The light can also be set to either low beam, high beam, strobe and flashing modes and boy are they ultra bright. Now I feel safe to run at night thanks to my Basta Flare Tail light now available at Intraining.

Tom

NEW \$39.95
or 2 for \$70
Love 2 Run Singlets

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→ LOVE 2 RUN → LOVE 2 RUN CLOTHING

or come to the intraining store (33 Park Road, Milton, Brisbane)



Nutrition Strategies for Race Day



PRE-RACE NUTRITION

Nutritional preparation for a full or half marathon isn't as simple as eating a bowl of pasta the night before your event. A good carbohydrate load can significantly impact on performance and is worth doing well.

According to the Australian Institute of Sport (AIS), individuals need between 7-12g carbohydrate per kilo of body weight per day to ensure a sufficient carb-load. For a 60 kg person that is around 600g/carb/day. That's a lot of food! Typically for a full marathon a carb load would last for three days and half marathoners just one day.

It is recommended that you keep the carb load diet low in fat and moderate in protein. This automatically rules out most junk food; especially fast food outlets. In addition to this, you need to keep the diet low in fibre. This is to prevent abdominal upsets that may interfere with your race plans. Many of the foods you may normally avoid can be eaten; such as jam, sugars, lollies, white breads and low fat muffins.

Please note that this is not recommended as a regular diet, only in the days prior to a big event.

To be effective the carb-load must also be accompanied by a reduction in exercise, commonly referred to as a "taper". The reduction in training load will allow the body to store glycogen in the muscle and liver where it will be used on race day.



RACE DAY NUTRITION

On the morning of the race you need to eat a good low fibre, high carbohydrate breakfast. Cereal and toast with jam is a good option, but make sure you practice this prior to race day. This should be eaten about 2-3 hours prior to your race. A sports drink sipped in the hours before the race is also a good idea. Some even like to have a carbohydrate gel on the start line.

Your carb load will be

"On the morning of the race you need to eat a good low fibre, high carbohydrate breakfast"

more effective if you use a race strategy that conserves glycogen during the race. This is especially true for the full marathon. You should start your race at slower than your goal pace and build into it. This will enable your body to burn fat and less glycogen in the early stages of the event. This ensures there are glycogen reserves left for the final kilometres. Additional carbohydrate can be taken during the event in the form of sports drinks and gel, but these should be in addition to and not instead of carb loading. These will help keep you focused and lift blood sugar levels. Approximately one gel every 30-45 minutes is recommended.

A simple plan of storing, then conserving carbohydrate makes for the fastest and most enjoyable race possible.

Linda Watson
intraining Coach

(Acknowledgement to Dietitian Sharon Rochester and AIS website)

Does your running need a boost?

You may have seen the TV advertisements for the adidas Boost range where they drop the steel balls on different surfaces including concrete, EVA, and this styrofoam looking stuff. They certainly caught my attention and I couldn't wait to test these new shoes out. To say I was sceptical would be an understatement, yet on the other hand I hoped for something special.

So what is the technology behind the Boost? Most running shoes use a type of foam called EVA (ethylene vinyl acetate) whereas the cushioning for the Boost range comes from TPU (thermoplastic polyurethane). What adidas claim is this 'offers a higher level of responsiveness and energy return'. The shoe also uses the adidas 'ForMotion' system, where the heel is de-coupled allowing the foot to adapt for a more natural landing, and absorbs some of the impact of heel striking.

After a short test run in the adiStar Boost I can certainly back that claim. From the get-go these shoes feel fantastic. The stretchy seamless upper is super comfortable, I really like the feel of it, and

the narrow mid-foot makes for a snug and secure fit. As for my thoughts on how the shoes performed on the trial, the first word that springs to mind is bouncy.

Of course the real test would be logging some decent mileage to see if that responsiveness they offered would last the distance. I've done a few longish in mine, the latest one being around 20k. I'm happy to report that they felt as good on the last km of that run as they did when I first tried them out.

What sort of runner would these shoes suit? I'd suggest they are perfect for somebody with a narrow to average foot, is a heel striker and a mild to moderate pronator. Do you think you fit the bill? If so why not pop in to the shop and try them out, I'm sure you will be as pleasantly surprised as I was.

Toni
intraining Sales

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SOMERSET RAIL TRAIL FUN RUN

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National Diabetes
Week 14-20 July



Somerset Regional Council will donate \$2 from every race entry to Diabetes Australia Queensland.



Age: 31 Height: 178cm

Personal best times: Yet to come (hopefully!) otherwise 1:12:34 for a half, and 32:07 for 10km.

Kilometres per week: Hovers between 100km and 120km (or thereabouts)

Where do you live? Woodend (in Ipswich)

Favourite food: I'm a sucker for a

gourmet burger!

Favourite pair of running shoes: I adore anything flexible and minimal (I train solely - bad pun, in Saucony Hattori's). I recently picked up some New Balance Minimus that are fun too!

Favourite session: I am partial to MONAS Fartlek, but nothing beats a hard hill session (after...not during!)

IT: Hi Clay, you seem to have taken the Brisbane running scene by storm winning and placing in a few events lately? What is your secret?

CD: Enjoyment in the sport and scene. I take a lot from the advice of the runners I meet and stories they have to tell! Then I take the advice and model it to fit what feels right for me...so far, I think it's paid off well.

IT: As far as sport goes, why did you choose running? We hear you are into a few other things too?

CD: I literally started running to lose weight a few years ago (at my heaviest I sat, often, at about 120kgs) when the equipment at my home gym broke down. I ran purely for me, and for fun, NEVER to race! It was only years later I found myself in a team adventure relay (running) and really enjoyed the atmosphere!

IT: Being relatively new to running, how far do you think you can go in the sport; any dreams for the future?

CD: It's such a cliché, but I do remember

CLAY ASK AN ATHLETE QUESTIONS DAWSON

setting heaps of really silly goals while I jogged along like; 'one day I'd love to make the top ten of a race! Or make the podium! Or just win once! Or run a 36min 10km! So I try to not set hard fast goals but to play with aspiration and focus more on personal performance and listening to my body and my running friends.

IT: What is your greatest achievement in running to date?

CD: Prior to this year, winning the Park2Park 10km was something I NEVER imagined would happen. I still remember running through the tape, after hoping to place top 10. Since then coming 3rd at this year's 10km track championships was really cool, and being selected to represent QLD at the Oceania Half Marathon champs at Gold Coast is a HUGE honour (I've only ran 3 half's in my life prior!).

IT: Do you have a goal event you are currently training for?

CD: Goldie, definitely, then the big ones, Brisbane Half Marathon, Sunshine Coast maybe and City to Surf. I think I've had a unique year, in that I'm only focussing one race at a time!

IT: What is your favourite pre-race food?

CD: My ritual is a Gatorade (or any sports drink really), a muffin and a banana at least an hour before the gun

IT: You are an Ipswich bred boy, do you have a favourite place to run? How about in Brisbane?

CD: I've traversed a fair few places in Ipsy and Brisbane as part of my training, I do a lot of soul searching on my solo runs, so I have a love-hate relationship with many landmarks of both cities! Although us Ipswichians are quite proud of our Limestone Park loops. (Never while doing hill reps though, thanks to Eamon Nunn and Matt Casos!)

IT: As a full time teacher, how do you fit in all the running training around work? Do you have any tips for us mere mortals who struggle to fit everything in our lives?

CD: Admitting to yourself that this is what you really want. I built a lot of perspective from athletes like Alistair Stevenson, Craig and Mitchell Rule and Kym Jaenke, as well as my

Canadian friends (from when I lived there) about being professional with your training, putting in 100% and not being scared off by rain (you won't rust!) and knowing you never regret a training session after it's done.

IT: Who is the most famous person you have met and have they inspired you in any way?

CD: I was a bit shell shocked when I met Deeks last year, as well as Lee Troop and Monas too! But I do always shake my head when I ran into Al (Alistair Stevenson) last year at a race and was a bit star struck! He's someone I respect immensely as an athlete and (now) friend.

IT: Thanks for chatting with us Clay. We look forward to seeing you on the start line at the Brisbane Marathon Festival, 4 August 2013.

CD: I can't wait! And a special thanks to everyone who have been nice enough to hi-five me on their runs, share their tales, and make our community so strong! Cheers to Intraining and everyone else who supports me emotionally, financially and physically, my wife, family and friends too! Feel free to check out my blog also and/or add me on facebook!

<http://claydawsonrunning.blogspot.com.au/>

Clay Dawson is a 2013 Intraining Sponsored Athlete who not only loves competing, but loves being involved in the running community. Odds on when you see Clay, he will be out there in his running gear. Clay is always keen for a chat with fellow runners, so make sure you say hi next time you see him out there.



Your Cinderella fitting

Purchasing Running Shoes at Intraining Running Centre

The range of running shoes available on the market these days is phenomenal, and can be overwhelming. At Intraining Running Centre we pride ourselves on providing comprehensive shoe fitting service, so much so that we offer a two-week guarantee. We stock 11 footwear brands, offering shoes for training, racing, trail, minimalist running and more.

For both new and experienced runners, finding the correct shoe is essential to reducing injury risk whilst maintaining comfort and running efficiency. Keeping your feet happy will leave you one less thing to worry about whilst running, and greatly benefit your running performance.

The Intraining Staff are well trained in evaluating foot types, gait and footwear choices. We're also runners, so have experience fitting and running in a wide range of shoes. Our service is comprehensive, and takes approximately 30 minutes. The following steps are key:

1. Evaluation of Your Footwear & Injury History

We like to look at your old (even smelly) shoes and ask about injuries. Wear patterns reveal a lot about your running style, and whether or not the shoes were suitable. The type and/or age of your shoe can contribute to injury, and the type of injury may indicate particular shoe features to look for or avoid.

2. Gait Evaluation

We observe barefoot walking gait. This gives us an indication of your foot shape, foot type (flexible or rigid), and how it functions under load. From this, we can select a type of shoe for your foot.



3. Fitting New Shoes

Whilst it seems obvious, fitting your running shoes correctly is essential. Whilst fit is subjective, the staff will make strong recommendations about which shoes fit your foot best in terms of width, depth, length and last (shape).

4. Test-Run the New Shoes

How many stores let you run in shoes before purchasing them? You certainly can't do that online! At Intraining, we believe it's vital. Shoes often feel very different underfoot when running compared to walking, so we strongly encourage customers to run outside in multiple pairs of shoes during the fitting.

5. Making the Final Decision

Ultimately the choice is yours. Purchasing your new running shoes should be informative and exciting. The advice provided by our staff throughout the fitting process should guide your decision and leave you empowered to choose the correct running shoes for your foot type, running experience, and goals.

Our 2-Week Guarantee

We're confident in the knowledge and experience of our staff, and believe you should be too. Therefore, we offer a two-week guarantee on our service, and the purchase of all shoes approved or recommended by our staff. Unfortunately for customers this doesn't mean absolutely trash the shoes for two weeks before returning them because you feel like it. If you're not satisfied with your shoes (for example: experiencing pain, blisters or similar) after running in them a few times, please come back to the store within two weeks. We will happily exchange your shoes and assist you to choose another pair.

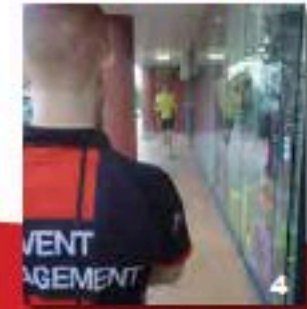
TIPS FOR CUSTOMERS:

- Bring your old running shoes if possible
- Dress in suitable running attire
- Brand is just a name. All the brands offer fantastic running shoes, so keep an open mind and be willing to try anything and everything
- Do not worry about how big or small your feet are. Size is just a number and varies significantly between brands, hence we will very rarely measure your feet
- Price does not necessarily indicate the quality of shoe, and definitely doesn't determine if it's suitable for your foot
- Colour does not matter. Unfortunately red shoes are not faster!



<https://www.facebook.com/intrainingcentre> Intraining Sales

Intraining Running Store: 33 Park Road, Milton, Brisbane



WYNNUM **Twilight** BAY RUN 2013



EVENT DATE: 21 SEPTEMBER 2013

Join us for a run under the moon and stars alongside a sparkling waterfront

FIRST RACE: 4:00PM

**Events: Half Marathon, 10km Run,
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