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Featured on the front cover:

2011 Gold Coast Airport Marathon finishers -
James Clark (#4104) and Ian Watson (#4084), led through
by Jen Williams (#4079) showing off how the "Go Intraining"
cheer can take effect!"

Running at the mouth:

You go Girl

This Christmas I had the exciting opportunity to run with my sister, her husband and sister-in-law. Neither of the ladies had ever been runners. My sister used to tell me how much she disliked it. It is now quite the opposite. They are both out most days doing between 20 & 40 minutes, running just hard enough to feel like they have worked without coming back shattered.

Their reason for the change is a shift in life's circumstances and motivation. For my sister, her children are both at high school and the family had moved to a country with beautiful open spaces and clean air. She is also in her forties and like us all, plans to stay as youthful looking for as long as possible. My sister-in-law's youngest child is now out of her arms and mobile which means she can escape momentarily from the house for 'me' time.

Over the last 5-10 years we have seen an increase in women's participation in events. At last year's Gold Coast 10km 59% of the finishers were female and there were only 14 more male runners who finished in the half marathon. The Bridge to Brisbane 10km field had 54% female finishers and this year's Twilight Running Festival already has 62% female registration in the 10km.

There is so much support for women to run that it is in our social psyche as a normal activity to do. I need no further proof of this than the willingness of two previously non-runners waking early on a Saturday morning to run in the pouring rain.

by Margot Manning



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Moderate Stability	Supernova Sequence	Kayano 3030* 2170 	Trance* Adrenaline 	Nirvana Inspire	860 	Equalen Structure Triax* 	Hurricane Omni Guide
Mid Stability	M Adizero Tempo	1170	Ravenna 	Elixir 	870	Lunar Eclipse Lunar Glide* Lunar Swift Lunar Elite 	Mirage
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Racer-Trainers	M Adizero Tempo W Adizero Aegis* 	DS Trainer	Ravenna	Elixir Precision	1090* 890 870 	Lunar Fly Lunar Elite 	Mirage
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Trail		Kayano Nimbus 2160	Cascadia Adrenaline ASR			Pegasus Trail M Structure Triax Trail	
Road Racing	Adizero Adios 	Trail Sensor Fuji Racer* 	T7 Racer Racer ST Green Silence 	Renin Universe	907	Lunar Racer Lunar Speed Spider	Kirwana 
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Waffles		Hyper Rocket Girl SP & LD Hyper LD Hypersprint Japan Lightning			230	W Jena Waffle Waffle Racer 	
Minimalist	 tivistingers®		Green Silence 'Pure Project' - Range (Coming soon)		Road Minimus Trail Minimus 	Free Run Free 3.0* 	Kirwana Hattori



Are you new to running, a seasoned marathon veteran, or somewhere in between? Running has a lot of fantastic benefits, although not without some injury risk. To help reduce this risk the following conditioning program is designed to improve strength in key muscle groups to get you ready for the upcoming running season. (Please note, prior to starting any new exercise program, it is advisable to consult your GP first).

Weak at the knees?

The knee is the most commonly injured joint in a majority of runners. While running, your knees withstand the impact of several times your body weight. Female runners tend to be more prone to knee injuries, and while many of the risk factors are due to anatomical reasons, knee strength exercises can help.

As a new runner, or even a seasoned veteran, it is important to develop and maintain strength in the knee to help reduce the risk of injury.

Exercise 1: Wall squats – with feet rotated outwards 45°.

How:

1. Stand with your back against a wall and feet shoulder width apart.
2. Step your feet away from the wall and slowly lower your back down the wall - stopping before your thighs are horizontal. Your heels should be directly under your knees.



3. Rotate your feet outwards to 45°
4. Hold this position for 10 seconds, then take a short rest. Repeat this 3-5 times. You should be able to increase your time to 30 seconds after a few weeks.

Benefits: Improved knee, leg, and buttock strength. Stronger knee tendons. Improved knee cap alignment.

Get hip!

Supermodels are terrible role models for runners (and not just because of their fear of carbs). When sauntering on the cat walk, models drop their hips side to side. In runners, this hip drop is usually a sign of weakness in the Gluteus Medius hip muscle. Weak hips can contribute to knee injuries and also buttock and low back pain. Improving your hip strength has a number of benefits for runners including injury prevention and better running efficiency.

Exercise 2: Hip hitches

How:

1. Balance on your left leg



(Ideally in front of a full length mirror)

2. Bend your knee on the right leg
3. Watch in the mirror and slowly lower, then raise your right hip while keeping your torso straight (avoid leaning it side to side). Raise and lower your hip 10 times, then repeat on the other leg.
4. Repeat this exercise 3 times on each leg using correct technique each time.

Benefits: Improved hip strength and balance. Reduced risk of knee and hip injuries.

Value your core

Runners too often focus on leg strength and neglect their core stability muscles. With a strong core you can better utilise your leg power, as less energy is wasted in trying to maintain an upright torso position and it also allows you to generate more power from your hips. Core stability requires strength in your stomach, buttock and lower back muscles.

Exercise 3: Bridges

How:

1. Lie on your back with your knees shoulder width apart, bent about 60° and feet flat. Position your arms by your side.



2. Breathe out and slowly lift your buttocks then lower back off the ground until your torso is in line with your thighs



3. Breathe in and slowly lower your back, then buttocks to the ground
4. Repeat 10-15 times using good technique (stop if it hurts or if you start shaking)

Benefits: Improved abdominal, hip and lower back strength. Improved running efficiency.

Things to remember:

The key things to remember with these exercises is to do them using good technique. Cease the exercise if it is painful. Ideally aim to perform them 3-4 times per week.

In conjunction with correct footwear and a sensible running program, these conditioning exercises can help you to get the most out of running. In the event that you develop an injury it is recommended that you see a health care professional such as a Podiatrist or Physiotherapist to enable faster recovery.

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The Pregnant Foot

by Margot Manning
Podiatrist: B.HlthSci (Pod) (Hons)
Running Coach: Level 2 Athletics Coach



Summer and pregnancy is not usually a great combination, particularly in the last trimester. Firstly, the body's ability to cope with the heat is compromised, and secondly the water retention that often occurs makes wearing shoes uncomfortable. Many pregnant women will then spend a lot of time either barefoot or in unsupportive shoes.



Unfortunately, this is counterproductive to the needs of the foot which is under dramatically increased pressure from weight gain, and the hormonal changes causing ligament laxity. There are two natural arches of the foot: the long arch from the heel to the big toe, and a shorter arch across the front of the foot from the big toe to the 5th toe. If these are not supported adequately, they can be affected leading to pain, ongoing problems, and permanent changes in foot shape and size.

A 2010 study by Karadag-Savgi, showed that in the last trimester of pregnancy there is a significant increase in the pressure at the forefoot, and also with the postural sway from forward to backward while standing and walking due to increased body weight and its altered distribution. This postural sway requires more work from the long tendons of the foot and its supporting ligaments.

The changes of pressure onto the forefoot will cause the front arch to flatten and the foot to spread. Forefoot sensations, such as pins and needles, burning pain, or intense

aching will occur if the shoe size is not altered or if the short arch flattens excessively as suggested from the above study. As the foot spreads, the metatarsal bones of the foot that make up the joints at the ball of the foot can impinge the nerves between them. In some cases, this can develop thickening on its sheath which after a period of time turn into a neuroma.

The integrity of the long arch of the foot is important to maintain strength for walking, standing and running long distances. If this is not supported, the tendons and ligaments overstretch becoming weak. The plantar fascia which helps maintain the arch shape can overstretch and possibly tear.

This can all be minimised or avoided with a simple management plan:

1. Buy larger and supportive shoes. Function has to outweigh fashion. Think of it as being only nine months of a bigger foot, rather than a lifetime.
2. Use in-shoe support with insoles or customised orthotics. This is particularly important for women who already have problem feet, or pre-existing excess foot flexibility.



3. Exercise. Not only does this help with excessive weight gain, but maintains foot strength. If walking or running becomes uncomfortable continue regular feet exercises.

If you are unsure what to do, or are in pain, visit a podiatrist. At Intraining Running Injury Clinic, we specialise in helping you stay active by looking at the complete picture of footwear, the need for orthotics or in-shoe padding, to advice on how to exercise during pregnancy. Keep your feet healthy & strong for a lifetime, and enjoy the brief moment of pregnancy.

Margot Manning
Podiatrist, Runner and mother of 3

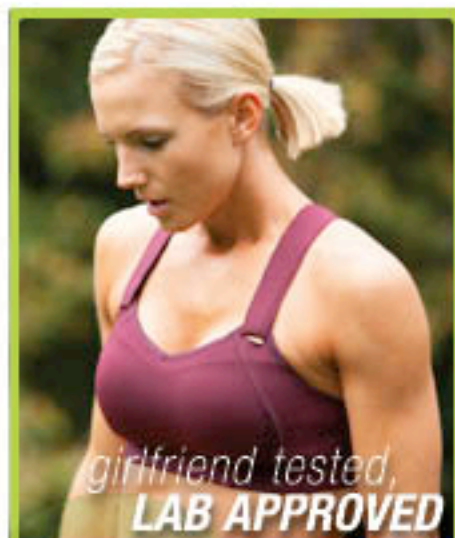
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MARCH

Fri 2	UQ All Omens Track meet - St Lucia	www.uqsport.com.au
Sat 3	parkrun 9km - New Farm Park	www.parkrun.com.au
Sat 3	Queensland Running X-Country - Teralba Park, Mitchelton	www.queenslandrunning.com.au
Sun 4	Flying 4 Cross Country - Ashgrove	www.ashtroverangers.org
Sun 4	Brisbane Road Runners 10km & 10km	www.brisbaneroadrunners.org
Sun 4	Sports Super Centre Fun Run Series 5km	www.corporatechallenge.com.au
Sun 4	Peak to Peak 10km and 5km Fun Run, Toowoomba	www.peaktopark.org.au
Sun 4	Butcher on Burdock - Dash for Cash	www.burdockdash.com.au
Sun 4	TO State Series Triathlon - 750/20/5 - Redcliffe	www.triathlonqld.com.au
Sun 4	Stroke & Stride Aquathlon 1000m/5km (Race 4)	www.strokeandstride.com.au
Wed 7	Intraining 5km, 3km and 1km Dash	www.intraining.com.au
Fri 9	UQ All Omens Track meet - St Lucia	www.uqsport.com.au
Sat 10	parkrun 9km - New Farm Park	www.parkrun.com.au
Sat 10	Queensland Running X-Country - Everton Park	www.queenslandrunning.com.au
Sat 10	Gold Coast PB Series Meet #10	5594 9329
Sun 11	Run with your Dog 5km Fun Run - Roma Street Parklands	www.runwithyourdog.com.au
Sun 11	200 Brisbane Island Triathlon - 750/20/5	www.brisbaneisland.com.au
Sun 11	International Women's Day Fun Run 5km	www.womensdayfunrun.com.au
Sun 11	Wedded Tangaloos Ocean Swim 24km	www.weddedtangaloos.com.au
Wed 14	Stroke & Stride aquathlon - Race 5/GC - 3km/500/2km	www.strokeandstride.com.au
Sat 17	parkrun 9km - New Farm Park	www.parkrun.com.au
Sat 17	Queensland Running X-Country - Geelong	www.queenslandrunning.com.au
Sun 18	Twilight Running Festival 2012, St Lucia	www.twilightrun.com.au
4:00pm	Puresport Twilight 10km Run	www.puresport.com.au
5:15pm	Intraining Twilight 1km Kids Challenge	www.intraining.com.au
5:30pm	Brooks Twilight Half Marathon	www.brookstrial.com.au
5:45pm	Quest Twilight 5km Run/Walk	www.questtwilight.com.au
Sun 18	EOO Brisbane Cool Ha Challenge Bike Ride	www.eoo.org.au
Sun 18	Supa Kids Triathlon - Ipswich	www.supakids.com.au
Fri 23	Mooloolaba Avoos 5km Run	www.mooloolabaavos.com.au
Fri 23	UQ All Omens Track meet	www.uqsport.com.au
Sat 24	parkrun 9km - New Farm Park	www.parkrun.com.au
Sat 24	Gold Coast PB Series Meet #11	5594 9329
Sat 24	Queensland Running X-Country - Yeronga	www.queenslandrunning.com.au
Sun 25	Q11 to Cliff Marathon and Ultra Marathon	www.q11tocliff.com
Sun 25	Mooloolaba Triathlon Festival 1.5/40/10	www.mooloolabatriathlon.com.au
Sun 25	Brisbane Road Runners 10km Club Champs & 5km	www.brisbaneroadrunners.org
Fri 30	QLD 10000m Championships	www.qld10000m.com.au
Sat 31	parkrun 9km - New Farm Park	www.parkrun.com.au
Sat 31	Queensland Running X-Country - Sandgate	www.queenslandrunning.com.au

APRIL

Sun 1	Sunshine Coast Cross Country Series - Buderim	www.sccrosscountry.org
Sun 1	Sports Super Centre Fun Run Series 5km/10km	www.corporatechallenge.com.au
Sun 1	Stroke & Stride Aquathlon 1000m/5km (Race 5)	www.strokeandstride.com.au
Wed 4	Intraining 5km, 3km and 1km	www.intraining.com.au
Thu 5	Gold Coast PB Series Meet #12	www.qldathletics.org.au
Sat 7	parkrun 9km - New Farm Park	www.parkrun.com.au
Sat 14	Queensland Running X-Country - Pine Rivers Park, Strathpine	www.queenslandrunning.com.au
Sat 14	parkrun 9km - New Farm Park	www.parkrun.com.au
Sun 15	Sunshine Coast Cross Country Series - Mooloolah	www.sccrosscountry.org
Sun 15	Rotary Fun Run - Griffith University 10km	www.rotaryfunrun.org
Sun 15	Flying 4 Cross Country - Ashgrove	www.ashtroverangers.org
Sun 15	Townsville Podiatry Centre 10km Fun Run	www.townsvillepodiatrycentre.com.au
Sun 15	Brisbane Road Runners 20, 15, 10, 5 & 2km	www.brisbaneroadrunners.org

MAY

Wed 2	Intraining 5km, 3km and 1km	www.intraining.com.au
Sat 5	Old Athletics ALL SCHOOLS XC Champs, Bald Hills	www.qldathletics.org.au
Sat 5	Queensland Running X-Country - Bald Hills	www.queenslandrunning.com.au
Sat 5	Nissan Corporate Triathlon - Gold Coast	www.nissan.com.au
Sat 5	parkrun 5km - New Farm Park	www.parkrun.com.au
Sun 6	Norosa Half Marathon & 10km	www.norosa.com.au
Sat 12	Queensland Running X-Country - Sandgate	www.queenslandrunning.com.au
Sat 12	Byron Bay Triathlon 1.5/40/10	www.byronebaytri.com
Sat 12	parkrun 5km - New Farm Park	www.parkrun.com.au
Sun 13	Brisbane Road Runners 7km Champs & 14km	www.brisbaneroadrunners.org
Sun 13	Mother's Day Classic 2012 - Brisbane & Gold Coast 4, 8km	www.mothersdayclassic.org
Sun 13	Queensland Running X-Country - Mitchelton	www.queenslandrunning.com.au
Sat 19	parkrun 5km - New Farm Park	www.parkrun.com.au
Sun 20	USQ Ride the Range - Toowoomba	www.usqride.com.au
Sun 20	Sunshine Coast Cross Country Series - Caboolture	www.sccrosscountry.org
Sun 20	Sanitarium Weet-Bix Triathlon - Townsville	www.weetbix.com.au
Sat 26	Queensland Running X-Country - Strathpine	www.queenslandrunning.com.au
Sat 26	Canterbury Challenge Fun Run 10km (Race 2)	www.team-accant.com.au
Sat 26	parkrun 5km - New Farm Park	www.parkrun.com.au
Sat 26-27	Warwick Pentathlon - 42.3km	www.pentathlon.com
Sun 27	Flying 4 Cross Country - Ashgrove	www.ashtroverangers.org
Sun 27	Brisbane Road Runners 10km Handicap and 5km	www.brisbaneroadrunners.org
Sun 27	Sports Super Centre Fun Run Series 5km/10km	www.corporatechallenge.com.au
Sun 27	Rotary Fun Run, St Lucia 5km & 10km	www.rotaryfunrun.com.au
Sun 27	Redlands Koala 10km and 5km Run	www.koalacentral.com.au
Sun 27	Coral Coast Triathlon - Cairns 1.5/40/10	www.usmevents.com.au

JUNE

Sat 2	parkrun 5km - New Farm Park	www.parkrun.com.au
Sat 2	Queensland Running X-Country - Yeronga	www.queenslandrunning.com.au
Sun 3	Sunshine Coast Cross Country Series - Mooloolah	www.sccrosscountry.org
Sun 3	Queensland Half Marathon & 10km	www.queenslandhalfmarathon.com.au
Sun 3	Challenge Cairns Long Course 2/80/20	www.usmevents.com.au
Sun 3	Challenge Cairns 3.8/18/42.2	www.usmevents.com.au
Wed 6	Intraining 5km, 3km and 1km	www.intraining.com.au
Sat 9	parkrun 5km - New Farm Park	www.parkrun.com.au
Sat 9	Old Athletics QLD Cross Country Champs, Yeronga	www.qldathletics.org.au
Sat 9	Queensland Running X-Country - Mitchelton	www.queenslandrunning.com.au
Sun 10	Brisbane Road Runners 5.25km Self select	www.brisbaneroadrunners.org
Mon 11	King and Queen of Mt Coot-Tha	www.thevalleyrattler.com
Sat 16	Race the Ratler 18.5km - Gympie	www.parkrun.com.au
Sat 16	parkrun 5km - New Farm Park	www.parkrun.com.au
Sat 16	Queensland Running X-Country - Toowoomba	www.queenslandrunning.com.au
Sun 17	Queensland 10km Road Champs, Venue TBC	www.qldathletics.org.au
Sun 17	Caloundra Forests Fun Run 3km & 10km	www.caloundrafunrun.com
Sun 17	Fit Kids Community Fun Run 10km & 5km	www.streamlinedevents.com.au
Sun 17	King/Queen of the Range Toowoomba	www.kqr.org.au
Sun 17	Sunshine Coast Cross Country Series - Buderim	www.sccrosscountry.org
Sun 17	Sports Super Centre Fun Run Series 5km/10km	www.corporatechallenge.com.au
Sun 17	Brisbane Road Runners 10km, 5km & 3km	www.brisbaneroadrunners.org
Sat 23	parkrun 5km - New Farm Park	www.parkrun.com.au
Sat 23	Queensland Running X-Country - Chemsable	www.queenslandrunning.com.au
Sun 24	Flying 4 Cross Country - Ashgrove	www.ashtroverangers.org
Sat 30	Canterbury Challenge Fun Run 10km (Race 3)	www.team-accant.com.au
Sat 30	parkrun 5km - New Farm Park	www.parkrun.com.au

Sun 15 Coochy Classic - Coolangubra Ocean Swim 3km
 Sat 21 Salmon Tire-X Offroad Triathlon 1/26/10
 Sat 21 QLD Athletics Cross Country Relay Champs, Boodall
 Sat 21 Queensland Running X-Country - Toowoomba
 Sat 21 parkrun 9km - New Farm Park
 Sat 21 Julia Creek Dirt & Dust Festival Triathlon - 800/25/5
 Sun 22 Gibraltar Triathlon Series - 750/20/5 Gold Coast
 Sun 22 2XU Hervey Bay Triathlon 1.5/40/10
 Sat 26 parkrun 9km - New Farm Park
 Sat 26 Queensland Running X-Country - Logan
 Sat 26 Cartwright Challenge Fun Run 10km (Race 1)
 Sun 29 Sunshine Coast Cross Country Series - Caloundra
 Sun 29 Gold Coast Bulletin Fun Run Robina - 5km & 10km
 Sun 29 Brisbane Road Runners 20, 15, 10 & 5km
 Sun 29 Santarum West-8k Triathlon - Logan
 Sun 29 TQ State Series - 1.5/40/10 - Qorntarf
 Sun 29 Sports Super Centre Fun Run Series 5km/10km
 Sun 29 King of the Coast - Caloundra Ocean Swim 3.8km

Sat 30 Gold Coast Airport Marathon 10km & 5km Run
 Sat 30 Queensland Running X-Country - Tingalpa
 TBC Running for Research 5km & 10km

JULY

Sun 1 Gold Coast Airport Marathon Half and Full Marathon
 Wed 4 Intraining 5km, 9km and 11km
 Sat 7 Queensland Running X-Country - Strathpine
 Sat 7 parkrun 9km - New Farm Park
 Sun 8 Flying 4 Cross Country - Ashgrove
 Sun 8 Brisbane Road Runners 10km Novice and 5km
 Sun 8 Honeywood Rail Trail Fun Run 2011
 Sat 14 parkrun 5km - New Farm Park
 Sat 14 Urban Max Adventure Series
 Sat 14 Queensland Running X-Country - Sandgate
 Sun 15 Jetty 2 Jetty Half Marathon, 10km & 3km
 Sat 21 parkrun 5km - New Farm Park
 Sat 21 Old Athletics QLD 12km Cross Country Champs, TBC
 Sat 21 Queensland Running X-Country - Cremorne
 Sun 22 Fusion Games Duathlon 4/1/5/4
 Sun 22 Brisbane Road Runners 8km-20km Self Select
 Sat 26 Cartwright Challenge Fun Run 10km (Race 4)
 Sat 26 Queensland Running X-Country - Mitchelton
 Sat 26 parkrun 5km - New Farm Park
 Sun 29 Salt Fun Run Series Race 1 - 10km & 5km
 Sun 29 Ipswich Park 2 Park Half Marathon, 10km & 5km

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 www.urbanmax.com.au
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 www.p2j.com.au
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 www.dialthelios.org.au
 www.queenslandrunning.com.au
 www.qtrports.com
 www.brisbaneroadrunners.org
 www.team-ascot.com.au
 www.queenslandrunning.com.au
 www.parkrun.com.au
 www.corporatechallenge.com.au
 www.park2park.com.au

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RACER/TRAINERS AND MINIMALIST SHOES

In the past we sold many more racing shoes. Fewer people now seem to be as serious about their racing performance or understand the value of a light shoe.

Since the beginning of the barefoot phenomenon there has been a renewed interest in lighter weight more minimalist shoes. This interest has come from the belief that allowing the foot to function naturally is the best thing for performance and efficiency.

There is no doubt that many runners have made the mistake of blocking their foot action. Some injuries can be directly attributable to overcorrection with motion control shoes and orthotics. As the pendulum swings back towards minimalist shoes the question remains; what is the optimum support in a shoe for each runner?

If barefoot running is the best choice for performance and injury reduction you can be sure that more elite athletes would be hitting the roads with nothing but skin. The reality is that while barefoot has made a big media splash it has failed to be as successful in practice. The number of barefoot runners in races is probably less than one in 10,000 and there are no elite athletes who are exclusively training and racing barefoot.

There may be different reasons for this such as the need to protect the skin or perhaps athlete sponsorships by shoe companies. But in the last few years the interest in barefoot has had a dramatic influence on the design and construction of running shoes across all the brands.

Since the Nike Free every major running shoe company has brought out their range of



"minimalist" shoes. Brooks have the new "Pure" range of shoes, New Balance Minimus, Saucony Hattori and Asics 33 Series.

Perhaps more significant are minimalist only companies like the Vibram Five Fingers, inov-8 and Newtons.

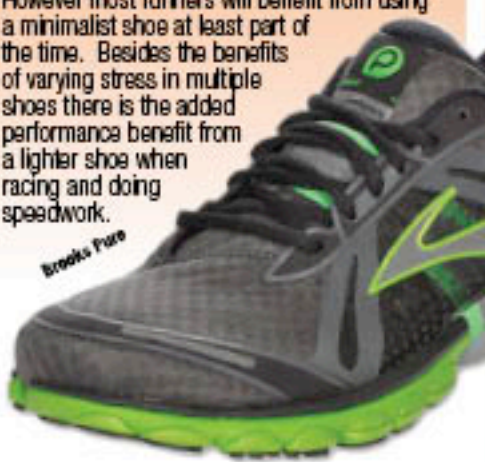
Are these shoes any different from a racing shoe? Perhaps they are a bit more durable than the traditional racing shoe however they are certainly less durable than a standard running shoe.

The main biomechanical advantage of lightweight racing shoes is that they allow a greater range of motion that reflects the greater ROM required at faster speeds. That means you do not have to fight the shoe in order to run

optimally as speed and force increases.

That does not always mean that they are then as effective at slower speeds however. Efficiency, which improves performance, and reduced forces that reduce injury risk are not the same at different speeds. Some people may have increased pathological motion and increased injury risk that may be dampened by using a more controlling shoe.

However most runners will benefit from using a minimalist shoe at least part of the time. Besides the benefits of varying stress in multiple shoes there is the added performance benefit from a lighter shoe when racing and doing speedwork.



You should try on a variety of lightweight and minimalist shoes when selecting a model. The most important thing is to run in each of these shoes at a faster pace before selecting the best one. Be aware of which shoe works best with your foot. Listen to the noise you make while running with each one. A quieter ride means less impact forces, more efficiency and less injury risk.

The goal of minimalist shoes generally is to create a shoe that has a set list of features that differentiate them from the standard running shoe.

1. *Flexible particularly through the middle of the foot so that the muscles can work rather than be supported.*
2. *Lighter weight.*
3. *Thinner midsoles so that you obtain a better feel for the ground.*
4. *They have less difference in the height between the heel and the forefoot (the traditional shoe has a 10 to 15mm difference and many of the minimalist shoes have 0 to 4mm difference).*

By Steve Manning



Barefoot Running



STARTING AT \$99

Available at Intraining Running Centre - ph. 07 3367 3068



MARATHON SCHOOL 2012

Anyone who would like to successfully complete a half or full marathon in 2012 should join our Marathon School group. Most of our runners are busy people who have jobs and families and other commitments, so we adopt a minimalist approach to training. We ask for a minimum commitment of 3 days training each week.

GO TO: www.intraining.com.au
or email coaching director Linda Watson
(coaching@intraining.com.au)

SEMINARS

- 14 March: Injury Prevention and Footwear
- 21 March: Stretching and Self massage
- 31 March: Running Form (Saturday) 4pm
- 18 April: Core Strength and Stability
- 9 May: Secret Women's Business
- 6 June: Eating for Performance
- 20 June: Race Planning and Tactics

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Soltec



Keep up to date with everything running when you become a friend of intraining



As runners, we are often exposed to the elements such as sun, wind and rain for long periods of time. However the task of choosing the right pair of sunglasses to ensure proper protection, style and fit can be a difficult experience, not to mention an expensive one.

NEW to intraining - Tifosi sunglasses are a value orientated brand, targeting the outdoor enthusiast, whether they are running, cycling or playing sports like tennis or golf where clear vision and protection is a must.

I managed to test out the Tifosi Tyrant model in the "Race red" colour and I have to say that the comfort, style and durability of these glasses is amazing. This particular model is designed with a two-part frame that

can be bent, stood on and pulled without breaking - making it virtually indestructible. Combine the indestructible frame with 100% UV protection, shatterproof and vented lenses, these glasses are ready to work as hard as we do.

To complete the Tifosi package, the "Tyrant" comes standard with 3 interchangeable lenses ideal for all running conditions.

- **Smoke red for when the sun is high and the sky's deep blue**
- **Ac red for sunny-to-cloudy conditions**
- **Clear for low light running.**



Best of all you don't need a degree to change the lenses! At only \$99.95, the Tyrant is set to be your long term training buddy.

We stock a wide variety of Tifosi sunglasses ranging in price from \$69.95 to \$139.95 so why not drop in and try a pair on today?

Thomas Faddema



RUNNING CADENCE SENSORS

It is no secret that your stride rate and length directly correlate to your running pace. If we can increase our stride rate and keep the same length, we will run faster. After using the Garmin stride sensor for 4 weeks in conjunction with pace, I can say that I have managed to increase my stride rate by 2 steps per minute. Although that does not sound like much, this small increase has resulted in an increase in my pace by about 4-6sec per km.

How does it work you ask? Simple, run as you would but instead of just focusing on your pace by itself, have a look at your cadence as well. It is actually quite fun experimenting how your stride length and rate can affect your pace. It is no wonder how African runners go so fast, with a cadence of 200 and a stride length of 2m!

Cadence sensors are available from Suunto and Garmin and are available at the intraining Running Centre. Drop by with your watch and we can "pair" it with a cadence sensor. Then all you need to do is run!



Ricky Swindale



HOKA REVIEW

With loads more cushioning and a much wider base Hokas certainly look different. The first thing you'll notice if you pick one up is how light they are, lighter than many standard training shoes. Take them for a test run and you'll feel how the extra EVA and other neat features make for a great experience.

The rocker profile and a small heel toe drop (4.5mm) encourages a midfoot strike, and the wide base give them a feeling of stability.

The more I run in my Hoka Bondi Bs the more I want to run. I find my legs don't get as fatigued, especially during or after long runs. My favourite place to wear them is Mt Coot-tha, going uphill is great, but the downhill are just amazing. Any wonder their motto is "Time To Ry"!



Tess Fabian



BROOKS ARM WARMERS

Versatile, lightweight - a running must!

Just in, the latest Brooks arm warmers are made from light material and are easy to pack and carry. The seamless material reduces chafing on even the longest runs.

I use mine for early morning cycling, winter running, and warm ups for morning road races. I can honestly say I sometimes forget I'm even wearing them. What I really like is versatility of an arm warmer over a long sleeve shirt.

Simply roll down the arm warmers and voila - you no longer need to worry about overheating. They are certainly the best option I've found for the cooler weather ahead.



Jamie Laverty

Ladies, have you ever felt self-conscious about your body when wearing your exercise gear?? ... ever been disheartened by the ridiculous sizing of some popular women's sporting brands?? ... ever struggled to find comfortable, flattering apparel that doesn't make you feel hot, sweaty and somewhat masculine?? Well, thanks to Skirtsports, these common anxieties are a thing of the past! Their super sexy apparel range is comfortable and flattering for women of all shapes and sizes.

The female design team, along with company founder Nicolle Deboom, a former professional triathlete, know what women want! Their stunning designs are functional, without compromising style or comfort.



The Gym Girl Ultra is their number one selling product. The over-skirt doesn't cling and provides great feminine coverage. The in-built semi-compression shorts are the perfect length. They prevent chafing and do not ride up the legs. There's also a pocket on each thigh, and an iPod port – yes they've thought of everything!

Skirtsports offer much more than just running apparel, and Intraining Running Centre is now stocking some of their Multisport gear, which is fantastic for triathlon. The two-piece style is great for both training and racing. The Multisport Bottoms come in two different lengths – 5" or 8", and again have pockets on both thighs. The



lightweight chamois is comfortable and provides enough protection on the bike, without feeling too bulky on the run.

Like all other Skirtsports tank tops, their Multisport Tank has an in-built bra complete with a cleavage alley pocket!! – that's right no more chafing between the boobs! The tank is a great length, so there's no need to worry about showing your midriff!

Four fantastic new prints have just been released in Australia and they are beautiful!! If you're looking to revitalise your workout wardrobe and boost your self-confidence whilst exercising, then come to Intraining and check out the range of Skirtsports apparel!



Emily Donker



ASICS BACKPACK

The Asics running backpack is made of breathable fabric, is lightweight, and its ergonomic design means it fits the body snugly.

It has both a waist strap and one across the chest, that ensures very little movement or bounce. Although small (24cm x 37cm x 7cm), it packs a punch, managing to accommodate essentials such as a t-shirt, jumper, mobile phone, wallet, lunch, keys etc. With plenty of zipped pockets you can be sure your goodies are stored securely.

For safety there's a reflector strip across the back. I use mine not only for running but also for work, training, at outdoor concerts, and as a carry-on bag when travelling. At just \$69.95 is great value for money!



Tess Fabian



PRORACING SOCKS

Recently we have seen the introduction of the new ProRacing socks by Compress Sport hit the store. These socks are a new generation of technical socks providing superior support, strengthening stride and posture whilst improving microcirculation.

So what is different to other socks out there?

Simply put, 3D DOTS... you are probably sitting puzzled right now. A quick summary: ventilation, comfort and shock absorption. Let's explain, the 3D DOT arrangement helps to reduce shock absorption by evenly distributing the shear force from your running shoe, resulting in reduced irritation of the Achilles tendon. The 3D DOTS also provide a gentle massaging acupressure, which is designed to work by activating blood circulation through multipoint massage of the foot. Finally, these socks also help increase blood circulation, ensuring venous return, thus improving recovery time.

If you need new socks, or are have problems with Achilles pain, the new socks by Compress Sport are definitely worth a try.

Aaron Robertson



HYDRATION... HOW TO DECIDE?

With so many hydration products available to us, it is often hard to know which to choose.

The first thing you should consider when deciding on what use; which product does my goal race have as a hydration provider? It is really important that you test out the brand which will be available race day. This will prepare your body in how to handle the supplement. Just think...you wouldn't wear a pair of shoes for the first time at your goal event. Same thing goes for hydration.

As an example, Twilight Running Festival 2012 will have Puresport available on course. So, if you are running Twilight - it would be a good idea to trial Puresport before the event. Likewise, Gold Coast will be providing Endura in July.

For more tips and information on hydration, come and see the staff at Intraining Running Centre.



Ricky Swindale



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Brisbane **Twilight** RUNNING FESTIVAL 2012



EVENT DATE: 18 MARCH 2012

Half
Marathon

10km

3km
Run/Walk

1km
Kids
Challenge

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