

# intraining

FREE

the running store run by runners

**Yum**  
P6  
FRITTATA  
RECIPE

**Runner's  
hotlist**

P11

ALL THE ESSENTIALS

**RUNNING  
AFTER  
PREGNANCY**

P4

**DITCH THE WATCH  
AND *run by feel***

P1

P14

COUCH<sup>2</sup>  
10KM



**WANT TO  
RUN?**

Don't know  
where to start?

**10**  
P9  
**LAWS OF  
RACING**

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# 2017 March

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#### Front cover:

Peter Run –  
intraining Running Club Coach  
competing at Twilight  
Bay Run 2016



## Running at the mouth



## DITCH THE WATCH AND RUN BY FEEL

By Margot Manning  
intraining Podiatrist

Over the last few years I have learnt the value of a 'no-watch-race'. It began during a marathon when by 19km I knew that the last half of the race was not going to be pretty. Serious decisions had to be made & the desire to finish and to feel OK inspired the moment to turn off the watch and simply enjoy the run. Since then, I have raced several half marathons and a marathon without a watch. Not only has it been extremely satisfying, but it has empowered me to become more confident in my ability as a runner.

GPS watches have certainly revolutionised our way of running. We can now analyse nearly every movement we do from how much we 'bounce' from stride to stride, to mapping our routes and elevation. They tell us to move, how much recovery time we need and can even help find your way home if you become lost on the run. These amazing timing devices have taken the 'think' out of the run, so that all you need to do is to be able read the digits to know what pace you are on and how far you have run.

Despite all this valuable data, there is one piece of information that cannot be captured by the watch... the sense to run by feel. This is the sixth sense that every runner should strive to develop. It is the internal ability to know your pace, the feel of your running rhythm, and the conscious awareness to control your speed and cadence as fatigue sets in. These are all skills that any runner, at any speed, can learn and one that most of us have lost due to GPS dependence.

There are certainly times when the GPS is needed – newer runners, injured runners and the runner who needs a little more self control. It is also a relief to now race without trying to calculate split times in your head, or trying to read the sweat smudged pace times written on our arms. There is however, a much greater level of satisfaction knowing that you have nailed a race without using a watch.

Set a new goal for the year... race GPS free.

parkrun



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## intraining Footwear MATRIX



#### MILD STABILITY

Asics DS Trainer  
Asics Feather Glide  
Brooks Ravenna  
Mizuno Catalyst  
Nike Lunar Glide



#### RACER TRAINERS

Asics DS Trainer  
Asics Feather Glide  
Brooks Launch  
Brooks Pure Flow  
Brooks Ravenna  
Hoka Clifton  
Mizuno Catalyst  
Mizuno Sayonara  
New Balance 2000  
New Balance Pace  
New Balance Rush  
New Balance Zante  
Nike Lunar Tempo  
Nike Zoom Elite  
Saucony Zealot

#### KID'S TRAINING

Asics Cumulus  
Asics 1000  
Asics 190TR (black leather)  
Brooks Adrenaline  
Brooks Maximus (black leather)  
Brooks Pure Flow  
Mizuno Rider  
New Balance 625 (black leather)  
New Balance 880  
New Balance 880  
New Balance Rush  
Nike Lunar Glide  
Nike Pegasus  
Nike Free  
Saucony Kinvara  
Saucony Ride  
Saucony Zealot



#### FIRM NEUTRAL

Asics Fortitude  
Asics Nimbus  
Brooks Dyad  
Brooks Glycerin  
Hoka Bondi  
Hoka Stinson Lite  
Hoka Vanquish  
Mizuno Enigma  
New Balance 1080  
Nike Flyknit Lunar 3  
Nike Vomero  
Saucony Echelon  
Saucony Triumph



#### RACING FLATS

Asics DS Racer  
Brooks Asteria  
Brooks Hyperion  
Hoka Clayton  
Hoka Tracer  
Mizuno Hitogami  
New Balance 1500  
Nike Lunar Racer  
Nike Flyknit Racer  
Nike Flyknit Streak  
Nike Zoom Streak  
Saucony Kinvara  
Saucony Type A



#### WAFFLES & KIDS RACING

Asics Firestorm  
Asics Hyper XCS  
Asics Hyper Rocket Girl XCS  
Nike Zoom Waffle Racer



#### MODERATE STABILITY

Asics Kayano  
Asics 3000  
Asics 2000  
Asics 1000  
Brooks Transcend  
Brooks Adrenaline  
Brooks Vapor  
Hoka Arah 1 NEW  
Mizuno Horizon  
Mizuno Paradox  
Mizuno Inspire  
New Balance Vongo  
New Balance 1260  
New Balance 860  
Nike Odyssey  
Nike Structure  
Saucony Hurricane  
Saucony Omni  
Saucony Guide



#### FLEXIBLE NEUTRAL

Asics Cumulus  
Asics Pursue  
Brooks Ghost  
Brooks Launch  
Brooks Pure Flow  
Hoka Clifton  
Mizuno Rider  
Mizuno Sayonara  
New Balance 880  
New Balance 2090  
New Balance Pace  
New Balance Rush  
Nike Lunar Epic  
Nike Lunar Tempo  
Nike Pegasus  
Nike Zoom Elite  
Nike Free Motion  
Nike Free Run Distance  
Nike Free Run Flyknit  
Nike Free Run Motion  
Saucony Freedom  
Saucony Ride



#### TRAIL

Asics Fuji Lyte  
Brooks Cascadia  
Brooks Pure Grit  
Hoka Challenger ATR  
Hoka Speed Instinct  
Hoka Stinson ATR  
Mizuno Deichi  
Mizuno Hayate  
Mizuno Kazer  
Nike Terra Kiger  
Saucony Peregrine

#### SPIKES

Asics Hyper Sprint  
Asics Hyper MD  
Asics Hyper LD  
Asics Hyper Rocket Girl SP  
Asics Hyper Rocket Girl D  
Nike Zoom Rival Sprint  
Nike Zoom Ja Fly  
Nike Zoom Victory  
Nike Zoom Rival Distance  
Nike Zoom Matumbo  
Saucony Endorphin LD



Footwear available in multiple widths





# Stress Fractures & BONE Stress

By Steve Manning Intraining Podiatrist



## What is a Stress Fracture?

A stress fracture is a hairline crack within the bone. Unlike a complete fracture the break is not displaced and does not go across the whole bone.

Stress Fractures are usually caused by chronic repetitive stress rather than a fracture event like a fall. 50% of stress fractures in runners are in the shin bone (Tibia) with the bones in the forefoot before the toes (metatarsals) and the heel bone (calcaneus) also common.



## What are the Symptoms?

Stress fractures are often preceded by progressive bone stress over a period of a few weeks. Bone pain can be intense but usually is described as aching. When running it hurts on impact and gets worse rather than warming up. There is localised severe pain on palpation commonly with swelling over the bone. It hurts to hop but often is fine walking. In some cases there will be pain at night waking you from sleep.

## What Causes Stress Fractures?

The most common cause of stress fractures is overtraining. Most runners have increased or changed their training 5 to 6 weeks prior to when pain began. The increased training stimulates the body to try and adapt and grow stronger to deal with the new training load. The bone responds by bone turnover involving reabsorption of weak or damaged bone and the laying down of new bone. While the bone is remodelling it is susceptible to a stress fracture if

the training is continued at a high level. This is because bone formation can not keep up with bone absorption. Low bone density can increase the likelihood of a fracture as well as running in worn shoes, excessive downhill running and overstriding. Rigid feet have an increased risk of stress fractures compared to flexible feet.

## What Do I Do?

If you suspect you may have a stress fracture you should have it checked ASAP by a Podiatrist. Clinical diagnosis with history and palpation can identify a stress fracture in most cases however you may need to have an MRI to be definitive. Bone edema from a stress fracture shows up as a white patch within the body of the bone on a T2. Normal X-rays will rarely show a stress fracture and then only after 2-3 weeks. Treatment involves complete rest from running. Early return before it has healed can restart the rehab time. If you continue to run with a stress fracture it can then lead to a complete fracture with much more severe complications.

## When can I get back running?

The size of the bone determines the time required for healing. It can be as little as 4 weeks for metatarsals to 12 weeks for femurs. You can do any cross training that does not hurt while it is healing. After a stress fracture has healed it will be stronger for up to six months with less chance of another fracture in the same place. A rehab return to training program will then be needed to make sure you do not pick up another injury. It is worth checking out your biomechanics, footwear and training at the Intraining Running Injury Clinic to see what might have caused the injury in the first place. That way you can reduce your future stress fracture risk. Treatment to reduce the risk of another fracture can involve changing your running technique, finding the right shoe for your biomechanics and customising your shoe with orthotics.

## Common TYPES of Stress Fractures?

- A stress fracture of the Hip (Pubic Ramus) usually starts as groin pain and can be difficult to differentiate from a muscle strain in the groin. Sometimes the pain refers into the buttocks. This is the most dangerous type of stress fracture if it goes on to a complete fracture because of the complex network of muscles around the hip.

- A stress fracture of the Thigh Bone (Femur) is rare in runners. Because it is such a large bone it can take up to 12 weeks for the bone to heal. Fractures can occur at the neck or shaft of the femur.

- Stress Fracture of the Shin (Tibia) is the most common Stress Fracture in runners. It usually starts with aching shins. Runners who continue to run with shin pain may lead to a stress fracture. The most frequent location is on the inside border of the bone of the lower leg. Fractures of the front border of the bone take longer to heal because standing causes tension rather than compression of the fracture line. Fractures of the posterior border are often mistaken for calf strains but also will take longer to heal. The other lower leg bone (Fibula) can also get a stress fracture although it is from muscle tension rather than impact forces.

- Stress Fracture of the Heel (Calcaneus) was the first type of Stress fracture discovered by a French army physician in the 1900's. It can be mistaken for plantar fasciitis but the bone will hurt to squeeze on both sides at the same time. There is pain on impact and runners will often avoid heel striking when running.

- Stress Fracture of the Metatarsals are the quickest to heal because they are the thinnest bone. The second metatarsal is the most frequent one damaged because it is the longest metatarsal and takes the most load. Swelling can extend across the top of the whole forefoot.

# Running after pregnancy

By Doug James  
Physiotherapist and Podiatrist (and new dad).

Being pregnant is a life changing experience for most women. It will also signal a change in running regime with nearly all women finding that they need to reduce (or stop) the amount and intensity of running and exercise they do during pregnancy. Following pregnancy, many women are keen to get back into running and exercise again as a way of regaining their fitness and getting their 'pre-baby body' back again. This needs to be attempted with a measured approach or else risk some serious long term injuries.

Celebrity personal trainer Michelle Bridges came under fire recently for her exercise regime during pregnancy, and for recommending women return to running within 3 weeks of giving birth. The Australian Physiotherapy Association were quick to issue a reminder that returning to exercise too soon can have ramifications for your body.

## A lot changes during pregnancy

Aside from obvious changes to abdomen size, there are a number of other changes that occur in the months surrounding the end of pregnancy. The body produces the hormone 'relaxin' which has the effect of softening tendons and ligaments in order to make birth easier. While its key role is in loosening and widening the pelvic girdle, relaxin also affects most ligaments and tendons in the body including your pelvic floor. In sufficient quantity this can lessen your core stability and create pelvic floor dysfunction.

## Pelvic floor dysfunction and incontinence

About 1 in 3 women report incontinence during the first few months post-partum. Trauma and laxity/inactivity within the pelvic floor ligaments and muscles have been identified as key contributors to incontinence and can require treatment in order to improve. Returning to exercise without sufficient core and pelvic floor strength may trigger or worsen this condition.

## You are more prone to most injuries post-pregnancy

Relaxin will loosen the ligaments that support all major joints, meaning sprains - particularly to knees and ankles - are far more likely. Undertaking dynamic sports such as netball, or trail running are particularly risky. Additionally there is often a separation or 'splitting' of the major abdominal muscles that can be worsened by activities such as sit ups, burpees and cross fit.

## Deloading creates problems too

Physical activity stimulates our bodies to become stronger. The opposite also stands true where a reduction in physical activity levels (as seen pre and post-partum) trigger muscles, tendons and even your bones to lose strength compared to when you are at peak training level. Poor core and hip strength is common post-partum and is linked to an increased risk of knee and leg injuries in females.

## When is it safe to return to exercise?

It depends on a lot of factors. The type and ease of delivery, your pre and post fitness levels, and the type of exercise you are looking to do all needs to be considered. With clearance from your doctor, small amounts of low impact exercise such as walking or swimming

may be possible in the first couple of weeks. Running is generally not advised for the first 6 weeks though this may need to wait longer in cases where there was a complicated delivery, a large amount of rectus abdominis diastasis (abdominal separation), and/or a weak pelvic floor. An assessment with a sports focussed, or women's health physiotherapist before you return to sport and exercise is prudent. Based on their findings, you will likely be given a core strengthening program to help.

It's not all doom and gloom though. There are many examples of women returning to running who end up competing better than before they became pregnant. Just remember that during your comeback, the old adage of 'walk before you run' has never been more true.

If you're looking to return to exercise or sport after time off (for any reason) book to see Doug James at the Intraining Running Injury Clinic for an assessment and plan to get you fit.

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It takes dedication, time and effort to train for an event. Putting some thought into your nutrition, as well as your training, is essential as it's the foods you eat that provide you with the nutrients you require for health and sport. While a race day nutrition plan is important, your day to day nutrition should not be overlooked. This becomes even more important if you're doing a lot of training or working towards a long-distance event such as a full marathon. If you don't provide your body with the nutrients it needs, then you may find yourself lacking energy, not training to your true potential, and not recovering after sessions. Eating well is important for health and your running.

It is important to enjoy a diet that includes a variety of different foods. As a runner you need adequate carbohydrate, (an important fuel for sports performance) as well as protein to assist in the recovery process. Carbohydrates can be found in many everyday foods including grains and cereal, starchy vegetables like sweet potato, potato, sweetcorn, and legumes/beans (which are also a protein source), and in fruit and anything that tastes sweet e.g. honey. Milk and yoghurt also contain some carbohydrate and are a good source of protein. Other protein sources include fish, lean meats, poultry, eggs, tofu, nuts/seeds and cheese. It's also important to consume plenty of non-starchy vegetables and salad foods daily, as along with fruit, these foods provide vitamins, minerals, antioxidants and fibre.

## Training Diet

Of course how much you need to eat depends on your individual energy requirements, but food variety is important for all. Many everyday foods can help you meet your daily nutritional goals for health and training e.g. a banana pre-run can help provide you with energy for the session, and a breakfast of muesli with yoghurt and fresh fruit after morning training can assist in the recovery process by helping you to refuel and promote muscle growth and repair.

Planning your meals can really help you eat well. It's a good idea to keep your cupboards and fridge well stocked and to have a few recipes that are quick to prepare up your sleeve. In my freezer I try to keep some portioned precooked meals (convenient when I am very busy). I also find a herb garden useful to enhance salads and main dishes like this Mediterranean Style Frittata which, when served with plenty of salad, makes a delicious balanced meal, perfect for recovery after evening training.

By Liz Lovering  
In Training Dietitian



### MEDITERRANEAN STYLE FRITTATA

Serves 4-6

3 tablespoons extra virgin olive oil (EVOO)  
1 x medium red onion, chopped  
1 x medium red capsicum, washed and chopped  
8 x large eggs  
300g cooked sweet potato, cubed  
½ a 400g can of cannellini beans, rinsed and drained  
12 x Kalamata olives, sliced  
80g feta cheese, cubed  
Handful fresh herbs washed and chopped (flat leaf parsley, basil)  
Ground black pepper to taste

- 1 Heat 2 tablespoons of the EVOO in a large fry pan over a medium heat and fry the onion and capsicum until soft
- 2 Meanwhile break the eggs into a large bowl and whisk
- 3 When the onions and capsicum are tender add to the eggs together with the sweet potato, beans, olives, cheese and herbs. Stir well and season to taste.
- 4 Add the last tablespoon of EVOO to the fry pan and pour in the egg mixture, reduce the heat and cook gently until the eggs start to set (finish off under a pre-heated grill to set the egg on top). Do not rush the cooking or the Frittata may burn.

**Serving Suggestions and Tips**  
The Frittata on this page makes a lovely balanced meal when served with plenty of colourful salad vegetables and will provide a nice mix of protein, carbohydrate, vitamins, minerals and antioxidants. The Frittata is also delicious cold.

**Nutrition**  
Eggs are a wonderfully versatile source of protein and can quickly be turned into a tasty meal the whole family can enjoy. Each serve of Frittata (recipe serving 4) contains approximately 31g carbohydrate 22.8g protein, 30g fat, 3.8g fibre and 2000kJ (480 Calories).



## MARCH

|              |  |  |
|--------------|--|--|
| Sat 4        | parkrun 5km - Australia wide                 | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                               |
| Sat 4        | Queensland Running X-Country, Strathpine     | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>           |
| Sun 5        | Brittle Island Triathlon - Race 4 - 750/20/5 | <a href="http://www.brittleisland.com.au">www.brittleisland.com.au</a>                   |
| Sun 5        | Sunshine Coast Run Series - Race 2           | <a href="http://www.sunshinecoastrunseries.com.au">www.sunshinecoastrunseries.com.au</a> |
| Sun 5        | World Seals Swim - Mooloolaba                | <a href="http://www.worldsealsswims.com.au">www.worldsealsswims.com.au</a>               |
| Sun 5        | International Womens Day Fun Run 5km         | <a href="http://www.womensdayfunrun.com.au">www.womensdayfunrun.com.au</a>               |
| Sat 11       | parkrun 5km - Australia wide                 | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                               |
| Sat 11       | Queensland Running X-Country, Chemside       | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>           |
| Sun 12       | Mooloolaba Triathlon Festival 1.5/40/10      | <a href="http://www.mooloolaba.com.au">www.mooloolaba.com.au</a>                         |
| Sun 12       | BRRC   5km - 25km   West End                 | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>             |
| Sat 18       | parkrun 5km - Australia wide                 | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                               |
| Sat 18       | Queensland Running X-Country, Sandgate       | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>           |
| Sun 19       | UQ Twilight Running Festival 2017, St Lucia  | <a href="http://www.uqtwilightrun.com.au">www.uqtwilightrun.com.au</a>                   |
| Start 4:00pm | Twilight 5km Run/Walk                        |  |
| Start 4:45pm | Twilight 1km Active Kids Run                 |  |
| Start 5:00pm | Twilight 10km Run                            |  |
| Start 5:00pm | Twilight Half Marathon                       |  |
| Sat 25       | parkrun 5km - Australia wide                 | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                               |
| Sat 25       | Brisbane Cross Country Series, Race 1        | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>                      |
| Sun 26       | Ride the Range - Toowoomba                   | <a href="http://www.ridetherange.org.au">www.ridetherange.org.au</a>                     |
| Sun 26       | BRRC   5km - 15km   West End                 | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>             |
| Sun 26       | Kingscliff Triathlon 1.5/40/10               | <a href="http://www.kingsclifftri.com.au">www.kingsclifftri.com.au</a>                   |

## APRIL

|        |   |  |
|--------|---|--|
| Sat 1  | Queensland Running X-Country, Mitchelton                | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>                   |
| Sat 1  | parkrun 5km - Australia wide                            | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                       |
| Sun 2  | Queensland Half Marathon & 10km                         | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>                              |
| Sat 8  | Brisbane Cross Country Series, Race 2                   | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>                              |
| Sat 8  | Queensland Running X-Country, Strathpine                | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>                   |
| Sat 8  | World Swim Series - Gold Coast                          | <a href="http://www.worldsealsswims.com.au">www.worldsealsswims.com.au</a>                       |
| Sat 8  | parkrun 5km - Australia wide                            | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                       |
| Sun 9  | BRRC   21.1km Club Champs, 5km & 10km   West End        | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>                     |
| Sun 9  | Great South Run   5km   10km   21.1km                   | <a href="http://greatsouthern.com.au">http://greatsouthern.com.au</a>                            |
| Sun 9  | Sunshine Coast Run Series - Race 3                      | <a href="http://www.sunshinecoastrunseries.com.au">www.sunshinecoastrunseries.com.au</a>         |
| Sun 9  | Dirt'n Dust Triathlon Festival   900/25/5   Julia Creek | <a href="http://www.dirtanddust.com">www.dirtanddust.com</a>                                     |
| Sun 9  | Gold Coast Triathlon   750/20/5   Gold Coast            | <a href="http://www.goldcoast.com.au">www.goldcoast.com.au</a>                                   |
| Sat 15 | parkrun 5km - Australia wide                            | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                       |
| Sat 22 | Brisbane Cross Country Series, Race 3                   | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>                              |
| Sat 22 | Queensland Running X-Country, Toowoomba                 | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>                   |
| Sat 22 | parkrun 5km - Australia wide                            | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                       |
| Sun 23 | GCB Fun Run   5km & 10km   Robina                       | <a href="http://www.gcbfunrun.com.au">www.gcbfunrun.com.au</a>                                   |
| Sun 23 | BRRC   5km - 25km   West End                            | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>                     |
| Sun 23 | Moreton Bay Triathlon   750/20/5   Moreton Bay          | <a href="http://moretonbaytri.com.au">www.moretonbaytri.com.au</a>                               |
| Sat 29 | Queensland Running X-Country, Chemside                  | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>                   |
| Sat 29 | parkrun 5km - Australia wide                            | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                       |
| Sat 29 | Corporate Triathlon - Gold Coast                        | <a href="http://www.corporatetrifathionsseries.com.au">www.corporatetrifathionsseries.com.au</a> |
| Sun 30 | Hamilton Island Hilly Half Marathon                     | <a href="http://www.hamiltonisland.com.au">www.hamiltonisland.com.au</a>                         |

## MAY

|        |   |  |
|--------|---|--|
| Sat 6  | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                     |
| Sat 6  | Queensland Running X-Country, Yeronga           | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a> |
| Sun 7  | QUT Classic 10km and 5km   Brisbane             | <a href="http://www.qutclassic.com">www.qutclassic.com</a>                     |
| Sun 7  | West-Bix Triathlon - Gold Coast                 | <a href="http://www.westbix.com.au">www.westbix.com.au</a>                     |
| Sun 7  | BRRC   4km - 20km Riverbank Run   West End      | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>   |
| Sat 13 | Brisbane Cross Country Series, Race 4           | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>            |
| Sat 13 | Byron Bay Triathlon   1.5/40/10   Byron Bay     | <a href="http://byronbaytri.com.au">www.byronbaytri.com.au</a>                 |
| Sat 13 | Queensland Running X-Country, Chemside          | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a> |
| Sat 13 | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                     |
| 13-14  | Ultraman Triathlon Australia   10km/420km/8-4km | <a href="http://www.ultraman.com.au">www.ultraman.com.au</a>                   |
| Sun 14 | Mothers Day Classic   4km & 8km   Brisbane & GC | <a href="http://www.mothersdayclassic.com.au">www.mothersdayclassic.com.au</a> |
| Sat 20 | Brisbane Cross Country Series, Race 5           | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>            |
| Sat 20 | Staddle Salute   750/18/8                       | <a href="http://www.staddle.com.au">www.staddle.com.au</a>                     |
| Sat 20 | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                     |
| 20-21  | Tough Mudder - Woodford                         | <a href="http://www.toughmudder.com.au">www.toughmudder.com.au</a>             |
| 20-21  | Warwick Pentathlon - 42.2km   Warwick           | <a href="http://www.pentathlon.com.au">www.pentathlon.com.au</a>               |
| Sun 21 | BRRC   5km, 10km, 20km and 25km   West End      | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>   |
| Sun 21 | West-Bix Triathlon - Brisbane                   | <a href="http://www.westbix.com.au">www.westbix.com.au</a>                     |
| Sun 21 | Rotary Fun Run   1km, 5km, 10km   17 Mile Rocks | <a href="http://www.rotaryfunrun.com.au">www.rotaryfunrun.com.au</a>           |
| Sat 27 | Queensland Running X-Country, Yeronga           | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a> |
| Sat 27 | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                     |
| 27-28  | Noosa Ultimate Sports Festival                  | <a href="http://www.noosafest.com.au">www.noosafest.com.au</a>                 |
| Sun 28 | Griffith Sport Logan Fun Run                    | <a href="http://www.griffith.edu.au">www.griffith.edu.au</a>                   |
| Sun 28 | 7 Rocky River Run   5km   10km   21.1km         | <a href="http://www.7rockyriverfunrun.com.au">www.7rockyriverfunrun.com.au</a> |
| Sun 28 | West-Bix Triathlon - Townsville                 | <a href="http://www.westbix.com.au">www.westbix.com.au</a>                     |
| Sun 28 | Korla Run   10km & 5km   Redlands               | <a href="http://www.runforredlands.org.au">www.runforredlands.org.au</a>       |

## JUNE

|        |  |  |
|--------|--|--|
| Sat 3  | parkrun 5km - Australia wide                     | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                 |
| Sat 3  | Brisbane Cross Country Series, Race 6            | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>                        |
| Sat 3  | Queensland Running X-Country, Chemside           | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>             |
| Sun 4  | BRRC   5km - 30km   West End                     | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>               |
| Sun 4  | City 2 South - Brisbane                          | <a href="http://www.city2south.com.au">www.city2south.com.au</a>                           |
| Sun 4  | Pine Rivers Charity Run                          | <a href="http://www.pineriverscharityfunrun.org.au">www.pineriverscharityfunrun.org.au</a> |
| Sun 4  | Ring Road Run   10km & 5km   Wide Bay            | <a href="http://www.ringroadrun.com.au">www.ringroadrun.com.au</a>                         |
| Sun 4  | Coral Coast Triathlon - Cairns 1.5/40/10         | <a href="http://www.coralcoast.com.au">www.coralcoast.com.au</a>                           |
| Sun 4  | Mackay Marina Run   Half, 8km, 5km   Mackay      | <a href="http://www.mackaymarinarun.com.au">www.mackaymarinarun.com.au</a>                 |
| Sat 10 | Brisbane Cross Country Series, Race 7            | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>                        |
| Sat 10 | parkrun 5km - Australia wide                     | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                 |
| Sat 10 | Queensland Running X-Country, Strathpine         | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>             |
| Sun 11 | Ironman 70.3 Cairns 1.9/90/21                    | <a href="http://www.ironman.com">www.ironman.com</a>                                       |
| Sun 11 | Ironman Cairns 3.8/180/42.2                      | <a href="http://www.ironman.com">www.ironman.com</a>                                       |
| Sat 17 | Brisbane Cross Country Series, Race 8            | <a href="http://qldathletics.org.au">http://qldathletics.org.au</a>                        |
| Sat 17 | parkrun 5km - Australia wide                     | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                 |
| Sat 17 | Queensland Running X-Country, Sandgate           | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>             |
| Sat 17 | Mt Walker Fun Run   4km   Hughenden, QLD         | <a href="http://www.mtwalkerfunrun.com.au">www.mtwalkerfunrun.com.au</a>                   |
| Sun 18 | BRRC   5km, 10km, 15km, 20km and 35km   West End | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>               |
| Sun 18 | Cabundira Foreshore Fun Run 3km & 10km           | <a href="http://www.cabundirafunrun.com">www.cabundirafunrun.com</a>                       |
| Sat 24 | parkrun 5km - Australia wide                     | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                                 |
| Sat 24 | Queensland Running X-Country, Chemside           | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>             |

## JULY

|        |   |   |
|--------|---|---|
| Sat 1  | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                        |
| Sat 1  | Queensland Running X-Country, Bald Hills        | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>    |
| 1-2    | Gold Coast Airport Marathon                     | <a href="http://www.goldcoastmarathon.com.au">www.goldcoastmarathon.com.au</a>    |
| Sat 8  | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                        |
| Sat 8  | Queensland Running X-Country, Mitchelton        | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>    |
| Sun 9  | BRRC   5km - 15km   West End                    | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>      |
| Sun 9  | Somerset Rail Trail Fun Run   8.5km   Lowood    | <a href="http://www.railtrailfunrun.com.au">www.railtrailfunrun.com.au</a>        |
| Sat 15 | Queensland Running X-Country, Strathpine        | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>    |
| Sat 15 | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                        |
| 15-16  | Kokoda Challenge   96km   Gold Coast            | <a href="http://www.kokodachallenge.com.au">www.kokodachallenge.com.au</a>        |
| Sun 16 | Airte Beach Running Festival   2.1km & 10km     | <a href="http://www.airtebeachrunning.com.au">www.airtebeachrunning.com.au</a>    |
| Sun 16 | Jelly 2 Jelly   21km, 10km & 5km   Woody Point  | <a href="http://www.jelly2jelly.com.au">www.jelly2jelly.com.au</a>                |
| Sat 22 | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                        |
| Sat 22 | Queensland Running X-Country, Strathpine        | <a href="http://www.queenslandrunning.com.au">www.queenslandrunning.com.au</a>    |
| Sun 23 | Greater Springfield Duathlon   10km/40km/5km    | <a href="http://springfieldduathlon.com.au">http://springfieldduathlon.com.au</a> |
| Sun 23 | Riverun Ultra Marathon   Brisbane               | <a href="http://www.riverun100.com.au">www.riverun100.com.au</a>                  |
| Sun 23 | BRRC   5km, 10km, 15km & 20km champs   West End | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>      |
| Sun 23 | Pomona King of the Mountain   Pomona            | <a href="http://www.kingofthemountain.com.au">www.kingofthemountain.com.au</a>    |
| Sat 29 | parkrun 5km - Australia wide                    | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                        |
| Sun 30 | Stadium Stamp   The GABBA   5000 stairs         | <a href="http://www.stadiumstamp.com/GABBA">www.stadiumstamp.com/GABBA</a>        |
| Sun 30 | Park2Park   21km, 10km & 5km   Ipswich          | <a href="http://www.park2park.com.au">www.park2park.com.au</a>                    |

## AUGUST

|        |  |  |
|--------|--|--|
| Sat 5  | parkrun 5km - Australia wide                           | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>   |
| Sun 6  | Brisbane Marathon Festival                             | <a href="http://www.brisbanemarathon.com.au">www.brisbanemarathon.com.au</a>                       |
| Sun 6  | 42.2km Brisbane City Marathon                          |  |
| Sun 6  | 21.1km Brisbane Half Marathon                          |  |
| Sun 6  | 10km Brisbane Run                                      |  |
| Sun 6  | 2.2km Kids Mini-Marathon                               |  |
| Sun 6  | Yepoon Triathlon   1.5/40/10                           | <a href="http://yepoontriathlonfestival.com.au">http://yepoontriathlonfestival.com.au</a>          |
| Sun 6  | Townsville Running Festival                            | <a href="http://townsvillerunningfestival.com.au">http://townsvillerunningfestival.com.au</a>      |
| Sun 6  | Cane 2 Coral 15km & 8km Run Run                        | <a href="http://www.cane2coral.com.au">www.cane2coral.com.au</a>                                   |
| Sat 12 | parkrun 5km - Australia wide                           | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>   |
| Sun 13 | BRRC   5km - 15km   West End                           | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>                       |
| Sat 19 | parkrun 5km - Australia wide                           | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>   |
| Sat 26 | parkrun 5km - Australia wide                           | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>   |
| Sun 20 | TLC Fun Run   10km & 5km   North Lakes                 | <a href="http://www.tlcfunrun.org.au">www.tlcfunrun.org.au</a>                                     |
| Sun 20 | Townsville Triathlon Festival   1.5/40/10   Townsville | <a href="http://www.townsvilletriathlonfestival.com.au">www.townsvilletriathlonfestival.com.au</a> |
| Sun 20 | Sunshine Coast Marathon                                | <a href="http://www.sunshinecoastmarathon.com.au">www.sunshinecoastmarathon.com.au</a>             |
| Sun 27 | BRRC   5km and 10km   West End                         | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>                       |
| Sun 27 | Sunday Mail Bridge to Brisbane 5km & 10km              | <a href="http://www.bridgetobrisbane.com.au">www.bridgetobrisbane.com.au</a>                       |
| Sun 27 | Botanic to Bridge   8km & 3km   Gladstone              | <a href="http://www.botanictobridge.com.au">www.botanictobridge.com.au</a>                         |

## SEPTEMBER

|        |   |  |
|--------|---|--|
| Sat 2  | parkrun 5km - Various Locations         | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                   |
| Sun 3  | Airte Beach Triathlon 750/20/50         | <a href="http://www.whitsundayclub.com">www.whitsundayclub.com</a>           |
| Sat 9  | parkrun 5km - Various Locations         | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                   |
| Sun 10 | BRRC   10mile Champs & 5mile   West End | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a> |
| Sun 10 | Sunshine Coast Ironman 70.3             | <a href="http://www.ironman.com">www.ironman.com</a>                         |
| Sat 16 | parkrun 5km - Various Locations         | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                   |
| Sat 23 | parkrun 5km - Various Locations         | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                   |
| Sat 23 | Twilight Bay Run - Wynnum Foreshore     | <a href="http://www.twilightbayrun.com.au">www.twilightbayrun.com.au</a>     |
| Sat 23 | Twilight Bay 5km Run/Walk               |  |
| Sat 23 | Twilight Bay 1km Active Kids Run        |  |
| Sat 23 | Twilight Bay 10km Run                   |  |
| Sat 23 | Twilight Bay Half Marathon              |  |
| Sun 24 | BRRC   5km & 10km   West End            | <a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a> |
| Sat 30 | parkrun 5km - Various Locations         | <a href="http://www.parkrun.com.au">www.parkrun.com.au</a>                   |





# 10 LAWS OF RACING

By Steve Manning  
Intraining Podiatrist and Running Coach

Some runners perform well in races regardless of their preparation. While they have been beaten consistently in training they have the ability to lift themselves to another level in a race.

When their major goal race comes they can pull out a great performance far above what seems realistic. These runners are not out late at night doing secret training. They simply know to follow the ten laws of racing. While talent can assist these runners to perform well, preparation and mental strength has a lot to do with their success. We tend to focus on the physical requirements of training with less regard for what can give us that edge in a race.

Remember that training is a means to an end and that end is a race. Races are the icing on the cake of your running. By following a few important 'laws of racing' you can ensure a top performance when you want it the most.

## 1 SET REALISTIC GOALS

To race successfully you must have a realistic idea of how fast you can run. The best way to see if your goals are realistic is to run a predictor race. A race over a shorter distance a week or two out from your goal race will give you a benchmark that can be calculated out to your goal race distance. The mileage in the previous few months should let you know you can make the distance. The formula to calculate race times is  $(5\text{km time}) \times 2 + 1 \text{ to } 2\text{min} = (10\text{km time}) \times 4.7 = (\text{marathon time})/2.1 = (\text{half mar. time})$ . Interruptions to your training will change your goals. Grasping tightly to goals that are no longer realistic is a recipe for disaster. Goals should be challenging improvements on what you have done before but they must be within your ability. You should also adjust your goals based on the race conditions and how you feel on the day.

## 2 TO RACE FAST, TRAIN FAST

If you never train at race pace or faster, you will find it difficult and uncomfortable running fast in a race. Racing is about running as fast as you can, even for the marathon. Long slow distance does not simulate racing conditions. Distance must be supplemented with speedwork and other races. By running faster than race pace for part of your training you will be able to recover from a fast start or mid-race surge. Pushing your limits in training will teach you how hard you can go and get you to perform at closer to your potential. This fast training should not include your long runs. If you run your long runs too fast the stress will be too great and you will be recovering for a week afterwards. You can simulate the demands of a race without the stress by running the last 3km of your long run at marathon race pace.

## 3 LEARN PACE JUDGEMENT

The way to get the best possible time in a race is to run as even a pace as possible. The most common mistake is starting too fast. The excitement and atmosphere of a race makes it feel easy at the start.

Some people mistakenly believe that a time cushion should be created to ensure against the inevitable slowdown in the last few kilometres. Throughout every race there is a combination of anaerobic and aerobic energy being used at all times. The faster you go the more anaerobic waste products are produced. These waste products interfere with the functioning of your muscles and will slow you down. Produce too much lactic acid early in the race and you will not recover. In training you should practice pace judgement by guessing what you have done in your repetitions. Shorter lead up races should be run at your major goal race pace to see what it feels like to run at goal pace in a race situation. Keep a record of your splits during races to identify if you have done something wrong and learn to run better next time.

## 4 VISUALISE SUCCESS

The first step towards running a good race is believing you can do it. By visualising running strongly the whole race you set up the mental pattern to succeed. In the race itself you will be more relaxed and focused on the job because you have done it all before in your own mind. Think about how you felt running well in previous races and try to replicate that state of mind in your goal race.

## 5 MAKE A RACE PLAN AND DEVELOP TACTICAL SKILLS

To become better at racing you must learn more about what makes you work. Train your weaknesses but race with your strengths. Race plans will ensure that you can get the best possible performance when you want it the most. They will help you to focus on the importance of the race so you do not treat it as just another run. Planning your races will also help you avoid mistakes and cope with unforeseen problems.

Tactics can be important for any ability level to run a better race. They are about running smarter than your opposition and using your fellow competitors as motivation. Pace judgement is the foundation of all tactics. Skills such as surging and kicking to the finish are tactical weapons that should be practiced. If you do not know your own limits than tactics can backfire and get you instead. The best time to practice this is during speed sessions and lead up races. Try to run the last repetition in your speed session the fastest.

## 6 DRINK, DRINK, DRINK

Dehydration has a major effect on your performance. Your ability to cool yourself becomes compromised the more dehydrated you become. As you lose fluid your blood gets thicker and it is harder for your heart to push the blood through your body. Dehydration and heat stroke are one of the most common and serious problems you will encounter in a race. You should start drinking before you are thirsty. Your body can only absorb about 150mls every 15 minutes so do not overdo the drinking but drink frequently. In events longer than 2 hours you need a drink with salts included. If you only drink water then you may be at risk of diluting the electrolytes in the blood. This can lead to a much more dangerous condition called hyponatremia which has similar symptoms to dehydration.

Drinking is the best way to top up your glycogen reserves with a sports drink with carbohydrates. You can replace or supplement that with some gels if you wish. Gels with caffeine will give you an extra boost when you need it at the end of your race.

## 7 DO NOT EXPERIMENT

Your major goal race is not the time to experiment with a new drink or new clothes. You should have practiced everything in your lead up races or in training to see if there is a problem. This includes everything down to your underwear. Have nothing new but have everything in good condition.

## 8 CHECK YOUR EQUIPMENT

In running races your footwear is your most important equipment. There is nothing worse than running a race in worn out shoes. The extra demands of a race can bring to light the inadequacies of your shoes. You should check them before the race to make sure they still offer enough support and cushioning. It is better to risk running in a new pair of shoes than trying to struggle through the race in worn out ones.

## 9 MAKE A CHECKLIST

The morning of the goal race is a bad time to pack. You should make a checklist of what you will need the week before the race and get everything together the night before. The stress of the race morning is bad enough without forgetting your running shorts.

## 10 HAVE FUN

Races should be peak experiences. Be process focused rather than outcome focused. Too much worry about your results will create anxiety and lead to poorer performances. Be committed to doing the right things in your goal race that you have practiced in training. Then smile for the camera at the finish.

# WRITING YOUR OWN Cinderella Story

By Emily Donker Podiatrist and Running Coach

Trust your Prince Charming (local specialty running store) to assist you through the process of finding your perfect running shoes...

Finding your ideal running shoe can be exceptionally challenging. There are many factors to consider - all of which require significant thought and consideration. Although some runners are lucky and can get away with wearing pretty much any shoe, for many runners the quest to find the right shoe can resemble Cinderella's story. In such cases, specialty running stores (eg. Intraining Running Centre) are the unsung hero - the Prince Charming who can assist you through the process of finding the perfect shoe.

Buying online is fraught with danger. Even those who have been running in the same shoes for many years can get caught out. Shoe brands are innovative and constantly working to improve their shoes. Most brands change the configuration of their shoes annually, and as such, even if you've run in the same shoe model for eternity, the new version may not be suitable.

Incorrect sizing and poor fitting are the most common issue resulting from online purchases. Sizing varies so much between different shoes, and there are many factors to consider with regard to fitting - not only the length, but also the width, depth, shape of the toebox and shape (last) of the shoe as a whole. Poorly fitting shoes can cause a multitude of issues, such as blisters, calluses and neural symptoms. Even if you're lucky and purchase a comfortable, well-fitted shoe online, there has been no comparison to other shoes throughout the buying process, and there could be a better shoe out there that you haven't found yet.

Although buying online might save you a few dollars short term, the risk of buying an ill-fitting shoe that doesn't suit your needs is significantly increased. If you choose to buy online, you should collect your saved pennies in a jar for later use. Unsuccessful purchases often require follow up with a podiatrist or another health professional to rectify the issues, as well as another new pair of shoes.

The benefits of purchasing your running shoes from a bricks and mortar running store can't be underestimated. Trying on the shoes, and being able to run even just a few strides in them can make a huge difference to the success of your purchase.

The staff at specialty running stores generally have more knowledge and experience specific to fitting running shoes, and will take the time to assist you through the fitting process. Comparatively, general sports stores will

often offer a range of running shoes, but the service provided will not be specific to your needs and desires as a runner.

Purchasing from a store will allow you to try many different pairs - different styles, sizes etc, and compare them in the same environment. More recent research into footwear suitability has shown that fit and comfort are the most important factors to consider, above and beyond choosing the correct support for your feet. Direct comparison between different shoes will help you decide which shoes are most comfortable and offer the best fit. Feel and suitability are also exceptionally important. The amount and type of cushioning will affect both feel and suitability. More cushioned shoes are generally slightly heavier and more durable, and therefore more suited as a training shoe. Each shoe uses different compounds in the midsole, so will feel different underfoot. Feel is about perception, and only you can be the true judge. Some runners like a firm underfoot feel, and others prefer soft.

Feel and suitability can affect both your injury risk, and your enjoyment of running.

Cushioning, stability, flexibility and purpose should all be considered to determine suitability. The service and advice you receive when buying from a store is priceless. Take the time to discuss your purchase and determine which type of shoe will be best for the running you're doing. Are you running trails, roads, hills, fast, racing, triathlon - the list goes on, and there are shoes that will be more suited than others to each of these different types of running.

Stability is essential for some runners (those who pronate/roll in), and can be detrimental to others (runners with a neutral gait). It's important to ensure you're fitted for the correct shoes. The staff at a specialty running store have sound knowledge of these concepts and will be able to advise whether or not a shoe is suited to your foot and running biomechanics. Running in the shoes whilst trying them is vital to ensure their suitability. Your stride should feel natural and easy, and ideally you should have a quiet foot strike. If you're striking loudly, feel like you're fighting the shoe, or it's changing the way you naturally want to run, then it's probably not the ideal shoe for you. Again, the staff can provide guidance and feedback on this after watching you run in the shoes.

Invest the time and money into your next running shoe purchase, and make the effort to visit your local specialty running store. If you're in Brisbane, visit Intraining Running Centre. Our staff are all runners and have been trained by our podiatrists. They will happily act as your Prince Charming and assist you through the process of buying your next pair of running shoes.

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# runners hotlist

## all the essentials



### 2XU COMPRESSION

Over the post exercise muscle soreness? Compression may be the solution.

Compression is an important feature that you could be missing out on and should be used for all athletes, from beginner to elite. Some benefits of compression include greater oxygenation of blood to the area for faster recovery, faster muscle warm up pre-exercise and reduced muscle soreness. 2XU Compression is made of highly breathable, lightweight and supportive materials designed to offer maximum power, flexibility and movement for all activities.

2XU has a range of compression models from tights, shorts and calf sleeves, right down to compression socks. All these are suitable to wear both during and post exercise and even under your work pants to further help with recovery. And, if you're like me and want the benefits compression clothing provides in relation to performance and recovery but don't want to sacrifice your fashion style, 2XU has you covered. They offer a range of different coloured products to suit a wide variety of styles.

Daniel Crockett

### CAMELBAK HYDRATION

Going for a long run or hike where there is no water supply? There are a few options. Just do it and hope for the best - bad idea. Drink from a creek - worse idea. Head out beforehand and stash water - inconvenient. Carry a handheld - useful for shorter runs. Wear a hydration pack - now we're talking! Our latest range of Camelbak hydration packs have new improved bladders that allow 20% more water flow than previous models. The large opening makes it easier to add ice-cubes and easier to clean. The flatter surface area means it won't expand out too far, and the tapered shape means it fits nicely against your back. The bladders are great, but so are the packs. Come in to the store, try them on, see how comfy they are. Shapes and sizes vary, as do added features (pockets for phones, food etc). Prices range from \$79.95 to \$219.95. With our expert help you'll find the perfect Camelbak for your needs.

Theresa Fabian

### REFLECTIVE HEADWEAR

The reflective Nike AeroBill running cap will quickly become your go-to favourite. It has all the features you expect in quality running apparel like the sweat-wicking technology, breathable mesh panels & lightweight polyester material. This cap is so soft and light you'll forget you're wearing it! With a Velcro strap for that perfect customised feel, you'll never be distracted by an ill-fitting cap in an important race again. What makes this cap really stand out from the crowd is the reflective trim for enhanced visibility during low-light conditions. This is ideal for pre-dawn or night-time hat wearers like me who like to keep hair away from their face regardless of the weather.

Intraining has a great selection of Nike, New Balance and 2XU reflective caps and visors for all your headwear needs. Prices range from \$19.95 to \$39.95. Come in and check them out.

Keri Hodge

### INJINJI SOCKS

How can something so small and seemingly innocent cause so much discomfort? Most runners will be able to relate - just think back to the last time you had blistering or chafing. Runners often obsess about shoes, but fail to realise the importance of socks. They act as the first interface to your foot and significantly influence in-shoe comfort.

Have you tried the socks that make your toes look like wiggly, coloured sausages? Injinji Performance Toe Socks isolate each toe to eliminate all skin-on-skin friction and prevent blisters on even the longest of runs. They are made from Coolmax XtraLife, a moisture-wicking fibre that keeps your feet cool and dry. The seamless design ensures no irritation and the lycra content means they fit feet and toes of all shapes and sizes. The cuff on the trail version helps keep out dirt and debris, and provides protection from ankle-high trail and hiking boots. Injinji socks are available in various thicknesses and an array of eye-catching patterns.

Muriel McLean

### BODY GLIDE

Many runners have been unlucky enough to experience a painful post-run shower caused by chafing. Prevention is key. Anti-chafe products protect you from hot spots, friction and skin irritation.

BodyGlide is the world's number one anti-chafe product. It can be applied to prone areas such as inner thighs, sports bra line, underarms, nipples, and even feet. It can also be put directly on to clothing, packs, footwear, or other items that may cause irritation. BodyGlide balm is made from natural ingredients, leaves no sticky, oily or powdery mess, and is effective for 8+ hours.

Protect your skin with BodyGlide, and your post-run showers will be much more pleasant!

Muriel McLean



### TIFOSI SUNGLASSES

The Tifosi sunglasses offer the perfect synergy between innovative technology and practical use. They are made of shatterproof and scratch resistant polycarbonate material. To reduce eye strain and fatigue the lenses contain UV/UVB protection as well as Glare Guard lens coating.

Included in the range are models with a single lens. There are also some with interchangeable lenses, each allowing a different percentage of light transmission - smoke or brown for full-sun, red for sunny-to-cloudy, clear for low light conditions.

The peak of Tifosi technology lies in their Fototec lenses. These automatically adjust to low or bright light, and come in a variety of coloured lenses. The frames have adjustable ear and nose pads to provide great comfort and durability.

Starting at just \$49.95, Tifosi have the market covered with a high quality, functional and great looking sunglass that are our new 'go to' range of eyewear.

The great mix of innovative technology and comfort makes the Tifosi sunglass range able to cater for all runners. Pop into Intraining Running Centre and give them a try.

Hamish Hamilton

### NATHAN QUICKSHOT

The Nathan QuickShot Plus and SpeedDraw Plus both offer an exciting handheld alternative for those who like to carry fluids on the run. Just slip your hand through the strap and you're ready to go!

Design features include an air mesh moisture-wicking hand strap, a one-way valve to stop spillage, and an expandable zippered pocket that is perfect for small items such as gels, keys, cash, mobile phones etc. The SpeedDraw Plus has a double-layered insulated bottle to keep your chosen rehydration fluid cold even on the hottest day.

The QuickShot Plus (\$34.95) holds 300 ml. The SpeedDraw Plus (\$54.95) holds 535ml and has an adjustable handle. Both offer grip free running.

They have a reflective strip and come in a variety of colours including Cockatoo, Very Berry, Estate Blue, Sparkling Cosmo and Andean Toucan. Andean Toucan? What is Andean Toucan? Come in to Intraining and you'll find out!

Shaun Lee



## (RUNNERS PICKS) LUST LIST



### CEP COMPRESSION

CEP is the latest in compression gear to hit Intraining. This German based company that has had huge success overseas has finally arrived on Australian shores. CEP garments deal with a large range of issues that can plague you during and after your run.

Benefits include -

- Improving blood circulation through the muscles before, during, and after exercise
- lowering the risk of suffering from DVT while travelling ... studies show that due to their lower resting heart rates athletes make up 85% of the people who experience DVT while travelling
- minimising the risk of muscle cramping, as well as keeping the muscles warm during winter
- wicking moisture away from the feet, keeping them cool and dry
- improved endurance performance and power over longer distances
- anatomical measurements for men and women, ensuring the fit is perfect
- reduced chance of injury ... that's a winner right there!

With plenty of colours to choose from, CEP is the perfect choice for your compression gear. Drop by Intraining and pick up your supply today.

Liam Woollett

### BLACK DIAMOND HEADLAMPS

Shorter days are fast approaching, and due to busy lifestyles many of us will end up running in the dark before sunrise or after sunset. Black Diamond's ingenious range of headlamps will help keep you safe and light the way ahead. They are compact, super-lightweight, durable, rain proof and powered by three AAA batteries (included). The headbands are comfortable to wear even for long periods.

Intraining stocks three models:  
Gizmo - max power 90 lumens, 30 metre beam distance, 30 hour battery life, \$44.95  
Cosmo - 160 lm, 60 m, 50 h, \$84.95  
ReVolt - 130 lm, 70 m, 70 h, \$119.95

The award-winning ReVolt is also USB re-chargeable - it is reassuring to know the device can be easily and cheaply restored to full power before every run. All feature a strobe setting. Cosmo and ReVolt have a lock mode and red LEDs for better night vision.

James Bell



# Gold Coast Airport MARATHON 1-2 July 2017



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No booking required.

Session fees \$5 for members / \$8 casual attendance

Join the club for even more benefits

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[www.facebook.com/intrainingrunningclub](http://www.facebook.com/intrainingrunningclub)

### BEGINNERS GROUPS

These are easy introductory sessions to guide novices from starting running/walking to being able to run 5km or 10km non-stop. Focus on improving fitness, building endurance, running technique and pacing. Makes running fun.

Monday: 6pm

• Intraining Shop Milton James • Cleveland Point (North St near Lighthouse) Liz

Tuesday: 6:30pm

• Chermide West, Huxtable Park Solly & John

Wednesday: 6:00pm

• Intraining Shop Milton Gerard

### THRESHOLD RUNS

A controlled pace session learning to run at the specific pace of your goal race for 10km to a marathon.

Thursday:

5:15am Indooroopilly, Ambrose Treacy College Carpark, Bridge St, Peter

6pm Milton, Intraining Running Centre, 33 Park Road Milton, Leo

6:30pm New Farm Park Ringroad Tracy

6:30pm Wavell Heights, Shaw Rd - Kedron Brook Bike Path Solly & John

Friday:

5:30am onr MacGregor St & Heather St, Wilston

Paul and Matt

### NIGHT FLYERS

Intraining Night Flyers is an interval based running session forming part of the Intraining Running Program. The group is dedicated to providing a safe and social atmosphere for runners from beginner to advanced who wish to run later in the evening. Helpful for parents and open to both male and female runners.

Thursdays 7:30pm

Indooroopilly, Corner Fairley St and Lambert St

Paula

### ADVANCED SPEED

A second speed session of shorter repetitions for experienced runners and high school students. Finished by 7am.

Thursday 6am:

UQ Track, St Lucia Steve

### SUNDAY LONG RUNS

5:30am long runs are either from the intraining shop Milton, Brisbane Road Runners at West End or an alternate venue.

These are listed on the calendar on the website and also in each weekly email.

### SUNDAY TEEN RUNNING

A casual running group for teenagers who want to improve their fitness and endurance. Goal is to run 5km or further, to sleep in then enjoy an afternoon run, and to provide a supportive, social environment to chill out and run.

Summer times: 5pm.

Venue may vary.

See website for details.

### SPEEDWORK - TUESDAYS

5:00am New Farm Park Ringroad

Emma & Susie

5:30am Tennyson Old Tennis Centre, King Arthur Terrace Yeronga

John

5:30am Chapel Hill - Green Hill Reservoir, Russell Terrace.

Margot

5:30am Nathan, QEII Athletics Track

James

5:30am Wilston, Noble St Downey Park

Paul & Matt

5:30am UQ at St Lucia, Athletics Track Carpark riverend

Emily

5:30am Stones Corner, Lincoln St, Stones Corner

Steve

5:30pm New Farm Park Ringroad

Peter

6:15pm Springfield, Robelle Domain Cafe, Education City Dr.

Peter

6:15pm UQ at St Lucia, Cnr Keith St & Macquarie St

Steve

6:30pm New Farm Park Ringroad

Tracy

6:30pm Huxtable Park, Chermide West

John & Solly

## WANT TO RUN?

Don't know where to start?

**COUCH<sup>2</sup> 10KM**

13 WEEK PROGRAM DATES

Program 1: 30 January – 30 April 2017

Program 2: 1 May – 30 July 2017

Program 3: 31 July – 29 October 2017

Program 4: 30 October – 28 January 2018

JOIN ANYTIME [www.intraining.com.au/couch210km](http://www.intraining.com.au/couch210km)



# brisbane

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**AUGUST 06**  
**2017**

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