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NOVEMBER 2012

♥ 2 RUN

**LET'S GO
RUNNER
SHOPPING**

P 8-9

RUNNERS RECIPE

Tickle your tastebuds

Lower back pain

**FUN RUN
CALENDAR
Pg 5-6**

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Running & Triathlon Club

Phone: 07. 3367 3088
33 Park Road Milton

November 2012

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November²⁰¹² contents

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Running at the mouth:

Why do we run?

There are probably as many reasons for running as there are runners.

Whatever your own answer to the question of “why you run” it probably has changed as your experience, ability and life has changed.

Many runners start up to get fit and lose weight after their sloth has become too much to bear. This can be a great initial motivator but it is often the social aspect of running that keeps them going past the initial few weeks. Running then becomes fun - especially if you are running with a group of similar ability. For many runners, running becomes a daily routine like meditation that gets them mentally ready for the day.

Most people need a goal to train towards. Initially it is to run 5km non-stop. Then it is a short race of 5km to 10km. Eventually most runners are able to train for a half marathon. The marathon distance itself takes a bit more commitment and sacrifice however half marathons are an achievable realistic goal for most runners on minimal training.

Once you start to live the running lifestyle you will plan your holidays around what race you want to do. Your running will have an impact on the rest of your life as you eat better and go to bed early on Saturday nights to be fresh for the Sunday long run. The question then becomes “why doesn't everyone else run too?”

For the altruistic, running is for others. They run for a cause raising funds for a charity. The Melbourne Marathon raised \$775,000 this year alone. The New York and London marathons have charity entries. You have a one in 15 chance of getting an entry through the lottery or you can get a guaranteed entry if you run for a charity raising \$5000 or more. These events have a massive positive impact on the community raising many millions of dollars for charity.

Whatever the reason “why you run” its is likely to be for a positive reason. If you are struggling with motivation you may find it by thinking about the many great reasons to run.

by Steve Manning



Keep up to date with everything running when you become a friend of intraining Running Centre on Facebook

CONVENTIONAL SHOES

	Adidas	Asics	Brooks	Mizuno	New Balance	Nike	Saucony
Motion Control			M Beast W Ariel Addiction	Alchemy	940		
Moderate Stability	Adistar Supernova Sequence	Kayano 3030 2170 1170	Trance Adrenaline Vapor	Nirvana Inspire	1260 860	Equalon StructureTriax	Hurricane Omni Guide
Mild Stability	M Adizero	Ds Trainer	Ravenna	Elixir	870	LunarEclipse Lunar Swift Lunar Glide	Mirage
Firm Neutral	Adistar Ride SupernovaGlide	Nimbus	Glycerin Dyad	Creation Enigma Rider	1080	Vomero Atlas	Triumph
Flexible Neutral		Cumulus	Ghost W Defyance-2A	Ultima Precision	880 -4E	Pegasus	Ride
Racer-Trainers	M Adizero W Adizero Aegis	DS Trainer	Ravenna	Elixir Precision	1090 890	Lunar Fly Nike Free	Mirage
Kids	SupernovaGlide Supernova Sequence Response Cushion	2160 Nimbus	Adrenaline Ghost	Nexus	860 880 740		Guide Ride
Trail		Trail Sensor Fuji Racer	Cascadia Adrenaline ASR				
Road Racing	Adizero Adios	DS Racer Hyper Speed W Tarther	T7 Racer Racer ST Green Silence	Ronin Universe	900	Lunar Racer Lunar Spider R Lunar Spider LT ZoomSpeed Spider ZoomSpeed Lite	Kinvara Grid Type A5
Spikes	Adizero Cadence Adizero Avanti	Hypersprint JapanLightning Hyper LD		Tokyo		Zoom Superfly Zoom Rival Victory Matumbo Forever XC	EndorphinMD EndorphinLD
Waffles/ Kids Racing	Adizero Ace			K Transdash	K230	W Jana Waffle Waffle Racer	K Kinvara

MINIMALIST RUNNING SHOES

		CushioningLevel				Heel-Forefoot Differential				Flexibility			Suitable for Trail
		Ultra	Moderate	Mild	Minimal	0mm	3mm	4mm	8mm	High	Moderate	Low	
VIBRAM liveinrunners	TrekSport				✓ - 8mm	✓				✓			✓
	Bikila				✓ - 6mm	✓				✓			
	Bikila LS				✓ - 6mm	✓				✓			
	Komodo Sport				✓ - 6mm	✓				✓			
	KSO				✓ - 5mm	✓				✓			
inov-8	Sprint				✓ - 3mm	✓				✓			
	Kids KSO				✓ - 5mm	✓				✓			
	Bare-X Lite 150			✓		✓				✓			
HOKA ONE ONE	F-Lite 195			✓			✓			✓			✓
	X-Talon 190			✓			✓	✓			✓		✓
	Stinson Evo	✓						✓				✓	
BROOKS	Bondi B	✓										✓	
	Pure Connect*		✓					✓			✓		
new balance	Pure Flow		✓					✓			✓		
	Pure Cadence*		✓					✓			✓		
NIKE	Road Minimus			✓		✓				✓			
	Trail Minimus			✓		✓				✓			✓
saucony	Free 3.0			✓				✓		✓			
	Free Run		✓						✓		✓		
	Mirage		✓					✓			✓		
	Kinvara		✓					✓			✓		
	Hattori			✓						✓			

LOWER BACK PAIN

by Doug James
Podiatrist: B.HlthSci (Pod) (Hons), M.APodC, M.SPQ
Physiotherapist: M.PhtySt, M.APA



Back pain is a fairly common occurrence with up to 80% of Australians likely to experience some form of it during their life time. When it first happens, back pain can be quite concerning as it is uncomfortable and usually results in some temporary stiffness in the back. A frequently asked question I get is “can I run with back pain?” It is never a straight forward decision as it depends on the area of the back involved, and the nature of the symptoms.



Back pain will affect most people some time in their life

It is important to note that if you have had one of the following then you should see a health professional before continuing running:

- Have had a traumatic (impact) injury
- Have constant strong pain, a fever or recent illness
- Have back pain that causes leg pain, muscle weakness and/or bladder dysfunction
- Running causes and/or exacerbates the pain

The following article can offer some insight into back pain management and how to avoid it.

Lower back pain

The lumbar (lower) region is by far the most common site of back pain. The lumbar spine is required to support the weight of the upper body while enabling bending and twisting movements. To achieve this, the 5 thick lumbar vertebrae bones are separated by discs, and utilise a series of strong ligaments and muscles for both support and movement. All of these structures are subject to stress and can result in pain and stiffness.

Mild muscle or ligament strains: these can occur after using poor lifting techniques (ie bending from the hips instead of bending your knees) or performing repetitive bending or twisting (eg gardening). Mild strains are thought to be the more common cause of lower back pain and will usually resolve in a few days - up to a month. The onset of symptoms isn't always instantaneous and may be felt as pain and stiffness in the lower back the following day. This injury is often worse in the morning or after prolonged sitting, but will usually 'warm up' with movement or a hot shower.

Self treatment: use heat packs, gentle stretching, and avoid sitting for longer than an hour at a time with standing up to stretch.

Physiotherapy: massage, joint mobilisation, taping, rehabilitation exercises.

Prevention: always use correct lifting technique (even for small objects), and maintain good core strength.

Can I run? Running may be uncomfortable for the first couple of days, but should be fine to continue provided it doesn't increase the pain during it.

Disc Herniation (bulge): disc injuries are a less common cause of lower back pain, and are usually more severe. Incorrectly referred to as a 'slipped disc', this term is misleading as the disc does not move out of position, instead it bulges to one side which can impact on nerves. Sometimes the sciatic nerve can become impacted by the bulge or associated inflammation and may result in referred pain to the buttocks or back of the leg (sciatica). Similar to strains, disc herniation can be caused by using poor lifting techniques however pain is usually felt straight away.

Treatment and Prevention: is fairly similar to that of a strain, but generally has a slower healing time of up to a few months. It is advisable to see a health professional as proper diagnosis and early intervention are important for faster healing.

Can I run? See a health professional first to get clearance.

Sacro-Illiac Joint pain: this injury was covered in more detail in the previous issue (see 'Buttock Pain' in the July 2012 magazine).

Other causes of lower back pain: in the absence of a traumatic (impact) or exertion related cause of lower back pain, it is important to look at posture and running form as a contributing factor.

Postural cause: If you sit for an extended amount of time or do a lot of cycling, your hip flexors and hamstrings can become tight which puts stress on the lower back. This often occurs in conjunction with having weak buttock muscles and can require a concerted effort to correct.

Treatment and prevention: avoid sitting for prolonged periods without occasional breaks to stand and stretch hip flexors throughout the day.

Physiotherapy: is useful to assess posture and identify muscle imbalances. Treatment of this includes soft tissue release (massage, dry needling) for muscle tightness, and a strengthening program for weak muscles.

Can I run? Yes, but make sure you warm

up properly (5-10minute easy jog), and spend time stretching problematic muscles immediately afterwards.

Form related cause: in some cases your running form may be to blame for the back pain. Common form faults include overstriding, asymmetrical arm swing, and hunched upper back / shoulder posture. Additionally your footwear, foot pronation and knee alignment may be contributing to strains in your hips and lower back.

Podiatry assessment: can be useful to provide a thorough running form analysis to identify form faults in technique. Gait analysis to identify any foot / footwear related issues.

Treatment and prevention: identify form faults and correct accordingly. Appropriate footwear is important, and in some cases orthotics may be beneficial. Taping and strapping can also help to temporarily correct alignment.

Can I run? Yes, but pay attention to correcting any form flaws you may have, especially as you fatigue.

Due to the complex nature of the lumbar spine there are a number of injuries that can occur. If you are concerned about the pain that you are experiencing, or wanting a gait and running form analysis please contact InTraining Running Injury clinic on (07) 3367 3088 today.



Correcting muscle imbalances can help avoid back pain

TOP TIPS FOR AVOIDING LOWER BACK PAIN

- Always use good lifting technique no matter how small the object
- Avoid prolonged periods of sitting without regular breaks
- Address muscle imbalances through stretches and core strengthening
- Have a sports podiatrist assess your running form to identify flaws
- Warm up and cool down properly after your run

THE INJURY LIFECYCLE

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



Running seems like a simple sport to participate in. But it can be a high risk activity for injury. The musculoskeletal system undergoes many changes as it adapts to the stress of running. When you first start running, or any time you significantly increase the training load, it takes 6 to 10 weeks before it feels easier and injury risk is reduced.

Making it through this time is very challenging especially for new runners. Many will give up before they complete this stage. Niggles are a part of the running experience but what is important is that they do not progress into an injury.

Recognising the early signs of an injury, and obtaining help quickly, can greatly reduce the time off of training. When you see a sports medicine professional the initial appointment should not only include treating the symptoms, but making a diagnosis, identifying the cause and creating a plan to return to training.

Treat symptoms

Symptomatic treatment such as rest, ice, anti-inflammatory gels and tablets, compression and elevation can reduce the pain but more importantly may cure an injury before it becomes chronic. Trying to treat the symptoms alone will rarely be adequate to prevent the injury from recurring.

Make a diagnosis

The symptoms can often lead you to an accurate diagnosis of an injury. Also <http://physioworks.com.au/Injuries-Conditions/Regions/runners-knee.jpg> ng with a structural and biomechanical assessment, a gait analysis and palpation of the area to reproduce pain, in most cases you can establish the tissue that is affected. However in some cases further investigations are required like an MRI, ultrasound or x-ray. It is critical that an accurate diagnosis is made because different treatment regimens will work with different injured tissue.

Identify Causes

Why did this injury occur? The most significant factor in resolving an injury and stopping it coming back is to identify what factors caused it in the first place.

Many injuries have different and sometimes opposite causes. As an example the ITB can become irritated from pronation (rolling in) and by supination (rolling out). There is no generic quick-fix for injuries. Every runner's problems need to be evaluated based on their own specific structure and function.

Training errors are by far the most common cause of injuries. Increasing the distance, intensity and frequency of sessions can have an impact on the body's ability to adapt to the new training load. If you do not have adequate recovery between sessions, your body is being loaded when in a fatigued and weakened state. This significantly compromises the adaptation process, and over time, can cause breakdown of the musculoskeletal tissue.

Running Shoes can have a significant impact on an injury. Worn out shoes, shoes too small or the wrong shape for your feet, and shoes with inappropriate support may all contribute to injury. Shoe wear is a gradual process. The runner will often not notice when a shoe is no longer safe to run in. You should replace your shoes after 800 to 100km or at least each year as a minimum. By running 20km a week you will get 1000km up in one year.



Biomechanical causes of injury may be related to the structure of your feet and

legs, your strength and flexibility, or the recruitment of muscles in a coordinated fashion. They may need to addressed with strength program's, orthotics or gait modification.

Create a Rehab plan

Any sports medicine professional you see should be able to give you the most likely diagnosis of your injury, the factors that caused the injury, the likely prognosis or duration to resolution of the injury, and a back up plan if the injury does not resolve as predicted. If they are not forthcoming with this information then you need to ask. This is the minimum that is required for you to be confident in their care.



There is a treatment ladder that should be followed from the least complicated and least expensive plan through to more difficult and expensive options. Jumping into orthotics or surgery before addressing factors like training, footwear and running form is rarely appropriate.

You should leave an appointment with a clear understanding of how to deal with and manage your injury and prevent it from recurring.

Intraining Running Injury Clinic has podiatrists and a physiotherapist who specialise in running and sporting injuries. They are experienced runners with years of experience as athletes and coaches, and work with runners, walkers and sporting people from beginner to elite.

33 Park Rd, Milton
Phone: 3367 3088

intraining podiatry and physiotherapy can help with:

- ◆ Pain in the Foot, Heel, Ankle, Knee, Hip and Back
- ◆ Running Form and Movement Analysis
- ◆ Biomechanics and Postural Problems
- ◆ Ingrown Toenails and Blistering

OPEN 7 DAYS

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

Call now to book an appointment ph: 3367 3088

QLD running + triathlon calendar

NOVEMBER - MARCH 2013

NOVEMBER

Sat 2	PwC Cool Night Classic - 5km Run and 3km Walk	www.intrainingevents.com.au
Sat 3	parkrun 5km - New Farm Park	www.parkrun.com.au
Sun 4	Asics Noosa 5km Bolt	www.usmevents.com.au
Sun 4	Noosa Triathlon 1.5/40/10	www.usmevents.com.au
Thu 8	Brisbane Road Runners 10km Handicap & 5km	www.brisbaneroadrunners.org
Sat 10	intraining Nike 1500m Classic - UQ	www.uqsport.com.au
Sun 11	parkrun 5km - New Farm Park	www.parkrun.com.au
Sun 11	Nova 106.9 Mousdash Mt Coot-tha Fun Run	www.weekendwarriorevents.com.au
Sun 11	Ashgrove Flying Four X Country	www.ashgroverangers.org
Sat 14	Hamilton Island Triathlon 750/20/5	www.whitsundaytriclub.com
Sat 17	Solar Eclipse Marathon - Port Douglas	http://solar-eclipse-marathon.com
Sun 18	parkrun 5km - New Farm Park	www.parkrun.com.au
Sun 18	Tour de Tamborine 5km and 10km	www.tourdetamborine.com.au
Sun 18	Gatorade Triathlon Series - Race 2 - 400/15/4	www.qldtriserries.com.au
Fri-Sun 18-21	Brisbane Road Runners 10, 5 & 2km	www.brisbaneroadrunners.org
Sat 24	Endeavour 500km Road Running Relay	www.endeavour.com.au
Sat 24	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 25	Tre-X QLD Enduro Race 2 - 700/20/8	www.tre-x.com.au
Sun 25	Triathlon Pink (Kawana Waters)	www.triathlonpink.com.au
Sun 25	Kingscliff Triathlon 1.5/40/10	www.qsmsports.com

DECEMBER

Sat 1	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 2	Variety Santa Fun Run 5km	www.varietysantarun.com.au
Sun 2	Brisbane Road Runners 10km and 5km Champs	www.brisbaneroadrunners.org
Sun 2	Ashgrove Flying Four Cross Country	www.ashgroverangers.org.au
Sun 2	Toorbul Triathlon - 1.5/40/10	www.toorbultriathlon.com.au
Sat 8	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sat 8	QA All Comers Meet (QSAC)	www.qldathletics.org.au
Sun 9	Bribie Island Triathlon - Race 2 - 1000/29/8	www.bribietri.com
Sun 9	Kurrawa to Duranbah 25km & 50km	www.au.ra.asn.au/Kurrawa.html
Sat 15	Queensland Relay Championships	www.qldathletics.org.au
Sat 15	parkrun 5km - New Farm Park	www.parkrun.com.au
Sun 16	Gatorade Triathlon Series - Race 3 - 750/20/5	www.qldtriserries.com.au
Sun 16	Brisbane Road Runners Dash & Splash 5km/100m	www.brisbaneroadrunners.org
Fri 21	QA All Comers Meet (Gold Coast)	www.qldathletics.org.au
Sat 22	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sat 29	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au

JANUARY

Sat 5	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 6	Brisbane Road Runners 5km & 10km - No watches	www.brisbaneroadrunners.org
Sat 12	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 13	Resolution Run 5km and 10km	www.resolutionrun.com.au
Sun 13	Gatorade Triathlon Series - Race 4 - 750/20/5	www.qldtriserries.com.au
Sat 19	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 20	Queensland Aquathlon 2.5/1/2.5	www.triathlonqld.com.au
Sat 26	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au



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FEBRUARY

Sat 2	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 3	Tre-X QLD Enduro Race 3 - 500/15/6	www.tre-x.com.au
Sun 3	Goondiwindi - Hell of the West Triathlon 2/80/20	www.hellothewest.com
Sun 3	Gatorade Triathlon Series - Race 5 - 400/15/4	www.qldtriserries.com.au
Sat 9	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 10	Bribie Island Triathlon - Race 3 - 1000/29/8	www.bribietri.com
Sat 16	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
22-24	Queensland Junior Championships	www.qldathletics.org.au
Sat 23	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 24	Sports Super Centre Series - Race 1 - 5km and 10km	corporatchallenge.com.au/fun-runs
Sun 24	Sunshine Coast Run Series - Race 1	www.sunshinecoastrunseries.com.au
Sun 26	Gatorade Triathlon Series - Race 6 - 400/15/4	www.qldtriserries.com.au

MARCH

Sat 2	Queensland Running X-Country, TBA	www.queenslandrunning.com.au
Sat 2	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 3	Bribie Island Triathlon - Race 4 - 750/20/5	www.bribietri.com
Sat 9	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 10	Kings of the Coast - Caloundra - 1.9km and 3.8km	www.weekendwarriorevents.com.au
Sun 10	Kingscliff Triathlon 1/30/8	www.qsmsports.com
Sun 10	International Womens Day Fun Run 5km	www.womensdayfunrun.com.au
12-17	Australian Junior Championships (Perth)	www.qldathletics.org.au
15-17	Mooloolaba Triathlon Festival 1.5/40/10	www.usmevents.com.au
Sat 16	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 17	Sports Super Centre Fun Run Series - Race 2 - 5km and 10km	corporatchallenge.com.au/fun-runs
Sat 23	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sat 23	Queensland Track Classic (QSAC)	www.qldathletics.org.au
Sun 24	Twilight Running Festival 2013, St Lucia	www.twilightrun.com.au
Start: 4.00pm	Twilight 5km Run/Walk	www.twilightrun.com.au
Start: 4.45pm	Twilight 1km Active Kids Challenge	www.twilightrun.com.au
Start: 5.00pm	Twilight 10km Run	www.twilightrun.com.au
Start: 5.00pm	Twilight Half Marathon	www.twilightrun.com.au
Sun 24	BDO Brisbane Cool-tha Challenge Bike Ride	www.bq.org.au
26-28	Queensland Open & AWAD Championships	www.qldathletics.org.au
Sat 30	parkrun 5km - New Farm, Wynnnum, Northlakes & Southbank	www.parkrun.com.au
Sun 31	Sunshine Coast Run Series - Race 2	www.sunshinecoastrunseries.com.au

Major Australian Events

Dec 4	Western Australia Ironman 3.8/180/42km	www.ironmanwesternaustralia.com
Mar 9	Six Foot Track Marathon	www.sixfoot.com
Mar 24	Twilight Running Festival	www.twilightrun.com.au
Apr 14	Canberra Marathon	www.runningfestival.com.au
Jul 7	Gold Coast Marathon	www.goldcoastmarathon.com
Aug 4	Brisbane Running Festival	www.brisbanemarathon.com
Aug 11	Sydney City to Surf	www.city2surf.com.au
Aug 25	Sunshine Coast Marathon	www.sunshinecoastmarathon.com.au
Aug 25	Perth City to urf	www.perthnow.com.au
Sep 14	Twilight Bay Run	www.twilightbayrun.com.au
Sep 22	Sydney Running Festival	www.sydneyamarathon.com.au
Oct 13	Melbourne Marathon	www.melbournemarathon.com.au



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RUNNERS WORLD
SUNDAY 13 JANUARY 2013



Twilight
RUNNING FESTIVAL 2013



Twilight
RUNNING FESTIVAL 2013

EVENT DATE: 24 MARCH 2013



Twilight
RUNNING FESTIVAL 2013




Twilight
RUNNING FESTIVAL 2013


2013 EVENTS: HALF MARATHON, 10KM, 5KM RUN/WALK, 1KM ACTIVE KIDS RUN

FIRST RACE: 4:00PM

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BRISBANE
RUNNING FESTIVAL 2013



BRISBANE
RUNNING FESTIVAL 2013

RACE DATE: 4 AUGUST 2013

FIRST RACE: 6AM

EVENTS:
MARATHON. HALF MARATHON, 10KM RUN, 5KM RUN/WALK, 2.2KM KIDS CHALLENGE

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INTERVIEW

"The miracle isn't that I finished. The miracle is that I had the courage to start."

-John Bingham



Injinji Messenger Bags

Imagine the expandable and versatile Spibelt supersized and you have the Injinji Messenger Bag. The bag is worn across the chest and over the shoulder like a satchel. It incorporates two pockets. The larger will accommodate a tablet such as an iPad, kindle, traditional book or a lunchbox, whilst the smaller is designed for carrying small personal items such as phone, keys or medical equipment. The bag is streamlined and comfortable to wear. Perfect for cycling, walking or commuting and a very stylish alternative to the more traditional backpack.

Clare Williams

Mens Running Shorts

Choosing the right running apparel can be tough and the wrong decision can compromise comfort and your overall enjoyment of running.

Cheap, nasty fabrics can produce rashes and sores. Buying shorts that incorporate technical fibres with moisture wicking qualities and breathability will ensure that your shorts won't be the reason you stop running.

It is important to consider the outer lining fabrics of the shorts as well. Technical running shorts use lightweight materials and are anatomically designed to allow full extension of the leg and full range of movement. Not only will these features feel great, but they may improve your running form and cut valuable seconds off that PB.

My personal choice on shorts would have to be the Nike DriFit 5inch Raceday shorts, however why not drop into the store and check out the huge range of running shorts we have today!

Thomas Feddema



Garmin forerunner 10

Finally garmin have come out with an entry level GPS watch to compete with the Nike GPS sportswatch and other cheaper GPS units that have hit the market in recent years. The unit has 2 customisable screen which you can switch between to give current time, pace, distance or calories. It also has other functions such as virtual pacer, auto pause and the biggest selling point would be access to gamin online to store your data. Unlike some other GPS watches this one is waterproof to 50 metres and has a GPS battery life of 5 hours. In summary the Gamin F10 is a great entry level watch for those who want to get into the GPS market (warning, GPS is addictive!)

Matt Rixon

Penguin Sports Wash

Running gear a bit on the nose? Feel like its losing its anti-wicking ability or breathability? The solution is simple ... Penguin Sports Wash. Use it instead of regular detergent and it will keep your high tech gear just that, high tech. And better still will keep it smelling good. You get 20 standard washes out of a bottle, so for best value only use it on your running clothes. For those really hard to get rid of smells try soaking gear for a couple of hours or overnight before throwing them in the machine. Penguin Sports Wash is bio-degradable too, so its not just good for your running kit its good for the enviroment!

Tess Fabian



INREVIEW

EVERY DAY IS A NEW CHANCE TO RUN

Brooks Nightlife Mesh Cap and Nike Featherlight Visor

As many of you are aware, the most practical time to run in summer is at dawn or dusk.

The Brooks Night Life Mesh Cap is perfect for running in low light conditions due to its high visibility attributes. Priced at \$49.95, it is wind and water-resistant, yet still breathable. It has an adjustable black strap so that one size fits all.

However, if you aren't comfortable with caps, the Nike Featherlight Visor is your next best option. It is retailed at \$29.95 and the colour options are blue or pink. It uses light-weight material, so it is breathable when wearing the visor. It has a quick adjustable strap on the back so it can be altered with one hand as well.

Ash Harding

Suunto Ambit Review

The newest Suunto watch on the market is the Suunto Ambit. It's the ideal watch for many sports from triathlons (swim, bike and run), the gym, skiing, mountaineering, trail running, ultra running (because of its long lasting battery life) and many other sporting options. This watch provides essential information such as distance, current pace, average pace, heart rate, time and 20 other options! The GPS watch includes the hotfix technology which means it places your satellite location into memory so next time, your position will be found quicker. The watch retails at \$549.95 without the heart rate monitor and \$629.95 with the heart rate monitor.

Ash Harding

Firethorn Bluetooth Headphones:

Those who run with their iPods and iPhones will have experienced the frustration with getting tangled in the headphone cables. Firethorn is an exciting new range of bluetooth headphones for runners that have just arrived at intraining. Bluetooth gives you the freedom to break free from the wired world. These gorgeous headphones combine excellent looks with outstanding sound quality. They are extremely comfortable and light weight and stay firmly in place while running. We were able to still get good reception from an iPhone from over 20M away. They can also double as a wireless headphone while wandering around home. They are adjustable with built in controls and up to 10 hours playing time. A definite buy for our house.

Steve Manning



Runners Recipe: Beef Bolognese

Serves approximately 6 (depending on appetite) 2 tablespoons olive oil

Ingredients:

- 2 cloves garlic, crushed
- 2 medium onions, chopped
- 1 large stick celery, finely chopped (or minced in food processor)
- 1 large carrot, finely chopped (or minced in food processor)
- 1 teaspoon dried oregano
- 750gm extra lean premium minced beef
- 800gm can chopped tomatoes
- 3 tablespoons tomato paste
- 1 tablespoon tomato sauce
- 1 ½ beef stock cubes (gluten, lactose & MSG free varieties are available in supermarkets)

Method:

- Heat oil in large pan, add garlic and cook for 2 minutes
- Add onion, celery, carrot and oregano. Cook until soft and any liquid has evaporated
- Add mince and fry until brown, (breaking up any larger pieces with a spoon)
- Add tinned tomatoes, tomato puree, tomato sauce and stock cubes
- Stir thoroughly and simmer until sauce has slightly thickened
- Season to taste with salt and freshly ground black pepper.

Serving Suggestions:

Serve with your favourite pasta, topped with grated parmesan cheese and a side salad. Experiment by adding extra vegetables such as diced red capsicum and zucchini and sliced mushrooms. Add chilli and a can of drained red kidney beans and serve with rice or in corn or flour tortillas with low fat grated cheese, avocado and salad. Serve bolognese or chilli in a baked potato topped with low fat yoghurt and cheese.

This makes a lot of Bolognese, (you can always make less), but it freezes really well for a speedy meal.

By Liz Lovering, Dietitian, runner and chef.

Brisbane Twilight

RUNNING FESTIVAL 2013

Brisbane Twilight
RUNNING FESTIVAL 2013

EVENT DATE: 24 MARCH 2013

JOIN 5000 PARTICIPANTS FOR A RUN UNDER THE MOON AND STARS ON A BEAUTIFUL MARCH EVENING

2013 EVENTS: HALF MARATHON, 10KM, 5KM RUN/WALK, 1KM ACTIVE KIDS RUN

FIRST RACE: 4:00PM

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5.5km and 11km

Start/Finish: River Stage, Brisbane

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