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Keep up to date...
intraining Running and Triathlon Club Weekly Newsletter



COACHING REPORT, 2nd September, 2021

When looking at what is happening in Melbourne and Sydney it makes me feel really fortunate with how we have escaped the worst pandemic lockdowns. We are busy planning the Twilight Bay Run on 26 September and looking forward to being able to share this with you all.

We have offered a discount to club members for entry of 10% OFF early bird and now 15% off standard entry. Just remember to select intraining as your club then enter intraining as the password. After that enter IRTC10 in the promo field to get the 15% OFF.

We also have a high quality singlet available with a design by club member Clay Dawson. There are a very limited number of these singlets available so you will probably need to enter in the next week to secure your size.

Here are the main benefits to inspire you to enter.

1. **NO HILLS!** That is right this is the flattest 10km or half marathon you will ever run. The biggest bump is going up the curb into the park. This is really a fast course not just advertised as fast.
2. **ELECTRONIC TIMING EVERY KILOMETRE.** With our new timing system your splits will be immediately streamed to the internet. Because we have timing mats every kilometre your



friends and family can track you in real time during the race. After the run you can geek out by analysing your pacing for every kilometre even for the half marathon.

3. **HALF MARATHON RELAY.** You and three friends can join up to complete a half marathon together. Each runner does a 5km lap and runs the final 1.1km together into the finish. This is a great way to share the “Joy of Running”.
4. **FREE RUNNING LIGHT.** Every entrant receives one of our great USB chargeable LED running lights. Bright enough to light the way on a dark night.

There are many more reasons to come run at Wynnum including: running along the beautiful Wynnum shoreline for almost the whole race; Kids entertainment including an inflatable obstacle course, Fireworks at the 2 hour mark for the half marathon, Supporting Guide Dogs and pet a puppy after the run.

We’d love to see you all there.

Steve Manning – intraining Coaching Director

P.S. Enter here now. <https://twilightrun.com.au/>

WHAT’S ON THIS WEEKEND

Brisbane Road Runners Club Race

Sunday 5th September, 6am

It’s so good to have weekend racing back on!! Come along to BRRC this Sunday and run either 5k, 10k, 20k, 25k.

Have fun, run it hard or simply enjoy the moment of being on the road with your running buddies.

[View full details here!](#)





Upcoming races

As training sessions are back get ready and train hard. Mark your calendar with these upcoming races...

Starting this September - ["Road to 32" with Qld Athletics](#)

12th September - [River Run 100](#)

26th September – [Twilight Bay Run](#)

10th October – [Sunshine Coast Marathon](#)

10th October – [Melbourne Marathon](#)

10th October – [SEQ Trail Series Race 1](#)

7th November – [Bridge to Brisbane](#)

Watch this space for more future race updates.

MANY TRIBES, ONE COMMUNITY

Update to the new club membership year

Your memberships are due on October 1st. This year everyone's intraining membership will be shifting into an annual subscription mode with Queensland Athletics. You will still need to register as normal this year, but the only difference is that your membership will create an auto renewal each year on the 1st October.

The huge advantage of this is that it gives runners the full year of subscription no matter what time of the year they join

We will keep you informed on the dates.





From the Trails

It's been big weekend for our trail runners



If you were following the Clint Eastwood Last man Standing in our own backyard, Oxley Common, you would have seen two of our very experienced endurance runners achieve amazing distances in this event.

Susan McGee completed 20 laps, covering 134km and David Wood completed 9 laps, covering 60.3km. For this race, you need a mental toughness and a very strategic running plan to stay running as long as you can. The winner of this event was Kevin Muller completing 42 laps, which equates to 281.7km.

Suz and David said they would be happy to crew anyone wanting to have ago at this event next year (Ha! Ha!).

Congratulations to both of our runners.

Mt Goat Trail Series

The last run of the Mt Goat Trail Series was held last Sunday, with a strong team of intraining trail runners taking to the local tracks of Mt Cootha. With a last minute change to the course due to back burning, our team ran well and conquered the many hills. Congratulations Claire, Bridge, Robert, Zoe and Wei yin.



Coming up

Lastly a big shout out to our intraining trail runners who will be competing in the Gold Coast Hinterland this Saturday. This is a gruelling event some even say this is a much tougher trail than Ultra Trail Australia (I am one of these). Although there is beautiful scenery, this is one tough and technical trail especially in the last 30km of the race.



SEQ Trail Series

Don't forget to enter the SEQ Trail Series. Entries opened last Sunday and won't last long, The SEQ Series is a great series of trails to suit beginners to the experienced trail runner. This series would have to be one of intraining trail runner's favourite races. Hurry [ENTER NOW!](#) Use our discount code INTS10.

Tracy Baker – intraining Trail Running Coach

Kate Harvey-Trappel becomes a marathoner

Kate Harvey-Trappel from the intraining New Farm Park morning crew, ran her first marathon last weekend in a time of a 5:19. She did this along with her supportive training crew, Kaz, Ian and John. While Gold Coast was going to be her first marathon, Kate chose to take the leap and become a marathoner. Adding to her celebrations, Kate had entered an American Virtual marathon so will also receive a novel medal.



Other virtual runs were by Sarah Twidle, from intraining Wilston group who cheekily did her solo half marathon PB last Sunday morning. Congrats Sarah for breaking 2 hours with a 1:58:15.

Nick Lim, from intraining Wilston group nailed his 10km PB last Sunday morning...fantastic stuff in chasing down sub 45 minutes to come in at 43:50.

Congratulations to Nicola Blor who placed second in the Dubbo Stampede marathon in a massive PB of 3:43.

Great work and well done for keeping that running spirit in this challenging year.

Changing of the guard

intraining New Farm Park coach, Emma Skirving, is heading off on a six-month adventure to Tassie. We wish her all the best and look forward to her social feeds on all her exciting trail runs.

Sylvia Pfeffer will be coaching for Emma while she is away, and also joining the trail coaching team. Thanks, Emma for coaching for us and see you back here in six months!





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My escape to Tassie, with Emma Skirving

You know that Traveling question, if you could get six months off where would you go? My answer would be South America as I feel in love with the country in 2014, and I would love to go to Chile. The Andies, the wineries, the trail running the culture and food...did I mentioned the wineries. However due to this 'chestnut 'running around harassing the world (thanks Rona!) that won't be happening anytime soon so Tasmania will have to be close enough. Now don't get me wrong I love Tassie (obviously) and have already visited the state twice before hand. Once due to a prize I won at Nerang Trails series back in 2015/2016 (whoop whoop) and the other a family reunion (my family has kept a farm in Tasmania 156 year) So, Tassie also has special place in my heart and therefore I will be calling it my home for the next six months. I guess I'm looking it as an exploration and reset.

Like a lot of us I have also been struggling with my running mojo for a little while and really needed to find some inspiration. Let me just say, if I can't find my trail running inspo in Tasmanian West Coast. I think my running riffraff crew will take away my trail shoes, hydration pack and wine for several weeks... haha. So, if you see my strava post filled with trail pictures I'm not going to apologies as I would love to share my adventures with you. You may also see other random pictures, sea kayaking, mountain biking, food tours and road running ☺

I expect the next six months to fly by and I will ready to rip into some races for 2022, Hope everyone stays well and keep safe.

Skirvo (Emma Skirving)

Introducing intraining's Newest Coach, Sylvia Pfeffer

Sylvia Pfeffer, a past intraining runner, keen trail runner and dietitian, will be replacing Emma to coach Emma's group. Sylvia started running with intraining when she joined the marathon school in 2013. Her greatest running achievement was the Great Ocean Walk trail run. Sylvia is a keen ultra runner. She has competed in several events now and has huge experience in manage these challenging events. "When I'm hurting in the ultra, I tell myself 'you're ok, this is ok, everything is ok, just keep moving.'" Her running inspirations are Ann Trason and Lizzy Hawker, both accomplished world class ultra runners.



NEW REGISTRAR NEEDED

Are you keen to help with a small job for your club? It only takes about an hour a week, and it's very easy to administer.

Your role would be to:

1. Do a monthly reconciliation of memberships. This is a download of the file from the Qld Athletics platform and an update on new members.
2. Email send to the committee for tracking, the coaches for training group updates, and the shop for club discounts.

Time per week: about an hour.

If you have often thought you'd like to contribute to the club and running community but didn't want to a big commitment, this is a perfect opportunity to do so. You do not have to be on the committee for this role.

If you are interested or curious about the role, please email Steve Davidson at club@intraining.com.au.

Thank you.

Best Regards,
intraining Running and Triathlon Club Team



Twilight Bay Run registration is still on!!

Enter now and get 15% off standard entry.

Make sure to select intraining as your club then enter intraining as the password. After that enter IRTC10 in the promo field to get the 15% OFF.

Plus grab the official Twilight singlet in its new look to add in your collection.

[ENTER NOW!](#)





TOP FOUR TIPS for you to consider before you buy another pair of running shoes!

1. Ignore the brand - if you're brand loyal, you just might miss out on a shoe that suits you better than your current shoe.
2. Value comfort over colour - follow the old adage of 'function over form'.
3. Compare and contrast shoes - try at least three different shoes on, preferably from different brands.
4. Take them for a test run - simply walking around a shop doesn't reveal the shoe's true character.



Need hands-on help? Come see us at intraining Running Centre! We stock all the big brands and our specialist fitting staff are here to make your next decision - easy!



Did you know, ITB injuries can be avoided by following a few simple steps?

Try replacing your shoes regularly, wearing shoes that suit your running style and avoid running on the same sloped surfaces.

Come see Doug, Steve and Margot, our expert podiatry and physiotherapy team. They'll equip you with the right advice and gear to avoid this painful injury that could stop you running.

[Book an appointment now](#) or Phone: 07 3367 3088.

Did you miss reading our previous club newsletter? You can easily find it [HERE](#).