



clubnews
#gointraining

TRAINING | RACING | COMMUNITY | RUNNING | TRIATHLON

Keep up to date...

intraining Running and Triathlon Club Weekly Newsletter



COACHING REPORT, 9th SEPTEMBER, 2021

Is it time for an exercise mandate?

With the looming mandates and vaccine passports that look to be required to participate in polite society and travel perhaps we should also look at a better way to reduce the risk from the pandemic.

The main advantage of the vaccines is that they significantly reduce the risk of hospitalisation and death of those who are vaccinated. They also appear to significantly reduce your risk of getting sick and passing it on.

The great advantage of mass vaccination is to reduce the burden on the health system that could lead to more unnecessary deaths. If you are in a risk group that includes being over 60, inactive and with chronic health conditions it makes sense to get vaccinated ASAP. Those who are not in the risk groups are really getting vaccinated to help those in the risk groups as few of them statistically will die or be hospitalised if they getting sick.

The problem that we have been struggling with within Australia and in Queensland, in particular, is that people think there is no urgency to get vaccinated. With so few cases and only 6 deaths, people are not feeling the need to get vaccinated as the Qld rates are currently 54% with one dose and 35% with two doses.

We have conducted 4,114,801 tests in Qld and had only 1993 positive results. That means with a population of 5 million people we have almost done a test for every person and it is



unlikely there were any people getting sick who were missed. The downside is with so few cases there is no herd immunity in our population.

That is why vaccines are so important as they can confer a type of pseudo-herd immunity to our population. The longer people delay getting vaccinated the longer it will be before we will open up to the world and get back to some semblance of normality.

I know not everyone is happy with vaccinations, but historically they have been the single best health intervention in history. The only better health intervention that is possible is improving physical fitness.

In the April 2021 edition of the British Journal of Sports Medicine, an original research article was published. <https://bjsm.bmj.com/content/early/2021/04/07/bjsports-2021-104080>

In this study, they identified adult patients getting sick and the diagnosis linked each patient's physical activity category to the risk of hospitalisation, ICU admission and death.

Their findings were a significant reduction in risk for all three outcomes between patients who were consistently inactive and patients who were doing some physical activity. Patients who consistently met physical activity guidelines had a much greater reduction in risk of all outcomes showing a dose-response relationship where the more activity you had the less risk there was of adverse outcomes.

What this study did not try to identify but could be significant is the reduction in risk of even getting sick if you are physically active as they only included patients who are being sick.

Being physically fit does not insulate you from getting sick, being hospitalised or dying. The same could be said for vaccinations. However, both physical fitness and vaccinations will significantly reduce the risk.

I do not want us to have to mandate vaccinations or to have a passport to fully participate in society. If we go down that path then perhaps it would be safer and better to mandate physical activity which has health benefits that far exceed just a reduction in adverse outcomes from getting sick?

Steve Manning – intraining Coaching Director



WHAT'S ON THIS WEEKEND

INTRAINING 5000M TRACK RACE

Track race this Saturday 11th 5000M at the UQ track Sir William Macgregor Drive St Lucia.

Race in the cool of the evening under lights on the flattest course possible. This is a club event and will only be open to club members. Pay via the APP as a normal session selecting Steve Manning as the Coach and Track Fees \$5.

Be at the start from 5:30pm to start before 6:00pm so that you can be allocated to a race.

There will be a faster race off first at 6:00pm and a slower race starting at 6:25pm. You will be allocated to a race on the night depending on numbers. Please email steve@intraining.com.au or post your target time so you can be allocated to a start time, [click here!](#)



Goodluck to all River Run 100 Racers

Good luck to everyone running in the River Run 100 this weekend. Many of you will be using this as your marathon race for the year and we wish everyone in all races the very best. A huge shout out to Bob Sainsbury as he has been the ambassador of this race and racing the 50K. Make sure you wear your singlets everyone for that #gointraining cheer.

Come find the club tent on the morning if you have time.

MARK YOUR CALENDAR FOR UPCOMING RACES

26th Sept - [Twilight Bay Run – Register HERE](#)

10th Oct - [Sunshine Coast Running Festival](#)

10th Oct - [SEQ Trail Series Race 1](#)

10th Oct - [Melbourne Marathon.](#)

07th Nov - [Bridge to Brisbane](#)



MANY TRIBES, ONE COMMUNITY

Social running snap shot...

The Wild Earth Coastal

Congratulations to all our intraining runners who competed in the Wild Earth Coastal trail race last weekend, especially to Zack Newsham for a podium finish as 2nd open male in the 28K. Watch for Paul's race story in the next couple of weeks.

Zack's Instagram comment:

I went into this race with no other expectation than to complete the distance of 28km. Previously my longest trail race was around 15km and I knew going just about double that distance was going to be a challenge. My race plan was to take it cruisy till the halfway checkpoint and then if I was feeling good pick, it up a bit from there. What really happened was that I found myself running with @ceciliamattas from pretty much the start and I felt comfortable so I decided to just try to stick with her. At the checkpoint, I lost a bit of time fussing around with nutrition and left in 5th place but soon caught back up to Cecilia and then passed to more runners. First place @tthierens was never in sight running about 4 minutes ahead of the whole race. I died a bit in the last 2km but managed to hold on to finish a very surprising 3rd overall and 2nd on the podium for the boys. Thanks to @wildearthcoastalhigh50.



Milestone Magic

We love to hear about yours and your running buddy milestones.

Shout out to Mark King, from intraining's New Farm beginners group on his 100th Parkrun milestone.

"It was Perfect weather at 15 degrees for running".



Update to the new club membership year

Your memberships are due on October 3rd. 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.



Join the intraining Club

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 sends 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.

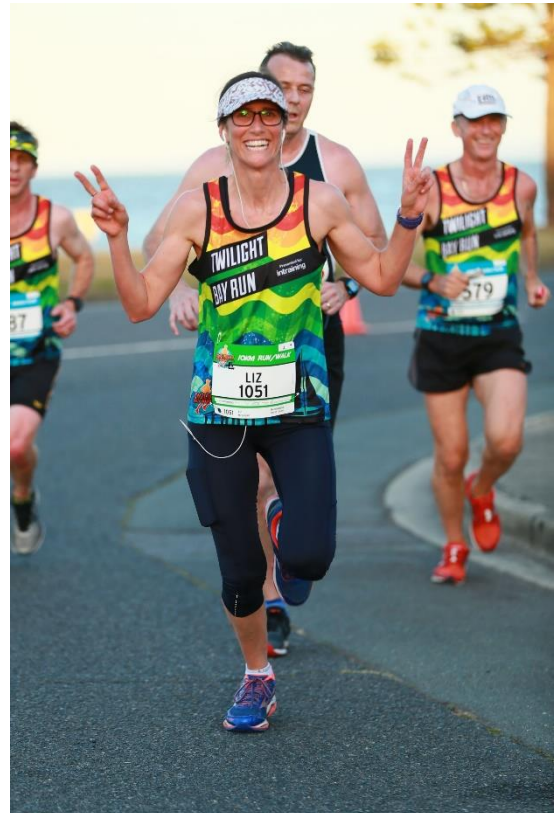
Best Regards,
intraining Running and Triathlon Club Team



Running Laps in races

The idea of running laps can be mentally challenging for many runners. However, the actual process of using laps can actually help you run faster and stay more controlled. Here's why.

- **Familiarity:** You learn the course: Once you know where you are going and know the terrain, your mind can prepare for each circuit.
- **Focus:** Narrowing your focus to one or two factors relating to racing reduces head chatter. Once you know your course, your focus can more easily switch to the process of racing... your running form and your pace
- **Pacing:** Racing well involves consistent cadence and pacing. This is so much easier to achieve and maintain on lap courses.
- **Cheering:** The atmosphere on a loop course is so much more enjoyable as you get to see runners more frequently, and spectators are more closely connected on the course.



For anyone running the River Run 100 this weekend or the [Twilight Bay Run](#) in a few weeks, take advantage of the multiloop courses with mindful strategies.

Twilight Bay Run registration is still on...

[ENTER NOW!](#) 15% off for intraining Club members.

BECOME A TWILIGHT BAY RUN VOLUNTEER

Are you unable to run in this year's Twilight Bay Run and but still want to be part of the action? We have the perfect solution!

We are in need of some incredible VOLUNTEERS (18 years of age or older) with a positive attitude to help us set up and pack down the course. This is perfect if you have friends or family racing. Help out your fellow runners and soak up the incredible atmosphere!

[Are you keen? Volunteer HERE!](#)





Connection to the running community

With Linda Ripper

intraining Chermside group and honary intraining photographer!

I'm not a runner and never have been. I participated in sports at Primary and High School where volleyball was my preferred sport option.

Fast forward many years...

At the beginning of 2018, Ruben started High School and he's always been an active child so he asked if could join Running Club held 2 mornings a week before school. We let him join but not expecting him to do great. However, right away he was enjoying it and proving us wrong.

Later in the year, I was diagnosed with breast cancer. My husband David looked for running sessions to give our son Ruben something else to focus on while I was going through surgery and treatment. They found parkrun so headed off to Sandgate. The following weeks I went to parkrun and would sit in the car while David would go watch Ruben run.

A month later after completing my radiation treatment I'd find a seat and watch too. It was coming up to cross country season at high school so we went to Lota parkrun and I took photos just practising but they were ok so I sent them the images. We went back a couple more weeks and I took photos, Lota parkrun gave me my first four volunteers, now I volunteer most Saturday mornings wherever we decide to parkrun. We get about a bit.

Ruben was getting faster and that's when David said it was time to look for further training, he'd been impressed with intraining so he enquired and Ruben joined up. Because we prefer the morning training sessions, he was attending New Farm on a Tuesday morning and Chermside on a Thursday morning, then either joined in on a Sunday with an intraining shop run or a local run if others had mentioned one to him.



Ruben's sessions are mix and match and recently he's been doing the Tuesday morning session with intraining Wilston.

With me driving David and Ruben to training or events and since I was there, I started taking running photos. I'd also take a waterproof blanket and runners would leave their gear on the mat. I've taken a folding table when we've needed a drink station due to COVID-19. I'd bake muffins so there was food to go with coffees afterwards and sometimes we would do barbecue breakfast after a Sunday long run.

With events being cancelled in 2020 and 2021 due to COVID-19, runners took to running virtual marathons. At these, I'd take photos so they had some memories of the event.

The intraining Chermside runners call me their **"running mum."** Yes, I like to fuss over them a bit.

The running community have accepted me being about and helping out whenever I can. I'm so thankful for that as, it gives me the connection with people that I need".

Linda

Thank you to Bob Sainsbury and Linda Ripper for sharing how amazing Linda is and how wonderful it can be to connect in the running community when you can't run.



clubnews
#gointraining

TRAINING | RACING | COMMUNITY | RUNNING | TRIATHLON

Mizuno Wave Rider Neo 02

AVAILABLE INSTORE & ONLINE NOW

Bring your goals into reach with the all new, Wave Rider Neo 2, now with a completely redesigned upper for ultimate comfort and a propulsive full-length MIZUNO ENERGY midsole to drive you to the finish.

Test run at intraining Running Centre 25m indoor track now!

Our online store is up and running to serve you...

[Visit our intraining online store now!](#)



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](#).

Twilight Bay Run registration is still on... [Enter now](#) and get 15% off for intraining Club members.



intraining THE ONE STOP SHOP FOR RUNNERS

intraining Running & Triathlon Club Inc. | Email: club@intraining.com.au