



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



COACHING REPORT, 14th OCTOBER, 2021

Inspirational Runners

When I was a young runner, I only had one runner who I looked up to as my inspirational hero. I read up on what the many elite runners were doing in the world but there was only one who was truly "my hero".

The reason for my adulation was their absolute tactical courage in races and incredible mental strength to always perform at their best despite any setback. Before the 1984 Los Angeles Olympics they were injured and had to have knee surgery only 17 days before the US Olympic trials. Most would consider it to be a season ending event but they went on to win the marathon trials and make the US team.

At the Olympics, despite it being a hot day and not being the favourite they surged away from the pack early at 5km. After reading an interview with them from the Boston Marathon, I had predicted before the race that they would make a break at a small hill at 5km. That left 37km running alone in the blazing sun with the best marathoners in history trying to run them down.

And that is exactly what happened as Joan Benoit went on to win the first Women's Olympic Marathon in 2:24:52 and beat a previously undefeated Grete Waitz by 1:26. Over the years I have just become more impressed with her running as she qualified for the US Olympic Marathon Trials for the next 5 Olympics. In 2019 at age 61 she ran 3:04 in the Boston Marathon.





In the last year I have struggled with multiple non-running injuries that have prevented me running. As I am preparing to get back to walk/running I am reminded of her incredible performance to run a marathon 17 days after knee surgery.

Closer to home I have found new inspiration from within my own running group to make a successful comeback to running. Cassie Richardson started the year in the best shape of her life breaking 20 minutes for 5km for the first time at a parkrun in February. The next day she broke her foot walking down the stairs carrying her dog.

After surgery to fix the fractured metatarsal, recovery was much longer than expected as it took almost four months to get back to running her first 5km on 3 July. During this time she had to deal with quarantines and lockdowns while staying committed to her cross training and rehab exercises.

On 18 September she once again broke 20 minutes for 5km with a 19:50 Parkrun. She backed this up with a 42:20 10km the next weekend at the Twilight Bay Run and two weeks later would be her first half marathon for over a year.

In hot conditions that brought many runners race plans unstuck Cassie was able to run a personal best time of 1:33:15 at Sunshine Coast. What was even more impressive was her pacing with each 5km split averaging 4:25 to 4:26 per kilometre and the last 1.1km averaging 4:12/km.

To see her amazing dedication and suburb comeback effort is an inspiration to my own return to running. I am really looking forward to seeing what she can achieve in 2022 as she joins the "intraining sub 3 Project" for the marathon.

Congratulations to everyone who competed on the weekend. Whether you had a PB race, or a race that did not quite go to plan, it was fantastic for us all to be able to come together as a community again and share the experience of an event.

Steve Manning – intraining Coaching Director



All Splits

Name	Split Time (Split Time)	Pos (C/Pos)	G/Pos	Distance (Pace)
Start	00:01:10 (00:00:05)	34 (2)	5	0 ()
5km	00:22:09 (00:22:09)	215 (9)	36	5 (4:25 min/km)
10km	00:44:14 (00:22:06)	163 (5)	24	5 (4:25 min/km)
15km	01:06:24 (00:22:10)	147 (5)	23	5 (4:25 min/km)
20km	01:28:37 (00:22:14)	123 (4)	17	5 (4:26 min/km)
Finish	01:33:15 (00:04:39)	163 (5)	19	1.1 (4:12 min/km)

Membership renewals for 2021/2022 are now due

WHAT YOU NEED TO KNOW ABOUT THIS YEAR'S MEMBERSHIP

- Select the BASE membership option (it's more versatile)
- We are now in a rolling membership i.e. auto renewal from when you register
- If your friend registers half way through the year, their membership goes from that time that they register giving them a full year's membership.

[CLICK HERE to register!](#)

Don't forget to renew your membership. Aside from the value of being a part of a wonderful community, there are many other benefits:

- Personal training insurance through Qld Athletics
- Discounted training fees (\$8 for club members, \$14 for non-club members)
- 10% Discount on footwear at intraining
- 10% on Podiatry and Physiotherapy at intraining.

[CLICK HERE to register!](#)



WHAT'S ON THIS WEEKEND

Brisbane Road Runners Club 3 Person x 4.5km Relay

This weekend each person on the team will run three laps of a 1.5 km course. Is your team ready?

Make sure you register, for more information about the race [click here](#).



Mark your calendar for upcoming races

16th October – Black All 100

23rd October – Club parkrun tour

24th October – SEQ Trail Series 9 Round 2

07th November – Bridge to Brisbane

28th November – Gold Coast 50

MANY TRIBES, ONE COMMUNITY

intraining hits the trails

What a blast Sunday was on the trails for our intraining trail tribe. We had 38+ runners hit the trails at Enoggera Dam, and in Toohey Forest. Congratulations to Gabby Schmidt and Alana Dicks for placing 1st and 3rd in the short course at SEQ. It was so good to see so many of our running community at the tent sharing their trail adventure.

A big thank you to Jon Dicks, Linda Ripper, Ian Ridoutt, Susan McGee, Nate Buckley and Carey Brown for volunteering your time to organise intraining tents, eskies and BBQ.

See you at the next event: Blackall 100 (16th October), SEQTRS Numinba (24th October), SEQTRS Pomona (7th November)

Help needed for Numinbah and Pomono:

Many hands make light work.

Please contact me if you can assist at any of our events. I do need someone to volunteer to take the intraining tent, set up, pull down and return for the Numinbah and Pomona Races.

Contact Tracy Baker: 0458423684



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Exciting updates coming soon to intraining trail running

There is a new look for our intraining trail tribe and it is starting with our closed Facebook group. This is will be exclusive for our members, but best absolutely inclusive for any intraining member who loves the trails or want to try the trails. You can be a new or experienced trail runner. This FB group is for you to ask questions, connect with other runners either through our coached or social sessions. Our motto is: "no one gets left behind!"

A feature of intraining's trail session are Coached and Social trail sessions. These options will give our runners plenty of opportunities to extend, practice and have fun running safely on the trails.

Coached sessions:

Coached trail sessions will only be hosted by a qualified intraining coach and will incur the normal session fee.

Social Runs:

Social trail sessions can be hosted by any intraining member and does not incur a fee. For more information on how to host an intraining social run check out the pinned information at the top of the intraining trail page (should be up by end of next week)

Stay connected in to the [intraining Trail Facebook group](#), so you will be able to see what fits into your schedules.

TRAIL BLAZING 101

Bookmark these dates.

Our first coached session 'Trail Blazing 101' will be held at New Farm Park on the 23rd of October.

Coach: Peter Richards | Cost: \$8

A follow up coached session to this will be held at Mt Cootha on the 20th of November

Coach: Tracy Baker | Cost \$8

Check out the events listed on the [intraining Trail Runners FB page](#) for details and say you are going.

Coming Soon!

Friday morning trail sessions

Soon to start will be fortnightly coached trail sessions on at Mt Cootha with John Whelan.

We are very excited to be offering this all to our club members.

Stay connected and keep a look out for all our trail running activity

Tracy Baker, intraining Executive Team

Don't forget... Club membership renewal due now! [Register here.](#)



Here are some intraining Trail social snapshots from SEQ TRAIL SERIES 9 – ROUND 1 ENOGERRA



[For more trail images click here...](#)

Phenomenal effort in humid conditions!

Massive shout out to our intraining Club runners. Your determination to achieve your goals and to run in the race in hot conditions show's how dedicated you are as a runner add up with the tremendous support of the intraining running community.

Here are some of our runner's social snapshot from Sunshine Coast Marathon 2021





[Click here to view more images...](#)

A Run in the Sun

With Philip Teakle

The Sunshine Coast Marathon Festival is usually my favourite event. I enjoy the relaxed beach setting, the early start, the fast course and, until this year, the ideal running weather. Most times I run there I set a PB.

This year of course the event was postponed from August until October. I had registered for the marathon, but I had already done a good one with Craig Harbers and I didn't want to go through another long taper and even longer recovery, so I downgraded my entry to the half marathon.

If I learned anything from the Twilight Run, it was to start conservatively and account for the weather. I added a minute or two to my goal time. I thought I would start at about 4:20/km then build the pace to 4:10/km and see how long I could hold it for. Fortunately, Gerard Ryan in my Tuesday night group was thinking roughly the same thing. He is both a reliable pacer and excellent company, so we could keep each other on track.

I also recalled Steve Manning's saying that it's not hard training that yields results, it's *recovery* from hard training; so in the week before the race I took the Monday and Friday off running to allow the legs to freshen up.

A few of us did a pre-race shakeout and course familiarization the afternoon prior, then I hit the local supermarket and bought carbs (mainly pasta and bananas) to fuel up for the next day.



On the morning of the race I jogged from our unit to the intraining tent as a warmup and changed into my racing shoes. It was already a bit muggy so Gerard and I agreed to sacrifice a few extra seconds at each drink stop to get enough fluid into us.

The race started and some of our friends took off rather quickly; I was not tempted to follow them. We did start a little quicker than planned – almost at our goal pace of 4:10/km. “It’s ok,” said Gerard pretty much reading my mind, and I tried not to waste energy worrying about it. We dropped the pace going up the headland each way and didn’t risk injury trying to make it all back on the downhill. After 7km the course was flat and we settled into our goal pace. My heart rate, breathing and legs were all quite comfortable. Some groups were going our pace and we ran amongst them for a while. Gerard and I took turns leading the pace, depending on how we were feeling. Early in the race we swapped a few words and interacted with supporters and other runners, but after 10km we didn’t say much. I really appreciated people calling out encouragement, but I didn’t want to snap out of my “zone”.



Early on in the race, with Gerard Ryan

At 16km I was definitely tired, but I still felt ok and I was conscious that the finish was coming up, so I decided it was time to press a little harder. Not much could have made me laugh at that point, but I saw the “mankini man” – a guy running in nothing but a mankini (look it up if you don’t know what that is, but not at work) coming the other way and I did! I envied how much cooler he must have felt, but you’ll be relieved to know I’m not tempted to adopt his dress.

My pace didn’t actually lift much, but I noticed I was starting to overtake tiring runners. Finally, I recognized where I was from the previous day’s shakeout and knew there was just 1500m to go. Coming up to the intraining tent the cheers were so raucous I couldn’t resist giving a smile and a wave back. I felt happy that I had guessed the right pace for me on the day and that I was on track for a PB.



Near the finish, responding to the intraining cheer squad

At the finish line I remembered to wave to the photographer, but he was distracted. As soon as I stopped I was preoccupied with staying on my feet and trying not to throw up, then I was joined by Tim Leach (also from the Tuesday night group) and Gerard, so I didn’t notice what the photographer was distracted by: another runner from our Tuesday night group who had collapsed over the line. I only realised this when I saw her there in my finisher photos.

Cassandra Richardson arrived, elated at a PB in her first half marathon since breaking her foot earlier in the year.

I suddenly noticed how hot the sun was. I spent the rest of the morning cheering other runners on, but many of them were clearly suffering in the heat. Some were reduced to walking part of the way, some aborted their runs early and a few others needed urgent medical attention. Thankfully, everyone I know seems to have recovered ok, but I understand some participants will require a lengthy recovery.

Even though the conditions were not as good as usual, I am glad that the event went ahead. It is great to have the opportunity to get together with other runners and their families. It was also a reminder to me that it is getting warmer again and to adapt my goals and expectations to the conditions if I am to enjoy running throughout the long summer season.

Phil Teakle – intraining Club Vice President and email contributor

Don’t forget... Club membership renewal due now! [Register here.](#)



PARKRUN RESULTS

Saturday 9th of October. 163 intraining runners across 40 locations.

Podium Finishers

First finishers: 🥇

Jarred Runn
Catherine Turton
Bridge Muir

Second Finishers: 🥈

Sebastain Pinel
Byron Sherlock

Third Finishers: 🥉

Ryan Kent
Elimer Mann
Geoff Marsh
Miwa Kolb
Emma Skirving



[Click here to view the complete list of intraining club results](#)

Don't forget... Club membership renewal due now! [Register here.](#)



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AVAILABLE at intraining store

Wave Rider 25 Waveknit

Smoothest Wave Rider deserves a sleek Waveknit upper. Full length MIZUNO ENERGY midsole and an updated wave plate. The wave rider 25 delivers your most comfortable propulsive run yet.

Day in, day out.

Run on it in our 25m indoor track. Visit us at 535 Milton Road, Toowong. Ph 07 3367 3088.



ITB INJURIES... WHAT'S NEW

What's new research about ITB injuries, plus, get Doug's 3 Tips to stop that niggle on the outside of your knee turning into a nasty injury.

[FIND OUT MORE...](#)

YOUR RUNNING INJURY HELPLINE

PH:3367 3088 | E: clinic@intraining.com.au

[BOOK AN APPOINTMENT HERE](#)

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

Don't forget... Club membership renewal due now! [Register here](#).

intraining THE ONE STOP SHOP
FOR RUNNERS