



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



### COACHES REPORT, 20<sup>th</sup> MAY, 2021

#### WHY DO YOU RUN?

*There are many different types of runs and reasons why people get enjoyment from running.*

#### MEDITATION RUN:

For some people it is a form of meditation. A time to get away from the pressures of life, clear your mind and be one with the physical act. This does not require any focus on pace or effort. Interaction with others may interrupt this free flow state. When you are running this way you suddenly find yourself kilometres away and may not even remember how you got there.

#### NATURE RUN:

A sibling to the meditative run is the nature run. This type of run may have more of a challenge and may include some adventurous terrain. Focus is not on pace or effort but is on the beauty you can find when running. It will include frequent stopping to marvel at the wonders in the world.

At times this will be a conscious goal of running a specific course and other times it will be a surprise. I am reminded of waking up at sunrise one holiday at Mt Barney and running solo to the top of the mountain. I did it just for the challenge. While everyone else had hiking shoes, backpacks and supplies I just ran up in my running kit and nothing else. A surprise nature run was running in the fog in Toowoomba when I could not sleep. It felt like the world had disappeared and it was just my heart beating and legs pumping. Nature runs can be individual experiences but are

often enhanced when sharing them with others. I have had some great nature runs with Margot: running a country road in Tasmania as the cows ran to keep up; running at altitude in Flagstaff in below freezing temperatures while wearing shorts and singlets and finding out that no matter how fast you ran you could not warm up; and even having a spontaneous race along the Brisbane River at night with the Kookaburra Queen. These runs create memories and experiences that rise above the thousand of runs you have done and are never forgotten.

#### SOCIAL RUNS:

When people start running it is often for personal reasons like getting fit or losing weight. They often will avoid running with others because they are embarrassed or think they are too slow. What they may not know is that runners are fantastic people who are inclusive, do not judge and are just happy to see someone else join something they love. All it takes to be a runner is to have both feet off the ground at the same time. Your pace does not matter. You are still a marathoner no matter if you run it in 2 hours or five hours.

Once you join a running group you find out a few very surprising things. One is that it is much easier to run when you have others to run with. Pace judgement is better if it is shared. You seem to be



able to run at a higher intensity with less effort. And it is just more FUN! Before long the reason that you keep turning up to the runs is to spend time with people you love to be with. It is not restricted to the run itself as the after run social talk is just as important.

#### **BARRIER BREAKING TRAINING RUNS:**

Not all breakthroughs occur in races. Training can give you a sense that you have moved to another level. It may be running your fastest kilometre ever in a power session or doing the longest session ever like many people did last night. On Sunday many people would have run their longest run ever in preparation for their first marathon and our runners who tackled the UTA Trail race would have been hitting new milestones in training trail runs to be ready for the event. You can then take the confidence from what you have achieved in training to create a great race performance.

#### **MAJOR GOAL RACES:**

Races are the reason for all the training. The knowledge that you have a major goal race months down the track give you motivation to do the required work. After all the consistent training and sacrifice you get to race day tapered and peaked - ready to aim for your best potential performance.

#### **ULTIMATE RUNS:**

While most ultimate runs occur at a major goal race, sometimes they come out of nowhere. It is when you have been struggling through training, improving without realising it and then suddenly punch out a performance beyond what you thought

possible. This can be a reflection of your training combined with perfect conditions and having a good day.

#### **HANNE:**

We had our club 5000M track race on Saturday and perfect conditions helped most of the runners to new PB's. While there were many amazing performances I wanted to pick out one example of someone running an ultimate performance. Hanne Schoofs started the year with the goal of breaking 20 minutes for 5km. She first achieved this on 27 February at Cherside Parkrun running 19:51. Four weeks later she ran even faster than that for twice the distance doing 39:28 at the Great South Run. She ran under 20 regularly getting down to 19:32 at Rocks Riverside on 8 May. Leading in to the club track race we set a challenging goal of sub 19 which seemed unrealistic considering her goal at the start of the year. Despite her uncertainty she went out to give it a go and was able to kick it down the last kilometre to run an astonishing 18:44.

There are as many different types of runs and reasons for running as there are runners. We need all of these runs at different times. Each of these runs hopefully will lead to an ultimate performance.

What's your big why?

*Steve Manning – intraining Coaching Director*

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## WHAT'S ON THIS WEEKEND

### **BRRC Race**

A perfect way to sharpen for Brisbane Marathon Festival with a quick 10k, or a faster 15k at BRRC 5k, 10k, 20k & 30k race. Aiming for PB's, unlock time goals or just get there to run... Whatever it is go for it!

When: Sunday 23<sup>rd</sup> May

Where: West End

Time: 6am

Distance: 5k, 10k, 20k & 30k

[View more details here.](#)

### **GC30**

You may want to gear up and join the GC30 this Sunday at Main Beach, Gold Coast. Feel the ocean view and good vibes. Look out for our intraining crew this weekend and good luck to everyone running.

When: Sunday 23<sup>rd</sup> May

Where: Main Beach, Gold Coast

Time: Starts 7am – 7:05am

Distance: 30km, 15km, 7.5km & 3km (Kids Dash).

[View more details here.](#)

NEXT COMMUNITY PARKRUN TOUR: 29<sup>th</sup> May at Southbank.

SUNDAY LONG RUN: 30<sup>th</sup> May at Toowong Loop to Loop over Highgate Hill.

[Check our intraining Running Calendar for more details.](#)



## MANY TRIBES, ONE COMMUNITY

### UTA 100

**Congratulations to all our runners who competed in the UTA 100 / 50K last weekend.**

Very tough conditions made for tough racing and tough decisions in one of Australia's most prestigious trail races. We are so proud of all your efforts. intraining had a big tribe toeing the start line.

Ultra Trail Australia, Blue Mountains



Congratulations 11k – Zack Newsham (8<sup>th</sup> overall, 2<sup>nd</sup> in age group), Jodie Newsham, Kate Tanner. 22k – Kim Newsham, Donna Buckley, Karen Ridoutt. 50k – Tracy Baker, Paul Newsham, James Chapman, Stephen Tanner, Zoe Wilson, Alicia Kennedy, Julia Nicholas, Peter Nicholas, Kathy Williams. 100K – Bob Baker, Colin Buckley, Anna Morgan, Nicola Ward, Ian Ridoutt (2<sup>nd</sup> in age group) Cathie Lambert.

Read Alicia Kennedy's 50K experience below....

### UTA50 14/5/21

#### **With Alicia Kennedy**

*"Warning it's a long 5min read. But to be fair, it was a hard 50km!"*

Someone recently asked why I decided to run 50km. I had to reflect. The reasons that led me to sign up were primarily: 1. Love of nature; 2. Love of running, particularly the steady bounce of a long run; 3. The restrained, strong and gentle mindset needed for embarking on a new, big challenge; and 4. My awe of being in epic, ancient landscapes. So here I am at Ultra-Trail Australia, on the cliff tops of the beautiful, striking and ancient Blue Mountains.

My UTA50 race wave started with that great start line atmosphere. The emotion and tears came as I ran across the start line, filled with gratitude of everyone and everything.

The first 7km was on road and trail, giving the group (about 180 people per wave) a chance to spread out and run a bit. Little did I realise how much I would appreciate runnable sections in the kms to come. I stopped to say thank you to David King, Gundungurra man, for welcoming us to the land of the Dharug, Gundungurra, Wanaruah, Wiradjuri, Darkinjung and Tharawal Nations people. The mountains were formidable today and, since my race, I wish to deeper understand the strength, traditions and teachings of First Nations people on this country, how they live and had lived in harmony with this mighty landscape. This is something I'd like to ask the elders.

The first 7km looped us back past the start line, through a run chute lined with masses of cheering people and deafening cow bells. I felt like I was an elite runner in a famous European event and I got emotional again.

The weather was comfortable, with the sun out and a strong wind in the exposed sections, but if you kept moving you stayed warm.

The following 5km section was rife with epic views, stairs and ladder climbs that took us from Echo Point and The Three Sisters, down the Giant Staircase (over chasms on slippery metal ladders, eep). Down, down, down many stone steps, under low hanging rock cliffs, over wet rock platforms and past waterfalls through the Leura Forest. This forest section had many waterfalls and narrow single track paths over tree trunks and up stairs. It was really, really beautiful but, and I'm not certain about this, but I think most of the 8,000 steps in this race are in that 8km section or so. Much of the soil had eroded away and many of the steps were vertical slats of wood that would catch your shoe if you weren't watching. I was WELL over stairs by the 17km or so mark and my calves were super tight by 20km, so I knew I had a task ahead of me to keep moving and keep as relaxed as possible.

The next 10km section was back up at the top of the cliffs and we could shake the legs out a bit as we ran over a level reprieve of scrubby, single track. Along the top of the cliff walk, past a golf course



(the chink of golf balls was such a funny memory after being deep in the forest) and enormous houses (with cushiony arm chairs in front of roaring fireplaces, I imagined).

Then the wind hit. The section from about 22-27km was along wide fire trail on exposed cliff tops. This lead to the Queen Vic checkpoint (located at 27.5km or 77.5km for the 100km runners). It was along this exposed stretch that the westerly wind either really ramped up or we turned into it. It was about midday at that point. I didn't stay long at the check point, which was a big objective that I set myself before the race (regardless of the conditions). "Don't stay long at the check points, just get what you need and keep moving". I got water, fruit, chocolate, had a quick toilet stop then kept going. This was a good strategy, because you started to freeze the minute you stopped in these conditions. I put my thermal and neck warmer back on. I ate while I walked and I wore my head buff for most of the race. In the wind and cold, a really good head buff made a huge difference (\*I've written a gear list at the bottom). At around 29km/12:30pm it started to snow, or so I hear. I thought it was light rain but a course marshall mentioned it was sleet and asked how everyone was feeling. After all the kms of steps and sleety cliffs, it was a relief to run downhill into the increasing shelter of Kedumba Valley Road. It was the first big section of fire trail in the race and it marked the 30-40km mark, which was my "Ok, I've got this" point. While on this section, I swore never again would I complain about boring fire trail on our beloved Mt Coot-tha! I will lie down and hug and kiss that long, undulating fire trail next time I see it.

I loved being on the Kedumba Road section with no stairs, finally able to let the legs out a bit. Admittedly, it was more of a hobble/bounce/side to side jog down as my calves were so tight. That 8km downhill took its toll on many people - their ITBs, calves, hip flexors. People were starting to hobble. As one man (a long time marathoner doing his first ultra) said: "mentally and aerobically I'm 100% fine, but my legs are shot!"

I'm thankful I focused most of my strength training on my quads and glutes. It really set me up for this downhill, the next 8km climb and Furber Steps to come. Though I did reflect that 1 session a week/3 sets of calf raises was not quite enough for 8,000 stairs!

The runners talked merrily through the final 20km, checking in on each other and supporting each other through niggles and some serious cramps. I met so many cheerful, happy, grateful, resilient people out there. Later that night, all the love

overflowed on the UTA50 Facebook group, showing that the camaraderie at these events is really, really special and probably one of the reasons people keep coming back to do these things.

The bottom of Kedumba Pass took us to about the 42km mark and a view straight up to The Three Sisters and the finish line. It was both breathtaking and intimidating to think about the climb back out, so I simply didn't think about it. I just started climbing back up and down the undulating (but all the while climbing) fire trail, eventually reaching a grassy flat section of trail before re-entering the stunning Leura Forest.

I think this last run through to the valley floor section was my fondest part of the race. While the views at the beginning were breathtaking, it was too early and too precarious to stop much (though I did stop for a few photos). I would wholly come back and do the cliff top walks to Leura Forest as a walk in the future. It's not a "run" I ever want to do again. By contrast, the valley floor was roaring with the sound of the westerly wind howling through the mountains, echoing off the sheer cliff faces and throwing itself violently through tall gum trees. The roar was humbling... I did wonder if the mountains were angry or at least flexing its muscles in a bit of a statement.

The final 5km through the Leura Forest floor was a really beautiful, relatively flat, undulating single track through the dark rainforest. It was runnable and soft, although we had to rock-hop over steep creek crossings. I kept wondering about the 100km runners who, by this point, would be doing this in the black of night after 95km of cliffs, stairs and steep trail. I hoped they'd be ok.

I overtook a lot of people on this last 5km. I put my head down, I had energy in my quads and hamstrings (my calves were still shot and any climbing or scrambling over fallen trees was not pretty!) But I could run. I made a 5min gain between my "predicted time" at the 45km check point to the finish line and made up 83 places!

I reached the bottom of the Furber Steps and I made a BIG fuss about myself to the cheer squad volunteers and DJ at the base of the stairs. Fists in the air, "Woooo! LET'S DO THIS!" I said. I didn't stop, I went straight up those steps, "Go Alicia!" they were yelling. I kept passing people, up 951 steps, 220m of vertical cliff face. Pushing down on my legs, leaning forward. I could hear the cheers at the top but it still felt like a long way to go and it was hard to get excited until I rounded the top. I ran up the ramp past the tent and knew the finish line was around the next corner. I floored it to overtake a





lady who was in front of me (because she looked like she was in my age group, plus I didn't want her to be in my finish line photo) and I sobbed my way through the finish chute.

I am so proud of myself, particularly my effort and mental headspace in that last 20km. The first 30km of ladders, stairs, cliffs and rock faces was so unexpected and unknown. I couldn't really have trained for a lot of that. But that big slog up the fire trails and push through the final 5km, when I could speed up and pass almost 100 people knowing that I didn't have to leave anything in the tank anymore, that was definitely my comfort zone.

It was so, so, so cold once I stopped. The sleet and wind chill made it an apparent temp of -4oC at 4pm. I'm eternally grateful for my friend Sandrine who came with me to the mountains and waited one

hour for me at the finish line. Emotions again. Sandrine walked me straight to my finish line clothes bag, helped me dress as my body seized into uncontrollable shivers and took me straight to the car where she cranked the heater on.

My heart went out to all the runners out on the trail after dark, dropping to sub zero conditions. Especially the 100km runners. I'm in awe of anyone who tackled that distance and pushed as hard as they could, as far as they could through those conditions. I met many 50km and 100km runners that evening (at the local burger shop) who had to withdraw that afternoon due to hypothermia. This was a wise thing to do. It was brutal and epic!

And I have NO desire to do a 100k run. Ever!

*Alicia Kennedy – intraining Club Member*

## 5000M Club Track Race Report

*By Philip Teakle, intraining Club Vice President and email contributor*

On Saturday evening the club held a 5000m race at the UQ Athletics Track. There were enough nominees for two races: one for runners aiming to finish under 19 minutes, and the second one for 19 minutes or over. Many people set themselves ambitious targets including several big PBs. Notable among these were Kyle Richardson aiming for his first sub-20, Hanne Schoofs targeting 19 minutes from a PB of over 19:32 and Michael Cnops who was talked into a sub-16 attempt by Aidan Hobbs, who generously offered to pace him.

Conditions were almost ideal, with cool, dry weather and light westerly winds. Steve Manning set up a big digital clock at the start/finish line. The track was well-lit, and the reasonably large gathering of runners and supporters, as well as some footballers who had finished training and decided to stay and watch, created quite a festival atmosphere.

I think most people had been keyed up all day – one drawback to evening races. In fact, Michael Cnops was so keyed up by his huge challenge that he put on my race shoes by mistake, causing me to go into conniptions when I couldn't find mine, until we realised the mix up.

Five of us attempting sub-19 hastily discussed working together just before the start, taking it in



turns to pace the group. After the pre-race photo, Steve told us we should nail the first 200m, then he started the race started with surprisingly little fanfare. Our plans to cooperate immediately fell apart: we had not decided who was to lead first, and 3 of us went out way too fast, finishing the first

200m in just 40 seconds compared to the target of 46 seconds, and fragmenting the group. Four of us

regrouped after about 1km and we maintained our target pace reasonably well. After about 2.5km I developed an ache in my right leg which grew in intensity, and after taking my turn pacing I pulled



out of the race at 3.4km, on target but with 4 laps to go (out of 12.5 laps).

Although disappointed at not finishing, it was the perfect place to see the others finish. Michael Cnops sprinted down the straight to finish in 15:56, expertly paced by Aidan. Matthew Maynard set a PB, Olivia Boyd beat 18 minutes for the first time, and Hanne Schoofs left her pack behind from the 2<sup>nd</sup>-last lap to fly home in a 48-second PB well under 19 minutes, and just a couple of months after breaking 20 minutes for the first time.

At the end of the race there were bodies strewn over the track and infield, causing Keiran Gilmore to remark, "You're not really selling it to the second race!"

The second race was equally as exciting, with Chris Dixon finishing first in 19:22, getting under his target by nearly 30 seconds. Kyle got his first sub-20 and Keiran beat her target by over one minute, paced by

her daughter Emily – there was speculation about the mood in their car on the drive home. Despite my own disappointment, it was all great fun, and I hope the start of a regular club event. I'm told there will another one in a few months. Many thanks to Steve Manning for organising it, and to his assistants on the night Matt Logan and Zoe Manning.

## 5000M Track RESULTS

### RACE 1

Sub 19:

- Steve Walmsley (18:59) **19:22**
- Steve Davidson (18:59) **19:05**
- Craig Harbers (18:59) **19:03**
- Hanne Schoofs (18:59) **18:44**
- Peter Maynard (18:30) **18:11**
- George Lewis (18:10) **17:30**

Sub 18:

- Krishna Stanton (17:40) **18:21**
- Olivia Boyd (17:40) **17:58**
- Seb McCormack **17:40**
- Gus Gannon **17:39**
- Mathew Maynard (17:40) **17:36**

Sub 17:

- Michael Cnops (15:59) **15:56**
- Aidan Hobbs (15:59) **15:58**

### RACE 2

Sub 24:

- Andrew McCormack **25:27**
- Emily Gilmore (23:59 - pacing) **22:48**
- Keiran Gilmore (23:59) **22:48**

Sub 23:

- Holly Stewart (22:10) **23:02**
- Charlie McCormack **20:53**

Sub 21:

- Andy Lumsden (20:59) **21:04**
- Samuel Kumar (20:59) **20:45**

Sub 20:

- David Jackson (19:59) **20:11**
- Kyle Richardson (19:59) **19:43**
- Mathew Davis (19:59) **19:43**
- Chris Dixon (19:50) **19:22**

## INTRAINING parkrun results Saturday 15<sup>th</sup> May 2021.

Shout out to our Junior runner GABRIEL PINEL who ran his 50<sup>th</sup> Parkrun at Rock Riverside and to Melissa Clark who ran her 200<sup>th</sup> Parkrun at Kendron last weekend.

Rumour has it there were a fair few PB's last weekend probably thanks in part to some cooler temps. Congratulations everyone.

Our **FASTEST MALE** runner was:  
JARRED GUNN – 17:35 – KEDRON

Our **FASTEST FEMALE** runner was:  
CATHERINE TURTON – 20:43 – KELVIN GROVE

NEW AGE CATEGORY RECORDS were set by Catherine Turton for W45-49 at Kelvin Grove, Julia Briskey for W60-64 at Queen Elizabeth, Casino and Eddie Pearson JM15-17 at Maleny Trail

[View full result here!](#)





## TALES ON THE TRAILS: Friday JUNE 4, 6:30pm

**What is it like to run day after day in one of Australia's most spiritual locations?**  
A panel chat with 4 of our trail runners.

**Tales from the Trails**, created by and for people who love to talk **trails**. We go beyond Mt Cootha with our special guests to chat about how they pick their trail events, what it takes to get to the start line and the many uses of a buff. If this sounds like you, join us at the intraining Running Centre at 6.30pm on Friday the 4<sup>th</sup> of June. Watch Facebook or club newsletter to register for this fun free event, limited spaces, intraining members will have first priority to attend.

## ORDER WINTER CLUB GEAR

### DON'T MISS OUT! ORDER YOUR CLUB WINTER APPAREL NOW!

With the weather getting colder now is the perfect time to place an order for your winter gear. This year you'll have a choice of a:

- Club Hoodie
- Club Track Pants or a
- Club Long Sleeve Shirt.

These are only available until May 31<sup>st</sup>.

Time is limited...so don't wait, place your order today. <https://store.otgcustom.com/Intraining>

The webstore will be open for the next 10 days, until May 31<sup>st</sup>. Please be sure to check the sizing chart to ensure you order the correct size as we won't be able to exchange or swap them if it doesn't fit. We will have a limited number of samples that you can try on at intraining Running Centre from next week.

NOTE: Once the webstore closes on May 31<sup>st</sup> all orders will be processed and production will begin. It will be a short wait (approx. 4 weeks) before your order arrives in the mail.

**DON'T WAIT, PLACE YOUR ORDER TODAY!!** <https://store.otgcustom.com/Intraining>



Club Hoodie





## MIZUNO SUPER SALE STILL ON at INTRAINING... GRAB YOURS NOW!

Get ready for the Brisbane Marathon Festival in a new pair of Mizuno running shoes. On sale now at intraining!

UP FOR GRABS this Saturday only: Purchase any pair of Mizuno running shoes instore this Saturday 22 May and go in the draw to WIN:

- A Mizuno back pack
- A Mizuno metal water bottle
- A pair of Goodr sunglasses

Total prize valued at over \$160.

Visit intraining Running Centre at 535 Milton Road Toowong from 9am to:

- Score up to 50% off selected Mizuno footwear
- Received 20% off all other Mizuno footwear
- Get a FREE 3 pack of socks with every Mizuno shoe purchase

Test drive the new Wave Rider 25

Get in quick – sale ends 13 June 2021



## Training for your next big race? Are your feet healthy?



Our podiatrists can check the health of your feet to ensure you start and finish well.

Don't ignore those niggles, [book in now](#).

The intraining Podiatry & Physio Clinic have appointments available six days a week with free parking and no referral necessary.

Call our friendly reception team to make an appointment on 3367 3088.

Find us at 535 Milton Road, Toowong.