

River City Runners

BRISBANE • AUSTRALIA

October 2018

Joining RCR

Running regularly with RCR? Have you run more than 3-4 times with us? Want to join a friendly social running club? Membership is a very reasonable \$35/year. Membership runs from 1 October to 30 September the following year.

For more details see <https://www.rivercityrunners.net/membership--merchandise>.

Date Claimers

River City's Christmas party and Awards night – 1 December

Night Run (West End Girls and South Side Boys) – 14 November 7pm

Annual General Meeting

The Club AGM was held Saturday 6 October, at the top of Mount Gravatt. Amanda Neil was returned as president with a record crowd to witness her inauguration. All other positions were filled, with extra volunteers stepping in to assist with some of the larger jobs.

President - Amanda Neil

Secretary - Jodie Nichols

Treasurer - Neil Tincknell

Social - Chris Batt & Heidi Gould

Results - Katie Masterton, Gary O'Connor & Jodie Osborne

Newsletter - Annette Evans

Club Shirts - Maria Proctor

Team Registrations - Jodie Osborne

Club Support Person - Graham Hill

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RCR Support Person

Graham Hill

Like many similar sporting bodies and industrial organisations, RCR has recognised the need for a Support Person role. I'm sure we would all agree that our club is a caring community, however there are occasions such as extended illness, sudden loss, or emotional breakdown where there is benefit in having someone specifically supporting the emotional wellness of our members.

What is the role of a Support Person?

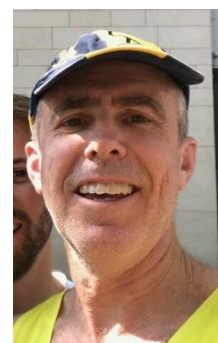
This may include:

- facilitate the running community to provide support for members with ongoing illness or injury
- emotionally support members in stressful or challenging circumstances through listening, caring and accessing appropriate resources
- provide comfort and discover meaning in times of bereavement and loss
- to serve as a reminder of the transcendent in life

While the Support Person is not a religious role, we recognise that in sport as well as in professional lives, we function best in any moment when we effectively access our physical, intellectual, emotional and spiritual resources. The Support Person's role is to help you in times of uncertainty to discover what that means for you.

I look forward to serving you in this role. I will be seeking to be aware of who may benefit from some extra care, please don't be reluctant to contact me yourself or on behalf of another.

Graham Hill 0412 190192 graham@leagroup.com.au



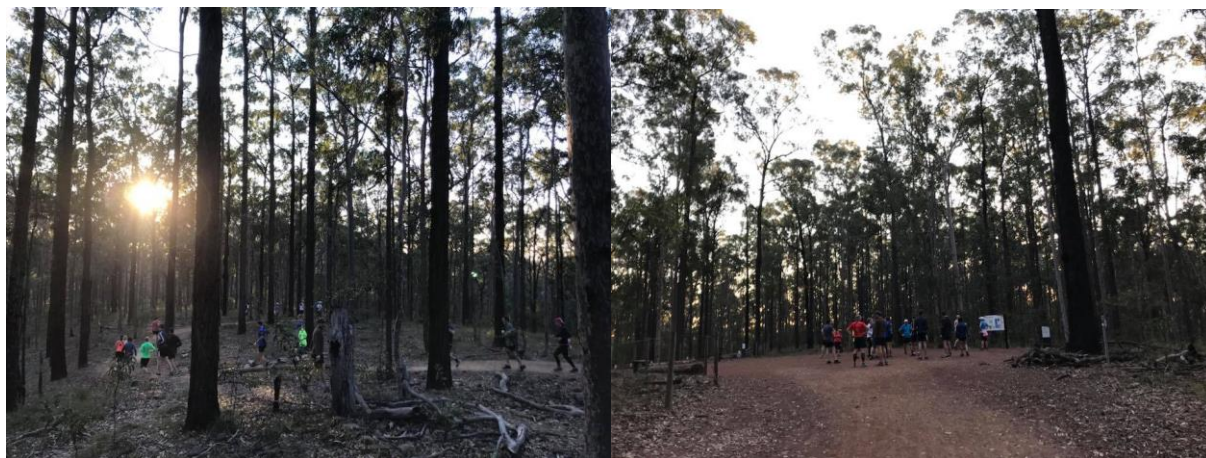
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Koala Capers (Ekka Day)

Ekka Day for RCR is a chance to do a trail run, so on a beautiful Brisbane winter's morning, around 30 RCR trail runners converged upon Daisy Hill. Led by Alex (from the front, middle and rear) we ran around Daisy Hill enjoying the company and the beautiful morning.



Following the run, it was a breakfast barbecue tea and coffee thanks to Chris Batt and his trusty helpers.

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Yarrabilba Trail Fest

Jodie Davis

It was a cold and frosty pre-dawn assembling of the intrepid team of RCR runners in the start precinct of the Yarrabilba Trail Fest. We were buried under many layers (it's really cold when Gary O'Connor is in long pants!), with Naho covering up so well that only her eyes were showing, and all of us huddled together to stay warm during the race briefing. As the sun rose on what was to become a beautiful day for hitting the trails, we were off. A very sandy course with a few big hills thrown in to keep runners on their toes, but we were rewarded with some truly spectacular views from the top. RCR was well represented with runners in both the long and short courses, and we even had a few who decided to make the long course even longer! In the true sense of what the trail running community is about, acknowledgment must go to Monique, who gave up her run to help a runner from outside of RCR who became very ill out on the course. However, all from RCR finished safely, and in the true sense of family, stayed in the finish precinct to cheer each other home. Overall, a really well organised and fun event. I'll be back next year.

Brisbane Marathon (August 2018)



Figure 1: RCR at the start of Brisbane Marathon

It had been a 12-week plan where we had run, tempo-ed and sprinted to the published plan to get to this point, converging on the City Botanical Gardens from carparks far and wide, bright and early in August.

It wasn't hard to find Naho given that a big foil balloon followed her where ever she went - she was celebrating her birthday with a short 21 km run. As we all lined up at the start we took a final look at Anita because apparently, she was never going to look the same again

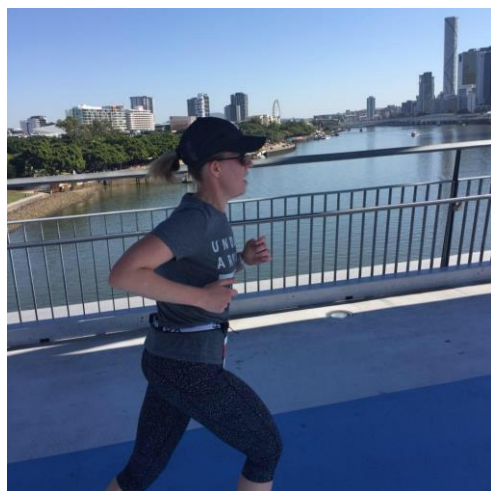
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according to Jodie Davis. Anita was about to start her first marathon.

There were RCR members all over the course, providing support in the form of cheers and supplies. There were 10 km runners, there were 21 km runners, and there were 42 km runners ... and then there was the odd 30 km runner who did a short run prior to heading to Cafe 63.



After finishing our races, we headed to the Riverbar for a belated breakfast/lunch. We could all see how different Anita looked as she was now a marathon runner. She did so with energy to spare judging by the photo at the top of the Goodwill Bridge looking strong. Thanks also to Leigh sprinting the last 10 km to keep up with her and give her his encouragement and photography services.

Figure 2: Anita cruising the last kilometre

Coastal High – 50km Trail – 1 September 2018

Ten River City members headed to Binna Burra ready to run Coastal High – a 50 km trail Ultra. Sho had flown in from Japan, joining Neil, Maria and Pat, ensuring that River City Runners International were represented. Some of the girls prepared by listening to Dolly Parton on the road trip with the car filled with supplies for every eventuality – including a microwave and sandwich press.

The day opened chilly but fine, with the mandatory starting pictures taken whilst waiting for the bus to the start line. After five busses took us the 2 km to the start line we started the long day.

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Figure 3: RCR at the start line

Checkpoint 1 was after 23 km of trails over rolling hills and scenery over the valley. The next 10 km was a hot run of fire trails across the valley, followed by a short bitumen section. There were several creek crossings – all gratefully taken as it cooled us down. Coming into Checkpoint 2 we were all happy to see the drink stations, chips, cola and lollies. Amanda, Katie, Annette and Judith took some time to chat, rest and eat lunch. Then we hit the dreaded CP2 to CP3 section. This was the hardest section with lots of up, up and more up, interspersed with down so steep that we cautiously approached each one. There was much camaraderie as we gave and received encouragement to and from each other, as well as with strangers on the course. At Checkpoint 3 (42 km down) all seven RCR girls met up and rested

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before starting on the last section. We all left together with the ever-ready SJ running rings around us as usual to take awesome photos of the memorable journey.



The last section was memorable for the creek crossings and the beautiful waterfall. We made our way to the finish like horses heading home to “oats and molasses”. There were hugs, tears and celebrations as we all finished – hand in hand.

Figure 5: RCR Girls after CP3



Figure 6: Sarah-Jane Marshall, Katie King, Jodie Davis, Liz Russell, and Amanda Neil



Figure 7: Annette Evans and Judith Ebrington

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Special mentions go to:

- Sho – for being the winner of the unofficial 55km race, having taken a “long-cut”.
- Neil and Maria – for ordering and delivering pizzas to three tired and hungry RCR girls.
- Katie – for asking that the next Girl’s trip not include 50km

The day can be summed up by some motivational messaging by SJ – *“one thing you can be sure of is RCR is a family and we never leave anyone behind. A few people went through some tough times out there but the strength and support from our family unit got them there. If you could have seen what I saw and the obstacles overcome .. the inspiration from just witnessing that makes me want to be on that start line again. It’s a must”* The room has already been booked for Coastal 2019!

Coastal High Poem (by Katie King)

Thank you for a great day,
Even though it wasn’t always gay.
The memories will last a lifetime,
I can’t think of anything here to rhyme.
I hope you are all tucked up somewhere warm,
As today we really weathered a storm.
Congrats for finishing the race,
That’s all it’s about, not the pace.
It was special to cross the line together,
I’ll remember it forever.
Remember to check yourselves for ticks,
As SJ said you really want to give them the flick.
Time for some nice food and maybe a wine.
Love you all until next time.

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Melbourne Marathon (October)

Anna Kaszycki

The Melbourne Marathon was one that the RCR athletes had anticipated for months. We had prepared ourselves really well for this event. In the weeks leading up, our program continued to push us with challenging tempo sessions, speed work, recovery and endurance runs.

Melbourne Marathon was my first marathon. I remember standing at the start line and asking two women next to me if they felt as nervous as I did, and they agreed, which made me feel at ease. Next thing I knew the gun went off and we started a race that I would never forget. The sights of Melbourne were amazing by foot and for the first 35 km of the race I felt in control and really consistent. At the 40 km mark, I had hit a wall and started to slow my pace. I remembered that I paid for this and should get on with it, and soon enough the finish line was in sight. I closed my eyes and went for it, finishing with my goal time of under four hours.



Figure 8: Anna Kaszycki with Marathon Man

As I crossed the line, I thought of three things. Marathon runners are insane and I have so much respect for them now as I am one of them. Where is the nearest water station, and I can't wait to share this moment with the River City Runners who have made this experience so memorable and enjoyable for me. I hope this is the first marathon of many!

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Quotes to Live By

"Let me take all your negativity today. That's a burden I can take for the next 21km. Now you just run."
- Liz to SJ before SJ ran her Marathon PB.

"Hills are just mounds of opportunity" - Judith

"Family is family and we don't leave anyone behind" – Sarah-Jane

Culinary Corner

Frosé

Ingredients

1 bottle dry rosé

300g strawberries, hulled and halved

50g caster sugar

juice of 1 lemon



Method

1. Pour the bottle of rosé into a deep roasting tin and carefully put it in the freezer overnight.
2. The next day, mix the strawberries with the sugar and leave to sit for 30 mins until the strawberries begin to release their juices.
3. Blend the frozen rosé, strawberries, sugar and lemon juice together, then divide between glasses for the ultimate refreshing summer cocktail.