

River City Runners

BRISBANE • AUSTRALIA

July 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 October 1 to September 30 the following year.

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

Annual General Meeting

The club AGM is set for Saturday 6 October, at the top of Mount Gravatt (as it is the 1st Saturday of the month). Please come and support your club. If you are interested in a role within the club contact one of office bearers at [https://www.rivercityrunners.net/contact us](https://www.rivercityrunners.net/contact-us).

Mt Gravatt Athletes Foot Sponsorship

We are excited to announce that Athletes Foot store at Garden City will be offering an all year-round discount of 15% to all River City Runner members. Simply let them know in store that you are from River City Runners and you will automatically receive a **15% discount** off your purchase.

They are also offering us some wear test sessions of different brands so stay tuned for more information.

The staff at Athletes Foot Garden City are keen runners as well and are happy to promote our great club in store. Stay tuned for more things coming up soon.

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Camp Mountain Trails Challenge

Gary O'Connor

On the afternoon of 3 June 2018 four RCR members, Maria Donohue, Naho Cvetinovic, Sheamus O'Connor and Gary O'Connor ran the 13.3 km course in TRAQs Camp Mountain Trails Challenge. Sue O'Connor was the much-appreciated cheer squad for the team.

The 13.3 km course featured the Open Division Queensland Mountain Running Championship, which one of us should have realised before we entered. The field was small, at 27 runners, and the course was tough, with an elevation gain of 600-700 m. It included a steep climb of just over 200m over a distance of 2km, which had to be done twice. On the plus side the course went through bushland at Bellbird Grove at the Gap and provided great views of D'Aguilar National Park and the CBD along the way.

8.3 km Master's race and 1, 2, 3 and 4 km Junior races were also run. The winners of the 13.3 km race were Aidan Hobbs (56:56) and Joanna Hills (1:09:45). RCR members ran well in a competitive field, Sheamus (1:23:33), Maria (1:25:07), Naho (1:30:45) and Gary (1:35:46).



Figure 1: Maria Donohue, Naho Cvetinovic, Gary O'Connor, Sheamus O'Connor

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40th Gold Coast Marathon weekend

Annette Evans

The prep for GC had started many weeks earlier for many RCR members. Training runs had been banked, entries delivered by Nick and Pat, and dry weather ordered. Thursday evening prior, Amanda and her trusty 4-man crew put up the tents, Amanda directing location and ensuring W&HS was maintained, particularly by Jason in his Safety Thongs.

Also key in pre-event organisation was Amanda's callout for tent-foodstuffs. So many offers of slice, cake, sandwiches were given. Post race Masterchef-quality recipes were released by Anita and Trish. See later in the newsletter for these.

The morning of the race there were two types of RCR members – the runners and the groupies – almost in equal number. The groupies were kept busy running back and forth from start lines and vantage points. Helping with mid race drinks and jumper rescues, and the odd pharmacy run for Voltaren gel, we were using race tracker to be ready for the marathon runners passing by.

The 32km point was a popular support point for RCR runners. Directly across from the RCR tent, groupies (support crew) would prepare for the passing of their nominated runner, and handoff refreshments, gels and personal "drinks". Carol Wingreen with her cold refreshing coke, Jodie Davis with her lollies, Sarah-Jane with her Beer (Ginger). SJ and Carl later spent about 6km looking for a coffee shop to grab a takeaway caffeine hit. Just as SJ found one Carl decided it was better to keep running and finish the marathon – SJ did have some choice phrases running through her mind at that point we hear.

I for one was excited to be there to support Jodie Davis and Nick Roberts for their first marathon. After weeks of training they were ready and willing, posing for all the photos requested. Jodie had her own personal pacer/gel carrier/photographer for the last 10km with Anita providing her friendly chatter up to the last km.

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There were fantastic performances by all members, and the groupies (and resting runners) contributed to the massive cheers coming from the tent for any RCR member running by, as well as cheers for a variety of named-bib runners. Naho provided the Japanese cheers, giving us a truly international cheer squad.

For pictures and results from the day, Katie Masterton did a fantastic job – see the video here:

<https://www.facebook.com/kjmaster/videos/10214533461222672/>



Figure 2: Jodie Davis, Nick Roberts

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Jodie Davis and QRun

Recently our own Jodie Davis was interviewed by QRun, whilst promoting River City Runners. For those who missed it, her story is linked below:

<http://www.qrun.com.au/discover/your-stories/looking-running-group-qa-river-city-runners-member-jodie-davis/>

Binna Burra – Ships Stern

Sarah-Jane Marshall

Well it was a cold dark start to the Binna Burra Sunday run today. Having a blast, lookouts with plenty smiles as wide as the valleys we were seeing. Then it happened..... Amanda wasn't happy with Judith's walking on sunshine rendition and wanted to bring back the head banging crazy from her younger years and decided to plough head first into a very large rock!! (Ok maybe she tripped on a vine, but my story is way better). With a nasty gash on her head bleeding, very large scrape on her cheek and a bruised shoulder we got Amanda comfy and saw to her injuries.

With the situation assessed, a powwow with Carl on an evacuation plan and Amanda able to move without pain. The hike out was on. We were at the furthest point from any connecting trails. So, it was a solid 8k hike out. Checking vitals every 15min. Annette on point leading the gloved, space blanket wrapped, head compression bandage wearing wounded and Katie as back stop/catcher behind Amanda. Jodie was fast packing with not only her pack but mine. Anna kept the chat and laughter going as we moved through the trails. Trail check every 30min and we were on track. Man, this chic is tough!!!

Relentless Manda marching, and we emerged from the bush a little under 2hrs later. What an amazing group to pull together the way they did in what was but could have been even more serious situation. Amanda is ok she's going to be very sore tomorrow and possibly the next couple days. Magnificent views, laughter, awesome company, great chats, intimate rock encounters, first aid skills tried and tested and a team who go above and beyond when a family member needs them.

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Figure 3: Judith Ebrington, Carl Schodde, Katie King, Annette Evans, Jodie Nicols, Anna Kaszycki, Amanda Neil, Sarah-Jane Marshall

Running in Rain

Prospective members to RCR are welcome to come and try an introductory session or two with the club. A popular session is the Thursday speed sessions. These are so popular that even in the rain we have

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runners and support crew. Thursday morning before Gold Coast running weekend, a few sturdy runners braved the rain and ran the sprint training. Pat, ever the club-man, provided some protection from the elements.



Figure 4: Naho Cvetinovic, Gary O'Connor, Pat Coglan



Figure 5: Pat Coglan, Jeff Little

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Banana Bread

Anita Hathaway

A simple and practical way of putting to use some over ripe bananas and cheering up a cup of tea!

Ingredients

- 5 tbs (80g) butter
- 2 eggs
- 100g sugar
- 3 large ripe bananas
- 150g plain gluten free flour (only if you have a Gluten intolerant husband)
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp bi-carbonate soda
- $\frac{1}{4}$ tsp baking powder

Method

1. Preheat oven to 180°C
2. Combine bananas, butter, eggs and sugar in a large bowl and mash with a potato masher or fork until you create a paste
3. In a separate bowl, combine flour, salt, bicarb soda, and baking powder
4. Add both mixtures together and stir until smooth
5. At this point you can add half a cup of either chopped nuts, or dried fruits such as walnuts or chopped dried figs
6. Pour mixture into a lightly oiled standard size loaf tin
7. Bake in pre-heated oven for approximately 50 minutes

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Chocolate Cherry Bars

Trish Coonerty

Ingredients

- 250g dark chocolate
- 3 eggs
- 1 cup castor sugar
- 2 cups coconut
- 200g glace cherries
- Icing sugar

Method

1. Grease and line lamington tin.
2. Chop chocolate roughly and melt
3. Spread melted chocolate over base of lamington tin and refrigerate until firm
4. Beat together eggs and sugar until light and frothy
5. Gently fold in coconut and chopped cherries
6. Spread mixture over firm chocolate
7. Bake at 180 degrees Celsius for 30 minutes until topping is firm to touch
8. Cool then refrigerate
9. Before serving sprinkle with icing sugar