

April 2011

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SRAWS

News

CLUB NEWS

- + **Welcome to all new members.**
- + A few more volunteers are needed to marshal at the triathlon May 1st. Please contact Carole on 55 639 316 if you are available.
- + The club has received a Divisional Donation of \$1000. The club will purchase new equipment, if you have any suggestions please let the committee know.

Many thanks to Councillor Dawn Crichlow for her continued support.

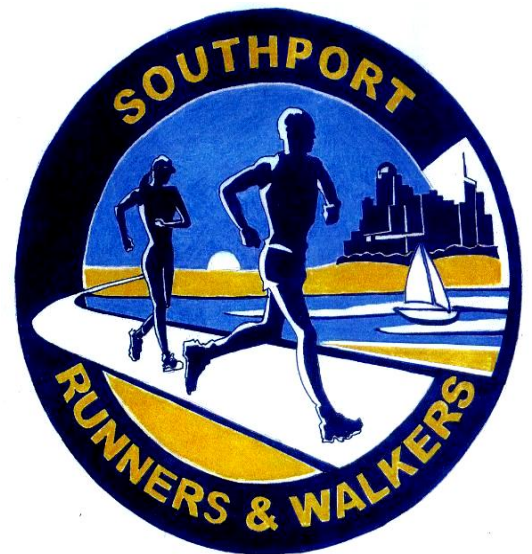
- + From the 8th May the **Winter start time** commences, that is **7am**

MID WEEK RUNNING GROUPS

Tuesday: 5 am Kurrawa Surf Club.

Saturday: 5am Burleigh Heads, North end of car park.

Saturday: 5am Movie World north eastern side of the car park. Contact Michelle 0450 416 648



Coming Events

23rd April: Binnaburra Easter Saturday Run
7am (Contact GC Runners club)

24th April: Easter Sunday run from club.

1st May: CLUB CLOSED. Luke Harrop
Triathlon

8th May: Mothers Day Classic Fun Run

Mother's Day Club run 7am start
15th May: Race 4, Runaway Bay

29th May: Bus Run



From the Field:

A DAY AT THE BEACH WITH AMANDA MUGRIDGE and ALAN COSSEY

OR

RED ROCK TO COFFS JETTY

Written by Bill Wollin

As we lay in our respective cabins the night before the run we could hear the roar of the wind through the tops of the gum trees. We were staying just out of Woolgoolga some 15 kms. south of Red Rock.

The day before had been perfect with blue skies and a pleasant sea breeze, but overnight saw showers and a wild southerly come up the coast.

Start time on the Sunday was 6.30 am day light saving time. In the half light we could see the tide had started to drop but was still high enough to create a tough first hour with soft sand and a steep camber.

Steele Beveridge (race director) explained the 45 km. course saying ‘ keep the ocean on your left and you won’t go astray’ (famous last words).

The 45 km run involves approx twelve beaches, some in excess of 7 kms. Headlands had to be climbed and creeks waded through. Some creeks were at least waist high or in Cossey’s case, neck high.

The field was made up of 34 male and 16 female solo runners plus five two person teams who were away on the stroke of 6.30. The field quickly spread out as the sun rose and the wind seemed to get stronger.

It appeared to take forever to get to drink stops which were most welcome and well stocked with various drinks, bananas, red frogs and encouragement. It was a long day on the sand but slowly the kilometers rolled by.

As we tire due to the soft sand and the wind, Amanda took shelter behind me. She soon realized that this would not help. She reckoned it was like running behind a pencil.

Eventually the masts of the yachts at Coffs Jetty came into view and we knew we only had another thirty minutes to go.

Presentations, drinks and sandwiches took place at the Coffs Harbour Yacht Club where all runners that finished were presented with a thong (for the foot).

I think the majority of runners came from Queensland and were members of the Twin Towns, Gold Coast or Southport Runners & Walkers club. The first three women to finish were from Qld and the first and third male also.

Thanks to the organizers, marshals and drink stop guys and girls. A big thank you also to our ‘personal’ support crew who attended to our every need (when they found us !!!)



NERANG STATE FOREST 25km and 50km. By Christine Purdie

On Sunday 3rd April, Keiko, Pat, Aileen and myself with over 200 other contestants participated in the run/walk in the beautiful Nerang State Forest. I started training about 4 weeks before the event, the longest distance I had ever done was 21kms. I have never been to the Nerang SF and didn't even think about what sort of terrain it was. My training took place around Labrador and along the Broadwater. I could do 10 and 15 km walks at a good pace and figured the forest walk would take me about 3hrs 45 minutes. Ian asked myself, Pat and Aileen to sweep, this was fine as we knew we would be at the back of the pack! The Sunday before the race Keiko decided to join us, she also was looking forward to a nice walk in the forest.

We started off at 6am, and it wasn't long before I realized this was going to be tough. In the first 5 kms my butt and legs were beginning to feel a little sore. I found myself a stick to help me get up the hills and to keep my balance going downhill. As we were nearing Heartbreak Hill, a runner flew by, on his second lap of the 25 km, ran up the "cliff face" like a rabbit while I was almost crawling over the rocks and mud. This

runner was Jonathan Worswick who won the men's 50km in a time of 4.22.14. What a performance!

Keiko and I finally made the turnaround and refreshment station, Pat and Eileen were just behind us. We had a bite to eat and I downed 2 cups of coke, I figured I needed all that was on offer to get me back to the finish. I think the first half was more difficult, but I was slowing down. Keiko would power up the hills and wait for me at the top and by the time we reached Central, the first female in the 50 km overtook us, that was Debbie Nicholl who did a time of 4.41.00, another fantastic effort. This encouraged us to be strong and keep moving, and finally we could hear traffic, civilization! I told Keiko that I thought the walk was tougher than when I climbed Mt Fuji, and she replied it was tougher than doing a marathon! As we approached the finish we felt a great sense of achievement. Our forest walk took 5 hours 30 minutes.

Will I do it again next year? Yes, but with a different training approach.



UNIFORMS

The new running singlets are still available in various sizes for \$25.

Running caps: \$12

There are still some older style singlets and long sleeve shirts available for \$10

If you are interested in purchasing SKINs for winter, see Judy at the club or call her on 0412 657 054

Ultra Runners: Ian's next event.

It will be 25km or 50km run or walk or a 100km run on the beautiful Gold Coast beachfront. Not on the sand, but on footpaths from Broadbeach to Palm Beach and return for 25km. Do it twice for 50 or 4 times for 100. Walkers are most welcome in both the 25 and 50km. There will be a 12 hour cut off for all events. There will be aid stations every 5km and a free BBQ for most of the day, in the start/finish area at Broadbeach. Unlike the Kokoda course, this course is relatively flat. However, it does have the benefit of enabling you to get some miles (km) into your legs. Should anyone be interested in doing 75km please let Ian know and, if numbers justify it, he can quickly add another distance. More details may be seen at the AURA website. (Phone contact 0408 527 391)





Healthy Eating Segment..... What's in season for April?

Fruits

Apple, Banana, Grape, Kiwifruit, Mandarin, Nashi, Pears, Plum, Pomegranate, Strawberry, Watermelon.

Vegetables Asian greens, Asparagus, Avocado, Beans, Cauliflower, Lettuce, Olives, Onion, Peas, Potato, Pumpkin, Shallot, Spinach, Sweetcorn, Sweet Potato, Tomato, Zucchini

Recipe of the Month – A sweet treat!

Cherry Coconut Easter Eggs

Preparation Time: 30 mins

Ingredients

4 cups coconut
300g chopped red glace cherries
Red food colouring
375g Nestles sweetened condensed milk
375g Nestles dark melts or white melts
30g Coha

Method

1. Combine coconut, cherries, a few drops red food colouring and condensed milk, mix well.
2. Roll heaped teaspoons of mixture into egg shapes.
3. Place on a tray and refrigerate until firm.
4. Combine melted dark or white melts with melted coha.
5. Dip cherry coconut eggs into chocolate, refrigerate until set.
6. Enjoy!

Healthy Eating Tip for the Month

Eat sweet treats in moderation - Dark chocolate is lower in fat and higher in antioxidants. So if you want to have chocolate, choose the dark chocolate.

Happy eating and Happy Easter!!

Janine ☺

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