

# February 2011

- Time Trial
- AGM
- Anniversary dinner
- Advice from our club nutritionist.

# SRAWS

## News

### TIME TRIAL

This Sunday **13<sup>th</sup> Feb** is the club's first **5 km time trial** followed by BBQ breakfast after the run. One of our members, Ross Jackson from The Running Shop will bring along some clothing and running shoes to display and answer any questions you may have on the right shoes for you.

There will be runs and walks for members who do not wish to participate in the time trial.

The **AGM** will be held on the **20<sup>th</sup> March**. Please consider taking on a position on the committee (details on the notice board). Some of the existing committee will be standing down for health, work or other commitments. There are only 4 official meetings per year to comply with the incorporation, the officialdom is very minimal, but the club does not run itself.

### *Anniversary Dinner*

**DATE:** Friday March 18<sup>th</sup>, 6.30pm  
**WHERE:** Southport Yacht Club  
**DRESS CODE:** No singlets or thongs  
**COST:** \$30 per person-**limited to 80 persons**  
**THEME:** Black and white.

#### MENU

Fresh Baked Bread rolls & Butter

#### *Hot Buffet:*

Fresh grilled local barramundi fillets—*Grilled with lemon and fresh sea salt*

Portuguese Spiced Chicken—*Spicy Chicken with Peri Peri Served with Jasmine Rice*

Spinach and ricotta cannelloni— *Baked with a rich sugo sauce and topped with grando pandano parmesan*

Mustard Rubbed Beef — *slow roasted beef rubbed in whole grain mustard*

#### *Sides:*

Fresh Crisp garden salad

Potato bacon and chive salad

Roasted Vegetables

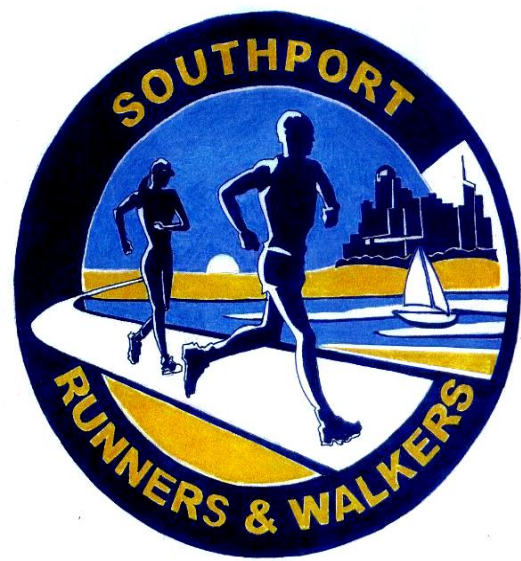
#### *Dessert:*

Triple Berry Cheesecake

Chocolate Torte

Triple Chocolate mousse Layered Cake

**ENTERTAINMENT:** Dinner and dance music by Peter Gardiner



### Coming Events

**13 February: 5 km time trial at club.**

**20 February: Race 1 Runaway Bay Series**

**18 March Anniversary Dinner**

**20 March: AGM**

**27 March: Red Rock Ultra Race**



## Healthy Eating Segment.....



### What's in season in February?

#### Fruits

Apricot, Banana, Fig, Grape, Honeydew, Mango, Nectarine, Orange, Passionfruit, Peach, Pear, Plum, Rockmelon, Strawberry, Watermelon

#### Vegetables

Asparagus, Avocado, Beans, Broccoli, Cabbage, Capsicum, Celery, Cucumber, Eggplant, Lettuce, Onion, Peas, Pumpkin, Squash, Sweetcorn, Tomato, Zucchini

### Recipe of the Month

Breakfast is one of the most important meals of the day. Research has shown breakfast eaters have improved energy, memory function, alertness, concentration and mental performance throughout the day.

#### Bircher Muesli

Preparation Time: 10 minutes

Standing Time: 12 hours

Serves 4

#### Ingredients

2 cups Traditional Oats

½ cup chopped dried apricots

1 cup orange juice

1 1/3 cup skim milk

1 cup low fat vanilla yoghurt extra to serve

1/3 cup slivered almonds

1 apple grated

When serving top with honey and fruit such as chopped banana, strawberries, blueberries, passionfruit and/or raspberries.

#### Method

1. Combine oats, apricots, orange juice, skim milk, vanilla crème yoghurt, almonds and apple in a large bowl. Cover and refrigerate overnight.
2. Before serving, drizzle with honey and your choice of fruits and add extra vanilla crème yoghurt
3. Enjoy!

#### Healthy Eating Tip for the Month

Make sure you eat 2 fruit and 5 vegetables a day for good health.

Happy Eating!!

Janine ☺

# Southport Runners and Walkers Inc

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