

**March 2011**

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# SRAWS

## News

## CLUB NEWS

**CLUB MEMBERSHIP:** 2011 membership is now due and all members need to sign and date the **RELEASE FORM** and update any details on the membership form.

**AGM:** As an incorporated nonprofit club we are required to conduct a compulsory Annual General Meeting which will be held on Sunday 20<sup>th</sup> March to elect officers to oversee the running of the club. Without these officers, the club cannot exist. The positions are:

President  
Vice President  
Secretary  
Treasurer  
Club captain  
General Committee of six members

In the general committee, representatives of serious runners, social runners, race walkers and talker walkers are needed to represent all our members.

Only financial members are entitled to vote for the incoming committee

**Anniversary Dinner:** This Sunday 6<sup>th</sup> March is the deadline for payment for the dinner. The Yacht Club has requested definite numbers and payment by Monday 7<sup>th</sup> March. The committed numbers to attend the dinner are extremely low so if you are anticipating attending please pay Shirley this Sunday.



### Coming Events

**6<sup>th</sup> March: deadline for payment for Anniversary Dinner.**

**8km Time Trial and BBQ**

**13<sup>th</sup> March: Race 2, Runaway Bay**

**18<sup>th</sup> March: Anniversary Dinner, Southport Yacht Club.**

**20<sup>th</sup> March: Annual General Meeting.**





## Running Group

Tuesday morning at 6am from Caffene Coffee Shop, Bayview Street, Runaway Bay. Anyone welcome to join. More people, more motivation

Ring Jo Bright 0423 108 393



### **NERANG STATE FOREST: 48 km run and 28 km run/walk**

**Sunday 3<sup>rd</sup> April 2011.** Entry fee: 48 km \$60 (AURA members \$40) 28 km \$30

For more information and online entry, visit <http://www.aura.asn.au/NerangSF.html> or contact Ian Cornelius on 0408 527 391



**WELCOME to all our new members.**

### **MID WEEK RUNNING GROUPS**

Many new members are looking for running groups during the week, so if you regularly meet with other members could you let me know the details or send an email to the club email address.

(Christine)



### **UNIFORMS**

Singlets are still available and sell for \$25 each. Also there are short sleeve shirts, long sleeve shirts and the older version singlets on sale for \$10.

### **SKINS**

If you are interested in investing in some skins, these can be ordered through Judy at a great price. See Judy at the club or call 0412 657 054.

# Southport Runners and Walkers Inc

## **Address:**

Southport Aquatic Centre  
Marine Parade  
Southport, QLD 4216

**Web:** <http://www.southportrw.org>

**Email:** [srawsc@gmail.com](mailto:srawsc@gmail.com)

**Mobile:** 0457 486 107





## Healthy Eating Segment.....

### What's in season in March?

#### Fruits

Apple, Apricot, Banana, Fig, Grape, Honeydew, Kiwifruit, Nashi, Nectarine, Orange, Papaya, Passionfruit, Peach, Pear, Plum, Pomegranate, Strawberry, Watermelon

#### Vegetables

Asian greens, Avocado, Beans, Cabbage, Carrot, Cucumber, Eggplant, Lettuce, Mushrooms, Olives, Onion, Peas, Potato, Pumpkin, Shallot, Spinach, Sweetcorn, Sweet Potato, Tomato, Zucchini

### Recipe of the Month

#### Lemon Chicken

Preparation Time: 10 mins      Standing Time: 12 hours      Cooking Time: 10 mins  
Serves 4

#### Ingredients

4 skinless, boneless chicken breast halves, about 120-130g each  
½ cup freshly squeezed lemon juice  
1 Tablespoon chopped oregano, plus a handful of sprigs  
¼ teaspoon chilli flakes  
2 teaspoons extra virgin olive oil  
Mixed vegetables (Beans, Cabbage, Carrot, Cauliflower, Spinach, Zucchini) or salad

#### Method

1. Combine the chicken and lemon juice in a dish, add chopped oregano and chilli flakes and toss well. Cover with plastic wrap and marinate for a few hours or overnight.
2. Preheat a non-stick fry pan or barbecue plate to moderately high.
3. Remove chicken from the marinade and drain well, reserving the marinade. Add 2 teaspoons oil to the chicken and toss well to coat.
4. Place chicken in the fry pan or on the barbecue plate and pour over marinade. Cook until browned on the first side, about 3 minutes, then turn over and cook the second side for another 2-3 minutes.
5. Place the chicken on a plate and serve with steamed mixed vegetables or salad.
6. Enjoy!

### Healthy Eating/Drinking Tip for the Month

In the hot, humid weather remember to drink at least 2 litres of water a day. For those doing lots of physical activity - a good guide for how much water you should consume is 35-45ml of water for every kilogram of body weight.

Happy eating and stay hydrated!!

Janine ☺