

# RUNWAYS

NEWSLETTER OF THE QANTAS RUNNING CLUB EST. ~1970

June-July 2018

President	Vacant
Vice President	Vacant
Treasurer:	John Gately
Secretary:	Dave Taylor
Committee:	Shane Batkin
	Roger Moresi
	Jason Vella
WARR Captain:	Roger Moresi

Details for the QRC account are:

Qudos Bank

**BSB 704 865\ Account: 02166990**

**Name: QAN**

**Description: *please insert your name***

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## RACE REPORTS

### SMH Half Marathon

The Sydney Morning Herald Half Marathon was run on the 20<sup>th</sup> May and it was pleasing to see Jean-Nicko Sanoy ran in 1hour 39 minutes, a pb by 6 minutes. This is coming off the Canberra Marathon in a time of 3.45. You can see the photos at the SMH Half Marathon website. (not reprinted here due to copyright restrictions)

### Albie Thomas Fun Run 5km

There was only 56 runners this year in the Albie Thomas fun run held on the 27<sup>th</sup> May 30, 2018. Many QRC runners were enjoying weekends away, results included :

Wayne Williams 24.35

## **TRAVEL CREDIT VOUCHER TO BE WON!!!**

The committee has been advised that the 2 FOC tickets the company provided in the past has been replaced by a yearly \$300 worth of Travel credits.

The committee has decided to allocate the \$300 credit as two \$150 dollar vouchers and to select the recipients by allocating every financial club member one entry into a raffle draw.

Eligibility: You must be eligible for Staff travel benefits - either you or your nominated travel partner.

You must be a current financial or life member of the club as at the date of the raffle.

The raffle will be drawn in the presence of at least 3 committee members on or after 29<sup>th</sup> April. The prize will be 2 travel credits worth \$150 each.

No correspondence will be entered into.

## **HEARD AROUND THE TRACK:**

Our Malaysia friend Elan has started race walking with some success

Quote

2 podium finishes in 2 weeks. Last week I (Elan) finished 1st in 5k racewalk in Sabah Masters Open Championship in Kota Kinabalu and this morning finished 1st in Singapore Masters Open Championship in 3K Racewalk. Also attended seminar on Race Walking and IAAF rules by Asia Race Walking Officials and Singapore Masters

Unquote

Elan has suggested we add race walking to Warr. If so it is good to see Rosa Wallis has signed up for Warr in Victoria Canada this year as I know she is into race walking, or at least walking very fast.



## WARR VICTORIA 26-29<sup>TH</sup> SEPT 2018 UPDATE

Some pre/post ideas for Warr this year reproduced from the [traveller.com.au](http://traveller.com.au) website

Discover the wild beauty of Canada and Alaska by rail, road and sea

*Ben Groundwater*



View from Portal Peak, Mount Thompson, Canada.

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There's no one, single way to experience a place such as this. To properly appreciate the rugged beauty of Alaska, and to take in the vastness and diversity of Canada's west coast, to see and feel all that these areas offer, you have to mix up your modes of transport. You have to adapt to the countryside itself.

To properly see the Alaskan coastline, for example, you need to be aboard a ship. Canada's Rocky Mountains, meanwhile, deserve to be seen via the unhurried luxury of a rail journey. Other parts of this area lend themselves best to coach travel, while some deserve the simplicity of exploration on foot.

Alaska and western Canada offer some of the planet's most diverse and beautiful natural environments, and the only way to see them all is to tailor your journey appropriately.

## **ROCKY MOUNTAINS BY RAIL**





Kicking Horse Canyon, Canadian Rockies.

No experience quite captures the majesty of Canada's Rocky Mountains like its most famous train, the Rocky Mountaineer. This is so much more than a rail journey. Yes, you'll make your way by train from Vancouver into the mountains proper, passing otherwise inaccessible high-altitude lakes, rolling through mountain passes, and maybe even catching sight of native wildlife by the side of the track. But the Rocky Mountaineer is also about the experience on board: the luxury of this beautiful train, of the panoramic windows, the great food and the five-star service. It's perfection in and out.

**DON'T MISS APT** guests travel on the Rocky Mountaineer in GoldLeaf Service, which means experiencing the train's bi-level glass-domed carriages. On the upper level, capture the magnificent views of the Rockies through the full dome windows. Downstairs, meanwhile, a chef prepares a la carte meals that are accompanied by free-flowing drinks.

## **LAKE LOUISE ON FOOT**

Lake Louise is the Canada you've been picturing. It's the perfect scenery: the turquoise lake, shimmering in the sunlight; the rugged, snow-capped peaks far off in the distance; the cedar-covered foothills closer by. Lake Louise is also the home of one of the world's great hotels, the Fairmont Chateau Lake Louise, which is bucket-list accommodation for many travellers. Rooms here are very hard to come by – however, APT guests enjoy a guaranteed Lakeview Room stay.

**DON'T MISS** There's no better way to experience such a pristine and stunning environment than by getting out in the open air and breathing it in. At Lake Louise, join one of the Chateau's Mountain Heritage Guides – a tradition that has been in place since 1899 – to explore the area on foot while taking the time to learn more about its natural history from an expert.

## ALASKA BY SHIP



Glacier Bay, Canada.

There really is no other way to discover the Inside Passage of Alaska than by ship. There's no other way to get into the small inlets and bays; no other way to witness the wild, rugged coastline than to approach it by sea. It takes seven days of cruising to see this area properly, to call into outposts such as Juneau and Skagway and learn about their indigenous culture and heritage, to witness glacial calving in the world heritage-listed Glacier Bay National Park, and to see the fjords and the tiny islands that dot the coastline off British Columbia.

**DON'T MISS** There's excitement burning in the air as you board your cruise in Vancouver, and the best way to settle in and enjoy that feeling is with one of APT's Signature Experiences: the "Sail Away" dinner on board the ship's Pinnacle Grill. Meet your fellow travellers and prepare for the adventure of a lifetime.

## BLUE RIVER BY BOAT





There's a reason, of course, that the area around Blue River is known as "Grizzly Bear Valley". Deep in the east of British Columbia, in a rugged and stunningly beautiful part of the country well known for its bear sightings, Blue River runs through that aforementioned valley, and an encounter with its namesake – or a few other closely related species – is almost guaranteed. For that very reason, if no other, a boat is the best way to navigate a part of Canada you're sure to love.

**DON'T MISS** The Blue River Wildlife Safaris guides know this area back to front, and a journey into Grizzly Bear Valley with them is an absolute must. The itinerary of this one-hour boating adventure is very much up to the bears: the more you see, the more often you'll be stopping to take photos and gasp at the raw beauty of these famous creatures.

### **BANFF AND JASPER BY COACH**



Fairmont Banff Springs Hotel.

The Canadian province of Alberta boasts two famous mountain towns, Banff and Jasper, which are exceptional not just for the places themselves, but for the road that links them. This part of Highway 93 is known as the "Icefields Parkway", a 230-kilometre stretch of tarmac that meanders its way through some of the most beautiful scenery in all of Canada. The road takes in part of famous Banff National Park, calls past Lake Louise, goes around stunning Bow Lake, passes ice-climbers near the famous Weeping Wall, and then navigates the high-altitude Columbia Icefield, from which the road takes its name. This is the perfect journey to experience by coach, allowing passengers to relax and enjoy the views.

**DON'T MISS** In Banff, APT guests have the chance to indulge in a classic Canadian experience: meeting a Mountie. The Royal Canadian Mounted Police are as iconic in these parts as maple leaves and ice-hockey stars, and a chat with a Mountie about life on the frontline is an experience to treasure.

## **VICTORIA ON FOOT**



The Butchart Gardens.

Fancy a stroll? The town of Victoria, in British Columbia, is the ideal spot to indulge in a walk. This charming town has everything you could want for a few hours of pavement-based adventure, including plenty of boutiques and clothing stores, cafes and restaurants that make the most of the excellent local produce, a fascinating museum, and a lovely park down by the seafront. In Victoria there's also the option to take a horse-drawn carriage ride, or go on a guided tour of the city's heritage district.

**DON'T MISS** Another of Victoria's undoubted highlights is The Butchart Gardens, a stunning reserve that receives more than a million visitors a year. APT guests have the chance to bypass those crowds, enjoying breakfast at the original Butchart residence before exploring the gardens prior to its opening to the public.



*This article has been produced in association with APT.*

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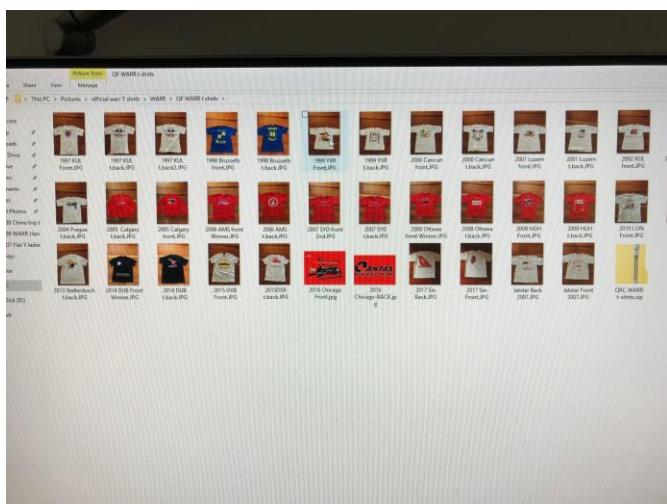
*Ben Groundwater*

*May 25 2018*

## WARR TSHIRT IDEAS WANTED

Check out the website for all the QRC Warr t shirts

We had the winning t shirt in 2005,2006,2008,2009 and 2014.Can we do it again/



## Parkrun Tourists News

You responded very favourably to the article about Roderick Hoffman from British Airways about his parkrun adventures. Here are the 2 photos below that should have accompanied the article.

Roderick is up to 195 different parkrun out of a total of 298 while in QRC the leader board looks like this

Dave Taylor 31 from 74

Neil Campbell 29 from 109

Anne Campbell 28 from 102

Jason Vella 27 from 126

So we have a bit of a way to go to catch Roderick.



Guess where this is? Jason and Dave Taylor have both done this run.

## WARR DISCOUNTS

Check out discounts for flights on the WARR website.  
It was spotted that a ID 90 YYJ to YVR is AUD 58

## UNSOLICITED ADVERT

Hi we are contacting you about your running club.

We work with groups and take them to marathons. We are an Official Travel Partner for the TCS New York Marathon and the United Airlines Half Marathon and have guaranteed entry tickets for 2018 and 2019. If you and your club is interested in bringing a group or just a few individuals to TC New York Marathon in the future please contact us for more information. Incentives are available for group leaders.

Kind regards

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### **FEES FOR 2018 NOW DUE FOR THOSE NOT ON PAYROLL DEDUCTION**

Make sure your membership is up to date to be in the running for the Travel voucher raffle

### **NEXT CLUB RUNS**

Save the date

Caloundra Foreshore run June 18th

Sydney Harbour 10 8<sup>th</sup> July

Sutho to Surf 22nd July

City to Surf 12Aug



Classic Merchandise run out sale is still on, please contact  
Roger Moresi

## Contact Us

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