

The Bi-Monthly newsletter of the Qantas Running Club (Est ~1970)

Even when you have gone as far as you can, and everything hurts, and you are staring at the specter of self-doubt, you can find a bit more strength deep inside you, if you look closely enough.

— Hal Higdon

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Details for the QRC account are:

Qudos Bank

BSB: 704 865 \ **Account:** 02166990

Name: QAN

Description: *please insert your name*

EDITORIAL: WHY DO YOU RUN

Recently I had someone attack me personally for something I had accidentally overlooked. This came as such a shock and it took me by surprise that someone could be such a bully.

I took this issue home with me and I sat on it for a few days, wondering how people can be so callous.

So in true "Tara fashion" I took to the road and pounded some pavement to try and clear my head. It took about 3km for me to stop and think "why did I even let this person get into my head"

It was then that the penny dropped... I run to escape, it's the time my head is quiet, and I don't let the world bother me. I feel carefree and the only voice I listen to is the one in my head, sometimes that voice is encouraging, sometimes that voice is far from and then just ever so often it's quiet. Nevertheless it's my voice and it's the only one I need to listen too. I find peace in my pace (regardless of how slow it may be) it's that one space in my head where it's all about sorting my own inner voice.

That's why I run!

I guess my question to you is, WHY DO YOU RUN? Is it for the love of it, for fitness, to out run the "dark", for

the quiet time or simple because you want to? Either way it's all about you!!

We all have times where things are just so over whelming and it feels like we have no light left to shine and that's quite normal. What matters most is how we treat those around us and ourselves when this light isn't as bright as it usually is.

My husband always says, you're always happier after a run, even a bad run.

For me I really struggle to understand why some feel the need to be over opinionated and attack others?

Maybe we should take them for a run with us?

Always remember why you run, it's your reason! Even your worst run is better than the one you didn't do!

PLEASE feel free to email me taraconnor@qantas.com.au with ideas of what you do and don't want to see in the newsletter.

WARR UPDATE

WARR has come to a close for 2019 and the results are in. Our Qantas Running club had some amazing competitors this year.

A big thankyou to Anne Campbell for giving us a report and Team Captain's meeting.

For a full run down, see our SEPT/OCT 2019 edition of Runways.

Watch this space for 2020 announcements. We will let you know as soon as we know.

MEMBER SPOTLIGHT: JP MORGAN CHALLENGE QRC RESULTS

Rank	Name	Time
354	James Robb	22:30
673	Ben Liquete	23:47
1134	Nic Applin	25:01
1139	Cameron Smith	25:02
1577	Gerard Riordan	26:05
2388	Steve Papworth	27:50
2635	Nadine Aronheim	28:21
2850	Michael Clancy	28:50
5353	Mikaela Sutherland	34:54
6203	John Gately	38:24
6417	Shally Singh	39:33
6884	Lilibeth Olayres	42:57

INTERNATIONAL SPOTLIGHT

I would like to add in a new little section (**Please let me know your thoughts**)

I would like to use this section to highlight International Team members/international events/international “causes” that our Running Club Fraternity might find interesting.

I stumbled across this article and thought I would like to share. I know we all run for different reasons, some run for a cause, some for personal reasons, whatever your reason is, we are glad you run!

I’m not sure how many of us out there run at night or early morning (before sunrise or twilight). I used to run really early in the morning, 430am, until I was followed one morning and haven’t felt safe running that early since. This article hit a personal note with me.

#RUNFORWENDY

“WENDY WENT FOR A RUN A YEAR AGO AND DIDN’T COMPLETE IT. WE WANT TO CHANGE THE STORY BY CONTINUING THE RUN THAT SHE BEGAN.”

Today marks one year since 35-year-old runner Wendy Martinez was stabbed and killed during an evening run in her Logan Circle neighbourhood in Washington, D.C.

In the aftermath of the horrific, random attack, those closest to Martinez are doing what they can to further her message of hope through running with the **Wendy Martinez Legacy Project**—and this week, runners across the country are joining in to do so.

Runners all over the world are slipping on their running shoes, logging some miles in her honour, and tagging their efforts on social media with #RunforWendy to support the foundation created in her name, which will raise funds for running, technology, and community projects.

“Wendy went for a run a year ago and didn’t complete her run,” Daniel Hincapie, her fiancé who proposed six days before she died, told *Runner’s World*. “We want to change the story by continuing the run that she began.”

To read more, please click the link below, sign up for the virtual 5km in honour of Wendy Martinez and The Wendy Martinez Legacy Project.

https://www.runnersworldonline.com.au/one-year-wendy-martinezs-murder-runforwendy-keeping-memory-alive/?fbclid=IwAR0UfZM_zMPdgYRmfrfYYQNIjVKGaEhB8ZVkbb7eVnpaCxuhfemCOOP2reo

ONE YEAR AFTER WENDY MARTINEZ’S MURDER, #RUNFORWENDY IS KEEPING HER MEMORY ALIVE

Article added September 25, 2019 Categories **Featured News, News**

Written By: **CAROLYN CRIST**

WELCOME TO OUR NEWEST MEMBERS

- Michael Clancy
- Kate Fitzpatrick
- Melinda Bruce
- Jeremy Baillie
- Lania Turnale
- Evan Gloria
- Mikaela Sutherland
- Natalie Eveleigh
- Billy Nolen
- Melinda Grant
- Nic Applin
- Thomas Lyddiard

QANTAS RUNNING CLUB STANDARD OF CONDUCT

A fantastic warm and humble welcome to all our new members and not forgetting our current and exiting members. As a little refresher on standard of conduct and policy as we head towards the end of a successful year for the running club. We would like to take this opportunity to remind you all that we not only have our own constitution that our club and committee members are governed by, but we also sit sideline with Qantas' Social Club Policies. If you need a refresher, a copy has been attached to this newsletter.

QANTAS RUNNING CLUB COMMITTEE MEETING OVERVIEW

A copy of meeting minutes and Independent Auditors Report are both attached to this newsletter.

- **Membership:**
This year the club has grown by 22 members in total. We have had 30 new members join but have lost approximately 8 members who have either left Qantas or elected not to renew their membership. In total we are now at a very healthy 87 members in total!
- **Staff Travel Credits:**
The draw for the Staff Travel credits was held (Estelle did the honours) based on the fact that we passed the Qantas Audit.
- The recipients of the \$100 travel credit (who have been informed) were:
 - * **Scott McMahon**
 - * **Stephen Papworth**
 - * **Billy Nolen**
- **March Charge:**
Estelle is also working on an activity for the club in conjunction with the Qantas Wellness team and the Cancer Council around the March Charge. This could be a significant piece of work that will benefit the club so stay tuned.

QANTAS RUNNING CLUB MERCHANDISE

The second order of 2XU Custom Qantas Running race singlets arrived earlier this year. So we have ample stock available in the following sizes S, M, L, and XL. Financial members \$30, non-financial members \$50.

Join or Renew your QRC membership as it's cheaper. (\$10 yearly membership + \$30 member price = \$40 then paying the non-financial price of \$50.00. To order please email Roger Moresi rogedoge007@hotmail.com



Front



Back

FROM THE ARCHIVES

WARR 1988 was in Washington D.C. with 18 QRC runners including John Burroughs making his first overseas appearance whilst Steve Jane came 3rd overall in the 5km.

We can't find a photo from Washington so if anyone has one please let Tara or John know.



1989 was in Hamburg, hosted by Lufthansa and you can see Fang, Sandy, Marea and others.

and

1990 was in Fort Worth Texas with 26 Qantas runners including Tim Garvey and Bob McNair.



What are the healthiest alcoholic drinks for runners?

Here's what a nutritionist would order from the drinks menu.

By JANE MCGUIRE

22/08/2019



CABECADEMARMOREGETTY IMAGES

Whatever you're training for, knowing when to give up alcohol before race day and what the best options are on the drinks menu can help you make the right decisions. We asked a nutritionist how to minimise the effects of alcohol on your running, and which are the healthiest to pick when you do drink.

Which alcohol is the 'healthiest'?

It goes without saying, no alcohol is particularly good for you. In fact, alcohol provides very little nutritional value for runners. It is also easy to underestimate the amount of calories in alcoholic drinks, so if you're running for weight loss, it's a good idea to check this before hitting happy hour. According to nutritionist Kim Pearson, there's other reasons why runners should be careful, "drinking can compromise your sleep and temporarily reduce your body's ability to store glycogen, which is vital for endurance. It could also make you more prone to injury, as alcohol can lead to higher levels of the stress hormone cortisol, which slows down the repair process".

What are the best drinks for runners to choose?

Dry wines



RAWPIXELGETTY IMAGES

Dry wines will have a relatively low sugar content, as much of the sugar has been converted to alcohol during fermentation. While a lot of people quote the benefits of red wine, which contains the antioxidant resveratrol, it's worth noting that you'd need to consume a significant amount to provide the antioxidant benefit.

Champagne cocktails



LOSTINBIDSGETTY IMAGES

Champagne has fewer calories than white wine. A champagne cocktail, with orange or grapefruit juice will also give you a small amount of vitamin C too.

Vodka and soda water



PCHOLIKGETTY IMAGES

A sugar-free drink that is naturally lower in calories.

Bloody Mary



A_NAMENKOGGETTY IMAGES

A drink that mixes tomato juice, vodka, Worcestershire sauce, Tabasco and salt, Bloody Mary's are low in calories, plus the tomato juice will have some nutritional benefits.

Light beers



ARTISTEERGETTY IMAGES

If beer is your drink of choice, it's worth noting that, as it is made from grains, beer is often high in sugar. Light beers will be lower in sugar, calories and alcohol, so are a more sensible choice.

Guinness



NURPHOTOGETTY IMAGES

Yep, the heavy beer does indeed have health benefits as it contains antioxidants and B vitamins.

Which alcoholic drinks should runners avoid?

Pearson writes, “avoid regularly drinking beer, cocktails and alcopops. Too much sugar results in blood sugar fluctuations which can lead to energy dips, cravings and lack of concentration, all of which will be bad for your race prep and performance.”

This is true whether or not you're including alcohol in your diet, but staying hydrated is key to your race performance. If you are drinking, stay hydrated during and after.

<https://www.runnersworld.com/uk/nutrition/diet/a28785200/healthy-alcoholic-drinks/>

UPCOMING RUNS

Let us know if you have a favourite run that you would like to share with our community?

THERE ARE SOME AMAZING RUNS COMING UP OVER THE NEXT FEW MONTHS, JUST A SMALL SAMPLE IS BELOW! PLEASE LET US KNOW IF YOU RUN ONE OF THESE.

RACE	DATE	LOCATION	WEBLINK
Grapest 5km Run	23 Nov	TAS	https://www.centaurooutdoorevents.com.au/grapest5krun/
Sydney Airport Centenary Runway Run USE CLUB PROMO CODE WHEN PURCHASING TICKETS: COOGEEESLSC	23 Nov	NSW	https://www.eventbrite.com.au/e/sydney-airport-centenary-runway-run-2019-tickets-74368174211?discount=COOGEEESLSC
Central Coast Half Marathon & 10km Fun Run	24 Nov	NSW	http://centralcoasthalfmarathon.com/
Bruny Island Ultra Marathon	30 Nov	TAS	https://brunyislandultra.com.au/
Blue Lake Fun Run	1 Dec	SA	https://www.bluelakefunrun.com.au/
Fremantle Running Festival	1 Dec	WA	https://www.wamc.org.au/major-events/fremantle-half-marathon/
Reindeer Run	1 Dec	QLD/SA	QLD- https://www.toowoombahospitalfoundation.org.au/event/reindeer-run-2019 SA- https://goodrunnings.com.au/upcoming-events
Summer trail Series: Anstey Hill	8 Dec	SA	https://ultrasa.com.au/events/summer-trail-series/
Tour de Ridges	15 Dec	ACT	www.mountainrunning.coolrunning.com.au
Roo Run and Grommet Gallop	27 Dec	VIC	http://www.roorun.com.au/

Contact Us

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Please join the QRC Facebook and yammer page