

Runways

Dec 2020/Jan 2021

The bi-Monthly newsletter of the Qantas Running Club (est.1970)

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From the President

Well it's been a long time between runs or has it. With many of the club members stood down, taking the package or working less hours, now as restrictions are lifting might be the time to get on the runners and start to see those times

come down albeit slowly in my case.

With most, if not all fun runs and parkruns now slowly coming back, our members are getting out of the Gyms and planning their next race. It would be great to hear some stories for our next newsletter.

The committee will be looking to restart the club's activities next year with an AGM in February. If you would like to help out please let me know john.gately@qantas.com.au

Parkrun returns

Parkrun has been gradually returning around the world, firstly to the Falkland Islands then New Zealand. Now QLD, NT, WA are back, and NSW commenced on 19th December.

Remember to show Qantas running club in your profile and keep an eye out on our facebook page for the latest results. Also, if and when you start travelling interstate, check out where other club members are running parkrun and meet up for chat.

Zac Rule ran 20.10 on the 12th December. Do you think he can break 20 minutes soon?

Best Running Apps for 2020

Here is an extract from Verywellfit on the Web with their summation of running apps

Compiled by Christine Luff

Our editors independently research, test, and recommend the best products; you can learn more about our review process [here](#). We may receive commissions on purchases made from our chosen links.

Our Top Picks

Best Overall: [Runkeeper](#)

"If you're also into biking or fitness walking, you can track those activities."

Best Route Finding and Tracking: [MapMyRun](#)

"You can add your shoes to the app and the Gear Tracker will notify you when it's time to get a new pair."

Best for Beginners: [C25K 5K Trainer](#)

"It starts with a mix of running and walking, gradually building up your strength and stamina."

Best Community App: [Strava](#)

"Allows you to compare times with other members of the Strava community or with your own group of friends."

Best for Runners Who Want a Coach: [Running by Daily Burn](#)

"In-your-ear coaching for runners of all fitness levels."

Best for Motivation: [Charity Miles](#)

"Helps you make your miles more meaningful and motivational by donating 25 cents for every mile you run to the charity of your choice."

Best for Reaching Your Health Goals: [MyFitnessPal](#)

"You can chart your fitness and weight loss progress and connect with friends on the app."

Best for Apple Watch: [Nike+ Run Club](#)

"You can connect to Apple Music or Spotify to access curated playlists that are specific for your runs."

Best for Marathon Runners: [Runtastic](#)

"You can save all your routes and stats, so you can stay motivated."

Postscript

Qantas Running Club has a registered group on Strava, so feel free to join up and see what your fellow runners are doing



WARR 2021 ??? maybe

Warr in Waikiki HNL 2020 was cancelled due to COVID, therefore we were not running to defend the trophy pictured below that Steve Ruston and others won at Warr in 1986. There is discussion re next year either in HNL or perhaps some other USA destination, but as they say in the classics don't hold your breath.



Position Vacant:

Running Club Social media person:

This maybe your chance to become an influencer.

We are looking for a person or persons to take on some of the social media activities that hold our diverse and geographically scattered group together.

You may want to have a go at one or some of these activities.

1. **Facebook:** updater, particularly the weekly parkrun summary. The list can be found in the parkrun app if club members nominate QRC as their club. Add a few photos from the parkrun local facebook pages and you are done.
2. **Newsletter:** produced bi-monthly or when you get a chance this allows for longer articles on favourite runs submitted by members.
3. **Website:** this only needs the occasional update with an annual run calendar.

Congratulations to our President

Congratulations to our Club president John Gately who recently tied the knot with Trish Cadden. We all wish you both all the best for your future.

Clubs 50th Anniversary

We had hoped to celebrate the clubs 50th Anniversary but that was put on hold with the Covid trials and tribulations so watch this space in 2021.

Stay involved

Some club members may have taken the package or been outsourced. Rest assured there is still a place for you in the club. We have many retired or members who have moved on to other jobs but still retain a love of running so feel free to continue to be a club member for the price of 2 lattes a year. Non payroll members just need to deposit \$10 into the clubs account listed below each January to be eligible to participate and also vote at the AGM.

Stay connected:

Website: www.qantasrunningclub.org

Facebook: [\(3\) Qantas Running Club | Facebook](#)

Contact: johngately@qantas.com.au

Membership fees

If you are not on payroll deduction you can pay your \$10 annual subscription to the club bank account listed below.

Note Fees for 2020 were suspended and membership extended for an extra year. A reconciliation will be performed in early January 2021 at which time there will be further communications.

Thank you in advance

QRC bank details

Details for the QRC account are:

Qudos Bank

BSB: 704 865

Account: 02166990

Name: QAN Description: please
insert your name