



Info Update 13 August 2016

This update is sent to all members on our email list – one of the benefits of being a financial member of the club. If you want more information about anything you see in this update, please

- refer to our website (<http://www.mackayroadrunners.com/>)
- Facebook (<https://www.facebook.com/pages/Mackay-Road-Runners/364801636887718>)
- or send me (Sandra) and email at roadrunnersmackay@gmail.com

Photo Booth Magic

40th Anniversary Presentation Dinner

PUT ON YOUR DANCING SHOES AND
COME CELEBRATE
IT'S OUR
40TH ANNIVERSARY
AND IT'S TIME TO BOOGIE

\$55 MEMBERS \$65 NON-MEMBERS
INCLUDES PLATTERS, 2 COURSES & COMPLIMENTARY
BEVERAGE ON ARRIVAL

DRESS: COCKTAIL
OR
WEAR YOUR BEST 70'S
INSPIRED OUTFIT FOR YOUR
CHANCE TO WIN SOME GREAT
PRIZES!!

SLADE POINT TAVERN
15TH OCTOBER @ 6:30PM
Please email erin.safe@gmail.com
to book your tickets NOW!

**LUCKY
DOOR AND
SPOT PRIZES
TO BE WON**

MACKAY ROAD RUNNERS



NQBP Magic Mile 10am Sunday 21 August

Once again, the Magic Mile (August 21st) Open event will be sponsored North Queensland Bulk Ports (NQBP). Our fantastic long term sponsor of the Junior Mile, Donald Orr from Podiatry Mackay is on board again this year.

Members will note the start time (10am) for this year's Magic Mile on our webpage calendar (<http://www.mackayroadrunners.com/calendar.php>).

Registrations will be in the same spot as the Marina Run Start near our Road Runners arch, in front of the Great Northern Sports Club.

As we will have full access to the breakwater, what better use of it is there to race on it! The course will be point to point this year – participants will walk out along the breakwater to the start and then race back to finish under our famous arch.





<https://www.facebook.com/mackayparkrun/>
<http://www.parkrun.com.au/mackay/>

Lock in September 3rd at 7am

On Saturday Sep 3, our Pre-Father's Day Run will be run with the ParkRun

The run will be social for our club.

If you want a Park Run time, you need to register on the Park Run site and bring your barcode.

Our Club will be providing the volunteers that day, so please consider whether you will run or volunteer.

Cnr Mackay Bypass Rd and Jackson St, West Mackay
(Fathers Day on Sunday)

Volunteer Roster 2016

The Volunteer Roster is on the Calendar Page on our Website

<http://www.mackayroadrunners.com/calendar.php>

All members are expected to volunteer for one race per season. This ensures that we all get our times recorded, enjoy a safe race and that members get a good understanding of how the club runs.

The good news is that you get 50 handicap points for being a race volunteer.



Sunday Runs – How to

Arrive at least 30 minutes before the starting time – so you can warm up, get information, and register on time

Register by 10 minutes before the starting time – pay your \$2 (\$10 for non-members) and make sure you've registered on the iPad so that our volunteers have enough time to get organised for the run to start.



Wear your race number on your front and unobscured – to identify yourself when running and to ensure your time is recorded accurately by our volunteers. If you've recently become a member, we will have a number ready for you.

Listen to the race briefing and other news that is provided when the registrations close. This will include your handicap time for relevant races.



Start on time – Most races are scratch starts. Listen carefully to your start time for a scratch race.

Enjoy your run

Finish in front of the GoPro as directed in the race briefing, ensuring volunteers can see your race number

Cool down, socialise and re-live all the best moments of your race



Things to remember:

- Please check the website to see when you are scheduled to volunteer for a race
<http://www.mackayroadrunners.com/calendar.php>



- Bring water to drink before, during and after runs according to your own needs (we provide a water stop for runs over 12k)
- Be sunsmart

- We always run if the run is advertised on the calendar – even in the rain. If uncertain, check facebook, or phone the club phone 0403 344 289.

- We won't run if the course is dangerous (wash outs/flooded)
- We don't run in lightning
- Please don't cross flooded roads to get to a run



- An adult must run beside children (not just be at the start, or part of the race). We cannot expect other runners to supervise children. Children 11 years and under cannot be accepted as either members or day runners.

- If you have to pull out of the race for any reason you **MUST** get a message back to the start line somehow so we know you're OK – please don't just visit a friend or get a lift home without first ensuring the race timers for the day know you're OK.

