



Info Update 2 May 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



The BMA Mackay Marina Run is the signature running event for the exciting and expanding City of Mackay. The event showcases the spectacular features of the tropical coastal city and celebrates the role that fun and fitness has in the community.

While attracting running enthusiasts from around the country it also has a key focus of attracting first time competitors through the provision of a [half marathon](#), an [eight kilometre run](#), a [five kilometre fun run](#), [five kilometre corporate challenge](#) and [three kilometre junior dash](#). Significant funds are raised for the Leukaemia Foundation.

Entertainment is provided at certain locations on the course including trad jazz, rock n roll and folk to enhance the great feel to the event.

Don't forget to register: http://www.mackaymarinarun.com/about_enter.php

This is the biggest of our feature events and our club relies heavily on club and other community volunteers across the weekend.

Please contact Janelle Tilse (jtilse@bigpond.net.au OR 0400 997 432) or catch her at Sunday's run to let her know where you can volunteer:

Volunteers for the race bag distribution on Saturday 4 June for the 21.1km, 8km, 3km and late rego tables for timeslots 11.30 to 1.30pm; 1.30pm to 3.30pm and 3.30pm to 5pm

Assistance for setup on Saturday 4 June and pack up on Sunday 5 June

Benita Willis 2016 Event Ambassador

Organisers are excited to announce Australia's greatest ever female distance runner as event ambassador.

After representing Australia at a national level for hockey in 1995 and 1996 then named in the Sydney Olympic hockey development squad, Benita switched sports to athletics after gaining an AIS scholarship after high school in 1997. Although a promising junior winning numerous National all school athletics titles at 800m and 1500m, Benita trained more for hockey as that was her main sport (amongst many bat ball sports) growing up.



Breakfast with Benita

This year you have the opportunity to breakfast with Event Ambassador Benita Willis (limited to 100 people only). Just select the breakfast when you register. The package includes:

- Buffet breakfast
- Sports presentation by Benita and Q & A
- Early race pack pickup

Breakfast to be held on Saturday 4 June commencing 8am. Presentation nominally 8.30am.

Venue: Clarion Hotel, Marina Village. Cost: \$35



Our busy timing committee is working hard to keep up with our ever growing membership so that we can keep your important records accurate.

We have decided to increase the number of scratch starts to make sure we can maintain the integrity of members' times.

The Grove Handicap and the Benita Willis Handicap race will remain handicap starts.

All other timed races will be scratch starts (everyone starting at the same time).

Don't worry, handicap points will be calculated on every race - it's only the start that's changing.

THE RUNNING MAN CHALLENGE



Over the last couple of weeks the Running Man Challenge has gone viral on the internet and social media. This is similar to the ice bucket challenge.

Started by two University of Maryland basketball players, Jaylen Brantley and Jared Nickens, the challenge is simple: do the running man to an old '90s hit song called "**My Boo**" by **Ghost Town DJ's**. Though the first video was only posted three weeks ago, versions of other people doing the dance are starting to spread to the the NFL, NBA, and everyone else, including police forces around the world.

As this is a great way to promote your club, ANQ is keen to turn this into a club vs club contest. **The club with the trendiness Running Man Challenge video related to their club will receive a great prize that will assist them for the 2017 athletics season.** This prize will be targeted directly to the need of the club that wins the challenge.

Simply video this on your mobile phone, place it on the Mackay Road Runners Facebook page, and we'll share it with ANQ.

This contest will close on the 16 June 2016. Make sure you get your video in before then!

Some videos of the Running Man Challenge can be viewed below:

Qantas - <http://www.stuff.co.nz/travel/news/79864615/Qantas-takes-on-Air-New-Zealands-Running-Man-challenge>

New Zealand Police - https://www.youtube.com/watch?v=8H0tvWsR_VQ

Scotland Police - <https://www.youtube.com/watch?v=EweqJWCya4M>





<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.



RACQ

CAIRNS REGION
24 to 26 June

NORTH QUEENSLAND
GAMES



2016



CALENDAR OF EVENTS

OPENING CEREMONY (overnight)

DATE: Friday 24 June 2016

TIME: 6:30pm

VENUE: Toowoomba Park, Cairns

**CLOSING CEREMONY AND
SUNSET DINNER (overnight)**

DATE: Sunday 26 June 2016

TIME: 5:30pm

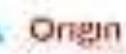
VENUE: Sandford Park

Register at: www.nqgames.com.au



**North Queensland
Sports Foundation**
Proud to be North Queensland

Nomination for all events is available at www.nqgames.com.au
Phone 1300 798 200 Email admin@nqsports.com.au



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 – Only two more races will be handicaps this year, so all other races are scratch starts.

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.

