



# TEN10 FITNEWS

Week 9, Sunday 24th June 2007



Welcome to our weekly news update. Here we provide a weekly review and preview plus a few other bits of info to keep you motivated while pounding the pavement. Please feel free to provide some of the content and share your thoughts...

## Week in Review

### Gold Coast Challenge – Hippy Hippy Shake



Due to inclement weather and other commitments, the Gold Coast group's "Fingal Finale" had to be postponed however it was replaced by the "Hippy Hippy Shake" on Monday (I hate being on holidays).

A good mate of mine and former world champion surf lifesaver, Peter Cox was down from Cairns and stayed a few days at home so I took the opportunity to show him a few great spots in northern NSW and get in a bit of training. We loaded up the bikes and headed for Nimbin where we did a bit of speed work dodging the drug peddlers on the main street.

After a couple of laps of ducking and weaving we moved on and headed for the little village called "The Channon" before driving on wet, muddy roads into "Nightcap National Park" We hiked up to the magnificent "Protestor Falls" in very poor weather. Our good intention was to ride our bikes around the trails of Nightcap National Park however the weather beat us. Getting very soft in my old age I know.

Anyhow I did discover a magnificent place to conduct a training expedition, which could be on the cards next year. I thoroughly recommend all this area as a great place to visit and do some active adventures. Hopefully we will be able to successfully finish off our programs this week and head into the weekend ready to rock. I am really looking forward to it. Don't over do it in the later half of the week. Stick to the plan and come in fresh.



See you all on Saturday  
**Brad**

### Brisbane Challenge – Bayside Bash

It was a cold and windy afternoon to greet the Bayside Bashers but a pleasant day for a run. All runners met the challenge for our final major hit out before the big day next week. The program was pretty basic and Wakka set the tempo straight off as we headed north from the Manly Yacht Club along the foreshore of Wynnum and back. There was a bit of construction going on which provided some obstacles along the way but all in all it was an enjoyable 8klm dash.

We were able to hook up with the slower runners on the way back and pretty much finished the run together. On a sad note Dean pulled a calf muscle and will not be able to challenge for the top dog status in Sundays run. I think this is unfortunate as this has happened 2 years running.

Apologies to Levi who was waiting for us 100mtrs away and when we didn't turn up headed off on a run in the other direction.



Good luck in you final week of training. I am really looking forward to having everyone together at the race and seeing everyone compete. You will really enjoy the experience.

## Something to think about??

# ***GOLD COAST MARATHON RACE WEEKEND – CHECKLIST***

### **Race Gear**

Run shoes  
Run socks  
Fav run undies  
Ten 10 race singlet  
Ten 10 t shirt  
Race shorts (black)  
Race number and chip (Brad to collect for all)  
Cap  
Water bottle  
Warm gear (over race gear before and after race)  
Band-aids / blister padding (if needed prior to race)

### **General Items**

Towel (maybe 2)  
Sunnies  
Mobile  
Thongs  
Casual outfit for Saturday night dinner (jeans etc)  
PJs  
Bathroom bag  
Pillow (if you can't sleep on any other but your own)  
Money  
Other personal requirements  
Have I missed anything???

## **Race Day Preview...**

Race Day is just around the corner and we have things well organised to make your weekend as memorable as possible. We are hitting this year's event with a real team feel and to keep us all together we have organised a Team RockSolid Tent with our own massage therapist.

As you are all aware we have organised accommodation at the Sports Super Centre, Runaway Bay. A bus will take us to and from the event to save any hassles with traffic and parking.

Your registrations have been organised and your race kit will be collected and waiting for you at the Sports Centre upon arrival. It is important that we stick to the schedule as much as possible especially on race day. I have detailed a brief Itinerary below. Please review and advise if their needs to be any changes.

### **Weekend Schedule**

#### **Saturday**

2pm Gold Coast Marathon Registration Marquee Southport Broadwater  
4pm Sports Super Centre, Runaway Bay  
5pm Outline of Race Day schedule  
6pm Carbo Load Team Dinner

#### **Sunday**

6.30am Breakfast  
7.30am Bus to Race Venue  
9.30am Race Start  
12noon Bus back to Sports Centre  
12.30pm Lunch & Presentation  
2pm Check Out & Depart



**COUNTDOWN – 6 Days to Go!!**