

# MBRC NEWS

## In Search of Sunrise !



Hi runners !

Another amazing month of achievements and incredible running. Well done to everyone that took part in the North Face 50 and SMH Half Marathon. What a weekend !!

In between the big events we've had some stunning runs on Manly Beach with the sun

greeting us each morning just in time for a photo. We've also seen dolphins just off Queensie and had some beautiful runs in the rain so whatever you're into, it's a great time to run.

Go MBRC !!

In this edition ...

Runner of the Month  
for April is ...

Coaches Corner -  
The ups & downs of  
being an athlete

Announcements &  
Upcoming Events

What's on and weekly  
timetable

### WHEN DO WE TRAIN ??

Manly Beach Running Club train Mon to Fri @5.30am and Sun @5.30am. We always meet at the same spot outside Manly Surf Club, at the south end of Manly Beach.

We also have Beach Body training every Monday night and Wed night at 6.30pm so there are plenty of options every week.



MBRC provide a friendly environment every day to help you towards your weight loss, fitness and running goals.

We cater to all fitness levels and abilities and can train you for your first 5km, 10km, half marathon, marathon, triathlon, trail run or your first 100 mile ultra marathon !

Runner of the month for April is ...

SMH Champ  
Katie Smith  
Nee Biddle !!

What can we say about  
Local St Matts hero  
Katie ??



Well here's a few words from the team ...

She makes it look easy, chats away, always happy and smiling even doing the half marathon!

Katie was quite sick for part of the training too, & came back with a vengeance to complete her 1st Half in a great time!!

I am also voting for Katie this month for a super fast first half marathon.

she's really achieved so much since only joining the group in January !

Katie because she inspired me to start running too!!

As the runner of the month Katie receives a free MBRC running top as well as the much coveted MBRC runner of the month certificate !!

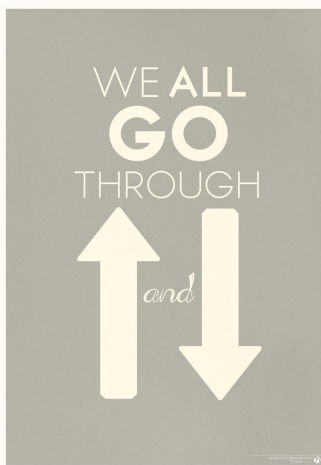
Well done SMH Champ Katie !!! :-)



Coaches Corner  
by Coach Joe

## The ups & downs

I forget I do this  
every single time !!!



Right at the start of my training I think to myself, "Why the hell am I doing this ?? ... Why am I pushing myself to train for another event ? ... Why do I run ?? ... I'm not good at this anyway so why bother ??"

Then I have a conversation with Emma that goes something like this ...

Me - "Do you think I can run that distance ? ... Can I keep up with those guys ?? ... This

training is really intimidating."

Emma - "You go through this EVERY SINGLE TIME ! You can do this !! I know you will love it once you get going."

The self doubt, apprehension and fear we all go through is unfortunately part of the course. It's inevitable when you take on a big challenge that you will have some uncomfortable emotions somewhere along the journey. After all, it's not meant to be easy ! If it was easy everyone would be doing it !

After this initial stage of "this is tricky" come "this is shit" and then suddenly "I am shit." With a bit of help from Emma, I gradually move towards "this might be ok" and eventually "this is awesome !"

You would think after so much training I would know this by now but it always takes me by surprise.

I've come to realise that this is all part of the ups and downs of being an athlete and it's an inevitable part of the creative process.

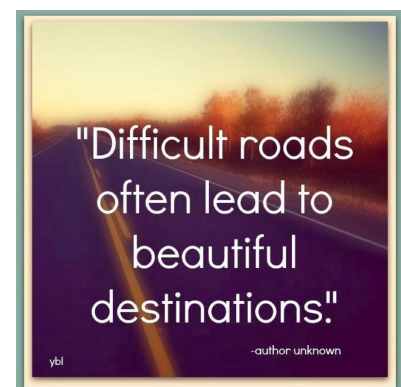
## THE CREATIVE PROCESS

1. THIS IS AWESOME
2. THIS IS TRICKY
3. THIS IS SHIT
4. I AM SHIT
5. THIS MIGHT BE OK
6. THIS IS AWESOME

tweeted by @marcurromer



When all is said and done, the training and the ups and downs are always worth it in the end. Those golden moments when you're running strong on the roads soaking up the sunrise or chasing the moon across the mountains make up for every bit of discomfort and every small sacrifice. GO MBRC !!



## Calendar

Every Sunday at 5.30am

Half Marathon/  
Marathon training

Every Mon and Wed night  
at 6.30pm and Fri at 12pm

BEACH BODY  
TRAINING

Every Sunday at 9am  
Swimming coaching  
with Coach Judy

Every Monday at 12pm  
Lunch Time Run :-)

Tues Nights at 6.45pm  
Boxing and Fitness  
training

Every Saturday at 6am  
Trail Run

Personal Training  
available on request  
- call Joe  
0433819514

## Contributors



COACH JOE



# Manly Beach Running Club

## Swimming at Shelly Sundays



- Perfect your swimming technique
- One of the nicest beaches in Aus
- Qualified Swim Coach
- Every Sunday @ 9am
- meet @ Shelly Beach
- \$25 per session casual
- OR 10 week pass for only \$180 !!
- No contract or joining fees
- Fun session
- Aqua Video to help correct technique
- Awesome Swimming Coach (mermaid !!)



# Manly Beach Running Club

## Wednesday Night Circuit Training

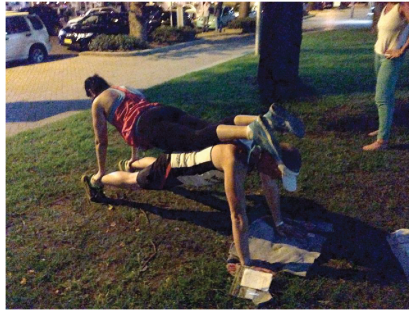


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



# Manly Beach Running Club

## Monday Night Core Fitness



- Core and strength training
- Squats, leg raises, lunges
- Acro yoga and more
- Qualified Coach
- Every Monday night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



Join us for a run at 5:30 each morning at Manly Surf Club

Find out more:  
[www.manlybeachrunningclub.com](http://www.manlybeachrunningclub.com)

Welcome to Manly Beach Running Club!

## ***FIGHT CLUB - MANLY***

### ***TUESDAY NIGHTS AT 645PM***



- LEARN HOW TO BOX / BOXING TECHNIQUE
- CORE AND STRENGTH TRAINING
- QUALIFIED COACH WITH FIGHTING EXPERIENCE
- TUESDAY NIGHTS @ 645PM
- MEET @ MANLY FIGHT CLUB
- \$25 PER SESSION
- NO CONTRACT OR FEES
- ADVANCED TECHNIQUES AND COMBINATIONS
- GET IN THE BEST SHAPE OF YOUR LIFE!



***CONTACT COACH JOE FOR MORE INFO ON 0433 819 514***

# Manly Beach Running Club Fitness Timetable

|        | Monday                               | Tuesday   | Wednesday                          | Thursday                       | Friday                     | Saturday                        | Sunday                           |
|--------|--------------------------------------|---|------------------------------------|--------------------------------|----------------------------|---------------------------------|----------------------------------|
| 5.30am | Monday Funday (easy + gait analysis) | Tempo Run Tuesday (tempo run)   | Wicked Wednesday (run + core work) | Flexible Thursday (run + yoga) | Fast Friday (hill repeats) | Trail run - contact for details | Half Marathon/ Marathon training |
| 9am    | Mums Group Fitness                   |  |                                    |                                |                            |                                 | Swimming Technique Class         |
| 12pm   | Lunchtime run                        |   |                                    |                                |                            | Lunchtime Circuit training      |                                  |
| 4.15pm |                                      | Little Dragons Kids Kickboxing  |                                    |                                |                            |                                 |                                  |
| 6.30pm | Beach Body training                  |   | Beach Body training                |                                |                            |                                 |                                  |

Contact Coach Joe for more info - 0433 819 514 - [www.manlybeachrunningclub.com.au](http://www.manlybeachrunningclub.com.au)

Find us on facebook here - [www.facebook.com/groups/manlybeachrunningclub](https://www.facebook.com/groups/manlybeachrunningclub) Personal Training available on request