

MBRC NEWS

3 weeks till Blackmores Running Festival !



Hi runners !

Blackmores Sydney Running Festival is only a few weeks away. Can you believe it !

We only have a few more long runs to go for our halfies and marathon runners. It's been a long road for a lot of our running team but I'm so proud of everything they've achieved.

We have had some huge PBs over the last couple of weeks in the Sydney Tower stair run, the Pub2Pub and other local events.

If you're looking to train for your next event please contact Coach Joe on 0433819514.

Best of luck to all the runners running Oxfam !!

Go MBRC !!

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for July is ...

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What running means
to me

Announcements &
Upcoming Events

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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 July is ...

Legs Lyanne !!

What can we say about our Grimsby Marathoner ??



Lyanne aka "Legs" runs in shorts all year round which is probably why she has the best tanned legs in Grimsby :-)

She joined Manly Beach Running Club over a year ago now and ran her first marathon in Canberra this year in a time of 4:42.

Her consistency and dedication are first class. A hard worker who gets faster every session.

Lyanne is a great example of a what I call a "set and forget" athlete. Once you tell her what she needs to do it's as good as done!

Here's a few words from her fellow MBRC runners ...

She is incredibly brave, determined and motivated with her training. She's been very kind waiting for me on a couple of runs too!

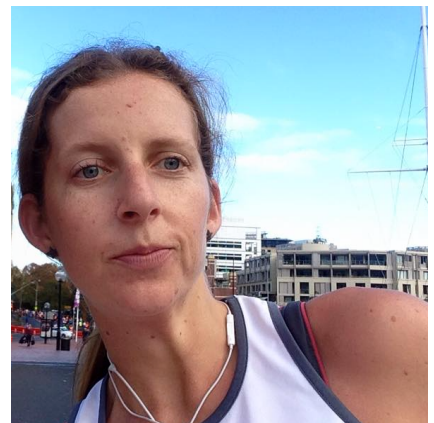
I agree, Legs Lyanne is the quiet achiever. Very inspirational.

And u can't miss her with those legs of hers

Lyanne is doing great! So focused and dedicated.

Legs you are just the bestest !

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



Well done Legs Lyanne !!! :-)

Coaches Corner
by Coach Joe

What running means to me

"I hate running, it's so BORING ! Running on a treadmill, staring at a wall for hours and hours on end. I don't know how you do it ! I feel like a hamster on a spinning wheel. And it hurts my knees. And I heard it's bad for your heart."

If I had a dime for every time I had this conversation about how running is boring, I'd have enough to buy a new boat !

Lets face it, most people (non runners) don't get it. Non runners don't understand why we get up early to get out of breath and sweaty and challenge ourselves physically and mentally. To our non running friends and family what we do as runners really doesn't make any sense.

So why do we do it ?

Well I can't speak for every runner but here's why I do it. Here's why I sacrifice my early mornings and leisure time to run on pavements and trails. Maybe you share of few of these reasons too.

1) The first reason is simple and slightly self centred. **Everything in life is better when you have a six pack.** Lets face it, when you look good you feel good and running is a great way to not only improve your health but get an athletic lean body at the same time and feel really good about yourself. Win win ! :-)

2) **I like to explore.** Why go to a gym when you can go for an adventure !?! Nothing beats the feeling you get when you reach the top of a mountain and check out the view. It doesn't matter how many people have been there before me, every time I reach the top

of a new mountain I think to myself, "This mountain is MY mountain !" :-)

3) **I don't like hospitals and Doctors.** No offence to Doctors they do a vital and wonderful job as do all medical staff BUT I don't want to see them, ever. I don't need the stress and haven't got the time for illness. Sorry too busy !

4) **Smugness.** "How was your morning ?" " Me ? Oh I ran a marathon today !" Gawd that smugness feels sooo good :-D

5) **Friendship.** It's a known fact that runners are awesome !! They are fun, positive, adventurous and often a little crazy. Sometimes A LOT crazy !! Runners aren't better than normal people they're just more fun ... and a bit cooler. Oh and they have great taste in footwear !

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

Every Thursday morning at
5.30am

YOGA aka Flexible
Thursday

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

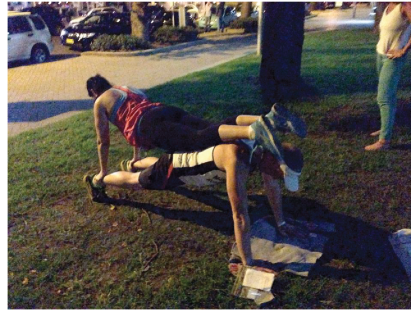


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



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

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

Flexible Thursdays



- Short run
- Yin yoga
- Beach sunrise
- Qualified Yoga Instructor
- Every Thursday @ 5.30am
- meet @ Manly Surf Club
- \$10 per session
- No contract or fees
- First session is FREE !!



Join us for a run at 5.30am each morning at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

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	 Manly Beach Running Club					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

Find us on facebook here - www.facebook.com/groups/manlybeachrunningclub

Personal Training available on request