

MBRC NEWS

No excuses, no slacking
No-venber !



In this edition ...

Runner of the Month
for October is ...

"NYC - Living the
dream..."

Kirsten Shaw Wanless

Coaches Corner -
White Ribbon and Run
Against Violence

Announcements &
Upcoming Events

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timetable

Hi runners !

November is a great month for putting the final touches on your Summer training. I always think of November as a great time to train my brain as well as my body and start being a bit more disciplined with my nutrition and training schedule. The sun is out and beach weather

is here so no excuses, no slacking, NOVEMBER ! :-)

If you need inspiration and guidance Manly Beach Running Club has your back. Contact Coach Joe for more info on how you can get in great shape this year. MBRC Members have access to everything they need.

Go MBRC !!

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 October is ...

For her amazing running in such a short time and her beautiful photos :-)

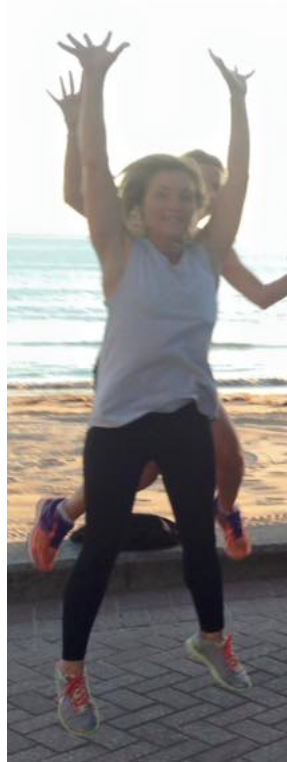
Jacky McCauley !!

What can we say about our resident mountaineer Jacky ??



Lets get a few words from her fellow club runners ...

so consistent and was just thinking today how you have improved so much. Yay!



Jacky is a great athlete and a wonderful positive person to train with. She seems to get faster and faster at every session and is constantly improving. She only joined us on the 17th August but she is always at the front of the pack pushing the pace. What an inspiration :-)

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



Well done Jacky and keep up the good work woo !! :-)

"NYC -
Living the
dream...."
NYC
Marathoner
Kirsten Shaw
Wanless

Who would have
thought????!

There I was drinking
champagne at my best
friends 40th Birthday.
Let's all run the New
York City Marathon!
Just the girls, we will
have a ball! Yeah - lets
do it!

Next day.... OMG what
have I done?????

I had only just run my
first ½ Marathon. What
was I thinking? It was
too excited to think
straight.

Fear..... excitement.....
fear.....

6 months and so many
kilometres later, there I
am, standing at Statton
Island, strapped up, jet
lagged, totally
bewildered. Alicia Keys
"New York" playing over
and over in my head.
With a complete
knowing that I was
about to do something
that would change my
life in so many more
ways than I could have
ever anticipated.

So I head to the corral,
not with my friends who
would start 40 minutes
later. No, no I was
starting at the front -
with the professionals.
Ahead of the sub elites,
ahead of the rest of the
world. I must have
walked past the corral
start 4 times before I
had the courage to walk
through the security
guards with my MBRC
shirt on - waiting for
them to point and laugh
- fraud, imposter....

I am in, I am in, what
are all these lunatics
doing running around
in circles? Has anyone

told them we have to do
42 klm? I reckon I will
just sit over here in my
fluro beanie and look
cool - maybe a few
stretches, OMG when do
we start, have I drunk
enough water? Have I
got enough food? Will
my foot be OK? The
questions were
relentless. What? I have
to pee again?? You have
to be kidding... NOW?????

But the star spangled
banner was getting
screached out, this is it,
this is happening.

We are off, 1000's of
runners heading up the
Verrazano Bridge - the
picture is the most vivid
memory I have. The
collective excitement all
those hopeful athletes
hopping from foot to
foot up towards the
arches of the bridge.
The sky was grey and
full of helicopters and
the music was Frank
Sinatra - Start spreading
the news, I'm leaving
today.....

This is what I have trained for, bring it on. I am smashing it, I am in America, I have a soundtrack, I am no longer a 40 something suburban mother of two. I am a strong, fierce bad ass. The bands are varied everything from Blues, Rock and Gospel. But I want some kind of Gangster rap, full of profanities, cause I am rocking this mother of a marathon. Like I was running through the hood with a brother pointing a gun at me sideways - gunna pop a cap in my ass - yo - I am rolling with my homies!

So by 20K I am starting to come back to earth, and having the time of my life. Smiling and waving at the cameras. Fist pumping to the supporters yelling out "Manly Beach!" Weaving through the streets and watching the landscape change. I have hit myself with enough Gatorade and shot blocks to keep me

going through a two day rave - the sugar is kicking in, here comes the pain.

I head over Queensboro bridge, no supporters, just the footsteps of my fellow runners. There is a chick throwing up in a drain. I get over the other side of the bridge, the same chick is throwing up in a drain. I consider that I am loosing my mind. She couldn't have gotten ahead of me. OK, some weird shit is going on?

First the foot hurts, then the hip. I am over thinking absolutely everything. I ask an aussie runner how far we are. She tells me we are 27 k. What? I was sure it felt like it was 30? This seems like I am hurting more than I wanted to... I still have so far to go. More overthinking. Over the next 3 k to realise the pain is nothing new right? I am used to pain from the training runs, I am ok with this. I

own it, then I feel more comfortable.

Until about 31. Then I am not comfortable anymore. I pray for another drink station to walk through, I stop noticing the background and the road is straight - it goes on and on and on. So in my mind I go on a training run with the club. I hear Joey talking me through it, and I picture all the crew running around me. Another klm, I start talking out loud to Joey. Another couple of klm, I start chanting shit joey shit joey shit joey??????????

And then I am asking myself, what am I doing, I am going back to half marathons. This is mental? Childbirth was easier? I am never doing this again. I can't convert the miles to kilometres. I can't think. This goes on for a while. I know I simply can NOT go any faster. I can't believe this is as hard as it is. I see people walking, crying, it starts looking like a war zone. Except from the sidelines... the supporters are just relentless. They have more faith in me than I have in myself. All of these strangers still yelling at the same fever pitch as at the beginning. Is that a tree I see??? OMG its central park.

I am still running, hang on, I am still running, hang on, just hang on, just hang on.

Something dislodges in my shoe and I stop for a moment. Someone approaches me and asks

if I need anything. If I had the energy I would have asked for a hug. That's all I needed right then.

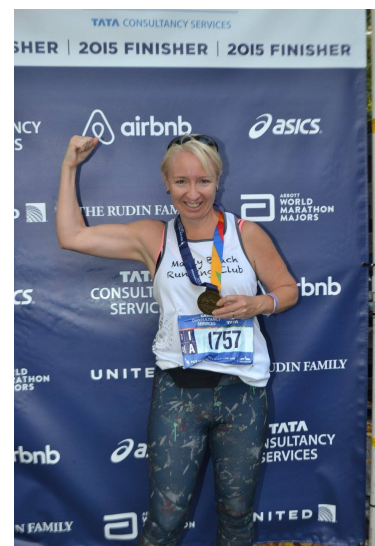
But there it is, the blue finishing line. 5 hours and 9 minutes later. I am a marathoner.

And I can hardly walk. I am scared to stop because I know I would never start again. So I weave around the wounded barely moving faster than if I was crawling. I have a medal and I am walking up Broadway like a rock star. People are walking up to congratulate me and I am in some kind of dream state. Like I am in a parallel universe.

The journey there was as precious as the run itself. I have experienced a feeling of support like nothing I have ever known. I found a group of people in MBRC who continually inspire me. I saw the most beautiful sunrises, and

strengthened my love for this beautiful place I live in. Everyone at work made a fuss and my boss tracked and emailed my results to my team. I made my husband and children proud. Joey made me feel like I would win the NYC marathon from the first time I turned up to train, one of the greatest and most profound gifts I have ever received.

So will I run another marathon? This hard core running gangster slips an imaginary gun in her hydration belt, folds her arms.... Crank up the rap music, never say never mother f#\$ker!!.....



Coaches Corner
by Coach Joe

White Ribbon and Run Against Violence

Running is an amazing sport. It brings people together and brings down barriers of class, nationality, gender and political background.

One of the reasons I run is to keep fit but a major reason I run is to pay it forward. It's incredible to me that just through the simple act of putting one foot in front of the other we really can make a difference.

After the run last year with Kirrily and the White Ribbon team, I have become more and more involved in raising awareness of Domestic Violence and standing up for people that are stuck in terrible circumstances.

There are several reasons why this charity is so important to me. I am against violence in all it's forms and having a running club full of women means that domestic violence is something that is even more important to me.

This weekend I listened to several heart breaking stories of domestic violence in NSW about women who have lost their lives, women who have been stuck in violent relationships for years and struggled to escape and from young adults taking a stand to end the generational cycle. One thing is clear, domestic violence is much more prevalent in our communities than we realise and our culture needs to change.

Obviously these changes will take time but what can we do now as individuals ??

Well I think we can take steps towards changing our own attitudes and the way we live. We can tell people that commit

these offences that this is not acceptable. The old fashioned attitudes of previous generations need to end now. Violence is NEVER ok.

The other thing we can do is support the people in our lives that may be suffering domestic violence at home by letting them know they are not alone.

Nobody should have to live in a home where they are threatened by intimidation or violence. This is simply not acceptable in any circumstance.

Finally we can report issues of domestic violence in our communities. We must report these incidents immediately so that the Police can ensure that the incident does not escalate further.

Thanks for being such an amazing group of people and for supporting each other.

Go MBRC !!

Joe ;-)

https://www.youtube.com/watch?v=bzkw7uGsG_k

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 and Friday
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



KIRSTEN
SHAW
WANLESS

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 \$150 !!
- No contract or joining fees
- Fun session
- Aqua Video to help correct technique
- Awesome Swimming Coach (mermaid !!)



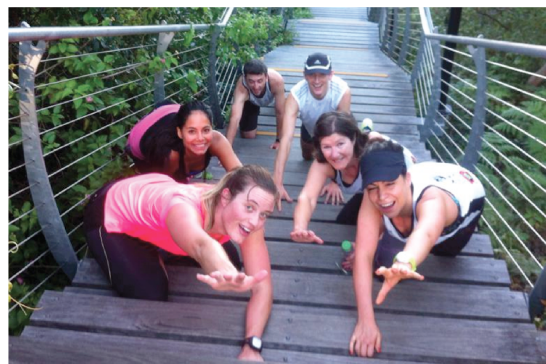
Join us for a run at 5:30 each morning
at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

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



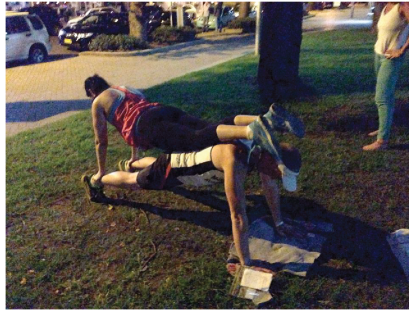
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at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

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 6.45PM



- LEARN HOW TO BOX / BOXING TECHNIQUE
- CORE AND STRENGTH TRAINING
- QUALIFIED COACH WITH FIGHTING EXPERIENCE
- TUESDAY NIGHTS @ 6.45PM
- 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 5:30 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						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