



Running Commentary

Issue 03

Event summary

500km Team Endurance Relay

Friday 22 to Sunday
24 November 2013

Day 1 & 2: 4.45am – 6.00pm
Day 3: 4.45am – 3.00pm

Team Entry Fee & Pledge

\$330 entry fee per team
(non refundable)

\$3000 pledge per team
(minimum fundraising or donation pledge
for team to be eligible to participate)

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Latest News

Welcome to the third issue of 'Running Commentary' our newsletter for the 500km Team Endurance Relay.

Only 3 months to go until the start of the 2013 500km Team Endurance Relay!

Thank you to the teams who have been attending the Team Managers Meetings. These meetings are important in getting the latest updates from the Race Director and are an opportunity for teams to voice any comments or any concerns they may have.

The last team meeting is on Monday 14 October and it would be great if all team managers could attend.

Late October and early November we have the 3 drivers meetings to be held at Nerang, Toowoomba and Brisbane. The drivers meetings are **compulsory**

for all participants driving throughout the weekend — no exceptions will be made!

A fantastic effort from the teams who participated in the Fuel Raffle with over \$4,400 worth of tickets sold. Congratulations to our winners who won a combined \$1000 worth of fuel vouchers!

If you are having trouble keeping motivated or are trying to avoid getting the dreaded cold this Winter be sure to check out the Newsletter for some inspiration.

Best of luck with your training!

Your sincerely,

Louise Croft
Event Coordinator
Endeavour Foundation

500KM FACTS

Having trouble keeping motivated!

Watch these 7 inspirational and motivational running movies to get you pumped up for the 500km!

- 1 Chariots of Fire** — No list of running movies is complete without this one. A movie about two runners who are competing in the summer 1924 Olympics. They are each running for something more than a medal.
- 2 Prefontaine** — Starring Jared Leto, this movie received Two Thumbs up in 1997. It is the inspiring yet tragic story of Olympic hopeful Steve Prefontaine.
- 3 St. Ralph** — A 14 year old boy is determined to win the Boston Marathon. He has made a deal with God that if he wins, God will save his mother from her illness.
- 4 Run Lola Run** — Lola may not be running for a medal, but she is running a race against time. This great high energy film tells the same story 3 times each with different outcomes.
- 5 Rocky** — Although a boxing movie, a runner can't help but be inspired by the Rocky's training and the famous scene when he runs up the steps of the Philadelphia Art Museum.
- 6 The Long Run** — A South African drama about an old, worn out coach who trains a promising women to run one of the most difficult races, the Comrades Marathon.
- 7 Run Fat Boy Run** — It's a silly romance worth watching. The main character will do anything to get back his girl, including train for and run the London Marathon.



Cold & Flu Warriors!

The much-dreaded cold and flu season is upon us. Stay healthy this winter with key foods that strengthen your immune system

Almonds
Yoghurt
Canned Salmon

Green Leafy Vegetables
Wheat Germ
Quick Cooking Oates

Citrus Berry Smoothie Ingredients

- ④ 1 1/4 cups fresh berries
- ④ 3/4 cup low-fat plain yogurt
- ④ 1/2 cup orange juice
- ④ 2 tablespoons nonfat dry milk
- ④ 1 tablespoon toasted wheat germ
- ④ 1 tablespoon honey
- ④ 1/2 teaspoon vanilla extract

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

Makes: 1 smoothie, about 2 cups

Per serving: 432 calories; 3g fat (2 sat , 0g mono); 15mg cholesterol; 77g carbohydrates; 20g protein; 7g fiber; 250mg sodium; 617mg potassium

Recipe from EatingWell http://www.eatingwell.com/recipes/citrus_berry_smoothie.html

TEAM UPDATE - GOLD COAST RUNNERS CLUB

By Errol Corry

This afternoon I met with some of my running buddies from the Gold Coast Runners Club (GCRC) who will be running with me in the Endeavour 500 team in November later this year. We all met with Pam Thomas & her friendly staff at the Heritage Bank branch at Robina on the Gold Coast. This year's GCRC team is being sponsored by Heritage Bank so this was an excellent opportunity for the two groups to meet & of course a photo opportunity was totally in order.

After the meet & greet I got to thinking about some of the great people I have had the opportunity to run with in the last few years since becoming a member of the GCRC. The first that comes to my mind is Sandra Brett who is this year running in her 27th Endeavour 500, recently I was privy to a conversation where Sandra was asked how many marathons she has run, her reply; "not really sure - heaps." This year alone Sandra has run the Great Ocean Road Marathon (45km event) & is training to compete in the Melbourne marathon in October. Pretty impressive for a woman who has just in recent years retired from the workforce after serving the Australian Public for several decades.

Peter Large also comes to mind, he is a veteran of 28 marathons & this year at the Gold Coast marathon took 10 minutes off his previous best time - not bad Pete! Karen Beath also inspires me, in her second ultra-marathon this year Karen competed in the Glasshouse Mountains 50km race just a few weeks ago, another up & coming athlete. And Norm Gofton & Cindy Robertson have really hit their straps this year competing in everything from ultra-marathons to trail & triathlete events every few weeks.



Members of the Gold Coast Runners Club with staff from Heritage Bank who are proud to be sponsoring a local running club

Helen Motti at 21 years of age is our youngest team member but let me tell you this is one to watch. A former Australian Soccer representative, Helen this year has recently won events at the Townsville running festival as well as the Charters Towers 10km race. Helen is coached by GCRC Club President Michael Oates. "Captain Oates" is another one of the teams older hands who as well as having run sub 3 hour marathons since the 70's is always available to club members for advice, programs & some solid mentoring for those of us who are newer to the sport.

And lastly I think of the conversation I recently had with Pam Thomas from Heritage Bank. As the Heritage Bank representative she voiced her pleasure of being able to sponsor a local running club in what is essentially a great opportunity to raise funds & awareness of the great work done by the Endeavour Foundation.

Can't wait for November!!

Key dates

Monday 14 October
Team Managers Meeting

Monday 21 October
Submissions due for
Issue 4 of **Running
Commentary**

Monday 28 October
Gold Coast Drivers
Meeting – Nerang RSL
69 Nerang St Nerang

Monday 4 November
Toowoomba Drivers
Meeting – The Irish Club
Hotel 80 Russell Street,
Toowoomba

Friday 8 November
Issue 4: **Running
Commentary**

Thursday 14 November
Brisbane Drivers Meeting
– Morningside Services
Club 481 Wynnum Road
Morningside

Friday 22 November
Day 1: 500km Team
Endurance Relay

Saturday 23 November
Day 2: 500km Team
Endurance Relay

Sunday 24 November
Day 3: 500km Team
Endurance Relay

Monday 9 December
Team Managers Post
Event Debrief Meeting

Fundraising tips

The NSW Great Endeavour Rally is running their own fuel raffle to be drawn on Friday 13 December. Tickets are \$3 each and there is \$3,000 worth of fuel to be won.

If you are interested in selling tickets with the money going towards your fundraising tally please contact me.

Support Endeavour Foundation further by organising a lolly or biscuit drive with Kingaroy Kitchens.

Visit the Team Endurance [website](http://teamendurance.endeavour.com.au) for more information.

KEY INFORMATION

Endeavour Foundation Annual Gala

The recent Winter Gala was a great success with just under 300 people enjoying the hospitality at the Sofitel Brisbane and entertainment by Aerial Artistry and 8 piece band Odyssey.

Most important \$18,000 was raised in raffle and auction items for the Endowment Challenge Fund which supports projects on social inclusion for people with a disability.



Event sponsors

We have many fantastic companies whose support makes this event possible. Our special thanks to the following companies who have donated in-kind goods to the 500km Team Endurance Relay.



Your sponsors

If you have any sponsors you would like to thank or provide them with an opportunity to promote their business in exchange for sponsorship of your team we would be delighted to assist. Please email me 30 words of information, plus a company logo to be included in the next edition of Running Commentary.

Facebook

Find the 500km Team Endurance Relay Facebook and 'like us' to help spread the word!

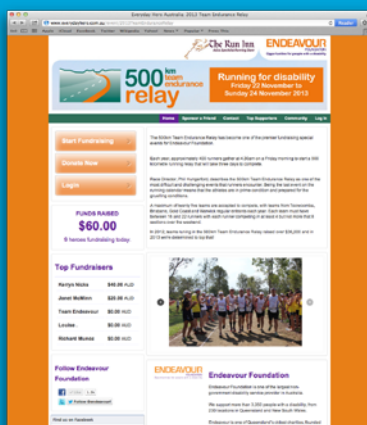
To Like us [click here](#)



Everyday Hero

We have teamed up with Everyday Hero again to make it easier to fundraise online. If you are registered but have not created your own account then do it today. You'll be surprised at how easy it can be!

Visit our page [here](#)



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