ALL SET: Personal trainer fights back from knee injury to participate in Cane2Coral

Andrew's fitness mission

SUNDAY 5TH AUGUST 2012

Train hard and eat right in countdown to Cane2Coral

League great launches 2012 Cane2Coral

QUEENSLAND rugby league legend Shane Webcke flew into Bundaberg yesterday to officially launch the 2012 Cane2Coral fun run.

Cane2Coral committee president Kerry Short said it was an honour to have Mr Webcke on board.

"He has a strong sense of community spirit and is just the right fit for this event," he said.

Mr Short said now was the time for the public to start preparing for the legend's event.

"It's about getting the community up and training and thinking about things like health and diet," Mr Short said.

This year Australia Sugar has contributed $600 to prize money for a tribute award in memory of their former board member and Bundaberg Sugar executive Rod Young, who died while competing in last year's run. For more information, go to cane2coral.com.au

3...2...1...LAUNCH: Event co-ordinator Kerry Short, race ambassador Shane Webcke and Friendly Society Private Hospital CEO Alan Cooper launch the annual Friendly Society Private Hospital Cane2Coral. PHOTO: DAVE FLETT BUNDABERG NEWS

WEBCKE HERE TO LAUNCH OUR RUN

LEAGUE LEGEND AMBASSADOR FOR FUN RUN: P3

Highlights from the Courier-Mail website

Cane2Coral's and they have with been great days, even for us pioneers. I'll be there again this year. Keep up the good work.

— Angry Dragon

Cane2Coral launch

Well done to Kerry and the team. I've entered the

Top rep for fun run

SHANE Webcke – what a great ambassador for the Bundaberg Cane2Coral fun run and walk organised by race director Kerry Short.

Shane promotes family values and a healthy lifestyle.

Kerry Short – what a great community-minded candidate for Bundaberg Regional Council, not just leading into the election but a lifetime of selfless positive commitment. A rare attribute.

Good luck, Kerry, we need your enthusiastic energy.

I believe you would give 100% commitment to serving us well.

RAE SUGSAARI
Coral Cove

LOCAL NEWS

Cane2Coral goes high tech and runner safety is top priority for organisers

Now is the time to start your training

"We'd really like to see more middle competitors get involved."

YOUR CANE2CORAL TRAINING REGIME

'Life is not measured by the number of breaths we take, but by the number of moments that take our breath away.'

Dear Kerry and the Cane 2 Coral Committee

Thank you for your thoughtfulness in sending the lovely flowers on Rod's funeral. Your kind thoughts are greatly appreciated.

Thank you for your support to me and also the tribute to Rod.

I will miss, remember and love the life I shared with Rod.

Kind Regards

Jenny Spring

and family

8.6.12

To the organisers of the Cane 2 Coral

I just wanted to say a very big thank you. I was the 1st on Sunday and thoroughly enjoyed the race. From the 1st "Hooray" to the finish, encouraging organisation, with very well organised. The other staff were most approachable. Our thanks also to the volunteers. Their encouragement along the route was fantastic + very welcome, also the contribution of other data that support when you participate. Our motor myself + many other participants that thanks to you all.

Please explain that congratulations on the point the three hour I'll be back!" Looking forward to next year!

Regards

8/6/12

Fitness challenge participants get shipshape and ready to set sail for Cane2Coral

BTransformed for fun run

TRAINING

SAY HEALTHY: Oliver's Natalie Fico, Naomi Birmingham and Jessica Branch are taking their health kick very seriously as they train for the Cane2Coral.

PHOTO: DOUGLAS GARRAWAY

16/6/12

FRIDAY 08

Fitness challenge for participants to hit targets, reach goals, get fit and fabulous as popular fun run approaches

Friends get pumped up for Cane2Coral fun run

PROGRAM

BEST FIT: Jessie Kruger and Alice Leslie are working hard on their fitness in preparation for the Cane 2 Coral.

PHOTO: DOUGLAS GARRAWAY

FRIDAY 08

CANE2CORAL

Dion prepped for challenge

Fitness key to being competitive

IN TRAINING: Bundaberg Brewed Drinks employee Dion Shea starts his training in preparation for the Cane2Coral.

PHOTO: MACKAY ADVERTISER

Sat AUG 25/ 2012

Let's get our act together fir

YOUR SAY | All letters must be signed with a name and suburb to be published

Running success

PARTICIPANTS came to CoastCrest and ran, cheered on by volunteers and fans, athletes, children and a man in a wheelchair.

And thousands of those who care – strong men carrying 20kg backpacks, a pretty birthday girl and a man named Jack.

Grandmothers, grandfathers, sons and daughters, all with the same target in mind.

There was no pushing or shoving, just one big fun game.

We had no need for marshals to collect those around us, we were all one and the same.

On this fun running weekend, just thousands of kind caring hearts feeling all the spread of small miracles.

Whether you ran first or last please know this – each and every one of you are winners for giving your all and having a go and giving there heart.

May we all meet again next year and run again take part.

DELMA REES
Mullet Creek

FUN RUN: A massive influx of the sun people came together for this year's CoastCrest.

Weight loss: simple steps the key to dropping 38kg in a year

Janet's ready to get racing

Doug Gilbert

FORGET celebrity endorsed weight loss regimes, it's simple sensible diet choices and late night television fitness commitments.

A Bundaberg woman has achieved a simpler approach for getting in to shape and shedding those unwanted kilos.

The administration officer Janet Francois losing weight was as simple as cutting her grocery bill and purchasing a new pair of trousers.

It came as no surprise when Mrs Francois was told she was the first entrant to register in the upcoming 2012 CoastCrest fun run.

WEIGHT LOSS: Bundaberg Ground Drinks' Matt Curtis presents Janet Francois with a personalised six-pack of ginger beer. INset: Before losing 38kgs.

> I think I was always going to be pretty quick off the mark.
>
> Janet Francois

Janet Francois

The event will be the next goal of a personal 12-month fitness quest which has resulted in a total weight loss of 38kg.

"I suppose you could say I've been working nearly a year to sign up for CoastCrest," she said.

"I think I was always going to be pretty quick off the mark."

Major sponsor of the event, Bundaberg Ground Drinks, has manufactured a one-off six-pack featuring Mrs Francois' photo to recognise her as the first entrant, and her extraordinary weight loss.

Mrs Francois plans to participate in the CoastCrest 10km run, beginning on June 13. Bundaberg and Hervey's Bay

wave the event last year but she decided not to because of concerns about her fitness.

"I don't think there was any way I would have been able to do it last year," she said.

"I thought right, that's it, I'm going to do it next year."

Mrs Francois said her weight loss journey had been about keeping her goals in mind and taking small but measured steps.

"Positive transfer age I could carry with me," she said.

"Now I'm running around like I'm 25 years old – it's amazing how it can change your life."

Mrs Francois confirmed she is trying to lose weight against her diets and exercise regimen.

"Just close it all down, stop

HOW HEAVY IS 38KG?

It's equivalent to:

- 190 packets of Tim Tams
- or
- 242 McDonald's Cheeseburgers, or
- 76 average size tubs of margarine

Tony Ferguson and some of it worked," she said.

"All you really need to do is eat healthy and exercise – if you do that then the weight will come off."

CoastCrest 2012 will be held August 5.

To register visit coastcrest

CANE2CORAL

TEAMWORK: Amanda Branch, Narelle Finn, Elaktion Lansley, Leana Hooper and Naomi Birmingham are preparing for the Cane 2 Coral fun run on

PHOTO: MAT KRUTT

Women unite to get fit compete, B Transforme

Vince Fabiaroran

LUTON Chartered accountants employee Narelle Finn has made certain she will follow a training head-start when the popular Cane2Coral commences her run plan under way in two months time.

The 32-year-old owner organiser has joined with four other fitness-conscious women to form the B Transformed team in this challenge.

The friends have the backing of a specially tailored training program devised by B Transformed personal trainer and boot camp instructor Heidi Cook.

Ms Finn has lost 20kg since she embarked on the training program three weeks ago and plans to participate in the 5km event of the upcoming Cane2Coral.

"I'm just trying to improve my fitness and improve my overall health," she said.

"I'm probably ... been the time the event comes around I think I will be looking pretty confident."

> I'm just trying to improve my fitness and improve my overall health

Ms Finn said members of the B Transformed team had taken their own programs, but all were committed to the event.

"We're all trying to improve our health and fitness, but I suppose we weight our we've taken a different approach."

"Some of us are attending fitness classes at B Transformed and others are running in their own time."

Ms Finn competed in the event last year and hopes adhering to the fitness program will help to improve her performance.

"We're all really enjoying

CANE2CORAL

Bundy Sugar ready for run

Doug Gilbert

Keep up the good work ... here's week five

TEAM SUGAR: The Bundaberg Sugar team planning committee members, Chris Lehl, Simon Doyle, Leana Acland, Maria McMahon, Sean Fox, Nadiya Chaus, Anna Gerlis, Chris Ellwood, Leonard and Ron Crouch.

PHOTO: MAT KRUTT

Fitness levels kick in on netball court and life

IN TRAINING: Jane van Eijsander is in training for the Kawa2Coral

Runner varies training to get a better result

Sue Turnbull

AMELIE Carpenter has some nothing to run, she's Coral to a race by running regularly and using a method of walking at the gym. Carpenter said it was the motivation she needed to improve her fitness.

This is her second time competing since giving birth a little time.

She said improving her time was not her main goal.

"I did the race last time I walked and ran a lot," Carpenter said.

"With the training I have been doing I want to get a better time this year."

Jane-Lee Tolland, by regularly going to the gym, but she was not seeing the results in fat in she would have liked.

"I was going there daily to the gym," she said.

"Once I started running I could see my times improving."

Joining a club has also helped her motivation.

"Going to the road runners on Wednesday afternoon has been great," Carpenter said.

"It is a good way to mix up my training."

Her method is she burns fitness from being a fitness and better player.

"I would not feel a sense of a game or sports before changing to the song," she said.

"Now I can feel solid hold beat."

"It is really helping my netball, I am faster on the court and my reflexes have improved," she said.

Coordinating gym refresh said Carpenter to achieve she's better time.

"My goal this is minutes," she said.

"On the day, I'll a sure I am fit and ready to run and enjoy the event."

Pace makers ensure competitors' run time

RACE TIME: Sherry Ky, Tom Harris and members of the Bundy Road Runners are in good shape for the Kawa2Coral event.

Bundaberg running club engages pace makers for race against clock

Doug Elliott

CAMP 2 CORAL
BUNDABERG

under way in three weeks.

Members of the local running group have ramped up their training regimes in anticipation of Bundaberg's premier fun run.

Founding Bundy Road Runners member Sherry Ky said most of the club's members planned to use their fitness in the Camp2Coral 10km run from Bundaberg to Bargara.

"There won't be too many their own backyard and they don't have to travel."

This year Bundy Road Runners will provide two pace runners to help those participating in the 10km event keep time.

Ky will serve as the pace runner for those wanting to complete the course in 1 hour 10 minutes, to an average of six minutes per kilometre, while fellow road runners member Kayleen Izzard will brightly coloured shirts and will have matches with us in both GPS.

Ky said the inclusion of pace runners would help athletes hoping to beat their time last year or set a new personal best and reach their goals.

"It will be the first year Camp2Coral has had pace runners," she said.

"They will be there to help people reach their goals, just

started a year ago
starts up to 30 per
weekly race night,
10km, 5km and 2k
They are held every
day, starting from
Parklands.

This year's Ca
will be held August
include a 10km ru
song at Quay St, and
run, beginning at
Bishop School.

The 10km run, b

Fun run for families

Anticipation grows for Bundy Sugar staff

COUNTING DOWN

WEEK 10 TRAINING

Day 1

Day 2

Day 3

Day 4

Intermediate

Day 1

Day 2

Day 3

Day 4

Day 5

Advanced

Day 1

Day 2

Day 3

Day 4

Day 5

Race runs new course

BEYOND EXPECTATIONS: Cane2Coral a big hit with runners

SIGN UP

To register for the August 5 Race, head to cane2coral.com.au.

$10K grant gets Cane2Coral run racing

Running together makes a family's bond stronger

Cane2Coral: Sunny skies greet participants in annual event

Fun run proves a huge success

- Racers enjoy new features
- Hundreds of volunteers
- Plans under way for 2013

STORIES, PHOTOS: PAGES 4, 5 & 32

MISSION COMPLETE: Chloe Turner was the first woman to cross the finish line in yesterday's Friendly Society Private Hospital Cane2Coral. PHOTO: MAX FLEET RUNKSHOTKUNG

CANE2CORAL

READY, SET, GO!: Thousands start the 15km Friendly Society Private Hospital Cane2Coral. PHOTOS: MAX FLEET RUNKSHOTKUNG

McRae blitzes field

Ben Turnbull

Winner nearly breaks 45 minutes

ERWIN McRae ran a fantastic race to claim the 2012 Cane2Coral event, completing the 15km course in 45:39 in perfect conditions yesterday.

McRae lead from early in the race and was 1:16 in front of the second placed Alan Cruise who came home in

race. "Erwin McRae did a fantastic job today to run the time he did – he ran a lot quicker than last year," Short said.

"He was in the lead for most of the race so to hold his pace was very good."

In the women's 15km event Chloe Turner was the woman across the line.

Elliot Hodgson was the fastest in the dash down Burgers Rd during the 5km event, narrowly beating Matthew Hunter by seven seconds to post a time of 17:07.

Hunter was valiant in defeat with 20:04.

With about 3000 people registering for the event, Short said it was not anyone's to own but it belonged to the region and a tradition had started that will continue for years to come.

"This is Bundaberg's race now – we are getting some good competitors entering

Sun shines on a successful run