



Who are we?

Caboolture Road Runners is a group of runners, joggers and walkers, aged from 20 to 70 and includes both men and women. Most of our members run simply to keep fit but some compete in age group events and fun runs. The club provides a safe friendly environment where you can learn how to run, get support from your peers, take your running to a higher level if you want to and socialise with like minded individuals.

Where do we meet?

Weekly each Thursday at 7pm at the athletic track at Centenary Lakes Sports Complex Morayfield Road Caboolture. Members also meet to run at other venues either weekly or monthly including Bribie Island, Glasshouse, Narangba, Burpengary, Deception Bay, Somerset Trail, Sheepstation Creek Environmental Park and Mt Mee amongst others.

Club Events

Most club members enjoy organised community fitness events such as the Redcliffe Jetty to Jetty run or the Bridge to Brisbane every year. Additionally the club holds a monthly handicap event which rewards improving new runners as well as recognising the continued commitment of existing members. A shorter summer series is also held and a monthly time trial.

Social Events

All runs have a social aspect and most finish with coffee and conversation. Members enjoy activities beyond running and regularly swim, bicycle, kayak, bushwalk or climb mountains as a group. Members have travelled together to cycle and trek in Nepal, run a marathon in Scotland or an ultra event in Germany and South Africa. Recently members hiked and climbed Mount Bowen on Hinchinbrook Island, climbed Bartle Frere, Queensland's highest peak, ran on the Great Ocean Road in Victoria, in the Blue Mountains west of Sydney, Canberra and enter teams in the Kokoda Challenge.

Come and try it

If you have never run seriously or don't know if you're suited to it, we can help you try. We'll support you with a program that includes 3 graduated exercise sessions a week over 9 weeks. You train with the club on Thursday, then do 2 other sessions each week when it suits you. The program is documented, easy to follow, and you'll have the support of every club member who can give you their experience of every aspect of regular exercise including the best shoes to wear, clothing, stretching, nutrition, hydration, rest and recovery – good suggestions about running from people who run all the time.

If you already run, just turn up and join in. We'll make you most welcome.

Why Run?

Have a look at the fact sheet put together by Better Health Victoria at <http://www.betterhealth.vic.gov.au>. You'll maintain a healthy weight, burn off kilojoules, build strong bones and strengthen your muscles including your heart. If you stick with it you'll find that regular exercise becomes an essential and enjoyable part of your everyday life.

More Information

Check out our website at www.crr.org.au where you will find information about upcoming events and reports on what's been happening at the club or email cabooltureroadrunners@gmail.com