

The **WOODSTOCK RUNDOWN**

February, 2009



Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

Facebook Group: <http://www.facebook.com/group.php?gid=30549208990>

Email Results and Contributions to: rundown@woodstockrunners.org.au

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?>

The Rundown On Members

Congratulations to Megan Hager on her brilliant 97.95 in the 2008 HSC. Well done on such a fantastic result and we wish you every success in your Commerce studies at Sydney Uni. You will need to return to Woodstock on a regular basis, Megan, to chase big sister, Bronwyn, who is currently "running up a storm".

Woodstock's Australia Day was most enjoyable and we thank Maree and Kevin for their hospitality and wonderful cooking. We always appreciate such a day when we can meet up and all be very sociable.

Maree's Pack Run was a good one and once more, our thanks to you. The leaders did well to swat up on directions after each of them left their map at home. We didn't lose anybody (well, no lose was reported), so thanks to the leaders of each group.

We welcome back from holidays Thalia and Mark (Europe), John Dawlings (Phillipines) and any others who may have been tripping around the world. Hope all had a great time and are now really keen to hit the roads once again.

We offer our deepest sympathy to Lorraine on the death of her Mother. Our thoughts are with you and your family.

Best wishes to Stretch, Lesley and Eddie, all of whom have experienced some health/injury problems recently. Along with any others troubled by injuries, we wish you a complete recovery and look forward to seeing you blitzing the pavements very soon.

Welcome back to Elle Siepen on the Saturday morning runs. Elle has been troubled with injury for a number years but prior to that was a brilliant runner and represented Woodstock throughout Australia and even overseas. She was our female Club Champion for many, many years. It's great to have you back, Elle.

Congratulations to Rick (fabulous photo on oceanswims website) and David on their Cole Classic Swim last weekend. Hopefully you can join me in the Shark Island Swim at Cronulla on March 15.

I trust lots of members will be at Cronulla on March 1 for the Breakfast Run. Details are elsewhere in The Rundown. I look forward to seeing you all on the day.

Keep cool, but keep running/walking.

Kerry

This Month's Birthdays!

Lloyd Laing - 6th, Fumi Takahashi - 6th, Tami Dower - 8th, Anna Nightingale - 8th, Derek White - 12th, Rick Capel - 13th, Gwen Parker - 15th, Beverley Edwards - 16th, Carl Wilson - 16th, John Pollard - 17th, Lorraine Spanton - 22nd, Tomomi Yamazaki - 23rd, John Brown - 25th, Barry Crisp - 25th, Vass Vassiliou - 25th.

OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.

It doesn't matter if you are re-financing, purchasing a new home or investment property, renovating, or consolidating your debts, at The Mortgage Professionals we offer over 450 value packed products so we're sure to have a financing solution that suits your individual needs.

To find out how surprisingly simple financing can be, call Hector Garcia on 0411 065 993 or 9572 9593 for an appointment today.

For every loan application that successfully settles, Hector Garcia will donate a percentage to Woodstock Runners.



**THE MORTGAGE
PROFESSIONALS**
SECURING YOUR FUTURE PROSPERITY





**Personal Fitness Training with
Timothy 'Mr.T' Molesworth**

At Mr T fitness, we provide you with a **FREE** consultation. We tailor a training program specific to you and your body type. Call us today for an appointment.

mr.T fitness trainer

0406013201

**Call for a free
Fitness Evaluation**

Mr T sells and stocks many of the recovery drinks and energy bars on the market. We have an extensive range. We can supply the following products. Power bars, GU Roctane whey powders and boost drinks, Gatorade, Aussie bodies protein shakes, Red Bull for endurance and energy boost .

Check out the Mr T website at
<http://www.mrtfitness.com/>

Beth's Nail Services

In the comfort of your own home

- *Manicures*
- *Pedicures*
- *Acrylic Nails*
- *Gift Vouchers Available*

*Call Beth on
9810-7619
0405 849 098*



February Training Program

Tuesday Run. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Run. Meet at 7:20am @ Brett Park, Drummoyne		
10/02	Putney Punt	12km	12/02	800m x 6	17/02	Bay Run	7km
17/02	Bayview	10km	19/02	"Mile Down" Inverted Pyramid	21/02	Drummoyne	9km
24/02	Strathfield Stride	10km	26/02	"Parlov" 300m x 12	28/02	Handicap Run #1	7km
Sunday 1st March. Cronulla Breakfast Run. Dunningham Park, Eloura Rd, Cronulla @ 7:15am Runs from 6 - 15km							
03/03	Cooks River Canter	10km	05/03	1200m x 4	07/03	Balmain Shores	7.5km
10/03	Blue Mountains Express	10.5km	12/03	"Command" Fartlek	14/03	Hell Hill	8km

Woodies Cooling Off



A couple of Woodies decided to do the Coles Classic Ocean swim recently.

Above left: Rick Collins all ready to go before the big race.

Above right: Rick Collins and David Blackwell. Notice David's choice of footwear for the swim. A runner in a foreign place.

Left: Some Woodies catching up over Summer.

Welcome New Members!

A big Woodstock welcome to our newest club members, Anthony Robinson and Phil Lobsey. Also a big 'Welcome back' to an old member who has rejoined, Luana Ferrara. We look forward to seeing you all at one of our training runs or at a race in the near future. We encourage all our new members to check out the Woodstock website to learn more about our club and our club training nights. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear. Go to <http://www.woodstockrunners.org.au/drupal2/content/uniforms> to have a look at our great range of Woodstock gear.

Have You Heard?

The marathon bug has bitten badly and seems to be very contagious at the moment. There are some rumours floating around that the following members are planning to go the "Full Monty" shortly, some for the first time.

- Lee Baker, Phil Lobsey and Brendan Davies have entered to run the gruelling 6 Foot Track 'ultra' trail marathon (45km) in March.
- Thalia Anthony and Mark O'Donnell are planning their first marathon in Canberra in April.
- Chaia Patacsil, Martin Amy, Anthony Robinson and Michelle Warren also plan to run Canberra.
- There is a very, very unsubstantiated rumour that John Dawlings and Bronwyn Hager are planning on joining Martin Amy and Brendan Davies for the New York Marathon in 2010.

Just on the Canberra Marathon, Martin Amy is floating the idea of sharing the costs of accommodation while there. Martin has approached Bronwyn Hager (who works for Accor Hotels) to see if we can get a good deal. Look out for a group email from Martin shortly.

Membership Renewals

Hi All,

This is just a reminder about the membership fees for 2009/2010 - renewals are due by 31/3/2009. Full details are on the attached files, or you can go to these links to renew your membership, or order your club uniform items:

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniforms: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

Thanks, Colin



Woodlands Tours p/l - ACC 34363
Joseph & Therese - 0419 373 326
email: woodlandstours@hotmail.com
Sydney, Hunter Valley, Canberra
Blue Mountains/Jenolan Caves
Charter/Hire, Golfing Weekends,
Function Transfers, Custom Trips, etc.
Other enquiries welcome
Competitive Rates

Contribution Corner

This month's first contribution comes from Charissa (Chaia) Patacsil. This is a race report from a race that she participated in on her recent trip back home in The Philippines.

ICTUS University of The Philippines Centennial Run

While I was planning my trip home for the Holidays to the Philippines, I was trying to see if I would still be able to catch a race in Manila before I go home to my hometown in Baguio. I am glad I was informed that Coach Rio, has organized the UP ICTUS Centennial run on 14th of December. I was excited for a comeback run, and supposedly a friendly race with Mon Domingo, h@ppy Feet competitor, after he outran me the last race I was in Manila before I left Philippines. I was looking forward to racing this run. (*Ed's note: H@ppy Feet is Chaia's running club in The Philippines*)

Guilty as charged, I always try to schedule a race if time permits on every trip/travel I have, or schedule a trip when there's a scheduled race in that destination. It's just like carrying my runners and swimmers whenever I travel. Its not about running all races like mad, but its fun doing a run on a travel destination.

Anyway, I travelled on the 13th of December at 3am from Baguio to Manila for errands and attended the scheduled Christmas get-together with the h@ppy feet, then I dropped by for a short time for the CS Manila Christmas party where I end up sleeping around 2am. I asked a favour from a fellow h@ppy feet, Felipe, if I can hitch a ride going to UP on the race day. He happily agreed to meet on or before 5am that Sunday. On the night before I was going to travel, I can feel that I would have injured left leg again form my training at the track field. Its painful but tolerable. I was afraid, it would affect my performance. I ignored it and packed my running gear anyway and it was done, Philip already have registered me.

So I was sleeping at a friend's house, alarmed my phone at 10 minutes before 4, afraid I might not wake up on time because from tiredness from the bus travel and late night out, I got up on the first alarm and got read to meet Felipe, I was also met by John Ting at our rendezvous. We arrived the race venue 30 minutes before the gun start, I was ecstatic to see b3n and RC on their photo booth. It is so nice to race once again in the UP grounds. I was glad to have met Philip, the Foreign runner, who generously registered me for the event. He was a fast runner that he got 3rd place later on the 10KM race.

So at 6am, gun was shot, the race route was different from the last race I ran in the University, I thought I was doing well, I did not see any female runners ahead of me not until the 3 turn around point on the first lap, where I was told I am the 2nd female place by the "ribbon-girl." On the 4th KM I felt warm. The weather was humid and warm, I feel I was getting exhausted quickly. So on every water station I always grabbed two cups of water, one for drinking and one for splashing on my face. The race route is two laps on and on the 2nd lap on the 6th KM, I reckon, another female runner overtaking me, so I thought I would even slip till 4th as I can feel my legs complaining of tiredness, maybe lack of sleep and the weather, I did not give up. If I remember rightly, its just her who overtook me on the 2nd lap. I saw the 8th KM Marker and I started picking my pace up, I was impatiently looking for the 9KM marker but there was none, but shortly I saw the Finish banner at my sight. Running on constant pace, I was trying to measure when I run faster and sprint. The Finish chute is a bit incline with a few meters negative incline. I finished the race.

At the recovery area, a bottle of water, rush, Krispy Crème donuts, commemorative singlet and a free race photo was given to all finishers. This is my first time to attend a full-on Rio organized run, and I can attest to the comments fellow runners have been giving for Rio. The race was properly marked, enough water, photographers everywhere, route is challenging with a good share of inclines. Registration is organized and the finish chute was very well arranged, no overcrowding and a timer was provided. It was a good race.

I learned, I finished 3rd overall for females, amongst the two faster runners than me who are both Americans. We received recognition on stage, gift certificate from Krispy Cremes, 1 box of bottled mineral water, 1 box of Rush energy drink, 1 singlet and a Nike sock was given as prize for the top 3 runners. I was pleased to have finished the race without walking, even I have not acclimatized to the weather yet, and my position overall for females. Frustrated it was not the fastest time for my 10KM, I think weather does affect your running performance. I can feel I did reinjure myself, and I will need to rest and visit the physio when I get back.

Chaia



Our second contribution comes from Derek (Whitey) White, regarding the Canterbury Fun Run flyer that featured a photo of Derek.

My wife Jeanette was sitting reading “The Valley Times” local newspaper a few weeks ago. Suddenly she exclaimed “You are here!” Canterbury Council, in advertising their Australia Day festival, had used a colour photo from last year (which I did not even know existed) of a fellow finisher and myself taken after the 2008 fun run. My singlet showed “Woodstock Runners” very clearly and this appeared on all the adverts in local papers (twice in some cases) and on a flyer put out by Council which appeared in January’s “Rundown”.

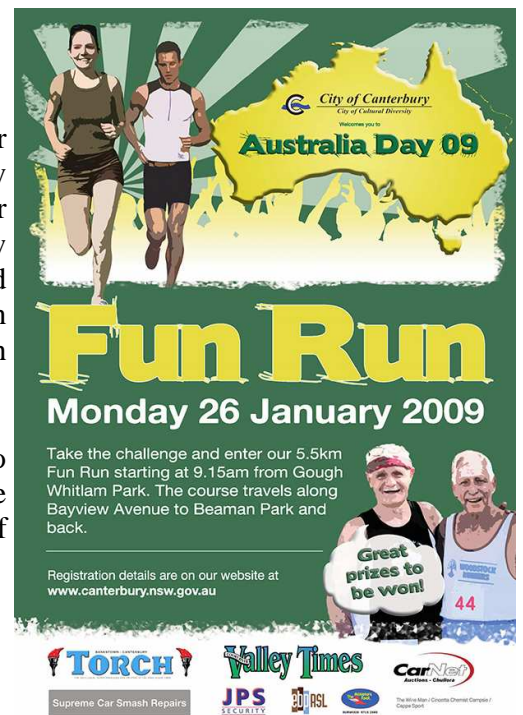
I think this exemplifies why the Club has always requested competitors to endeavour to wear Woodstock gear at events. Simply as the result of one wearing, tens of thousands of local newspapers advertised the existence of the Club. Nuff said!

Derek

And lastly something from Brendan Davies.....

Hi all Woodies. I just want to say a massive thank you for all your encouragement and support in regards to my recent win in the Narrabeen 100km ultra. It means a lot knowing that I am part of such a kind and supportive club full of wonderful, genuine people. This is the reason I am proud to represent the Club and call myself a Woodstock Runner. I also want to say a huge super special thank you to fellow Woodie Michelle Warren, who gave up 12 hours of her time, (and sleep) to support me during the run. Her crewing was invaluable and I could not have done it without her. I hope I can crew for you one day Michelle! If any others Woodies feel led to run an ultra, I can highly recommend it. It is a new challenge, full of new racing strategies and it certainly tests one resolve and physical reserves.

Brendan



Handicap Event, 28/2/2009

The 2009 Handicap Series starts later this month (28/2/2009). It starts from **7:30am sharp** near the normal Brett Park run, with runners & walkers handicapped according to pace. The entry fee is only \$2, with the usual "lucky place" prize of a pair of movie tickets.



Entrants nominate their own time. However, to be fair to all entrants:

- **Anyone beating their time by more than one minute will be disqualified.**
- **Watches are not permitted, to prevent "staged" finishes.**

The best three events for each member count towards the 2009 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The registration list will be available from Tuesday 17/2/2009 to register your time, or you can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

All time estimates are required by 8:00pm 27/2/2009 (Friday night), so that the start can proceed without too many interruptions.

Free BBQ Breakfast!!

The free BBQ breakfast will be on once again, please bring along any interested non-members, so they can try us out. Membership Forms will be available on the morning, or they can join online. A big thank you to Kevin Lucas for volunteering to be the chef!



Colin

 <p>PRICE CUTS!</p> <p>SPORTSWEAR BARGAINS</p> <p>ON TRIATHLON, RUN, CYCLE & SWIM APPAREL!</p> <p>COME TO OUR SHOP ON THE LAST SATURDAY OF EACH MONTH</p> <p>8am - 1pm</p> <p>Shop 4 /21 Putland Close, Kirrawee (next to Kirrawee High School) Ph: 02 95217011</p> <p>Hot DESIGNS SPORTSWEAR</p>	 <p>HUGE SAVINGS!</p> <p>WHY PAY RETAIL ?</p> <p>BUY CANVAS IMAGES FROM FACTORY!!</p> <p>TO VIEW SOME OF OUR STOCK IMAGES GO TO www.hotdesigns.com.au & COME TO OUR SHOP ON THE LAST SATURDAY OF EACH MONTH</p> <p>8am - 1pm</p> <p>Shop 4 /21 Putland Close, Kirrawee (next to Kirrawee High School) Ph: 02 95217011</p> <p>REVOLUTION IMAGING</p>
---	--

Hot Designs 10% discount offer

Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month - 8am. To 1pm.

Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.

Results

Members - Please email all results to
rundown@woodstockrunners.org.au

Sydney Summer Twilight Series, Race 5, Cent. Park, 09/01/09

5km

Michelle Warren 31:30

10km

Linda Barwick 53:29

Narrabeen All Nighter Ultra, 10/01/09

100km

Brendan Davies 8:07:16 1st M O'all

National Running Week, Thredbo, 10-17/01/09

Dot Siepmann

Thredbo Fun Run 6km 34:07

Mt Kosciuszko Walk 13km 2:46:00

Mixed Pizza Relay 1km 5:32

Fun Run Mile 1 mile 6:52

Women From Snowy River 4km X/C 24:00

Terrigal Trotters Dingo Run 9km X/C 1:00:00

Fazackerly Vet's Run 4km X/C 28:04

Kosciuszko Classic 5km 40:32

Sydney Marathon Clinic Race 4, 18/01/09

10km

Bronwyn Hager 44:31 3rd F O'all

Manal Garcia 47:32 4th F O'all, 1st F35-44

Paul Whiteway 50:42

Dierdre Stewart 51:43 5th F O'all, 1st F45-54

Lesley Maher 57:20 9th F O'all, 1st F 55+

21.1km

Vass Vassiliou 1:36:42

Michelle Warren 2:12:24

Jeff Morunga 2:14:57

Sydney Summer Twilight Series, Race 6, Oatley, 24/01/09

5km

Brendan Davies 18:18

Michelle Warren 30:13

10km

Phil Lobsey 46:36

Menai Fun Run, 26/01/09

3km

Larissa Tichon ## 14:03 2nd F Open

8.2km

Brendan Davies 31:28 8th M Open

John Dawlings 35:04 3rd M>50

Fumi Takahashi 41:06

Charissa Patacsil 41:02

Tomomi Yamazaki 45:07

Dot Siepmann 48:03 2nd F>50

Penrith Fun Run, 26/01/09

10km

Michelle Warren 59:10

Canterbury Fun Run, 26/01/09

5.5km

Derek White 49:50

Sydney Summer Twilight Series, Race 7, Parramatta, 30/01/09

10km

Linda Barwick 55:02

Brendan Davies 38:04

Sydney Summer Twilight Series, Race 8, Doonside, 30/01/09

5km

Michelle Warren 31:53

Striders, Lane Cove, 07/02/09

10km

Brendan Davies 36:32

Manal Garcia ## 48:31

Lorraine Spanton ## 48:44

Lee Baker ## 48:53

Linda Barwick ## 52:05

Brian Ogilwy ## 52:20

Jeff Morunga ## 57:03

Dot Siepmann 57:26

When members aren't just running!!

Kathmandu Adventure Race, Blue Mts, 17-18/01/09

MTB/Kayak/Run - 25km

Brendan Davies & Phil Lobsey 3:53:52

Tami Dower & Tristan Iseli 5:02:22

Cole Classic Ocean Swim

1km

Rick Collins 25:56

David Blackwell 26:14



The Woodstock combination - Brendan Davies and crew Michelle Warren at the Narrabeen All Nighter Ultra.

Upcoming Events

All events courtesy of: www.coolrunning.com.au/calendar

Information about the SMC 25km Team Challenge

Hi everyone,

The next run at Sydney Marathon Clinic will feature a teams event for the 25 kms run. This will be on Sunday 22nd February at 7.00 am. Teams are comprised of 5 people of whom at least one must be a woman. We managed to get two teams for the 10 kms team event a couple of months ago and hopefully we can do the same here. There is no additional cost to running as part of a team - just your normal (very cheap) entry fee.

People who are definitely running so far are Brendan Davies, Martin Amy, Vass Vassiliou, Anthony Robinson and Linda Barwick - a pretty strong looking team already. Apparently Sydney Striders have an internal competition on that day so that knocks them out of the running!

Could you drop me an e-mail dawlings@hotmail.com if you are planning to run and I will assemble the teams.

Many thanks,

John, Teams Coordinator

Fri 13 Feb SYDNEY SUMMER TWILIGHT SERIES - RACE 9 SHELLEY BEACH

Race 9 - Friday, 13 February, details TBA - Shelley Beach, Manly. Run from Shelley Beach, following the waters edge right up until Queenscliff Surf Club. Run around surf club and back again. Exactly 2.5k each way, so 5k laps. There are toilets, showers, BBQ facilities and the opportunity for a dip after the race at this venue. Course map here. Host: Hamburglar. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.

Fri 20 Feb SYDNEY SUMMER TWILIGHT SERIES - RACE 10 SILVERWATER 7PM

Race 10 - Friday, 20 February, 7:00PM - Toilets, parking. This is a flat course with no slopes or hills. Course is bike path. 5km and 10km options. Hosts: Sailaway and Rodhornet. Free. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.

Sun 22 Feb SYDNEY MARATHON CLINIC ROAD RACE SERIES

25km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. contact: Luis Vazquez -Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click

Fri- 27 Feb CANBERRA RUNNING FESTIVAL (ACT)

Sun -1 Mar Stromlo Forest park

Fri 27 Feb SYDNEY SUMMER TWILIGHT SERIES - RACE 11 THE BAY RUN

Race 11 & Series wrapup - Friday, 27 February, 6:30PM (note new earlier start time) - The Bay Run, starting at Henley Marine Drive, near Drummoyne Rowers. Options: 10km (out and back on CoolRunning Sydney 5km Challenge course), 5km (out and back to the 2.5km marker). Bring something to throw on the BBQ in Brett Park (opposite start) if you want to stick around afterwards. Limited supply of the famous Coolrunning Bayrunners Brew courtesy Corin. Host: sook54 - PM me if you can help out with organisation. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.

Sun 1 Mar SALMAT YARRA BAY 6KM FUN RUN AND WALK & KIDS RUNNING EVENTS

Located near La Perouse on the shores of Botany Bay this is a community event organised by Jane Saville (Olympic Medallist 2004 20km Walk) to encourage active, healthy lifestyles. All entry fees go to Ian Thorpe's Fountain for youth. Kids 1200m running events for 12 and Under. contact: Jane Saville. email: info@janesaville.com. Visit the [website](#) for more details.

Sun 1 Mar ORANGE COLOUR CITY RUNNING FESTIVAL

Orange is again holding its running festival with a choice of a Half Marathon, 10km fun run and 5km family walk/run. Now in its 3rd year the courses have been changed and will be contested over more of a country track with a more popular 8am start. The event is raising funds for Anson Street School that requires a new bus (cost \$88,000) for children with special needs, hopefully we can assist. Our advice is that Olympians Kate Smyth and possibly Kert Fernley will be in attendance. Prizemoney is \$2100 and again we have our monster barrel draw, over \$30,000 in prizes have been given out in 2 years, thanks to our wonderful sponsors; we have also raised \$8000 for our chosen charities. The main prize is airfares, accommodation and a Bridgeclimb for 2 to Sydney and as a big incentive, an earlybird draw for a 380L fridge to entries received by 18 Feb. Enquiries can be made to and for information, on-line entry and entry form download, visit our website. Visit Orange for a day or the weekend, it's a great place, there's a link on our website. contact: Bill Fairgrieve. email: wjfairgrieve@hotmail.com. Visit the [website](#) for more details.

Sat 7 Mar SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at North Head. All runners over 18 welcome, no pre-entry, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. Striders \$5, non-members \$20 and includes refreshments. contact: Barbara Becker 0402-967-697. email: info@sydneystriders.org.au. Visit the [website](#) for more details.

Sun 8 Mar ENERGIZE BELROSE FUN RUN - 10KM & 5KM - CHARITY EVENT

Following the success of the inaugural Energize Belrose Fun Run in 2008, this year will see all the same fun and competition, PLUS an earlier start of 8:30am, an improved course with fewer interruptions, more drink stations, after race massages, coffee and breakfast as well as a jumping castle for the kids! Sponsored by Energize Health Club (in Belrose), this is a 100% charity event raising money for Prostate Cancer Foundation, Breast Cancer Foundation and Camp Quality. Only \$10 entry fee. Bring the whole family and make a morning of it (as well as 10km and 5km running categories, there is also a 5km walk category and a 5km PRAM IT category which means mum or dad can do the course with bub in the pram!). contact: Energize Health Club 02 9452 2288. Visit the [website](#) for more details. Click here for an [entryform](#).

Sat 14 Mar SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria applies. Approx 800 runners. Incorporating the AURA National Trail Ultramarathon Championships. Lots of [discussion here](#). contact: Race Organiser, Six Foot Track Marathon, PO Box R1227 Royal Exchange, Sydney, NSW 1225. email: raceorganiser@sixfoot.com. Visit the [website](#) for more details.

Woodies bring Christmas Cheer to the Bay!

A couple of photos from the Woodstock Christmas run on the 25th of December.
Thank you to all members that participated in the run.



WOODSTOCK RUNNERS' BREAKFAST RUN / WALK

at

CRONULLA

Sunday March 1

7.15am for 7.30am start
(Walkers leave at 7.15am)



Park alongside Dunningham Park, Elouera Road in front of the North Cronulla Hotel

DISTANCES 6k – 15k approx

MAPS PROVIDED

Breakfast at Alley Break Café (alongside Dunningham Park) from 9.00am

BREAKFAST \$12.00

2 CHOICES

Cold Breakfast – Muesli, Fruit Salad and Yoghurt + hot or cold drink

Hot Breakfast – Bacon, Fried or Scrambled Egg + hot or cold drink

Additional drinks extra

Bring cozzies for a surf at beautiful North Cronulla!

Woodstock Runners – Membership Forms for 2009-2010

Membership Fees for the 2009-2010 year are due by 31st March 2009. Please note the following:

1. **Renew Online** – members can once again renew online with payment by credit card on RegisterNow's secure site. About 50% of members renewed online last year, this reduces our paper records.

<https://www.registernow.com.au/secure/Register.aspx?ID=66>

2. **Paper Form** – this is attached for those preferring this method, unfortunately offline credit card payments cannot be accepted.

3. **Due Date is 31/3/2009** - Any members not rejoining by 31/3/2009 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 24/2/2009** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 24/2/2009, based on orders received up to that date. Members will have these items by early April, just in time for the Canberra Marathon.

Short Sleeve Tops	\$45
Long Sleeve Tops	\$55
Bra Top	\$60

These items can be ordered online via RegisterNow, or on the attached Membership Form.

These orders will definitely close 24/2/2009.

We still have stock of singlets and caps, and a few polar fleeces are left, these can be ordered online or purchased from our Uniforms Officer (Dot Siepmann).

The **Hot Designs sizing chart** is attached, and is on our website, or another member might let you try on their shirt for size.

5. **Cheques** - should be made payable to "Woodstock Runners", with completed forms and money to be submitted by 31/3/2009 at any of our Club runs, or posted to The Treasurer, PO Box 672, Burwood NSW 1805.

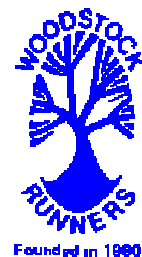
6. **Rundown & Privacy** - On your membership renewal, please indicate if you require a paper copy of the Rundown, and if you do not consent to your details appearing on our Member List. The Member List will not be posted on our website, and is only intended for internal Club purposes.

7. **Questions?** - If you have any questions about the above, please see a Committee member or myself, or contact me via email on info@woodstockrunners.org.au

Thanks,

Colin Townsend
On behalf of the Club Committee

Woodstock Runners Membership Form – 2009-2010



Name: _____

Address: _____ Suburb: _____ Postcode _____

Telephone Home: _____ Work: _____ Mobile: _____

Date of Birth: _____ Email: _____

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2009-2010 as indicated below:

Part A - Club Fees:

Existing Members

	Adults	Concession	
Joining before 31/3/2009	\$40.00	\$25.00	
Joining after 1/4/2009	\$50.00	\$35.00	\$ _____

New Members - New Member Fee includes a Club T-Shirt, or \$10 discount on Club singlet. Size: _____

	Adults	Concession	
Joining before 2/8/2009	\$50.00	\$35.00	
Joining after 3/8/2009	\$40.00	\$25.00	\$ _____

New Member PB's (optional, but will be recognised in our Club Rankings):

<u>Distance</u>	<u>Event</u>	<u>Date</u>	<u>Time</u>
10km			
City to Surf			
½ Marathon			
Marathon			

Part B – Club Gear

	<u>Size / Qty</u>		<u>Size / Qty</u>		<u>Size / Qty</u>
Cap \$20	_____	Singlets (M/F) \$40	____ / ____	Old T-Shirts \$5	____ / ____
Short Sleeve \$45	____ / ____	Shorts – Female \$40	____ / ____	Old Singlets \$5	____ / ____
Long Sleeve \$55	____ / ____	Bra Top \$60	____ / ____	Polar Fleece \$28	____ / ____
					\$ _____
				<u>Total</u>	\$ _____

Please tick as appropriate:

- ☐ I require paper copy of the “Rundown” (Club Newsletter issued monthly)
- ☐ I **do not** consent to my above contact details being included in the Club Member List

Please return to:

Treasurer - Woodstock Runners Inc.
PO Box 672
BURWOOD NSW 1805

Cheques should be made payable to “Woodstock Runners Inc”.

Hot Designs Sizing Charts

MENS SIZES

XS	S	M	L	XL	XXL	XXXL
CHEST 81-85cm (34/36")	CHEST 86-90cm (36/38")	CHEST 91-95cm (38/40")	CHEST 96-101cm (40/42")	CHEST 102-106cm (42/44")	CHEST 107-111cm (44/46")	CHEST 112-116cm (46/48")
WAIST 72-77cm (28/30")	WAIST 78-82cm (30/32")	WAIST 83-87cm (32/34")	WAIST 88-92cm (34/36")	WAIST 93-97cm (36/38")	WAIST 98-102cm (38/40")	WAIST 103-107cm (40/42")

LADIES SIZES

6	8	10	12	14	16	18
BUST 77-81cm (30/32")	BUST 82-86cm (32/34")	BUST 87-91cm (34/36")	BUST 92-96cm (36/38")	BUST 97-101cm (38/40")	BUST 102-106cm (40/42")	BUST 107-111cm (42/44")
WAIST 61-65cm (24/26")	WAIST 66-70cm (26/28")	WAIST 71-75cm (28/30")	WAIST 76-81cm (30/32")	WAIST 82-86cm (32/34")	WAIST 87-91cm (34/36")	WAIST 92-96cm (36/38")

Hot
DESIGNS
SPORTSWEAR