

# The Woodstock Rundown



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Postal Address: PO Box 672, BURWOOD NSW 1805

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

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

**FEBRUARY 2008**

## THE RUNDOWN ON MEMBERS

A question in the Spectrum section of the SMH recently read "Which is more useful: leaving one's body to science or being an organ donor?" The following week the reply stated "It depends on supply and demand when you die. Just donate the thing and leave the details open. As a serial recipient of pre-loved corneas, I can assure you that you will make an enormous change to several lives by being broken up for spare parts". The reply was submitted by our own David Mathers. It certainly gives us all food for thought, David.

A big Aussie Day thanks to Maree and Kevin as wonderful hosts for our Breakfast Run. It was a great opportunity to catch up with fellow members while munching on the delicious tucker. We hope your back recovers very soon, Maree.

Congratulations to Stretch on completing his first Olympic Distance Triathlon at Cronulla recently. It was fabulous effort. Congrats also to Ross Keyes and Christine who have become Grandparents once again and to prospective Grandma, Pat Mahony.

Happy 80th Birthday Derek. One of our longest standing members, Derek has made many wonderful contributions to the Club from the early days with all the sign painting for the Fun Runs; designing and making many stunning trophies over the years; drawing of numerous maps; leading groups during the long Sunday runs some years ago; assisting beginner runners to the Club; organising many Pack Runs; and always flying Woodstock colours at many Fun Runs over more than two decades. We wish you a very happy day, Derek.

We wish Thalia and Mark an exciting and wonderful wedding on March 1 and hope your honeymoon in Thailand is most enjoyable. Don't forget your training while you're away.

In the last fortnight I have met up with new members Riona, Catherine, Paul and Glenda. We are always thrilled to welcome you and we wish you and all other newcomers a happy time with us and hopefully lots of good running.

Don't forget March 2 for the Cronulla Breakfast Run. See flyer in The Rundown or phone Kerry on 9523 2225.

Happy running and walking to all.

**Kerry**

## February Birthdays

Lloyd Laing 6<sup>th</sup>, Fumi Takahashi 6<sup>th</sup>, Derek White 12<sup>th</sup>, Beverley Edwards 16<sup>th</sup>, Alecia Fiorentino 16<sup>th</sup>, John Pollard 17<sup>th</sup>, Lorraine Spanton 22<sup>th</sup>, John Brown 25<sup>th</sup>, Barry Crisp 25<sup>th</sup>, Vass Vassiliou 25<sup>th</sup>, Larissa Tichon 28<sup>th</sup>

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FOR EVERY FIRST CONSULT FOR A MEMBER ,  
A PERCENTAGE WILL BE DONATED TO  
THE WOODSTOCK RUNNERS CLUB.



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# **WOODSTOCK RUNNERS' BREAKFAST RUN / WALK**

at

**CRONULLA**

**Sunday March 2**

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 \$10.00**

**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

## **Handicap Event, 23/2/2008**

The 2008 Handicap Series starts later this month (23/2/2008). 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 2008 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The registration list will be available on Tuesday 12/2/2008 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](mailto:colin_townsend@optusnet.com.au)

All time estimates are required by 8:00pm 22/2/2008 (Friday night), so that the start can proceed without too many interruptions.

Afterwards, there is always a group that goes to Bowen Island for tea/coffee & a chat.

## 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.



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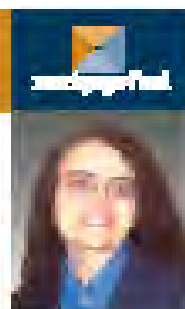
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## Woodstock Runners – Membership Forms for 2008/9

Membership Fees for the 2008/9 year are due by 31<sup>st</sup> March 2008. Please note the following:

1. **Renew Online** – members can once again renew online with payment by credit card on RegisterNow's secure site. About 40% 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 31/3/2008** - Any members not rejoining by 31/3/2008 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 26/2/2008** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 26/2/2008, 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 26/2/2008.**

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 31/3/2008 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. **ANSW Registration** - Members can register with Athletics NSW (the URL is below) if they wish to enter NSW events, or those events that are held by other NSW affiliated clubs. Just tick the NSW option, and the information will be sent to you.

[www.nswathletics.org.au](http://www.nswathletics.org.au)

8. **Insurance** - NSW Registration provides injury and accident insurance whilst participating or officiating in NSW & Woodstock events. Details, including how to claim, are available on request.

9. **ANSW Winter Events** - include the Novice Cross Country, 10km Road Championships, Road Relays, Cross Country Championships, Short Course Cross Country & Cross Country Relays), with selection in Woodstock teams for these events. Those events have age categories of 35+, 45+ & 55+, for both Male and Female. Details are shown in the NSW Handbooks, and on the NSW website - [www.nswathletics.org.au](http://www.nswathletics.org.au)

10. **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](mailto:info@woodstockrunners.org.au)

Thanks,

Colin Townsend  
On behalf of the Club Committee

## Hot Designs Sizing Charts

### MENS SIZES

<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>XXXL</b>
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

<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>
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")

# Woodstock Runners Membership Form – 2008-2009



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 2007-2008 as indicated below:

## **Part A - Club Fees:**

### **Existing Members**

	<b>Adults</b>	<b>Concession</b>	
Joining <b>before 31/3/2008</b>	\$40.00	\$25.00	
Joining <b>after 1/4/2008</b>	\$50.00	\$35.00	\$ _____

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

	<b>Adults</b>	<b>Concession</b>	
Joining <b>before 3/8/2008</b>	\$50.00	\$35.00	
Joining <b>after 4/8/2008</b>	\$40.00	\$25.00	\$ _____

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

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

## **Part B – Club Gear**

	<b><u>Size / Qty</u></b>		<b><u>Size / Qty</u></b>		<b><u>Size / Qty</u></b>
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	____ / ____
					\$ _____

**Part C - Athletics NSW:** if interested in registering with ANSW, please indicate below:

☐ Yes – please send me ANSW registration information

**Total**

\$ \_\_\_\_\_

**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”.**