

Hi Former Woodstock Runner,

Our records show that your membership has expired and you haven't renewed for 2015/16. We'd love to see you back and attach the following link where you can renew online:

<https://www.registernow.com.au/secure/Register.aspx?ID=15418>

Once you are a member you can attend any or all of our 4 weekly sessions throughout the year. Our current membership year runs through to 31 March 2016.

Renewing?

Standard renewal is \$60 although this year we also have a **"Renewing Member Uniform Offer"** where for \$80 you can renew and get a 2XU Woodstock Runners Singlet. (regular cost of singlet is \$50).

Here is what, in addition to fun, camaraderie and team spirit you can access as a member:

- **Mondays 6:30pm** – King George Oval, Rozelle - a variety of track/interval/speed & hill sessions run by accredited athletics coaches.
- **Tuesdays 6pm** – Meet at Woodstock House, Burwood for c.8-10km road runs (various courses).
- **Thursdays 6:30pm** – Campbell Oval, Ashbury - a variety of track/interval/speed & hill sessions run by accredited athletics coaches.
- **Saturdays 7:30am** – Meet at Brett Park, Drummoyne for c.7-9km road runs (various courses).
- **Internal competitions / personal benchmarking programs** including **'Magic Mile'**, **'Beep Test'**, **'Bay Run Handicap'** and **'5km Time Trials'** run throughout the year.
- **'The Rundown'** our newsletter, emailed each month.
- **Members Only Facebook Group** – this is where we chat all things running, organize race teams, impromptu training runs, car pools to events, special uniform orders plus encourage and support our members out and about.
- **Members Only Results Database** – (go to 'Rankings/Results' menu on our website or here is a direct link to take a look: <http://www.woodstockrunners.org.au/woodstock-runner-all-results/>). Keep track of your results per event, per distance, your club ranking and the internal competitions.

Here is our **Winter 2015 calendar** for Tues and Sat runs:

<http://www.woodstockrunners.org.au/wp-content/uploads/2015/05/Winter-2015-V2.pdf>

To improve your speed and fitness, come along to our track sessions.

www.woodstockrunners.org.au

Unfortunately we cannot allow non-members to run with us beyond the two week trial period.

Make 2015 your year for running!!!

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