

**Box Hill Athletic Club Winter News 12**  
**Tuesday 10<sup>th</sup> June 2008**

## **UPCOMING EVENTS**

Saturday, June 14	Working Bee
Sunday, June 15	Club 10 mile championship
Saturday, June 28	Coliban Relay Harcourt to Bendigo
Saturday, July 12	Cross Country            Geelong
Saturday, July 26	Cross Country Bundoora
Saturday, August 2	TRIVIA NIGHT! TRIVIA NIGHT! TRIVIA NIGHT!
Saturday, August 9	Road Relays   Sandown

## **THE TRACK IS OPEN!**

After many delays, the "new" Box Hill Athletics Track is now open for training. We apologise for the inconvenience caused to everyone by the resurfacing works and thank you for your patience and understanding during this period. Now with a brand new surface, a 10 lane front straight, a re-surfaced pole vault run up and a new double long jump run up it is a facility that all club members can be proud of.

Please remember to follow the club's training rules to help look after the new surface and for the safety of all users, in particular:

1. No training in lane 1
2. Do run throughs in the back straight
3. No starting practice on the 100m start line or the finish line
4. Use the outside lanes for warming up, cooling down and jogging These rules are in place to protect the high wear areas of the track so we ask all track users to comply.

Also note that to use the track you should be a financial member of the club or have paid training fees. Also, if you are the last to leave the track, please ensure that the clubrooms and main gate are locked.

See you at the track!

## **WORKING BEE THIS SATURDAY, JUNE 14**

Now that the track is open, we are holding a working bee at the track on Saturday, 14th June from 12:00 noon until 4:00pm to perform a general clean-up of the ground and prepare the ground and equipment for ongoing use. The following are some of the tasks that need to be completed on the day so please come prepared to assist with one or more of these activities:

- assembly of new training hurdles and distributing around the track
- removal of hurdles from the storage sheds, sorting and repairing as required
- cleaning out the equipment store rooms, checking condition of competition equipment and painting throwing implements
- cleaning up rubbish around the ground
- laying sections of the old track on the terracing in front of canteen
- reinstatement of umbrella stands and barrier poles near the finish line
- repair holes in mesh on hammer cage and re-tie wire onto the gate frames
- trim trees along the new long jump run up

We ask all members to try to come along for an hour or two to help out. Please bring along any tools and appropriate clothing to assist with tasks.

## **CLUB 10 MILE CHAMPIONSHIP THIS SUNDAY, JUNE 15**

The traditional club 10 mile championship will be held this Sunday, June 15, starting at 9:00am at the Frank Sedgeman Reserve, near Station Street and run along the Eastern Freeway bike track. Athletes will battle for the Frank Tutchener Shield. Race, run or jog the 10 mile event (or take the 5 mile option!) then stay for breakfast afterwards. Everyone is welcome!

## **COLIBAN RELAYS**

The next event on the AV calendar is the Harcourt to Bendigo "Coliban" relay on Saturday, June 28. We are hoping to enter at least 3 men's teams and 2 women's teams. There are no junior events on this day, but juniors can run in the senior teams. Please let us know about your availability for this event so that teams can be organised.

Contact a member of the winter competition committee if you have any enquiries

Graeme Olden ph. 9885 0890 email: golden@sprint.net.au

Ian and Megan Sloane ph. 9459 4486 email: iansloane@optusnet.com.au

Chris O'Connor ph: 9808 5914 or 0410 490 630 email:

coconnor@swin.edu.au

## **TRIVIA NIGHT!**

The club's annual Trivia Night is to be held on Saturday, August 2 at the usual venue (Ashburton Primary School). This is the club's major social and fundraising event for the year. Write this date in your diary and start planning your tables, for what promises to be another great night!

## **REGISTER NOW!**

Registrations are now due for the 2008/2009 season.

Remember that only registered members and those who have paid a training fee should be using the club's track and other facilities. Registrations are valid until March 31 next year.