

EVENTS 2010

Run – Ride – Swim – Triathlon – Orienteering - Outdoor Recreational - Something Different
Events BetterBodders will train for and/or participate in together are underlined

Special Dates for your Diary – See Notes at End for Details

June 27 – Run the the G. Enjoy the weekend exploring (and running past) Melbournes great Landmarks.
Aug 1 – ARA Adventure Race. Run, Ride, Kayak, Climb and Slide. I'm looking for a Team!! R U Keen?
Aug 8 – City to Surf (Sydney). Come Live it Up in Sydney and Run the City Surf on the Sunday Morning.
Sept 19 – City to Bay. Make it Your Best Year Yet. City Bay Training Commences Sat May 8th.
October 9/10 – Trailblazer Challenge Looking for a Team who might be keen to do the Team Walk 50/100km?
Heysen Trail Walks –Monthly Sunday Walks of up to 5-6 hours. See Notes at end of Document for Details.

JANUARY

3	Sun	Resolution Run 4.5/9km - Elder Park 7.30am - Oxfam	www.resolutionrun.com.au
3	Sun	Trail Run 15/20/33km Summit to Sea Mt Lofty 7am	www.sarrc.asn.au
8	Fri	Orienteering Corromandel Valley 6-7pm	www.orienteeing.asn.au
9	Sat	Henley Grange Open Water Swim 1/3/5/10km	henleyandgrange@swimmingsa.org.au
10	Sun	Triathlon S100/300/800 C6.5/16.8/25.2 R1/3/6km WLakes 9am	www.gattisports.com.au
10	Sun	Pub to Pub Open Water Swim Seacliff-Brighton 1.6km	www.aussisa.org.au
15	Fri	Orienteering Morialta 6-7pm	www.orienteeing.asn.au
15	Fri	MTB ComeTry EagleMt Park Mt Barker 10-11.30 / 12-1.30	www.bikesa.asn.au
16	Sat	MTB ComeTry EagleMt Park Mt Barker 10.30-12 / 1-2.30	www.bikesa.asn.au
16	Sat	Life Be In it Come Try Sailing Goolwa 9.30-3.30	www.sa.lifebeinit.org.au
16	Sat	Canoe Basic Skills Course West Lakes	www.sa.canoe.org.au
17	Sun	PowerBar Fun Run 5km Kent Res Encounter Bay 8.15am	www.foam.org.au
17	Sun	Marion Open Water Swim 1/2/4km	www.aussisa.org.au
22	Fri	Orienteering Morphett Vale 6pm-7pm	www.orienteeing.asn.au
22	Fri	Tour Down Under Ride 35/111/160km From 6.30am	www.tourdownunder.com.au
24	Sun	Tunarama Triathlon Port Lincoln 1500/40/10	www.lincolntri.com.au
24-31	WK	Healthy Weight week	www.healthyweightweek.com.au
26	Tues	Triathlon S100/400/1200 C 6.5/16.8/33.6 R1/3/6km	www.gattisports.com.au
26	Tues	Trail Run Marion Coastal Run	www.sarrc.asn.au
26	Tues	Jetty to Jetty Open Water Swim Grange to Henley 2km	www.aussisa.org.au
29	Fri	Orienteering Beaumont 6-7pm	www.orienteeing.asn.au
31	Sun	Canoe Basic Skills Course WestLakes	www.sa.canoe.org.au

FEBRUARY

1	MTH	Ovarian Cancer Month – Teal Ribbon 24 th Feb	www.ovariancancer.com.au
1-7	WK	Salt Awareness Week	www.awash.org.au
5	Fri	Orienteering Marino 6pm-7pm	www.orienteeing.asn.au
7	Sun	High Ropes Course Woodhouse 10am	www.betterbods.com.au
7	Sun	PowerBar Fun Run 5km KentRes Encounter Bay 8.15am	www.foam.org.au
7	Sun	Dolphin Run 5/10km Semaphore	www.sarrc.asn.au
7	Sun	Brighton Jetty Classic Swim 400m / 1500m	www.brightonjettyclassic.com
7	Sun	Sam White Triathlon WLakes S250/750 C6.5/19 R1.9/5.5	www.eventstragies.com.au
12	Fri	Orienteering Oakden Wetlands 6pm-7pm	www.orienteeing.asn.au
14	Sun	Kids Tryathlon WLakes S100/300 C3/6 R500/1km	www.weetbix.com.au
19	Fri	Orienteering Springfield 6-7pm	www.orienteeing.asn.au
20	Sat	Trail Run Goolwa to Murray Mouth 7am	www.sarrc.asn.au
20	Sat	Canoe Basic Skills Course WestLakes	www.sa.canoe.org.au
21	Sun	Triathlon S100/300/800 C6.5/16.8/25.2 R1/3/6km	www.gattisports.com.au
26	Fri	Sunnies for Sight Day	www.sunniesforsight.org
27-28	Sat/Sun	Relay for Life	www.relayforlife.org.au
27	Sat	Rogaine 4HR Twilight Victor Harbour	www.sa.rogaine.asn.au
27	Sat	Charles Sturt Challenge Open Water Swim Henley	www.aussisa.org.au
28	Sun	Grand Slam Ride #1 40/80km Mt Torrens	www.bikesa.asn.au
28	Sun	Orienteering 10-11.30am Port Elliot	www.orienteeing.asn.au

MARCH

5	Fri	Beach Bash Run 5km Henley Beach 6.30pm	www.sarrc.asn.au
7	Sun	Victor Harbour Fun Run 5km	www.victorharbortriathlons.org
7	Sun	VH Triathlon S50/160/500 C2/8/40 R400/1.5/10km	www.victorharbortriathlons.org
7	Sun	Rogaine 4HR	www.sa.rogainc.asn.au
7	Sun	Clean Up Australia Day	www.cleanup.org.au
8	Mon	International Womens Day	www.internationalwomensday.com
11	Thu	World Kidney Day	www.kidney.org.au
11-13	Thu	Worlds Greatest Shave – Leukaemia Foundation	www.worldsgreatestshave.com
13	Sat	Coeliac Awareness Week	www.coeliacsociety.com.au
13	Sat	Orienteering Athelstone 1.30-3pm	www.orienteering.asn.au
13	Sat	Port Elliot Open Water Swim 1.5km	www.aussisa.org.au
14	Sun	Carisbrooke Classic Run 5/10km - Supporting Leukemia	www.sarrc.asn.au
14	Sun	Coast to Coast Ride Meadows to Goolwa 65km	www.bikesa.asn.au
14	Sun	Orienteering Monarto 9-11.30am	www.orienteering.asn.au
14	Sun	Canoe Basic Skills Course WestLakes	www.sa.canoe.org.au
17	Wed	Ride to School Day	www.bv.com.au
20	Sat	Trail Run Aldgate Mylor Bridgewater Loop	www.sarrc.asn.au
21	Sun	Captains Cup Open Water Swim 2/4km Seacliff	www.aussisa.org.au
21	Sun	Orienteering Belair National park 9-11.30am	www.orienteering.asn.au
21	Sun	National Harmony Day	www.harmony.gov.au
21	Sun	World DownSyndrome Day	www.worlddownsyndromeday.org
21-27	WK	Arthritis Awareness Week	www.arthritisaustralia.com.au
27	Sat	State Election	
27	Sat	Earth Hour	www.earthhour.org
27	Sat	Canoe Basic Skills Course WestLakes	www.sa.canoe.org.au
28	Sun	Triathlon S100/300/800 C6.5/16.8/25.2 R1/3/6km	www.gattisports.com.au
28	Sun	Neighbour Day	www.neighbourday.org

APRIL

1	Thu	Great Australian Bite - Diabetes Australia	www.greataustralianbite.com.au
2	Fri	World Autism Day	www.worldautismawarenessday.org
2	Fri	Easter Bun Run 10km Athelstone	www.sarrc.asn.au
2-5	Fri-Mon	Easter Cycle Jamestown + Flinders Ranges	www.bikesa.asn.au
11	Sun	Canoe Basic Skills Course WestLakes	www.sa.canoe.org.au
15-16	Thurs/Fri	Canoe Flat Water Skills	www.sa.canoe.org.au
17	Sat	Orienteering Mt Crawford Night 7-8pm	www.orienteering.asn.au
18-24	Sat-Sat	Special Olympics Nationals	
18	Sun	Orienteering Mt Crawford 10-12.30pm	www.orienteering.asn.au
18	Sun	GreenBelt Half Marathon 21.1/10km	www.sarrc.asn.au
18	Sun	Grand Slam Ride #2 Little Hampton 50/100km	www.bikesa.asn.au
24	Sat	Trail Run ParraWirra Up to 24km	www.sarrc.asn.au
24	Sat	Rogaine 24 HR Flinders Ranges	www.sa.rogainc.asn.au
25	Sun	Heysen Trail Walk One	
29	Thr	Guide Dog Day	www.guidedogs.org.au

MAY

1	Sat	Canoe Basic Skills Course WestLakes	www.sa.canoe.org.au
2-8	WK	Heart Week	www.heartfoundation.org.au
2-8	WK	Motor Neuron Disease Week	www.mndasa.com.au
2	Sun	Belair Trail Run + Brunch 12km 8am	www.sarrc.asn.au
2	Sun	Orienteering St Peters 10-12.30pm	www.orienteing.asn.au
3-9	WK	National Mothering Week	www.breastfeeding.com.au
7	Fri	Walk Safely to School	www.walk.com.au
8	Sat	Orienteering Thorndon Park 1.30-3pm	www.orienteing.asn.au
9	Sun	Mothers Day Classic 4/8km Elder Park – Supports Breast Cancer	www.mothersdayclassic.org
9/10	Sun	AUMC 12/24 HR Walk	www.sa.rogaine.asn.au
10-16	WK	Volunteers Week	www.volunteeringaustralia.org
10-16	WK	Epilepsy Awareness Week	www.epilepsycentre.org.au
14	Fri	Loud Shirt Day – Supporting the Deaf Community	www.loudshirtday.com.au
15	Sat	Orienteering Wadmore Park 1.30-3pm	www.orienteing.asn.au
15-21	WK	National Families Week	www.familiesaustralia.org.au
16-22	WK	Schizophrenia Awareness Week	www.mifasa.org
16	Sun	Orienteering Mt Crawford 10-12.30pm	www.orienteing.asn.au
16	Sun	Barossa Half Marathon 5/10/21km - Supporting Camp Quality	www.sarrc.asn.au
16	Sun	Orienteering Mt Crawford	www.orienteing.asn.au
16	Sun	Million Paws Walk – Supporting RSPCA	www.millionpawswalk.com.au
17	Mon	World Hypertension Day – Healthy Weight = Healthy Blood Pressure	www.worldhypertensionleague.org
23	Sun	Heysen Trail Walk Two	
23	Sun	Canoe Basic Skills Course WestLakes	www.sa.canoe.org.au
1-5	WK	Kidney Health Awareness Week	www.kidney.org.au
24-28	WK	Deafblind Awareness Week	www.senses.asn.au
24-30	WK	National Chiropractic Week	www.chiropractors.asn.au
26	Wed	Sorry Day	www.culutreand recreation.gov.au
27	Thurs	Australias Biggest Morning Tea – Cancer Council	www.biggestmorningtea.com.au
27-3J	WK	Reconciliation Week	www.rconciliation.org.au
29	Sat	Orienteering Morialta 1.30-3pm	www.orienteing.asn.au
30	Sat	Trail Run Pioneer Womans Trail 12.5/19.5/28km Handorf 8am	www.sarrc.asn.au
30	Sun	Grand Slam #3 Meadows 8am 60/120km	www.bikesa.asn.au
30	Sun	Mountain Bike Orienteering Birdwood	www.orienteing.asn.au
31	Mon	World No Tobacco Day	www.who.int

JUNE

5	Sat	World Environment Day	www.unaa.org.au
5	Sat	Orienteering Felixstow 1.30-3pm	www.orienteing.asn.au
6	Sun	Heysen Trail Walk Three	
6	Sun	Orienteering Craigburn (Corromandel Valley) 10-12.30pm	www.orienteing.asn.au
8-12	Tues-Sat	Outback MTB Epic Flinders Ranges Mawson Trail	www.bikesa.asn.au
9	Wed	Red Apple Day – Supporting Bowel Cancer	www.bowelcancer.com.au
11	Fri	Go Red for Women Day – Supporting Heart Foundation	www.goredforwomen.com.au
11-14	Fri-Mon	MTB Festival Flinders Ranges Melsrose	www.bikesa.asn.au
14	Mon	World Blood Donor Day	www.un.org
14-20	WK	Mens Health Week	www.menshealthaustralia.net
19	Sat	Orienteering Eden Hills 1.30-3pm	www.orienteing.asn.au
20	Sun	Orienteering Mt Pleasant 10-12.30pm	www.orienteing.asn.au
20	Sun	Trail Run Champs 10/25km	www.sarrc.asn.au
20-26	WK	Refugee Week	www.refugeecouncil.org.au
21	Mon	Motor Neuron Disease Awareness	www.mndaust.asn.au
26	Sat	Orienteering Happy Valley 1.30-3pm	www.orienteing.asn.au
26	Sat	Orienteering Black Hill 1.30-3pm	www.orienteing.asn.au
26	Sat	Rogaine Bush 6HR + Cyclogaine 4HR	www.sa.rogaine.asn.au
27	Sun	Pichi Richi Marathon Pt Augusta-Quorn 10/21/42km	www.pichirichimarathon.org.au
27	Sun	Melbourne Run 2theG 5/10/21km	www.runmelbourne.com.au

JULY

3	Sat	Trail Run Belair to Eagle on Hill 16/33km	www.sarrc.asn.au
3	Sat	Orienteering Belair 1.30-3pm	www.orienteing.asn.au
4	Sun	Orienteering Gumeraccha 10-12.30pm	www.orienteing.asn.au
4	Sun	Heysen Trail Walk Four	
11	Sun	Orienteering Athelstone 10-12.30pm	www.orienteing.asn.au
11	Sun	Heysen Trail Walk Five	
11-17	WK	National Diabetes Awareness Week	www.diabetesaustralia.com.au
18	Sun	Hills to Henley Run 15/30km Athelstone 8am	www.sarrc.asn.au
23	Fri	Lifelines Stress Down Day	www.stressdown.org.au
25	Sun	Heysen Trail Walk Six	
31	Sat	Trail Run Eagle on Hill to Norton Summit 17.5/35km	www.sarrc.asn.au

AUGUST

1	Sun	Orienteering Nth Adelaide 10-12.30pm	www.orienteing.asn.au
1	Sun	ARA Adventure Race (Run-Ride-?)	www.adventureraceaustralia.com.au
1	Sun	Rogaine State Champs	www.sa.rogaine.asn.au
1	Sun	National Tree Day	www.treeday.planetark.com
1-7	WK	National Healthy Bones Week	www.osteoporosis.org.au
2-8	WK	Dental Health Week	www.ada.org.au
8	Sun	Sydney City to Surf 15km	www.city2surf.sunherald.com.au
8	Sun	MTB Orienteering Kuinto Forest 10-12pm	www.orienteing.asn.au
12	Thu	International Youth Day	www.un.org
15	Sun	Asics Marathon 10/21/42km – Supporting Muscular Dystrophy	www.sarrc.asn.au
21	Sat	Rogaine 12/24 HR	www.sa.rogaine.asn.au
22	Sun	Grand Slam #4 Strathalbyn 75/150km	www.bikesa.asn.au
22	Sun	Time Trial Run 10km	www.sarrc.asn.au
27	Fri	Daffodil Day – Supports Cancer Council	
28	Sat	Trail Run Norton Summit-Athelstone 22/44km	www.sarrc.asn.au
29	Sun	Orienteering Mt Torrens 10-12.30pm	www.orienteing.asn.au
29	Sun	Heysen Trail Walk Seven	
29	Sun	Stay in Bed	www.stayinbed.org.au
30	WK	National Healthy Body + Eating Disorders Awareness	www.eatingdisorders.org

SEPTEMBER

1	MTH	Prostate Awareness Month	www.prostate.org.au
1-7	WK	Asthma Awareness Week	www.asthmaaustralia.org.au
7-13	WK	BLOOD DONERS WEEK	www.donateblood.com.au
5	Sun	Orienteering MoonRocks 10-12.30pm	www.orienteing.asn.au
5	Sun	Heysen Trail Walk Eight	
5	Sun	Fathers Day Classic Ride	www.fathersdayclassic.org.au
9	Thur	World First Aid Day	www.redcross.org.au
12	Sun	Orienteering Pewsey Vale 10.12.30pm	www.orienteing.asn.au
12	Sun	Trail Run Sea to Summit 32km or less	www.sarrc.asn.au
11-19	Mon-Sun	Bike SA Annual Tour 450km Flinders Ranges	www.bikesa.asn.au
13-19	WK	National Stroke Week	www.stokefoundation.com.au
16-27	WK	Dementia Awareness Week	www.alzheimers.org.au
17	Fri	Diabetes Buzz Day	www.buzzday.com.au
19	Sun	City to Bay Fun Run 3/6/12km	www.city-bay.org.au
19	Sun	MTB Orienteering Mt Crawford Forest 10-12noon	www.orienteing.asn.au
26	Sun	Heysen Trail Walk Nine	
27	WK	National Vegetarian Week	www.vegetarianweek.com.au

OCTOBER

1	MTH	Girls Night In – Supporting Cancer Council	www.girlsnightin.com.au
1	MTH	Breast Cancer Awareness Month	www.nbcf.org.au
1	MTH	Walktober	www.walktober.com
1	MTH	Ocober – Cut the Alcohol	www.ocober.com.au
1	MTH	Frocktober – Supporting Ovarian Cancer	www.frocktober.org
1-10	WK	National Organic Week	www.organicweek.net.au
1	Fri	Walk to Work – Supporting Heart Foundation	www.walk.com.au
1	Fri	International Day of the Older Person	www.seniors.gov.au
1	Fri	Start of Kids Marathon	www.sarrc.asn.au
3	Sun	Yurrebilla Ultra Marathon 56km	www.sarrc.asn.au
3	Sun	Heysen Trail Walk Ten	
9-10	Sat-Sun	Trailblazer Challenge Walk 18//34/50/100km	www.trailblazer.org.au
10	Sun	McLareVale ½ Marathon 5/10/21.1km	www.sarrc.asn.au
11	WK	Foot Health Week	www.apodc.com.au
11-15	WK	Health and Physical Education Week	www.achper.org.au
13	Wed	Ride to Work Day	www.bikesa.asn.au
17	Sun	GrandSlam #5 Echunga 100/200km	www.bikesa.asn.au
17	Sun	Race 4 Life 4.5/10km – Supporting Cancer Council	www.sarrc.asn.au
17	Sun	Buddy Walk – Downs Syndrome Awareness Week	www.thankq.net.au
23	Sat	Rogaine 12 HR Spring	www.sa.rogaine.asn.au
23	Sat	Trail Run Federation Trail	
24	Sun	Heysen Trail Walk Eleven	
25	Mon	Childrens Week	
25	Mon	Pink Ribbon Day – Supporting Breast Cancer	www.pinkribbonday.com.au
29	Fri	National Bandanna Day (Canteen)	www.bandannaday.com.au
30	Sat	Trail Run Tinguillo	www.sarrc.asn.au
31	Sun	Heysen Trail Walk Twelve	

NOVEMBER

1	MTN	Movember – Supporting Mens Health	www.au.movember.com
7	Sun	Black Hill Challenge 12.5km	www.sarrc.asn.au
7	Sun	Amys Ride 25/30/60/100km Ride the Southern Expressway	www.bikesa.asn.au
7	Sun	World Diabetes Day	www.worlddiabetesday.org
14	Sun	Mini Rogaine 3HR	www.sa.rogaine.asn.au
14	Sun	Glenelg Classic Run 5/10km 8am	www.sarrc.asn.au
20-28	Sat-Sun	World Cycle Challenge	www.bikesa.asn.au
21	Sun	Waterfall Gully Run + Breakfast	www.sarrc.asn.au
25	Thr	White Ribbon Day – Supporting Violence Against Women	www.whiteribbonday.org.au
28	Sun	Gear Up Girl Ride 25/35/60km	www.bikesa.asn.au
29	Mon	R U OK Day	www.ruokday.com.au

NOTE Triathlon and Open Water Swims recommence in November – No dates currently available.

DECEMBER

5	Sun	Christmas Frolic Run + Completion Kids Marathon	www.sarrc.asn.au
11	Sat	Trail Run Chain of Ponds	www.sarrc.asn.au
25	Sat	Fanatics ½ Marathon 8/13/21.1km	www.sarrc.asn.au
26	Sun	Jetty to Jetty Glenelg to Brighton 8.4km	www.glenelg.sa.com.au

Note Triathlon, Open Water Swims and Summer Orienteering Series – No dates currently available.

SETTING GOALS

and Doing the Training to Meet Them
Gives You Focus and Purpose for your Training.
Remember the End Goal is the just the Fun Bit

It is who you become in the process of getting to the goal that is the True Reward.

For it is what you discover within yourself during the Journey

That changes not just the physical body but also all other parts of your Life.

JOIN THE CROWD

If you are interested in Participating – Note Your Name

Noting your name does not commit you to the event. It simply lets me know who is setting what challenges and gives you the opportunity to find a training buddy if you want them. It also lets me know who to contact when organising Logistics for those intending to be there.

RUNNING - City to Bay

In 2010 City to Bay Training will be once again on a Saturday Morning @ 7.30-9am. It will extend out over 20 Weeks with 17 actual Saturday Training Sessions and in true periodical training style there will be 2 recovery breaks within that 20 week training block. Each weeks training will progress on from the previous week with homework provided each week. Due to the nature of where Easter, School and Public Holidays fall this year unfortunately the training breaks don't align quite as neatly as they have in previous years. I have listed all training Dates here so you can Pre Plan if you wish. Training commences May 8 and Training Break Weekends are in Orange.

May 8, 15, 22, 29, Jun 5, 12, 19, 26 Jul 3, 10, 17, 24, 31 Aug 7, 14, 21, 28, Sept 4, 11, **RACE 19TH Sept**

RUNNING – Sydney City to Surf

It has been suggested in previous years that for an extra challenge that a group of us should pop over to Sydney to run their Annual City to Surf. It is 15km with apparently a brilliant hill at the end. It is on my TO DO List this year and I am inviting anyone else who might like a new challenge and a weekend in Sydney to join me. I'm giving you plenty of notice so you can program the weekend into your year and grab cheap flights if you want to. Sydney's City to Surf is apparently one of the largest Fun Runs in the World last year attracting 75,000 people. 2010 is its 40th anniversary so can't imagine how amazing it is going to be.

RUNNING – Melbournes Run to the G

Well I thought since we were running Sydney we might as well find an excuse to do some shopping in Melbourne. So this too is also on my list. Beats seeing the sights from a Tram, don't you think. Also looking for some company for this one. If you would like an excuse to fly across to Melbourne, here it is. Run to the G apparently passes most of Melbourne's great landmarks and you can choose a 5km, 10km or ½ Marathon Distance. Look forward to seeing who's up for it.

ARA Adventure Race – For a Bit of Fun and Challenge (Adelaide Race)

Now this is not for those serious Rogaining types (well there are some of those) but this Race Series caters specifically for the novice and those that just want to do it for the experience and the challenge. A specific course is set out for newcomers and I have sounded the organisers out well enough to know that people of our age and ability would not be out of place. To participate all you need to be able to do is ride a mountain bike (on wide forest fire tracks) for about 12km and Run/Walk on Trails for about 8km. Reading simple maps is apparently helpful as it is set up as a team orienteering type challenge. To make it all that more fun some of their courses may also include climbing / abseiling / canoeing / thinking obstacle type challenges. I understand that people do not have to have specific skills in these additional areas as event staff are positioned to help participants with these parts of the course. I would love to do this but need a team. If you are wanting a reason to get your fitness up and feel like a different challenge, let me know and pencil this date into your diary. I have listed all the local orienteering events and basic canoe skill courses for those of you who want to practice your basic navigation and water skills before the event. My feeling is that is highly unlikely there would even be a canoe leg in the South Australian Event due to us being a pretty dry state and the fact that these events are usually not held any further away from the city than a 45min drive.

Heysen Trail Walks - Don't Want to Run then lets Walk

This idea came about from the Lovely Faye who mentioned a Friend of hers was interested in Walking the Heysen Trail . It got me thinking about the idea of a group of us doing a similar thing as a goal for 2010. After chatting to the Walking Group I realised that others might also be interested in a similar Goal. So this year I am taking the Challenge to start walking the Heysen Trail. End to End The plan is to walk it in stages of Single Day Walks (5-6 hours) once a month. Some months I have programmed two. If you walked the entire Trail continuously it would take about 60 days so although we won't get the entire trail done this year we will of course get a fair way. The walking season commences in April after the Fire Season completes. We will link ourselves into the existing network of Heysen Walkers, <http://www.heysentrail.asn.au> Get our LogBooks and start Walking. Although my Tertiary Qualifications are in Recreation Planning and Outdoor Recreation it is my intention once the group is formed to get an experienced Heysen Guide into chat to us about what we should know and do to keep ourselves safe. I understand that some of our walks will be quite easy and others more challenging. I will not be charging anything for people to participate in this, I am simply looking for a group of others who are committed to a similar challenge. Look forward to hearing from you.

Trailblazer Challenge

Now so we don't waste all that good walking practice, here is my final challenge and request for some Team Interest. Trailblazer is a Team Walking Challenge (although some people do run it) held in October each year. The route follows Linear, Yurrebilla and Heysen Trails from Pinky Flat in the City to Kuitpo Forest Teams can choose a distance of 18km, 34km, 50km or 100km. There are seven checkpoints along the trail and it is there that teams check in, rest, revive before continuing. Trailblazer supports a number of different charities and here is the 2009 link for more info. <http://www.trailblazer.org.au> Once again look forward to us getting team together.

