

VICRUNNERS



ANNOUNCEMENTS 4th QUARTER 2012

Schedule:

Saturday 20 October – Children Run (1500m)

start at 13:30 in Donaupark (Chinese restaurant corner) – separate flyer will be published

Saturday 20 October – Annual Run (10k)

start at 14:30 in Donaupark (Chinese restaurant corner) – separate flyer will be published

Thursday 15 November – 10k time trial (Handicap Run)

start at the Chinese restaurant corner in Donaupark (individual start times !)

Thursday 13 December – 5k time trial

start at 12:30 at the bee-house in Donaupark

Ongoing:

Core Strengthening Exercises every Wednesday and Friday

Interval training every Tuesday

To register for weekly VICRunners messages, please contact

Norbert ASCHENBRENNER

Secretary VICRunners

www.vicrunners.net