

# AUTUMN PROGRAM 2018

## WEDNESDAY HANDICAP RUN (5.00 pm Start)

Every Wednesday Elephant Park

1 \* 2 \* 3

## MARCH (9.00am Start)

Date	Course	Distances
4-Mar-18 – Trail	Kinross	11.8
4-Mar-18	Lake Canobolas	2.5 * 5 * 7.5 * 10
11-Mar-18	Kinross Forest	2 * 4.8 * 9
18-Mar-18	Elephant Park - Original	1.6 * 3.2 * 4.8 * 6.4 * 8 * 9.6
25-Mar-18	<i>Baldwin's run (&amp; morning tea)</i>	TBC

## APRIL (9.00am Start)

Date	Course	Distances
1-Apr-18	Botanic Gardens - Easter Egg Hunt	1.6 * 3.2 * 4.8 * 6.4 * 8 * 9.6
8-Apr-18	Clergate School	3 * 5 * 10
15-Apr-2018 - Trail	Kinross	11.8
15-Apr-18	CSU	1.6 * 3.2 * 4.8 * 6.4 * 8
22-Apr-18	Endeavour Oval	2.6 * 5.2 * 7.8
<i>Note: the 10.4 option will <b>not</b> be available this Weekend due to the AGM</i>		
<b>22-Apr-18 – AGM</b>	<b>Annual General Meeting includes BBQ</b>	<b>Location: Elephant Park Time: 10.00 am</b>
29-Apr-18	Favell Road	3 * 5.8 * 8.1 * 11.2

## MAY (9.00am Start)

Date	Course	Distances
6-May-18	Gosling Creek - OLD	2.3 * 4.6 * 9.6
13-May-2018 - Trail	Federal Falls	TBC, check Website and FB
13-May-18	Elephant Park (wear pink for Mothers Day)	1.6 * 3.2 * 4.8 * 6.4 * 8 * 9.6
20-May-18	Bargwana Road	3 * 5 * 10
27-May-18	Bulgas Road	3 * 5 * 10 * 14

SUNDAY Trail Runs – 6.45am arrival for 7.00am start

**Trail Rules / Mandatory Equipment** – Member of ORC, Self Sufficient 500ml water, Space Blanket, Whistle and Phone (or run with a buddy), self-timed (if you want this), under 16yrs must run with a parent/guardian (member of ORC), ORC Chip No

Members absent for more than 8 weeks will require two qualifying runs to re-assess their handicap.

**\*Participants must be current registered members of Orange Runners Club\***

Publicity Officers: Richard Eggleston & Sally Kitto

Don't forget to find us on [Facebook](#)



Enquiries: Renai McArdle, President - 0417 486 645 or [orangerunnersclub@outlook.com](mailto:orangerunnersclub@outlook.com)

Website [www.orangerunners.com.au](http://www.orangerunners.com.au)