

Newsletter No 4

The skipper might have been away on an extended holiday, but the ship has been sailing on in his absence. There are a number of things that have been achieved in the past three weeks.

Bicheno Fun Run

Debbie Gardam has commenced work on organising a 10 kilometre fun run in Bicheno to be held on 25th May next year, so please if you possibly can put this date in your diary. Also if you are able to offer any assistance at all between now and the 25th May I am sure that Debbie will welcome any offers as there is a lot of behind the scenes work to be done to make something like this happen. Debbie can be contacted on d.gardam@bigpond.com.

Training

How is the training going? I trust that we are all on target as I have noticed that Southern Cross Television have started their lead up promotion to the Burnie Ten event. A little bird has just told me that Bruce and Maureen have been training regularly even though they have been away overseas and it has even been suggested that Maureen has amazed even herself no doubt we will find out next week when they return.

Debbie and Joanna have been following a training program written by Hal Higdon for Novice runners and finding it to be helpful. If you would like more information on this contact Debbie d.gardam@bigpond.com

That's about all I think for the moment. But remember we are doing it all for the Devils!

Regards

David Stronach