



BAC CROSS COUNTRY SEASON FIRE OFF AT WELLSFORD!

The Bendigo Athletic Club is gearing up for the start of the 2012 winter season, the professional based club would like to invite all interested persons to attend our first run at the Wellsford Rifle Range in East Bendigo on Sunday 15th April.

If you're a busy person who likes to keep fit, the club is ideal for you.

Events are held each Sunday morning with juniors at 10.05am, followed by presentations for the previous week 10.15am, long race at 10.30am, on your way home by 11.15am.

Most races are conducted in bushland within 15 minutes of the Bendigo CBD.

Apart from the opportunity to share in the **\$7,000.00** prizemoney offered in local events, the BAC has clubrooms with a gym at the Tom Flood Sports Centre, which includes internal toilet & shower facilities.

Paid up members can use the gym at any time.

The club is primarily Cross Country based, with events being conducted throughout the Winter season from April through to September.

The BAC is a family orientated club, with all events handicapped, with juniors for ages 4-16 running over 1km and seniors varying between 5-10km for those 14 years and over.

Don't be put off by the professional name, athletes range from 4yo to 80yo being of all levels of fitness.

The club offers aggregate awards for veterans & womens sections, as well as overall aggregate awards.

Race books are now available free of charge.

Registration from new & existing members will be taken on the day, if desired.

Whilst standard club membership fees are already at a very reasonable price of \$70.00, all new members or anyone who hasn't been a member in the past two years or anyone under the age of 21 can register for just \$10.00.

CLUB WEBSITE at; www.bendigoathleticclub.org.au

Follow us on Twitter; www.twitter.com/BendigoAthClub

15th April	Race 1 - 5km	Wellsford Rifle Range
22nd April	Race 2 - 5km	Mandurang Cricket Ground
29th April	Race 3 - 6.5km	Crusoe
6th May	Race 4 - 6.5km	Mandurang Cricket Ground

20th May	Race 5 - 8km	Woodlands, Bulla
27th May	Race 6 - 6.5km	Wellsford Rifle Range
3rd June	Barry Stevenson Relay - 1400m x 3	Crusoe
10th June	Race 7 - 6.5km	Keith Nodens
17th June	Flack Advisory 6.4km	Eaglehawk Townhall
1st July	Race 8 - 8km	No. 7 Reservoir
8th July	Murchison 10km - Pro Dairy Australia/Doug Tuan	Murchinson Football Ground
22nd July	Race 9 - 10km	No 7 Reservoir
29th July	Race 10 - 8km	Mandurang Cricket Ground
5th August	Race 11 - 6.5km	Sedgwick Hall
12th August	VCCL Woodend - 6.5km	Woodend
19th August	Race 12 - 5km	Wellsford Rifle Range
26th August	Dick Kitt Final - 6.5km	Huntly Livestock Exchange
1st September	Presentations	TBA