



BAC CROSS COUNTRY SEASON ALL SET TO FIRE AT WELLSFORD!

The Bendigo Athletic Club is gearing up for the start of the 2013 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 14th 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 **\$8,000.00** 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.

Junior races are conducted on all Club Run days, races 1-12, with exception of Race 4 which is held in Melbourne.

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 overall handicap, fastest time, veterans, Under 23's & women's sections.

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

Bendigo Athletic Club

Cross Country Season 2013 Calendar

Date	Event	Venue/Club
14th April	Race 1 - 5km	Wellsford Rifle Range
21st April	Race 2 - 5km	Mandurang Oval
28th April	Race 3 - 6.5km	No. 7 Reservoir
5th May	Race 4 - 8km	Woodlands, Bulla
19th May	Race 5 - 6.5km	Woodvale Reserve
26th May	Race 6 - 6.5km	Wellsford Rifle Range
2nd June	Barry Stevenson Relay - 1400m x 3	No. 7 Reservoir
9th June	Race 7 - 6.5km	Whipstick Park
16th June	Flack Advisory 6.4km	Eaglehawk Townhall
30th June	Race 8 - 8km	Woodvale Reserve
7th July	Murchison 10km - Pro Dairy Australia/Doug Tuhan	Murchison Football Ground
21st July	Race 9 - 10km	No 7 Reservoir
28th July	Race 10 - 8km	Crusoe Reserve
4th August	Race 11 - 6.5km	Mandurang Oval
11th August	Race 12 - 5km	La Trobe Gym
18th August	VCCL Kyneton - 6.5km	Kyneton
25th August	Dick Kitt Final - 6.5km	Huntly Livestock Exchange

