



RUN FOR YOUR LIFE

Running Wild Newsletter November 2008.

FAREWELL TO TOBY

Toby has left Running Wild and Sydney and returned to Melbourne to be close to his family. We wish him well and hope we can find yet another talented fellow to assist at the gym!

CONGRATULATIONS TO KAITLIN

Kaitlin hasn't been around much recently as she has been busy putting the final touches on her thesis which has now been handed in. She will be doing more at the gym, especially now that Toby has left.

THE 2008 HAWKESBURY CLASSIC

Probably one Merridy would rather forget!!! Due to a seat malfunction the balance of the boat was severely tested. We were pleased to finish in the slow time of 10hours & 7mins for the 111kms - it was a record for Vet40 mixed K4 and we will be awarded the Jenny Barnes Memorial Trophy for fastest mixed kayak on the night. (The frustrating part is waiting another 12 months before getting another chance at it !!!) Merridy, Warren, Marg & Bernie will now continue training for the Murray Marathon in December, with the seat fixed!!

FUNDRAISER MOVIE NIGHT 'AUSTRALIA'

Join us for a great night out.....

The response has been excellent to date, if you still want to join us please email, phone or call into the gym for tickets. They are \$20 each and must be pre booked before 26th November if possible.

To clarify a few details, it's on **Weds 3rd Dec at 7.30pm at Greater Union, Hornsby**. Supper is after the movie - join us for a cup of tea/coffee and a piece of cake and the 20 lucky door prizes will be drawn.

If you can't make it consider buying some raffle tickets - 1st prize is a 4 day Luxury Houseboat hire for up to 10 people. 2nd prize is a BridgeClimb for 2 people. Tickets available at the gym.

OLDER, FITTER, STRONGER

Merridy recently attended a seminar on fitness for seniors, organised by Fitness Australia to encourage gym owners to implement more programs aimed at the senior population. She is pleased to report that Running Wild, due to Jenny's influence, experience & enthusiasm, has already implemented all of the

suggestions and Berowra has the jump on most other gyms in Sydney!

FRIDAY AFTERNOON GYM SESSION DISCONTINUED

Unfortunately we have not had much response for the Friday afternoon opening and that has now been discontinued. The Saturday afternoon is proving more popular and will continue. Let us know when you want to come to the gym!

OPENING HOURS OVER THE FESTIVE SEASON

Here are the revised opening hours and class details for December 2008 - January 2009.

Classes end Saturday 20 December, Classes restart as of Monday 12th Jan
Mon 22 Dec/Tues 23rd December - gym open for free use for regulars

Wednesday 24th December to Friday 2nd January inclusive, we are closed

Saturday 3rd January - gym open 8am to 12.30am

Monday 5th January to Saturday 10th January - limited hours as follows:

Mon 5th/Weds 7th/Fri 9th 7am - 11am & 6 - 8pm (Mon/Weds)

Tues 6th/Thurs 8th 9am - 11am & 6 - 8pm

Sat 10th Jan 8am - 12.30pm

Mon 12th January - normal hours as per gym & class timetables

KAYAKING DAY

For some fun & fitness in a kayak come and join Merridy & Warren on either Saturday 6th December at 3pm or Saturday 13 December at 9am at Crosslands. Cost is \$40 for two hours of tuition, kayak, paddle & PFD supplied.

FRUIT FLY NEWS

Jenny's son Nick will be performing in Sydney as part of the Sydney Festival January 28-31 for the world premiere of "The Promise", a fusion of circus and puppetry. Tickets available from the Sydney Festival website or Ticketek. The show is suitable for ages 4 and up.

Yours in fitness,

Merridy & Jenny

PS Please tell us if you do not wish to receive our newsletter.