



ARMIDALE ATHLETIC CLUB



2009 SATURDAY SPRING SOCIAL WALKS AND RUNS

COMMUNITY FITNESS SERIES OPEN TO RUNNERS AND WALKERS OF ALL
AGES AND ABILITIES

Sponsored by local company Mindbiz

COMMENCE AT 2.00pm

\$2 coin donation per run towards afternoon tea and end-of-season function

	Date	Run	Meet at	Course
1	1 August	Kelly Plains	Corner of Burns and Kelly Plains Rd	6km, out/back, gravel road
2	8 August	Lynches Road/ Kelly Plains	Kelly Plains bike path, near Baldwyn St. T. Tamworth fun runs Sunday 3 August.	2.9 and 5km, bike path and gravel road
3	15 August	"Newholme" (UNE property)	Entry gate to Newholme, LHS off New England Highway, approx. 5km N of town.	6km, out/back, gravel road
4	22 August	Pine Forest (Access off Pine Forest Rd)	Rockvale Rd travel 6.5km from Lights. Right turn Pine F. Rd then 400m on R.	7km X-country circuit
5	29 August	Gara Gorge	Blue Holes, main (2 nd) picnic area. T	5.5km, Threlfall walking trail
6	5 September	"Kirby" (UNE property)	Follow Boorolong Rd out of town, right into Weirs Rd, left across cross Pipe Clay Creek, then 3km on, past "Private Road" sign.	7km out/back gravel road
7	12 September	Pine Forest	Picnic area, entry off Rockvale Rd. T	3 and 3.5km loops of walking trail and gravel road
8	19 September	Dangar's Falls	Dangars Falls T	Out & back 7km following walking trail
9	26 September	Dumaresq Dam	Picnic area, End-of-season picnic and presentation. T	5.6km, 2 loops of 2.8km walking trail

Each Saturday there will also be a shorter course. T=toilet available nearby. Light afternoon tea afterwards. No dogs please. Enquires to Michael Smart 6772 0267 (w), or visit club website www.armidaleathletics.org.au for more information, results and photos.

Exercise road safety at all times, use footpaths or stay on side of road, give way to motorists and wear bright clothing. Wear appropriate shoes. Watch your step: many of the courses are on uneven gravel roads and trails. You are not covered by insurance. Accept responsibility for your safety. You participate at your own risk.S