

Lakers 5/25 km run

To get you into race mode, the club has organised a 5 to 25 km run hit out.

- Location: Glenelg North (just near the water treatment plant) corner of North Esplanade and Anderson avenue
- Date: Sunday July 25th
- Time: 8 for 8.15am start (although if you are doing a shorter distance you can join in at a later stage if you wish)
- Distance – anything from 4 to 25 km
- The course: a multi-lap out and back course
 - Takes you 2 km north towards West Beach, back to the start line then 500m south along the Esplanade and back to the start to complete 1 lap
 - You can complete 1-5 laps of it depending on your journey i.e.
 - marathoners go full distance,
 - ½ marathoners 15-20,
 - Barossa duathletes 10 km and can do a ride after the run,
 - 5 km for short course athletes.
 - The multi-laps with set 1 km markers gives you a chance to work on your pacing and heart rates in preparation for the marathon
- Catering: this is a standard Sunday run so it won't be catered, but you can leave your drinks at the start line and grab a drink every lap. I am sure there will be a coffee consumed at Glenelg after the event.
- Who: anyone can do the run, so bring your friends if you like
- Safety issues: Please note other members of the community will be running and riding along the path so please stick to the left at all times, and watch traffic entering the west beach boat ramp

Thursday night running

We have three more Thursday night wind trainer sets left before running will return to Uni loop on Thursday the 29th of July, 6-7 pm, meet at the corner of Frome road and war memorial drive.

If you have any questions please contact Nigel Pietsch on 0413399453