

FROM THE DESK OF THE

PRESIDENT



Lakers,

Website

If you have a look at our website <http://www.lakers.com.au/> you will note a remarkable transformation. It has been vastly improved and updated thanks to the genius of none other than the great Cameron Maher. We now have a Lakers calendar and a vastly improved training page. Thanks Cam, a great job

Monday Night Swimming

Monday night swimming has been moved again. Please have a look at the details on the training page of our website. <http://www.lakers.com.au/training>. You will note that we are now swimming from Tiranna Way at West Lakes.

Challenge Tour Ride - Thank you

Thanks to the Social Committee but in particular Louise who did a sensational job of getting the Lakers organised with race packs, jerseys etc. Despite it not being her fault she even gave up her "Lakers" branded jersey to someone whose jersey did not get branded. Thank you Louise, you are a true Laker.

To all of you participating, have a great day – **keep well hydrated or you will cramp up in the heat** – I speak from painful experience !!

Melbourne Marathon

Bookings for the Marathon are flowing in and rooms will be allocated on a first in first choice basis so don't leave your response too late. The details follow:

	Mark Kirtland 0417 822 247
	David Adams 08 8345 1588
	Chris Mehaffey 0407 776 547
	Shaun Richards 0418 841 700
	Paul Battistella 0419 832 722
	Dave McGlashan 0407 394 285
	Dave McGlashan 0407 394 285
	Sarah Martin 0404 641 284
	Darren Roberts 0434 546 725
	Tricia Nixon 0409 676 983
	Anthony Meade 0407972490
	Kent Dredge 0402 564 991
	Nigel Pietsch 041 3399 453

The time has come for you to consider your 2010 options and one of them is running the Melbourne Marathon on 10 October 2010 (the 10th of the 10th, 2010).

The Melbourne Marathon Festival includes the full Marathon (42.195km), a Half Marathon, a 10km run, a 5km run and a 5km walk so there is something for everyone.

<http://www.melbournemarathon.com.au/>

Lead up events include:

- 18 April - Greenbelt Half Marathon and 10km
- 16 May – Barossa Half Marathon, 15km and 10km runs
- 4 July – The Lakers’ Summit Half Marathon 21.1km
- 18 July – The Hills to Henley 30km and 15km run
- 15 Aug – Adelaide Marathon, Half Marathon and 10km run
- TBA Sep – Chilton Rocks training runs 10km up to 35km
- 10 Oct – Melbourne Marathon Festival, Marathon, Half Marathon, 10km, 5km run, 5km walk



We are now taking bookings for 3 nights (**Fri 8 Oct, Sat 9 Oct and Sun 10 Oct**) at the Claremont Guest House in South Yarra. Rooms will be available in various combinations of 2,3,4, and 6 people per room. Families are welcome. Last year 60 members and family attend and most did one of the runs. A lot of shopping and eating was also done

The rooms are small but the beds are relatively new, the rooms are clean and the old building is newly renovated. All rooms have a wall heater, ceiling fan, telephone, television, hanging rack for clothes and desk. This is basic accommodation so please don't expect hotel rooms.

There is a common room that suits us and one bathroom for every three or 4 rooms.

For those of you less interested in running and more interested in shopping, the area of Toorak Rd/Chapel St South Yarra is a shoppers dream and is surrounded by cafes and restaurants.

ROOM BOOKING

Next you need to book a room (email me at tremaine.vincent@flindersports.com.au to book) and pay a **NON REFUNDABLE deposit of \$25 per person**. The method of payment is either by direct debit into the club's bank account or by handing payment to me (cheque or cash) in a envelope with the names of the people you are booking for written on the envelope. Once you have paid your deposit, you will be allocated a room.

All rooms will be booked for 3 nights with arrival on Friday 8 October and departure on Monday 11 October. The rooms cost \$42 per person so each person will pay $42 \times 3 = \$126$. This includes a light buffet breakfast, bed linen and towels. The balance will be payable by 1 September or the room **and your deposit forfeited**. I will give you plenty of notice for the final payment.

The Club's bank account details are as follows:

Bank Account number: 000961087

BSB No: 035-055

Bank Account Name: West Lakes Triathlon Club

Where it says *Message/Reference* please put your **Name and the letter “M”** so I know it relates to the Marathon

To recap what you need to do now is:

- Advise me by email to tremaine.vincent@flindersports.com.au of the names of people for which you wish to book.
- Pay a non refundable deposit of \$25 per person to the Club's bank account.
- Book your own flights, if necessary – The Club will NOT be organising transport.
- Enter the event at <http://www.melbournemarathon.com.au> when entries open – enter “West Lakes Triathlon Club” in the Club section.

Take care out there

Vincent

Your Beloved President

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Mob: 0419 378 429

[Mailto:tremaine.vincent@flindersports.com.au](mailto:tremaine.vincent@flindersports.com.au)

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Thank you.