



EXCITING CROSS COUNTRY PROGRAM

MARCH - JULY 2016

Queensland Running's 2016 Cross Country season commences on Saturday 5 March at Teralba Park, Mitchelton. The season runs from March through to the end of July and is of great assistance to all students in preparing for the school, district and regional cross country competitions.

Our competition includes distances ranging from 500/800metres (alternating each week), 1000, 1500, 2000, 3000, 4000, 5000, 6000 and 8000 metres. The 3000 and 5000 metre distances are run together as are the 4000, 6000 and 8000 metre events. In these races, runners can complete the lesser or greater of the of distances, depending on their comfort zone.

The runs are conducted at various parks in and around Brisbane, including Chermside, Toowong, Pine Rivers, Sandgate and Yeronga, to name a few.

For those unable to run, but still wishing to participate, a 500 metre non-competitive walk is programmed each week. Take your pram or dog for a wander through one of these beautiful parks. It is a popular event for families and best of all, it is free!

We have very reasonable rates to run and they include as many events as you would like to run over the afternoon. 10 years and under run for \$3.00 for the afternoon, \$4.00 for 11 to 17 years and adults pay \$5.00. If you register for the season for the cost of \$12.00, your runs cost \$1 less each afternoon and you run your first day for free.

We also have family registrations or individual runners can pay up front for the season.

It is a great family afternoon where mums and dads can run with their children.

If you have any enquiries, please check out our website: www.queenslandrunning.com.au or call 0418 113 377.

FUN FOR ALL AGES AND FITNESS LEVELS

Season Features:

- Weekly Competition
- Distances to suit all ages and fitness levels
- Championship events & Relays
- Picturesque park venues
- Canteen
- Affordable fees and family registrations