



## **2010 FITNESS EVENTS**

Will you take the Challenge??

### **1. MOTHERS DAY CLASSIC**

Sunday 9 May 2010

4km Walk/Run

8km Run

### **2. CITY TO SURF**

Sunday 8 August

14km

### **3. PUB TO PUB FUN RUN**

22 August 2010

Dee Why Beach to Newport Arms Hotel

14km

### **4. FATHERS DAY 5 FUN RUN**

5 September 2010

Sydney Olympic Park

5km Fun Run

### **5. BLACKMORES SYDNEY RUNNING FESTIVAL**

Sunday 19 September

Bridge Run 9km

Half Marathon 21km

Marathon 42km

### **6. ANNUAL WALK TO WORK DAY**

Friday 1 October

### **7. CURL CURL 3 POINT CHALLENGE**

Saturday December 4th, 2010

- 400m surf swim at North Curly
- 1500m cross country run south along the grassy dunes to South Curly
- 300m surf swim at South Curl Curl Beach
- 1500m scenic run along the rock face walk way to Freshwater Beach
- 200m Swim at Freshwater Beach
- 3km run back to North Curl Curl finish