

2020 Alice Springs Running and Walking Club Calendar

STRAVA CHALLENGE		DATE	EVENT	DISTANCE	START LOCATION	TIME	CONTACT/RD	TYPE	YOUR EVENT NOTES
1km PB for the month	J	Sat 18 th Jan	Beep Test (T)	You Choose	Council Lawns	6am	Simon Duke	Run	
	A N	Sun 26 Jan	Australia Day Family Fun Run	3.5 km	Todd Mall	6am	John Bermingham	Run/Walk	
2km PB for the month	F	Sat 15 th Feb	Intersport Race 1	2/4km	Intersport – Parsons St	6:30am	Greg Reval	Run/Walk	
	E	Sat 22 nd Feb	Intersport Race 2	2/4km	Intersport – Parsons St	6:30am	Greg Reval	Run/Walk	
	B	Sat 29 th Feb	Age Graded Percentage Race	2.5/5km	River Trail (Opp. Lasseters)	6:30am	John Bermingham	Run/Walk	
ANZAC Hill Up Segment		Fri 6 th March	Trails in Motion Film Festival		Araluen Arts Centre	6pm	Simon Duke	Social	
	M	Sun 8 th March	Community Garden Fundraiser	5km	Community Garden Burke St	8am	John Bermingham	Run/Walk	
	A	Sun 15 th March	Bendigo Bank DSF 1000m	1km	Head Street Oval	5pm	Murray Stewart	Run	
	R	Sun 22 nd March	Telegraph Trail Run	4/8km	Telegraph Station	7am	Jamie Lines	Run/Walk	
		Sat 28 th March	WMM Training Run (T)	You Choose	Telegraph Station	6:45am	Simon Duke	Run/Walk	
Log 3km elevation for the month	A	Sun 5 th April	Flynns Grave Dash	4.5/9km	Araluen Christian College	7am	Simon Duke	Run/Walk	
	P	Sun 19 th April	WMM Training Run (T)	You Choose	Simpsons Gap	6:45am	Cail Rayment	Run/Walk	
	R	Thu 23 rd April	Time Tease	5km	River Trail (Opp. Lasseters)	7:30am	John Bermingham	Run/Walk	
		Sun 26 th April	The ANZAC Hill 1 Hour	You Choose	Anzac Hill	6am	Simon Duke	Run/Walk	
Simpsons Gap to Telegraph Stat. via Larapinta Trail	M	Thu 7 th May	Beep Test (T)	You Choose	Head Street Oval	5:30pm	Simon Duke	Run	
	A	Sun 10 th May	Mother's Day Classic	4/8 km	Alice Springs Desert Park	7am	Moogie/Trish	Run/Walk	
		Fri 15 th May	Film Night		TBC	6pm	John Bermingham	Social	
	Y	Sat 16 th May	WMM Training Run (T)	You Choose	Simpsons Gap Car Park	6:45am	Simon Duke	Run/Walk	
		Fri 22 nd - Sun 24 th May	West Macs Monster (WMM)	5-231km	Larapinta Trail		Marc Woods	Run/Walk	
5km PB for the month	J	Sun 7 th June	Hatt Road Race 1	2/4/8km	Hatt Road	7am	Nick Moody	Run/Walk	
	U	Sun 14 th June	Get Physical Run/Walk	4km	Get Physical (Gap Road)	8:30am	Jenny Steer	Run/Walk	
	N	Sun 21 st June	ASRWC RuralCo 10km	5/10km	Simpsons Gap	7am	Chris Turner	Run/Walk	
		Sat 27 th June	Simpsons Long Run (T)	17.5/35km	Simpsons Gap Bike Path	7am	David Bussitil	Run/Walk	
Kurrajong Drive Loop Segment	J	Sat 11 th Jul	Bring Your Dog Along	3/6km	Kurrajong Drive Carpark	7am	Chris Turner	Social	
	U	Sun 12 th July	Another Long Run (T)	17.5/35km	Anzac Hill Car Park	7am	David Bussitil	Run/Walk	
	L	Sun 26 th July	ABC Half Marathon	5.1/21km	Steiner School	7am	Stuart Brash	Run/Walk	
Clear 50km for the month		Sun 9 th Aug	Hatt Road Race 2	2.5/5/10km	Hatt Road	7am	Nick Moody	Run/Walk	
	A	Sun 16 th Aug	Alice Springs Marathon	42.2/21.1km	TBC	6am	Chris Turner	Run	
	U	Fri 21 st Aug	Film Night		TBC	6pm	John Bermingham	Social	
	G	26 th – 29 th Aug	Run Larapinta Stage Race	Various	Larapinta Trail		Rapid Ascent	Run	
Barret Drive South to North		Sat 5 th Sept	4HR Trail relay	5km loops	Telegraph Station	6am	Jamie Lines	Run/Walk	
	S	Sun 13 th Sept	King of the Mountain	7km	YMCA Sadadeen Road	6:30am	YMCA	Run/Walk	
	E	Sat 19 th Sep	Kurrajong Trail Series Race 1	6kms	Kurrajong Loop	6:30am	Marc Woods	Run/Walk	
	P	Sun 20 th Sep	Stride for Health	3km	Olive Pink Botanic Gardens	8am	Deb Page	Walk	
		Sun 20 th Sep	Indigenous Marathon Foundation	30km	TBC	5:30am	Ray Howard	Run	
		Sat 26 th Sep	JDRF One Walk	2/4km	Opp. Todd Tavern on River	7am	Deb Page	Walk	
Head Street (Rhonda Diano) 400m		Sat 26 th Sep	Kurrajong Trail Series Race 2	6kms	Kurrajong Loop	6:30pm	Marc Woods	Run/Walk	
	O	Sat 3 rd Oct	Kurrajong Trail Series Race 3 (night)	6kms	Kurrajong Loop	6:45pm	Marc Woods	Run/Walk	
	C	Sat 10 th – 17 th October	Masters Games Mile, 5k, 10k, 21k	Various	Various		John Bermingham	Run/Walk	
Desert Park 2.5km loop	T	Sat 31 st October	Beep Test (T)	You Choose	Council Lawns	6:30am	Simon Duke	Run	
	N	Sat 9 th Nov	5km Series Race 1	2.5/5km	Alice Springs Desert Park	6am	TBC	Run/Walk	
	O	Sat 16 th Nov	5km Series Race 2	2.5/5km	Alice Springs Desert Park	6am	TBC	Run/Walk	
	V	Sat 23 rd Nov	5km Series Race 3	2.5/5km	Alice Springs Desert Park	6am	TBC	Run/Walk	
	Sun 24 th Nov	ASRWC Social Run and AGM	5km	Telegraph Station	7am	Simon Duke	Party!		

 Timed event (ASRWC season points)
 ASRWC Novelty or non-ASRWC Event
 ASRWC Training Session
 ASRWC Social Event

Get your run on in 2020!

It's going to be a great year of fun, fitness and friendship for runners and walkers in Alice Springs in 2020 regardless of your motivation and personal goals, Alice Springs Running and Walking Club has something for you! The West Macs Monster, Alice Springs Marathon and Masters Games are all happening! Below is some added explanation to go with our 2020 Event Calendar so that you can plan ahead and make the most of 2020!

Timed events counting towards ASRWC season points

Yellow events will be a part of an age graded percentage points system that members can opt-in to for the season. Age graded percentage is an internationally standardised means of quantifying performance based on the current world record time for a particular distance and age. This means that while there will still be places awarded at events in the traditional way, throughout the season everyone is on an even playing field regardless of age. Points will be attributed for each event competed in which also means that those runners and walkers who consistently compete will have the greatest chance of accumulating the most season points towards becoming the club champion for the year. In this way regular participation is also rewarded.

ASRWC Novelty Event or non-ASRWC Event

These events won't count towards ASRWC season points but they will still be a whole lot of fun and offer their own unique running and walking challenge!

ASRWC Training Sessions

Last year, some of the best fun was had and community built at training sessions. This year we have put some specific ones into the calendar to help you plan ahead and build some training community, particularly in the lead up to major ASRWC events. At these events you choose your distance and how hard you push whilst getting to do it with a bunch of like-minded people! Check the ASRWC Facebook page for more details.

Regular weekly training sessions include (*feel free to confirm with the person listed or via ASRWC Facebook Page*):

- **Tuesday Track Session** with Simon Duke (0427 678 310), 5:30am at Head St Oval, 5:30pm May – August.
- **Wednesday Walkers** with Russell North (0423 699 488), 6am start meeting at Anzac Oval carpark
- **Thursday Water Running** with John Bermingham (0488 435 442), 5:00pm for much of the year at Alice Springs Aquatic and Leisure Centre
- **Friday Walkers** with Russell North (0423 699 488), 6am start meeting at Anzac Oval carpark

ASRWC Social Event

90% of our fun is had running and walking but there's got to be a little down time in there somewhere. Come and enjoy some time kicking back with like-minded people and feel free to invite your friends.