

Geelong Region Cross Country

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Hi All,

Welcome to all our new members. If you are thinking about running this season, PLEASE, PLEASE, PLEASE read the below CAREFULLY! If you know of anyone who is interested in running for the Geelong Region team, please pass on the information. A summary of the races can be found on our XCR10 flyers - [Male version](#) | [Female version](#).

XCR Changes in 2010

- **Timing chips:** All races except relays will be using timing chips this year. You keep your chip for at least 3 years even if you only race once.
- **Online entries:** For season entries (\$85 for 6 races - juniors less) or individual race entries (\$25 - juniors less), the ONLY way to enter is online. If this might be difficult for you, please let me know. More details will follow about this process but it will be a fairly simple process similar to entering many fun runs and much more efficient for us all. I enter relay teams so you don't need to worry about entering those - just communicate your availability.

Jells Relays (Sat May 1)

- Start time will be approx 2pm - awaiting full details from AV. There are no entry fees payable for this run but your Aths Vic Registration must be paid & received at Athletics Victoria by **Thurs Apr 29**.
- Open athletes (Male & Female) please let me know by **Sat Apr 24** if you are able to run & haven't already notified me. This is always a great race & we are hoping to have a large number of open teams this year.
- Junior athletes, please email Sharon & Peter at peter.samon@three.com.au by this same date. It would be great to see a large number of juniors start the season.
- **Duty Roster** - we need **3 helpers** at Jells to meet our AV duty requirements. No experience necessary. Please email me if you can help out. Remember it earns good [Garmin points](#)!
- Hopefully we will have a new Geelong Region Cross Country marquee by this date - but you've got to be there to see it!

AV Registration

- A reminder that there will be a Registration / catch up afternoon at my place (13 Broughton Dve Highton) between 1-4pm this **Sat Apr 24**. Come along for a drink & some food & catch up with your team mates. I will have registration forms there to complete but you will need to bring payment.
- Otherwise, download a [Registration form](#) and mail it to your club Registrar together with payment. Contact details for all Registrars are in the [Getting Started Info](#). Please do this ASAP if you're not coming Sat but you can run at Jells to allow adequate time for your Registrar to forward the forms to AV.

AV Uniforms

- I will also have team uniforms to purchase (\$35 each) at the registration afternoon or alternatively, contact Mary McDonald on 5229 3920 or email athschilwell@yahoo.com.

Website

- The [archives](#) are complete on the website so there are plenty of photos going back to 2003 to check out if you have some spare time. Thanks to Neil MacDonald & Sue Buckley for providing most of the shots. There may be some in the incorrect year but so be it as it will take me too long to change! If anyone has any other photos they can contribute, please send them to me.
- New XC Geelong Athletics logo - thanks to Bea Lipson for designing a new Geelong Athletics logo that has been approved for use by the cross country team. You can check it out on the [website](#) & the marquee if you're at Jells.

If you need any info, hopefully it is on the [website](#) but if not, send me an email.

And PLEASE communicate you availability for the Jells relays - thanks!

Cheers, Brett