

# Day to register for run

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THE countdown is on.

There are just two days until registration day for the annual South Western Times Surf to Surf Fun Run, with competitors urged to get down to City of Bunbury Surf Life Saving Club and show their support.

Registration is this Saturday be-

tween 10am-4pm, with all proceeds from the event going towards the club.

There are three categories for the event, with a 5km run, 10km run and 5km walk meaning all ages and fitness levels can take part.

Fun Run organiser Julie Williamson said she was pleased with the feedback so far and was confident of record-breaking numbers

for this year's run. "The record is around 840 people and we are hopeful of breaking that this year," she said.

"We've had a lot more interest from the schools this year and the corporate teams have show plenty of interest.

"We really need to encourage people to get down to the surf club this Saturday or register online."

There will be a briefing at 8.30am for all competitors on race day on Sunday, October 16 with bib collection from 9am.

Presentations will follow the race at around 11am with a number of prizes for schools and businesses.

Bunbury residents are reminded there is a total road closure at Ocean Drive on the morning.

## TRAINING

**Friday:** 20 minute walk. **Saturday:** rest. **Sunday:** 10 minute walk to a hill with 200m-300m gradient. Do four repetitions up the hill. Walk or run up fast, but down slowly. **Monday:** rest. **Tuesday:** rest. **Wednesday:** 35-40 minute walk/run (4-5km). **Thursday:** rest.

### Bernice says:

This will be your final week of training before the race. Congratulations, you are now prepared for the Surf to Surf! Be sure to read on next Thursday for my important tips for the big day.

