

COAST TO KOSCIUSZKO ULTRAMARATHON 2005

After party & Presentation – Jindabyne
Bowling & Recreation Club

Hi

“The quality of a person’s life is in direct proportion to their commitment to excellence regardless of their chose field of endeavour” – Vince Lombardi (Famous American Football Coach)

I’m sure you’re all gearing up for this event. Things are progressing well and we hope everyone enjoys it as much as last year’s participant.

We’d welcome your queries re having an information evening. In return we’d like to know if there’s anything you need. It could be:

- Directions to the course and in the event
- Race preparation
- Crew requirements
- Accommodation
- First aid issues
- General logistics
- Just getting to meet the other participants

Re the details:

Here’s where we’re at the moment:

Race Program

Thursday 08/12/05

4:30 to 5:30 pm

Race Registration – Eden Fisherman's Recreation Club

6 pm

Pre-race Dinner & Compulsory Briefing – Eden Fisherman's Recreation Club

Friday 09/12/05

5:30 am

Race Start – Twofold Bay

Sunday 11/12/05

5:30 am

Course Closes

12 noon

Finish: Should be a good time for runners and crews at Jindabyne – tired as they will be.

We’re getting superb support (organisational and financial) from **Disability Services Australia** which cannot be understated.

That’s not to understate the work of Paul Every, Sean Greenhill and of course Derek Foley our Race Director.

So, keep training and give us some feedback to make this event a real success. It’s all yours!!

Thanks

And a couple of PS’s:

“In the middle of difficulty lies opportunity”
(Albert Einstein)

“Failure to prepare is preparing to fail” (John Wooden – American Basketball Coach and Motivator)