

Editorial on the the inaugural EastSide Pilates Cross Country fun Run/walk, held Sunday the 16th May

Hello all.

A Race editorial from the confines of the coffee machine:

With a little rain around, the morning was a comfortable temperature for running and walking. Glenn had been out on the course at 5 AM to put out markers. By 7:30 Deb Page had the drink stop set up and was awaiting the first participants. Around 7.45 with no runners or walkers in sight, a feeling of “what are we going to do with all that food”?? Crossed through our minds. But thankfully by 7.50, people with water bottles and hats started to appear.

Around 55-60 people lined up at the start at 7:55 to hear a detailed description of the race route by Glenn. Subversive comment of the morning went to Gerard Coffee who asked if Glenn could start again with the directions because he didn't quite get it from when “we start from the Netball Carpark”. Ha, ha! Thankfully everyone negotiated the course successfully and found their way back to the Pilates studio for breakfast. People conversed at their leisure over breakfast while sipping on their Latte's and hot chocolates. From what I could see from the coffee machine everyone was very contented and we have had some very good feedback from those who completed the event.

We would like to make this a permanent fixture on the ASRWC calendar at around the same time or maybe even trying a Mothers Days event, with a breakfast especially for the hard working mothers out there.

Thanks to all who helped to make this a successful event first time around.

Tony Healy and Debi Doheny

EastSide Pilates Studio