

4th August 2013!

Budget Hobart Fun Run: 5km and 2.5km events

TWO weeks away: please register online!

Note that ONLINE REGO CLOSES in the week before the run!! Don't leave it to the last minute— you will miss out!

Bibs are available for pickup from the Running Edge from July 29th.

Race day PHOTOS will be available for purchase after the event at: www.anitawelshphotography.com Make sure you take advantage of this— and of course support a local photographer! We stole a line from her website: *Run, marry, ride, jump, throw - Anita will capture it.* Love this— please check out the website.

A big thanks to Terry Moore from [Genesis Fitness Club](#) for some tips on increasing pace and nutrition for training.

Cross Training for Speed Gains



If you are aiming to get the most out of these last 2 weeks before the Budget Fun Run, why not add in some Cross Training. By adding in some Indoor Bike (Spin) classes, Circuit Training or HIIT (High Intensity Interval Training) you can push your fitness to new levels without the continual stress running can place on your body. Of course blend this with a good mix of 2-3 runs each week and you can make great gains in speed, strength and performance in a very short time.

Check out our website: www.genesisfitness.com.au \Hobart for class times.

Eating for Energy

Do you sometimes wonder why some people seem to be full of energy and able to bounce back from training sessions while you take days to get over them?

It may simply come down to what they are eating!

A good wholesome diet of largely unprocessed food goes a long way to giving you sustained energy to not only get through the day but to also train seriously well. That means eating whole grain cereals, oats as well as fruit for breakfast. Have a wholemeal salad roll with a good serve of meat as the basis for lunch and then meat, vegetables and anything you have missed from the food pyramid for tea. Try to avoid the sugar or caffeine hit to give you a lift because after the lift there is usually a drop in energy. Instead go for Low GI foods (look this up if you aren't familiar with it) with a reasonable serve of protein.



Our Sponsors... thankyou!

Without the generous support of our sponsors, none of this would be possible. Especially our principal sponsor, Budget Car & Truck Rental Tasmania. If you knew how much time, effort and financial support these guys have put into this event of the years you wouldn't rent a car from anyone else.

Upcoming Tassie fun runs:

August 4: Budget Hobart
Fun Run!

Sept 1: Ross Marathons

Oct 21: Burnie 10

Nov 17: Point to Pinnacle

Don't forget you can enter a team in the Budget Fun Run! We've got a number of teams already entered...

TEAM PROFILE: Huon Butterflies

The Huon Butterflies are a group of people that join together to do bootcamp and general fitness throughout the week. They've also decided to start participating in some fun runs as a team—and we're stoked to have them on board for the Budget Fun Run this year!



Are you running for a cause?

We decided to do this run in honour of my younger sister Erica who passed away suddenly last year, she was cared for by staff at RHH and the fun run is on the same date as Erica's 25th Birthday. We thought it would be a good way to honour Erica as she was a dedicated member of the boot camp group and the money goes to a great cause, the team name has been chosen as a way to remember Erica.

How many people do you have/hope to get in your team?

We currently have 23 people in our team.

Who is the team captain?

Jess Bradley

Do you have a team uniform/motto/theme song?

We have had shirts designed to use for the fun runs.

CHARITY FUNDRAISER

As you know, the Budget Fun Run is a charity fundraiser for the Royal Hobart Hospital Paediatrics Unit. The RHH nurses volunteer to help out during the actual fun run, and are also putting in a team this year [great work, guys!]. This year the RHH would like to use the funds raised to buy a new Vital Signs Monitor (see pic). The monitor is used to monitor temperature, pulse, blood pressure and oxygen in the blood.



PLEASE NOTE:

We will be send out RACE DAY details a few days before the run

Our mailing address is:

Budget Hobart Fun Run, 96 Harrington St, Hobart, TAS 7000
(editor@budgetfunrun.org.au)

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