

Jim Russell

From: "Jim Russell" <eventor-noreply@orientering.se>
Date: Wednesday, 11 January 2017 23:59
To: "Undisclosed recipients:"
Subject: Falls Creek wrap up

Hi All,

Have we recovered yet? or are we still acclimatising to the heat? I see (well the one's on AP) that most PPL took Monday off, good idea, its always worth your while to take a break occasionally.

First of all, the Deek quote, just to keep you thinking. Keep it in mind

“If you do what you did yesterday you’ll be beaten. If you do today what others are doing you’ll be competitive. To win you must be doing today what others will be doing tomorrow”

Thought I would put the program we did in writing as well

Monday afternoon – 5 k recovery run, Rocky Valley pondage
 Tuesday morning – 4 k BBA (before Breakfast activity) Wishing Well
 Tuesday afternoon – 1 k reps on West Aqueduct, Langfords Gap
 Wednesday morning – Long run, Fitzys Hut

 Thursday morning – 60 to 70 sec hill reps, Brown Tank
 Thursday afternoon – Short recovery run, Village aqueduct

 Friday afternoon – 8 k recovery run, Ropers Lookout
 Saturday morning – 20 min Monna, Langfords Gap
 Saturday afternoon – Short recovery run, Village aqueduct
 Sunday morning – Longer run, Thunderbolt/Mt McKay/Pretty Valley/Rocky Valley Tower

Have some of you adapted your program to include any of these sessions? Talk to you coach, and let them know what you want to include.

Now the money you owe. It cost us \$3600 for 14 of us to stay at FCCC for 6 nights. Luckily for us, I didn't tell them, there was 15 of us most night. There we 12 on the 1st night, and 15 there after, so 87 bed nights in total. \$3600 divided by 87 = \$41.38 per night. So those that were there for 6 nights owe \$248.28, and 5 nights, \$206.90

My Bank details for DD, is

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Thank you all for coming along, I know you enjoyed, which makes it so much easier to do. I can see this happening again next year, hopefully, more PPL will realise what they missed out on.

And finally, another quote from Deek

“Running well is a matter of having the patience to persevere when you are tired and not expecting instant results. The only secret is that it is consistent, often monotonous, boring, hard work. And it's tiring”

Catch you around

Jim Russell

PS Nearly forgot, thanks Nic for the write up, it is in the documents section of the Eventor page for this event