

Now's the time to... *RUN!*

Sat 22 & Sun 23 August 2020

42.2km | 21.1km | 10km | 5km | 2km



RACE DIRECTOR NEWS APRIL EDITION #3

Hello everyone,

I hope that you are all safe and well and have transitioned into this new (temporary) way of life with minimum disruption.

As advised in our last RD News we still sit in 'Stage One' of our plan and as such will reassess and advise on June 15th, 2020. In the meantime, we know that everyone is doing their very best to support friends, family, workmates and running mates, as this is the time we all need each other the most.

This is also a time to take advantage of the situation and perhaps get rid of some of the excuses that have held us back in the past. Here at SRF HQ we have been brainstorming ways to support you, as we are thankfully still allowed to run. So, we are super excited to launch our new initiative – Now's the time to.....Stay Strong!

To help with this, our very own Shepparton Runners Club Coach, Chris Armstrong, has put together a great little program of his trusted strength exercises for you all to take advantage of. To stay strong is an important message about the situation we all find ourselves in, which is also an opportunity to ditch the excuses and work on some key areas we may not usually have time for.

Chris will be posting daily on our [Facebook Page](#) for the next week to help you build up that all important strength, to ensure you hit your start line fit, strong and ready for a PB.

Stay strong everyone, practice social distancing and if you can, stay home. The more we do this, then the sooner we can all get back to normal and back out racing again.

If you have further questions regarding our COVID-19 plan please send us an email to: info@sheppartonrunningfestival.com.au or check our recent [NEWS](#).

#nowsthetimetostaystrong

Cheers, Steve

Steve Ayton
Race Director

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