7th Brigade Pk, BCC-ACTIVE PARK+COACHING

Saturday 13th July 2013 00:00 - 00:00 EST

Classification	Local event
Discipline	Foot
Classes	This event has no classes
Punching system	SI
Status	legacy
Organiser	Enoggeroos
Contact phone	3353 1955

FREE - Sponsored by **BCC Active and Healthy Parks**.

Suitable for beginners and full instruction can be given.

Wear runners a hat and sunblock, bring water bottle and a compass if you have one, some available to borrow, a map is provided.

Coaching (optional):
1 hour of coaching 12.30sharp - 1.30pm, cost $5 per family group/individual.
Then, put into practice what you have learnt, walk or run either 1.4km, 1.7km, 2.8km or 4.6km course

Parking in Kid's Space is very limited. Park along Murphy Rd or Navarre St (which is off Ellison Rd).