



Thredbo Fun & Fitness Week

Incorporating the 38th National Running Week

IMPORTANT

1. TFFW sporting activities (tennis, volleyball, golf) are restricted to holders of the TFFW Chairlift/Activities ticket. Thredbo running events (Wed, Thurs, Fri, Sat) will require the production of your chairlift ticket to claim any barrel draw or cash prize.

2. All TFFW participants are required to become a member of the YMCA Canberra Runners Club, \$10 per family, \$5 per individual. This small fee is to cover the cost of public liability insurance for TFFW. Phil Aungles is the Honorary Director. TFFW is not a business venture.

3. Thredbo Village is in the Kosciuszko National Park and there is a \$17 per day car entry fee; \$190 for an annual permit; or \$68 for 5 days access to Kosciuszko National Park for the price of 4. Obtainable on entry from NSW or at Thredbo News agency. Fines for noncompliance are rigorously enforced.

4. CHAIRLIFT/ACTIVITIES TICKET.
All TFFW participants will be able to purchase a ticket allowing unlimited chairlift rides, 16 Bobsled rides, swimming and golf over the 8 days. It covers green fees for any time you play golf, but you must have your ticket ready for inspection while you are playing. Tennis court hire is covered only at the specified TFFW booking times. At other times normal hire fees apply.

Ticket costs are:

Family Pass (2 adults + 3 children under 15)	\$334
Adult Pass	\$167
Children under 15 (years of age) pass	\$101
Seniors (60+)	\$101

Please note that Chairlift/Activities Ticket is not transferable and all TFFW participants must have one. Take care of the ticket as it will not be replaced if lost or stolen.

By way of comparison, normal charges for one return chairlift ride in 2018 are: Adult \$37, Child U/19 \$19 and Seniors \$28. Green fees per game: \$15 Tennis court hire: \$20 per hour. Pool: Adult \$8, Child/Seniors \$6, Bobsled ride \$8.

5. Presentations will immediately follow running and sporting events where possible.

6. Entry to any or all TFFW events is conditional on the completion of a disclaimer. All TFFW participants must be registered before a Chairlift/Activities Ticket can be obtained.

7. Please note that TFFW participants must organise their own accommodation at Thredbo Village.

8. The YMCA of Canberra Runners Club reserves the right to postpone, substitute or even cancel events due to adverse weather conditions (or circumstances beyond the organiser's control) without giving advance notice.

9. It is the responsibility of participants to provide their own drinks/refreshments at all runs and races.

Program enquiries: Phil Aungles
6 Reynolds Street, Curtin, ACT 2605.
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M: 0407 248 144
W: canberra.ymca.org.au/runnersclub

General accommodation enquiries:
THREDBO RESORT CENTRE
P: 1300 020 589

24th Thredbo Blues Festival: 20 - 22 January, 2018
2019 Thredbo Fun & Fitness Week: 12 - 19 January
Available at 2018 TFFW, Brian Lenton's latest publication, 'Thredbo Running - 50 years (1968 - 2017)'



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THREDBO ALPINE VILLAGE, KOSCIUSZKO NATIONAL PARK

SATURDAY, JANUARY 6 TO SATURDAY, JANUARY 13, 2018
ORGANISED BY THE YMCA OF CANBERRA RUNNERS CLUB

Friday, 5 January

6 pm - Welcome BBQ
Location: Village Terminal.
BBQ for early arrivals BYO everything

Saturday, 6 January

11 am – 12 noon & 2 pm – 2.50 pm
TFFW Registration at Thredbo Sports Ticket Office.
Complete TFFW disclaimer and obtain tags for running events. No entry fee for fun runs. You must be registered for TFFW before obtaining your Chairlift/Activities Ticket. Obtain Chairlift/Activities Ticket from Thredbo Sports Ticket Office. (Family Pass \$334, Adult \$167, Child U/15 \$101, Seniors \$101. Family pass covers two adults and a maximum of three children under 18 year of age. All TFFW registrants must have a Chairlift/Activities Ticket).

3 pm 50th Anniversary of Ludwig Rabina's Crackenback Challenge

Start at rear of Valley Terminal. Course is a 2 km / 600 m climb follows chairlift to Mt. Crackenback summit. Children under 15 not permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely NOT for fun runners.
Sponsor: Mal Nicholson / Lois Singer.

If you have been sick during the week DO not under any circumstances start in the event. Day competitors (who will not have purchased a TFFW chairlift/activities ticket) will need to purchase a one-way chairlift ticket (\$37) or return on foot.

6.30 pm Crackenback Challenge presentation

Location: Bistro

Sunday, January 7

10 am – 10.50 am - TFFW registrations
Location: Thredbo Sports Ticket Office.
Day participants enter for Thredbo Charities Fun Run/Walk (free event).

11 am Brian Lenton Thredbo Fun Run/Walk

Location: Village green
6 km, flat course, two laps of Thredbo Village. All prizes barrel draw. Sponsors: Kosciuszko Thredbo & Margaret O'Donovan, Your City Physio.

12 noon - Presentation

Location: Village Green. Participants must be present to be eligible for barrel draws.

5.30 pm - 6.30 pm Bistro Happy Hour

Location: Bistro outdoors.
Registration for TFFW Tennis (Tony Greenwell / Jeff Taylor), Golf (Gerard Ryan) Volleyball (Fran Gilkeson) Alpine Adventure (Ryan Armstrong). Tennis, golf, Volleyball and Alpine Adventure entrants must have TFFW chairlift/activities tickets.

8 – 10 pm TFFW Quiz Night

Location: Koscisko Room, Thredbo Alpine Hotel.
Organiser & Sponsor: Armstrong Family.





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Monday, 8 January

9 am - Thredbo River Run/Walk.

Sponsored by Pindari Plodders
Start/Finish: Friday Flat. Organisers: Pindari Plodders BYO drinks. Beware Rocks & Tree roots on path.

2 pm - 3 or 4 ball Ambrose Competition.

Location: Thredbo Golf Course
Choose your own time to tee off.
Organiser: Gerard Ryan.

5 pm - Alfresco Pizza Mixed Relays

Location: Village Green
Teams of 5 'selected' by Phil Aungles. Relay legs 1 km. Pizza prizes for first across the line plus four other winning teams.

Sponsor: Thredbo Alfresco Pizza Shop

6 pm - 7 pm Bistro Happy Hour

Location: Bistro, KT Hotel

Tuesday, 9 January

9.30 am - Armstrong Adventure

Location: BBQ adjacent to Valley Terminal
A fun event for all ages/fitness levels. Sponsor: Armstrong Family. Start/Finish: BBQ adjacent to tennis courts. You will be required to present your chairlift/activities ticket in order to claim a prize.

12 noon - 5 pm - Dave Hobson Grand Slam

Tennis
Location: Tennie Court, Village Green
Preliminary rounds (pairing: male/female – experienced/inexperienced). Sponsor: Kosciuszko Thredbo. 4 courts – 5 hours. Directors: Tony Greenwell & Jeff Taylor. Rules – first to 6 (possible 11 games). Killer point on deuce. TFFW ticket holders only

4 pm - The Desie Dazzler - Kids/Teenagers Fun Run.

Start/Finish: Village Green.
Sponsor/organiser: Desie Joannides.
5 pm - The Runners Shop Canberra Invitational mile

Location: Village Green.
Sweep facilities. Handicapper: Bernie King.
5.04 pm - The Runners Shop Canberra Thredbo Fun Run Mile

Location: Village Green
Sponsor: The Runners Shop Canberra.

Wednesday, 10 January

9 am - The Women from Snowy River Jog/Walk

Start/finish: Village Green. Organiser: The Man.
Event is a 4 km yacht handicap.

10 am - The Man from Snowy River Jog/Walk

Start/finish: Village Green. Organisers & Sponsor: Ruth Hearnshaw & Jacqui Walton.

2 – 6 pm - Dorey Alpine Volleyball

Location: Village Green.
Organiser: Fran Dorey. Sponsor: Dorey family.

7 pm - TFFW Dinner.

Location: The Cascade Restaurant, The Thredbo Alpine Hotel. **Confirmation of attendance by Monday night with Phil Aungles.**

FEATURING : Official launch of Brian Lenton's Thredbo Running - 50 years (1968 - 2017). Q&A panel session to follow.

Thursday, 11 January

8 am - Col Browne TFFW Golf Masters

Location: Thredbo Golf Course.
Sponsor: Kosciuszko Thredbo. Organiser: Gerard Ryan. Sponsor Yates Family. All TFFW participants eligible for barrel drawprizes.



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12 noon - Thredbo Sprint Gift Preliminary rounds

Location: Village Green.
For (U18 male/female, 18-39 male/female, 40+ male/female) repechage heats.
Sponsor: Yates family
All TFFW participants eligible for darel draw/prizes.

3 pm - Thredbo Aquathon (Swim/Run)

Location: Friday Flat Lake.
Organiser / Sponsor: Ken Uren / Chris Toohey.
Incorporating the Thredbo Open Swimming Championships. Arrangements subject to change depending on lake conditions.

6 pm Thredbo Sprint Gift Final.

Location: Village Green
12 competitors over 50 metres. Sweep facilities - Lowry Family. Handicapper: Bernie King.

Friday, 12 January

11 am - Eric & May Fazackerley 3 km Fun Run for Veterans

Location: Village Green. (Males O/40 and females O/35). Sponsor: Eric Fazackerley.
Organiser: SARRC/Dave O'Donnell. All prizes barrel draw. Please have TFFW ticket to claim a prize.

6 – 10 pm - Dave Hobson Grand Slam Night Tennis (Final Rounds)

Location: Valley terminal.
Sponsor: Kosciuszko Thredbo. TFFW ticket holders only.

Saturday, January 13

Enter at Rawson Pass for Ludwig Rabina's Kosciuszko Classic (5 km) by completing entry form and receiving race tag. If you have been sick during the week do not under any circumstances start in the event. Competitors not part of TFFW will need to purchase a return chairlift ticket (\$37). Allow a minimum of 1 hour for the walk to Rawson Pass. Catch chairlift by 9.15 am at the latest. Running is not permitted on the metal walkway. The start at the Snowy River Bridge is a 15 - minute downhill jog or a 30-minute downhill walk from Rawson Pass registration point. NPWS participation limit is 60.

11 am - Kosciuszko Classic

Start at Snowy River Bridge and Finish at Summit of Mt Kosciuszko. (5 km, along the Old Summit Road). Sponsor: Kosciuszko Thredbo.

Event only suitable for healthy, experienced and well-prepared runners. Definitely not for fun runners. Remember you are racing at high altitude in very changeable weather conditions. Ensure you take plenty of warm clothing, simple carbohydrates and drinks for post-race recovery and the demanding return journey to the chairlift. This event involves a tiring 20 km of walking/jogging/racing.

***** Please note the unpredictability of mountain weather means the Classic could be cancelled at very short notice.**

2 pm Kosciuszko Classic presentation

Location: Village Green

