



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 15A
Thursday 9 January 2020



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

A CHANGE OF START TIME FOR THIS SUNDAY'S TRACK RACES

This is a special *Heel & Toe Online* release to alert the local Victorian walks community to a change to the start time for the 10,000m track walk which is to be held at the Melbourne University track in Parkville, Melbourne, this Sunday morning.

As you would have read in my normal weekly newsletter two days ago, the ongoing smoke pall over Canberra has necessitated the move of the Supernova Study from the AIS to Melbourne, with a number of our local Melbourne walks community rolling up the sleeves to help Study organisers Brent Vallance and Louise Bourke with the changed logistics.

As part of this move, the two 10,000m walks which had been scheduled for Canberra have now been moved to Melbourne and are on as follows

Jan 12 (Sun), 2020	Supernova Study 10,000m Track Walk, MUAC Track, Melbourne, 10AM
Jan 27 (Mon), 2020	Supernova Study 10,000m Track Walk, MUAC Track, Melbourne, time TBA

If you are coming to the Melbourne University track on Sunday morning, note the race start time is now 10AM, not 9AM.

Why the time change? Well, as you know, it's the AIS Research project that is funding this training period and that means that athlete testing is central to it all. The start time delay will allow the research team enough time to get all the study participants there in a fasted state to weigh, have a finger prick blood, do a saliva sample and have their pre-race meal all in good time.

The race promises to see a strong international field (including some of our top Australian walkers) in action, so come along and cheer them.

Event: International 10,000m Track Walk
Where: Melbourne University Athletics Track, Parkville, Melbourne
When: 10AM, Sunday 12 January 2019

Tim

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)