



November Newsletter

Treadmill Challenge
November Birthdays
Christmas Party
First Aid Course
TV Ads
Diary Dates



November Birthdays

Caroline Roberts 3rd
Andrew Blashki 5th
Anthony Roberts 6th
Greg Sherar 7th
Bernadette O'Regan 11th
Paula Durrant 11th
Trevor Street 15th
Veronica Kirwan 16th
Matt Kilkenny 18th
Eloise Kulesz 20th
Rhonda Fitzpatrick 22nd
Gordon Morriss 22nd
Lorene Moyle 23rd
Karyn Alexander 25th
Chris Street 25th
Karen Moxey 27th
Martine Leete 27th
Ron Jack 29th

24 Hour Treadmill Challenge **THE RESULTS ARE IN!!**

We are proud to announce that our total fundraising for the 2011 Treadmill Challenge events is:

\$35,277.95

We would again like to thank everyone involved in this year's event who participated so enthusiastically and made generous donations. We appreciate the steadfast commitment of our major sponsors who make it possible for us to raise such an outstanding amount for Very Special Kids.

So once again a huge thank-you to Automobility, All Over Bins, Eagle Lighting Australia, Capitol Group and ATEQ. Also big thanks to our Event Ambassador Glenn Archer who gave generously of his time and also clocked up plenty of kms on the treadmill, Thanks Glenn!

The total raised for this year's Piggy Bank Appeal is a whopping

\$1,247,979.00

Tragically the family face of this year's appeal, the Padfield family, lost their daughter Charlotte on September 22. She died peacefully at the Very Special Kids Hospice surrounded by her family. We pass on our sympathies to Jamie and Tamara.

CHRISTMAS PARTY

Please join us to celebrate Christmas on Friday 9th December at Warrandyte RSL. We will kick-off at 7:30pm. Drinks at bar prices. Food & Entertainment provided.



Please RSVP by Monday 5th December

First Aid Course

If anyone would like to do a Level 2 First Aid Course please email Jane as soon as possible as we will be scheduling it before Christmas.

jane@fitnessenergy.com.au

Ads on Studio T.V

If you would like to market your business on the Studio TV we will be commencing this at the beginning of December. This will provide a good opportunity if you have any Christmas or Holiday specials that you would like to advertise. Please email Jane jane@fitnessenergy.com.au

Diary Dates

We have earmarked 3 big events for team participation next year.

TOUGH MUDDER

March 31st & April 1st. Phillip Island Grand Prix circuit.

This race is a combination of around 20km with crazy obstacles. Definitely not for the faint hearted but a great challenge. If you want to step out of your comfort zone have a chat to Jane, Jared or Stuart who will be your team leaders.

MOTHERS DAY CLASSIC

Sunday 13th May

As always we will be taking a team in this iconic event so get in early and register your interest. You can walk or run either the 4km or 8km courses.



GOLD COAST MARATHON

30th June-1st July

Marathon, Half Marathon, 10km & 5km
Something for everyone!

We will be organising training groups for each event.

Fitness Energy

Shop 1 & 2 Hopetoun Rd, PARK ORCHARDS 3114

Ph: 9876-6800 Website: www.fitnessenergy.com.au

Email: info@fitnessenergy.com.au