



Running Commentary

Issue 04

Event summary

500km Team Endurance Relay

Friday 22 to Sunday
24 November 2013

Day 1 & 2: 4.45am – 6.00pm
Day 3: 4.45am – 3.00pm

Team Entry Fee & Pledge

\$330 entry fee per team
(non refundable)

\$3000 pledge per team
(minimum fundraising or donation pledge
for team to be eligible to participate)

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Latest News

Welcome to the fourth and final issue of 'Running Commentary' our newsletter for the 500km Team Endurance Relay.

Only 2 weeks to go until 16 teams take part in the 2013 500km Team Endurance Relay!

Our thanks to all the teams who continue to support this event year after year. Your teams' commitment to the event and outstanding fundraising efforts for Endeavour Foundation is very much appreciated!

Our last Drivers Meeting is in Brisbane at the Morningside Services Club on Thursday 14 November at 7pm. It is compulsory to attend one of the drivers meetings if you are driving a vehicle during the 500km Team Endurance Relay. If you missed the Gold

Coast meeting you have one last chance to attend the Brisbane drivers meeting. We encourage all teams to attend the Brisbane Drivers & Information Meeting where the Race Director will provide detailed information about this year's event.

As my first 500km event thank you to all the teams for all their assistance throughout the year.

Good luck getting in that last minute training. See you in soon.

Your sincerely,

Louise Croft

Event Coordinator, Endeavour Foundation

500KM FACTS

Celebrities running marathons, did you know....?

- 1** Oprah ran the Marine Corps Marathon in 1994 in 4 hours, 29 minutes. After finishing, Winfrey said, although making it through was "better than winning an Emmy," she had no desire to ever run another marathon.
- 2** In 2003, Sean Combs (Puff Daddy) set out to "beat Oprah" in the New York City Marathon. He finished in 4 hours, 14 minutes, 54 seconds.
- 3** Will Ferrell completed the Boston marathon in 2003 in 3 hours, 56 minutes, 12 seconds.
- 4** President George W. Bush ran the Houston marathon in 1993 in 3 hours, 44 minutes.
- 5** Katie Holmes finished the 2007 New York City marathon in 5 hours, 29 minutes, 58 seconds.

If you are celebrating your 10, 15, 20, 25 or 30 year anniversary participating in the 500km Team Endurance Relay please contact me so we can organise your achievement award. Please email me at l.croft@endeavour.com.au

Key dates

Thursday 14

November

Brisbane Drivers
Meeting – Morningside
Services Club
481 Wynnum Road
Morningside

Friday 22 November

Day 1: 500km Team
Endurance Relay

Saturday 23 November

Day 2: 500km Team
Endurance Relay

Sunday 24 November

Day 3: 500km Team
Endurance Relay

Monday 9 December

Team Managers Post
Event Debrief Meeting



Food for Fuel

Due to the generosity of our sponsors we have had some fantastic items donated with Carmans, Nature's Way, Bundaberg Sanitarium, Pure Bred & Freshfields coming on board to provide food for our participants. Just a reminder Endeavour Foundation will be organising food on the following days,

- 🕒 Day 1 - Breakfast at Beaudesert
- 🕒 Day 2 - Lunch in Warwick
- 🕒 Day 3 - Breakfast in Gatton
- BBQ in Fernvale

On Friday evening dinner is available at the Slade for \$23 and you can still eat at the Slade if you are not staying onsite.

Any remaining meals will need to be organised by the teams.

KEY INFORMATION

The Endeavour Foundation 500km Team Relay was recently promoted in the November issue of Runners World

Check out our ad below in the Races & Places section!

Endeavour Foundation 500K
What: Brisbane to Fernvale via the Scenic Rim
When: 22-24 Nov
Why: In 1980 a group of athletes ran from Tamworth to Brisbane for charity. Today the 500km team event takes place annually over three days in November.
teamendurance.endeavour.com.au

Be sure to check out the magazine to see what else is happening in the running world!

Event sponsors

We have many fantastic companies whose support makes this event possible. Our special thanks to the following companies who have donated in-kind goods to the 500km Team Endurance Relay.



Facebook

Find the 500km Team Endurance Relay Facebook and 'like us' to help spread the word!

To Like us [click here](#)



Everyday Hero

We have teamed up with Everyday Hero again to make it easier to fundraise online. If you are registered but have not created your own account then do it today. You'll be surprised at how easy it can be!

Visit our page [here](#)



Contact Information:

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