

2017 CASTLEMAINE NAB 500

Autumn is beautiful in Castlemaine and what better way to celebrate than with a walk in the gardens.

Date: Sunday April 9th 2017

Venue: [Castlemaine Botanical Gardens](#), 2 Walker Street, Castlemaine, Victoria 3450

Distances: U12 1km, U18 3km, 50+ 3km and Open 5km

Course: Paths within the Botanical Gardens

Prizes: Approximately \$1500 in prizes to be spread amongst the various races

Program: 9:45AM: Check-in open to pick up your race numbers

10:30AM: Start of U18 3km

10:30AM: Start of 50+ 3km

11:00AM: 15-min presentation by the Victorian Race Walking Club on the basics of good racewalking technique. Then first-timers and watchers get to have a go themselves over a 1km circuit. Random spot prize of \$350 healthy-eating/weight management plan. You've got to be in it to win it!

11:15AM Start of U12 1km

11:15AM Start of Introductory 1km General Participation Walk

11:30AM: Open 5km Castlemaine Challenge

12:10PM: Presentations. Then why not stay on for a BBQ at the adjacent picnic area.

Entry Fee: Open \$25 (walkers can only enter one event)
U18 & 50+ \$10
U12 \$5
Families 20% discount to family entries of 3 or more walkers

Entries Open: Monday 20th February 2017

<http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>

Entries Close: Midnight, Wednesday 5th April 2017

Age: Age on the day

Sponsors: NAB Castlemaine, McKenzie Davey Amcal Pharmacy, The Bike Vault and Events in Nature

Events will be held under the auspices of [The Victorian Race Walking Club](#) and *Events in Nature*.

And why not finish your weekend off after the morning's races by checking out the massive annual Castlemaine swapmeet - see <http://castlemaine.vic.lions.org.au/swapmeetinfo>.

For further information, contact one of

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