



Geelong Region Cross Country

Getting Started



1. Choose a local Geelong Club to join & run with. Your choices are Bellarine, Chilwell, Corio, Deakin or Geelong Guild Athletic Clubs. Contact any one of us if you aren't sure who to join.
2. Register with Aths Vic & your chosen local club ONLINE via the login tab (top right of [Aths Vic homepage](#)). If you're a new member you won't have an Aths Vic profile and you'll need to create one. If you've forgotten the password to your profile, reset by clicking on the "Forgot Password" link. For more information about 2014 registration, follow the links below:

- [New Members](#)
- [Renewing Members](#)

AV registration (\$20 discount for country clubs) making cost:

- Open \$143
- U20/U18 \$123
- U16/U14 \$103

Athletic Club Membership (\$15 - \$35 depending upon club & age)

Remember that Aths Vic registration covers you for both the upcoming winter and summer seasons. It also provides general medical insurance for any incidents occurring at, or travelling to & from, training / competitions.

3. Entering Competitions (Winter)

The 9 XCR13 races (8 races for juniors) are composed of 6 individual races & 3 team relays. Sponsorship courtesy of The Running Company covers the entry costs for the relays so you pay nothing for those. Races can be entered either one at a time (\$30 for open runners per race – less for juniors) or a series entry for all 6 individual races can be purchased for \$95 (again less for juniors).

AV will again have an online entry system for 2014 accessible via your profile.

The 2 local Steigen Geelong Championship events held during the season (Road Race May 25, XC July 20) cost \$3 and entry is on the day only.

4. Team Uniform

You will need a Geelong Region Team uniform to compete. Men wear the Geelong Region singlet with navy blue shorts & women wear either the same or crop tops & briefs. Ian Blanchonette has the team uniforms which cost \$25 for singlets & \$25 for crop tops. Please contact either Ian Blanchonette or Brett Coleman if you need to purchase any of these.



Team Contacts

Brett Coleman – Team Manager (Seniors)
0438 434 260
grcc@me.com

Sharon Hockley & Peter Samon – Team Managers (Juniors)
0425 746 817 (Sharon) or 0439 324 586 (Peter)
peter.samon@three.com.au

Club Registrar Contacts

Bellarine – Beth Bauer
3 Konda Court, Bell Park VIC 3215
5249 5752
ebauer@ncable.net.au

Chilwell – Mary McDonald
325 Shannon Avenue, Newtown VIC 3220
5229 3920
athschilwell@yahoo.com

Corio – Dianne Alsop
21 Hopkins Street, Corio VIC 3214)
5275 2357 or 0438 517 215
d_alsop@yahoo.com

Deakin – Ian Blanchonette
444 LaTrobe Tce, Newtown VIC 3220
0437 615 569
ian.blanchonette@csiro.au

Geelong Guild – Mary Seeley
46 Albert St, Geelong West VIC 3218
5229 2262
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