

Vetrun Extra – April 17

Run Gallipoli – Solo!

In Vetrun Extra today Mark Dawson suggests a safe and respectful way members can mark Anzac Day on Saturday April 25 – by making solo or duo runs after the `driveway dawn service`.

Hi Vic,

As you know the AWA ANZAC Day Commemoration Run has been cancelled. This has been a popular run for many members, and a way to pay our respects to our past and present military veterans and current serving personnel. John Gilmour was the Honorary Starter for several years.

What to do instead?

With ANZAC Day itself falling on Saturday April 25, here is my idea.

We `attend` our own personal driveway dawn service at 6am, as has been widely advertised.

Then, don one of the previous years' `Gallipoli Run' T-Shirts (I have several, such as the bright-orange Bankwest one, or the white AWA one) and then go on your usual run (solo or duo).

If you see any other runners out and about in a `Gallipoli Run' t-shirt, acknowledge them with a nod of the head or a wave of the hand, or greeting of `Good Morning`!

In fact, this is what is already happening each morning, on my own solo runs from home. There are a lot more people out about doing their exercises, whilst maintaining the safe social distancing rules.

Cheers, Mark Dawson



Mark Dawson



Orange or white – it's your choice!

Rugged Jorgensen

Bob Schickert must have been sorting out his library of photographs during our lockdown and now has found this excellent view of the original Jorgensen course in 1988 – which must have been a very wet season.



Vetrun Extra is a new service from Masters to keep our members in contact with each other and with their club during this difficult time.

Please do just that –stay in touch!

Let me know how you're coping, staying fit, occupying your time.

Email contributions for me to include in *Vetrun Extra* –send to vfdwaters@gmail.com.

I'll reply to all your emails and, if suitable, share your words on this page with all the members.