

4th August 2013!

Budget Hobart Fun Run: 5km and 2.5km events

Get training: it's less than 2 months away now!!



Our Sponsors... thank you!

Without the generous support of our sponsors, none of this would be possible. Especially our principal sponsor, Budget Car & Truck rental Tasmania. If you knew how much time, effort and financial support these guys have put into this event of the years you wouldn't rent a car from anyone else.

Please support our sponsors as they so generously give back to the community

Register online! *Pleeeeeease!!!*

We're happy to announce—for the first time ever—that we have online registrations!!

We know it's the Tasmanian thing to rock up on the day if the weather is ok—but we need your support, and registering beforehand puts less pressure on the volunteers that help out on the registration desks on the day...

Did I mention it's for children's charity raising money for the RHH Paediatric Unit? Ok—there you have it—a guilt trip too...

A BIG thanks to those people that have already registered!

Get a team together!

Whether it's a school, work or social group—grab a few mates and enter as a team. Now unlimited team members—so grab a few mates, choose a team name and register!

Also remember if you can't run the event, but would like to be involved—please register as a volunteer via the webpage!

Sponsor updates!

We're also happy to announce that we've got a few new sponsors on board this year:

[Spectran](#) who will be organising the traffic management on the day

[The Running Edge](#)...who are helping with registrations and prizes!



RUNNER PROFILE

Apart from Pete Keenan, we tend to assume that pretty much everyone else on the planet is hooked into Facebook, Twitter or some kind of social media craze..... Possibly none more so than this months profiled runner... Deb Ludeke. If there's a record for hitting the 'like' button faster than anyone else—Deb has it. Serial Facebooker for **ANYTHING** running related —you'll see her name pop up everywhere, and you'll see her face at pretty much every fun run in Tassie. When she's not running, she's thinking about running...when she's finished the latest fun run—she's already talking up the next one.... She's also running for a cause—check out [Kms for Kids](#). Here we pose a bunch of rather silly questions to Deb—and yep, you guessed it—she was happy to talk running. *Who would've thought...*

RUNNER PROFILE: Deb Ludeke

Nickname: None that I know of lol

Occupation: Mum and soon to be Personal Trainer (just finishing up the last of my course)

1- How long have you been running?

I have run on and off since school and did my first "fun run" at the Point to Pinnacle in 2002 but then stopped, got married and had my son Lachlan till I decided I missed it and starting running and training from the end of 2011 when I set myself the goal to run every fun run in the South of Tassie (ended up being a few up North too!!!)

2- Favourite Tassie fun run (after the Budget 5k of course...)

Would have to be the Point to Pinnacle it was my first ever event and its really well run and even better its now run by my favourite shop The Running Edge

3- How many times have you done the Budget Fun Run? (and best time)

This year will be my second Budget Fun Run last year I ran the 5km in 26minutes 35seconds so hopeful can improve on that this year.

4- Best running moment ever

This year's Cadbury Half Marathon I did it in a time I was really happy with and also got to share it with my son Lachlan as he did his first ever fun run in the 1km event.

5- Worst running moment ever

Throwing up on the side of the Mt during my first Point to Pinnacle but I keep going back to do it so it couldn't have been that bad.

6- Worst race day preparation you've ever had? Give details (but not too many...!)

This year's Run the Bridge is by far the stand out. Was still carrying injuries from the Cadbury Half (and may have had a red or two the night before) and it showed in my time.....no matter how long I look at that Garmin report it just doesn't change the time !!

7- Have you ever lied about how far/fast you've run (give specific example if possible)

No but my partner Brendon and I have an ongoing debate over "gun time" and "chip time". He used to work on many of the events and knows how the timing works. We have agreed that "Garmin time" is best applied!!!

8- Best fake excuse you've used/heard to get to ahead of the port-a-loo queue before a run?

I have never heard one. But my advice to anyone doing a fun run is to have your nervous wee's well in advance and not leave it till the last minute.

9- Is a fun run a good place to pick up? (give examples)

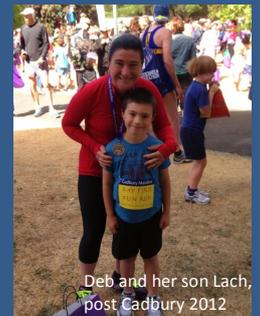
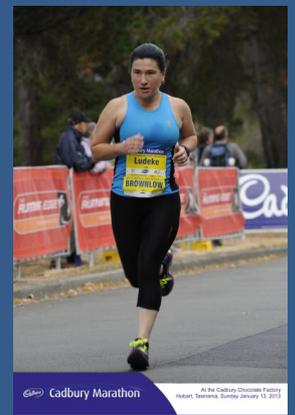
Absolutely that is how I met my partner Brendon. After last year's Race to the Taste we reconnected as friends and now are a couple :best race result I ever achieved!!!!

10- Favourite or funniest running motivational sign/quote

If I collapse please push pause on my Garmin – It should actually be running law not just a quote.

11- Next running goal (time or specific race)

Over the next 12 months I will be doing over 250kms in fun runs to raise fund for [Bravehearts](#) including two full marathons and the City2Surf. You can follow me on - www.facebook.com/Kms4Kids or donate at <https://give.everydayhero.com/au/deborah-ludeke>. I wouldn't be a runner if I wasn't always trying to improve on a time but I guess completing my first marathon is my running goal.



Thanks heaps Deb! We'll be there to hit pause on your Garmin if you need it... Look forward to seeing you around (and by that we mean, at every fun run across the state!)

Upcoming Tassie fun runs:

July 21st: Glenorchy Fun Runs

August 4th: Budget Hobart Fun Run!

And of course—congrats to everyone who participated in the Launceston 10!!



Our mailing address is:

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