



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 41A
Thursday 15 July 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

HEEL & TOE ADDENDUM VRWC RACES CANCELLED THIS WEEKEND

Hello everyone

Victoria will be moving into a five-day lockdown from tonight (Thursday 15th July), after a worrying number of new covid positives. From 11.59pm tonight, all of Victoria will move into lockdown restrictions, with just five reasons to leave home: getting food and supplies, authorised work, care and caregiving, exercise for up to two hours each day with one other person, and getting vaccinated.

STATEWIDE RESTRICTIONS FROM 11:59PM THURSDAY 15 JULY

STAY AT HOME UNLESS:

1. Shopping for necessary goods and services - one person per household once a day
2. Caregiving and compassionate reasons
3. Authorised work or permitted education
4. Exercise - up to two hours, with one other person or members of your household
5. Receiving a vaccination

5KM TRAVEL LIMIT for shopping and exercise

WEAR A MASK when not at home

CHECK-IN everywhere, every time

This means **our VRWC roadwalks on this coming Saturday 17th July are now cancelled.**

If the lockdown is successful and we return to normal life next week, we will go ahead with our VRWC roadwalks which are currently scheduled for the following Saturday 24th July. Time will tell!

In the meanwhile, stay home and stay safe.

Kind regards...Tim

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