

FALLS CREEK CAMP - EASTER 2010

Falls Creek Village, some 5 hours drive from Melbourne and situated right in the middle of the Victorian Alps at an altitude of 1600m, has long been the destination of choice for Victorian runners (see <http://www.fallscreek.com.au/AltitudeTraining>) but, by 2010, paving work on the road to Omeo had finally opened it up to walkers. Simon and Alison Baker had checked it out in January of that year and thought that the road alongside the Rocky Valley Lake, which was relatively flat, breathtakingly spectacular and newly paved, would suit walkers.

Thus an inaugural Falls Creek Walks camp was scheduled for Easter 2010, extending over 5 days and attracting some of our best young walkers.

The training camp saw two of our top interstate walkers, **Paige Hooper** of SA (recently selected for this year's World Junior champs) and **Nicole Fagan** of NSW (Australian U23 20km champion) join a number of our top Victorian junior girls – **Beth Alexander, Amy Burren, Hilary Brazel, Sarah Burren** and **Stephanie George**. Add in 2009 World Championship representative **Jess Rothwell** and VRWC senior members **Tony and Karyn O'Neill** and we had a group of 10. With Steph's mum Sabrina doing the cooking and with further support from Gavin Burren, Michael and Karin Brazel, Alison Baker and with Tim Erickson along for the ride, it was a great group. AIS coach **Brent Vallance** also came down for a couple of days and showed the girls the finer points of what to do in the gym.

The girls did a roadwalk each morning, followed by a plunge in the super cold Rocky Valley Lake and then normally fronted up for a run or gym session in the afternoon. We also managed to fit in a few walks in the bush and a sauna on the last night. Over the 5 days, the girls did a lot of training and the question on everyone's lips was "When do we come back again!" Here are a few photos to let everyone see a little of what went on.



Where's dinner!!!



Sarah and Stephanie stride out



Success in the Easter Egg hunt



Nicole



Jess



Nicole and Paige



On top of the Alps



Working hard and then having fun with the Easter Bunny



Simon keeps track while Sarah and Steph recover



Paige



Hilary



Beth and Amy



Chairlift fun



Warm down



Brrrrrr – that water is cold!