

\$1000 Prize Announced for 2017 Castlemaine NAB 500

Events In Nature and the Victorian Race Walking Club today announced a new format and conditions for the 2017 Castlemaine NAB 500, to be held at the Castlemaine Botanic Gardens on Sunday April 9.

The race will be run under handicap conditions, men competing against women, giving every entrant a chance of winning the race.

The Open 5km winner will receive \$1000, to be redeemed at Castlemaine's The Bike Vault sports store, supplier and retailer of top brands and products such as Bolle, Endura, and On Cloud shoes.

The Junior and Senior 3km winners will each receive \$100 Bike Vault vouchers.

The event will also feature an Under 12 1km event.

Events In Nature director Michael Smith said: "The Castlemaine NAB 500 is fast becoming one of the richest racewalking events in Australia."

"It's the Melbourne Cup of racewalking, run under handicap conditions, boys against the girls. Every entrant has a chance of winning. It's going to be very exciting, a wave of top walkers hitting the finish line together."

The race this year is being generously support with a \$1000 Mount Alexander Shire Community Grant, with continued support from Castlemaine NAB bank branch, The Bike Vault and Castlemaine's McKenzie Davey Amcal Pharmacy.

There will also be a mini racewalking clinic for the public and the Amcal 1km First Timers Walk. All participants will go into the draw for a Be Good To Yourself Amcal Pharmacy weight-loss program, provided by McKenzie Davey Amcal Pharmacy. The prize includes a supply of Amcal Be Good To Yourself meal replacement products and a series of consultations with a weight-loss expert.

In its first two years, the Castlemaine NAB 500 has attracted Olympians Rhydian Cowley and Rachel Tallent, Kelly Ruddick, who was selected for the World Championships, and top juniors Adam Garganis, Kyle Swan and Jemima Montag, who have been competing at international events around the world.

The President of the Victorian Racewalking Club said: "This has been a wonderful initiative for our sport. The Castlemaine NAB 500 provides race walking competition and experience at all ages and at every level, from elite to complete beginner, against the enriching backdrop of a lovely rural park. The event has forged a bridge whereby city and country athletes can meet and compete in the kind of relaxed, social environment not generally found on championship race days in Melbourne. In addition, city walkers and their families often make a weekend of it, which also boosts the local economy."

Program: 2017 Castlemaine NAB 500

- 10.30am Junior (U18) and Senior (50+) 3km Events
- 11.00am 'How to race walk' mini clinic, demonstration for the general public
- 11.15am Under 12 and Amcal First Timers 1km Walk
- 11.30am Open 5km Walk
- 12.10pm Presentations.

Entrants, supporters, friends and sponsors may like to join the facebook group *2017 Castlemaine NAB 500* - <https://www.facebook.com/groups/1256119671103867/> - videos, pictures and stories will be posted here as each person enters.

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