

St Ambrose Primary School



Centred by Faith - In Partnership with Community -We Provide Excellence in Learning











We give thanks to our elders past, present and emerging and truly appreciated the beautiful surrounds our school is built upon. With gratutude; The St Ambrose Community.







Flo's Prayer Dear God, Please take care of the sick and thankyou for this wonderful land we meet, play, learn and live on. Today we say this prayer through Christ our Lord. Amen.

Pictured left is our Light of Christ candle. Thank you Micheal P and Catherine for creating the



Term 1 2025 Dates

Monday 17 March 2025	Palm Sunday Prayer Service (Prep-Gr 1) 2.45pm		
	NAPLAN		
Tuesday 18 March 2025	Parent Helper Course – 8.30am in the staffroom		
	NAPLAN		
	PFA Meeting 5.30pm – all are welcome		
Wednesday 19 March 2025	Whole School Sports Day		
	NAPLAN		
Thursday 20 March 2025	NAPLAN		
Friday 21 March 2025	School Photos – wear FULL SUMMER UNIFORM		
	National Ride2School Day (to take place later in the year during bike ed. classes)		
Monday 24 March 2025	NAPLAN		
	Holy Thursday Prayer Service (Gr 3/4) 2.45pm		
Wednesday 26 March 2025	Middle Level Mass (Gr 3/4) 9.30am		
	Sacrament of Reconciliation Practice 10.30am		
	Assembly 2.50pm		
Thursday 27 March 2025	Grade 2 visit to Woodend Neighbourhood House 11.45-1.45pm		
	Sacrament of Reconciliation 12.30pm and celebration		
Friday 28 March 2025	Grade 3/4 visit to Woodend Neighbourhood House		
Monday 31 March 2025	Good Friday Prayer Service (Gr 5/6) 2.45pm		
Tuesday 1 April 2025	Easter Sunday Prayer Service (Gr 2) 10.15am (time change)		
	Whole school cross country colour run 11.30-3.30pm		
Wednesday 2 April 2025	End of Term 1 Mass 9.30am		
	Assembly 2.50pm		
Friday 4 April 2025	End of Term 1 – students dismissed 3.30pm		

Dates in red indicate an inclusion or change to the calendar.





Term 1 Dates 2

Message from the Principal

We celebrated Ash Wednesday Mass together last week which marked the beginning of Lent.

Ashes are an ancient sign of repentance. For this reason, since the Middle Ages, Christians have observed the start of Lent by being marked in ash with the sign of the cross.

Fr. John led the burning of the palms ritual with our Year 5-6 students the day before Ash Wednesday and it was these ashes mixed with some of the previous years ashes used to mark the cross on our foreheads. Mixing the ashes symbolises connecting our growing faith from one year to the next.



Lent traditionally meant fasting from luxuries like meat, eggs, sugar and butter (except on Sundays), the day before became a time to eat up all the 'luxury' foods in the house, sometimes in the form of pancakes. That led to the day being called Pancake Day. Our classes enjoyed pancake making and eating on Shrove Tuesday! Thank you to those of you who assisted on this day.



You are welcome to join us at the church on Monday March 17th (St. Patrick's Day) at 2.45 pm as our prep-one classes re-enact Palm Sunday.

As we move through this season of Lent may we reflect on the words of Pope Francis:

Do you Want to fast This Lent?

Fast from hurting words.....and say kind words.

Fast from sadness.....and be filled with gratitude. Fast from anger.....and be filled with patience.

Fast from pessimismand be filled with hope. Fast from worries.....and have trust in God.

Fast from complaints....and contemplate simplicity. Fast from pressures....and be prayerful.

Fast from bitterness.....and fill your hearts with joy. Fast from selfishness.....and be compassionate to others.

Fast from grudges.....and be reconciled. Fast from words.....and be silent so you can listen.

Catholic Education Week

Next week we celebrate Catholic Education Week.
Catholic Education Week is an opportunity for all
Catholic schools in the Archdiocese of Melbourne to
celebrate their Catholic identity, the pivotal role they
play within their local community and the strength
of the sector.

The theme is 'Arise, shine; for your light has come, and the glory of the Lord has risen upon you (Is 60: 1)'.

Assembly Led by 3-4 Students Experience Parliament



The Grade 3/4's are learning about the different levels of government and how they run to help bring change to our community.

Last Friday we had an incursion all about Democracy, Community and Me. During this incursion we learnt about Australia's preferential voting system and how it works. We then had a go at voting for a candidate who ran for Mayor. After this we had a council meeting to discuss an issue. All of the students played different roles during this incursion which was a lot of fun!

Assembly Led by 3-4CW

We congratulate 3-4CW for doing a splendid job leading us in prayer and running our assembly this week. You are always welcome to attend our fortnightly assemblies. Our next assembly is on Wednesday March 26th at 2.50 pm in Gumbuya.





Fun with the Garden Hose Tubas

Music students enjoyed experimenting with home made instruments this week!

Perhaps you could try this at home.







Our Prep-One Classes out and about the town!



A sunny autumn afternoon was the perfect weather to enjoy exploring our beautiful town. Our prep-one children had much to share about this enjoyable day out.

From Asher & Sonny Our Captains





Asher and Sonny have been meeting with me to plan leadership initiatives. Asher is organising stickers for our students to wear on our school sports day.

School Photos

Note March 21st in your calendar as this is our school photo day. Children should come dressed in their FULL SUMMER UNIFORM. This day coincides with Ride to School Day. We will support ride to school day later in the year when we are doing bike education.

School Improvement Teaching & Learning: Literacy

At St Ambrose we use high impact teaching strategies when instructing our students to decode and spell.

We follow the V2 curriculum to teach reading, handwriting and spelling. From Foundation to Year Two.

Word Reading and Spelling follows the evidence base in teaching decoding and spelling at the whole-class level in the following ways:

- Decoding and Spelling are taught together within the same lesson.
- Systematic, Synthetic Phonics is used from Foundation to Year Two to teach early decoding and spelling.
- Children are taught the most common sound-letter relationships and explicitly taught how to blend those sounds together to read words and segment those sounds to spell words.
- Phonemic Awareness is taught explicitly to Foundation children focusing on blending and segmenting sounds.
- Children are taught to read and spell a small selection of high-frequency, 'irregular' words to ensure they can begin reading simple decodable texts from an early stage of their education.
- Children are taught to break long, multisyllabic words into smaller chunks (syllables) to decrease working memory demands.
- Lessons follow a sequence of explicit teaching with a gradual release of control (learning goal, concept development, modelling and guided practice).
 We refer to this as the 'I do', 'We do', You do', 'Do it Again' model.
- Interleaved daily, weekly, monthly and termly review is built into each lesson.
- Spelling is taught across many years and with layers required to achieve strong spelling skills (i.e. phonics, orthographic spelling rules, morphology, etymology).
- Explicit, Direct Instruction, which is based on Rosenshine's Principles of Instruction are e mbedded within the lessons.
- Children are supported and/or extended within daily lessons.
- Handwriting is explicitly taught.







From our Sustainability Leaders





Our sustainability leaders Sofia, Jack and Sophie met with me to plan how to collect our food scraps to feed Sofia's rehomed piglets.

Buddies Mass & Prep Parent Morning Tea







Our Prep children engaged in a special Mass this week with their Year Six buddies. It was terriffic that so many of their parents could attend who later joined us for morning tea.

Commissioning of Social Justice Leaders



Our Student Social Justice Leaders Elle and Evie M received their commissioning certificates at our assembly from the Minnie Vinnies representatives who inducted them into their role.

Sacrament of Reconciliation

It has been great to see our families at the committment masses which support our children to prepare for their Sacrament of Reconciliation.

Our families recently participated in our

Reconciliation information evening where we began with a welcome and a prayer. On a large sheet of paper, we asked the parents to list the qualities that they hope their children will have in adulthood. We discussed that to develop these qualities, we needed to make choices in life. Many of our choices will be wise, but sometimes we will not choose wisely. We looked at a couple of examples of choices and who might be affected by the actions that a person makes. The students were lead to realise that the choices they make often affect others, not just themselves.

We moved on to discuss what we should do when we make choices that hurt others through our actions. The story "Pumpkin Soup" illustrates how choices affect others and the importance of saying sorry.

Father John talked about the story Jesus told about the Prodigal Son and the importance of not just saying sorry but forgiving others as well, like God always forgives us.

Father went on to talk about the Sacrament of Reconciliation and how it is about celebrating the fact that Jesus always loves us no matter what kind of choices we make. He went on to explain that in celebrating Reconciliation their son or daughter is being invited to experience the loving embrace of Jesus, like the son in that story, and when we receive that embrace we start again and we celebrate that Jesus loves us and that he is always our friend.

Father stressed that today, unlike when some of us made our first 'Confession', the focus is on the reality that we are loved by God no matter what.

We concluded with questions and the Prayer of St Teresa of Avila, giving the children a copy of this prayer to say at home.



St Ambrose School Colour Run

Thank you to those who have signed up for our colour run fundraiser so far. We are hoping to raise \$10,000. With our current tally hitting \$3,447.00 we are feeling hopeful we will reach our target. THANKYOU for your support. There is still time to sign up!





SRC





Our Student Representative Council met again this week to bring to the table ideas from their classes to improve our school. We also seek their feedback on proposals like our student reflection proforma we will be trialing as part of our PBL student support. We will keep you informed of our progress.

2025 School Advisory Council Calling New Members!

It is not too late to join our School Advisory Council. The SAC acts as an advisory council to the Principal on school matters.

If you are interested in joining please contact myself or you could also contact our current chairperson Mike Boudrie mikeboudrie@grangeadvisory.com for more information.



To our Yr 3 & 5 families. NAPLAN 2025 began Wednesday 12th March.

Why do NAPLAN? NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national proficiency standards. NAPLAN is just one aspect of a school's assessment and reporting process.

2025 NAPLAN: Began this week on Wed. 12th March for children in Years 3 & 5.

Our schedule for NAPLAN is:

•	Wednesday 12th March	Duration
Writing	Grade 3 9:15 (Paper)	40 Minutes
Writing	Grade 5 9:15 (Online)	42 Minutes
	Friday 14th March	
Reading	Grade 3 9:15 (Online)	45 Minutes
Reading	Grade 5 12:00 42 Min. (Online)	50 Minutes
		-
	Monday 17th March (Grade 3 catch-	
	up Writing Tests must be completed	
	on this day)	
Conventions of		
Language	Grade 3 9:15 (Online)	45 Minutes
	Grade 5 12:00 (Online)	45 Minutes
	Tuesday 18th March	
Numeracy	Grade 3 9:15 (Online)	45 Minutes
	Grade 5 12:00 42 Min. (Online)	50 Minutes
	, ,	

Except for Grade 3 Writing, all other catch-up Tests can be completed up to Monday the 24th of March

PFA

Our first meeting for this year will be on **Tuesday March 18th at 5.30pm.**

Agenda items so far are:
-Parent Reps For each class
-Cake Stall?
-Colour Run Fundraiser
-2026 Fete
ALL are WELCOME.



Next Newsletter

For more news and photos visit our <u>website</u> and look at latest news by clicking on our Facebook button.

Our next newsletter will be published on Friday, 28th March 2025.



Bronwyn Phillips Principal

AROUND THE SCHOOL









X + 3 t X t









Around the School

School News



School Photos



ORDER NOW





PHOTO DAY: Friday 21st March 2025

HOW TO ORDER

Ordering online is quick and easy using the steps below!

If you have an existing account, please use those login details. Once logged in, you will be able to add additional children and place sibling photo orders

Click on the link below to access your ordering portal.

https://stambroseppswoodend-vic.msp.photos

If you are new to the school, please follow Step 1 and Step 2.

Click 'Sign in with Student Details'

Sign in with Student Details

Enter your child's surname and date of birth. You will be prompted to create an account. Please note that sibling photo orders must be placed by Midnight on Thursday 20th March 2025, to be included in the student family list, that is sent to the school early on photo day.

The portal does not have a cut off ordering date, however any orders placed more than 7 days after photo day will no longer be at the bulk discounted price and will revert to the standard pricing cost.







St Ambrose School Colour Run





Remember to create a profile page at www.myprofilepage.au and share your profile to family & friends to receive online donations.

We can't wait to get colourful!

School News 8

School News



Parent Helper Course

To be able to volunteer for any school activities, you must have completed a parent helper course in the past 3 years.

For a lot of parents, this is coming up for expiry or has already expired. Please contact the office if you are unsure.

Another course is being offered on

Tuesday 18th March at 8.30am

in the staffroom if you'd like to update so you can volunteer.

CONVEYANCE ALLOWANCE PROGRAM



The conveyance allowance is a form of financial assistance to help families in rural and regional Victoria with the cost of transporting their children to their nearest appropriate school/campus. The conveyance allowance is available to eligible students travelling by public transport, private car and private bus. The conveyance allowance is also available to eligible students whose nearest school is not serviced by a free school bus.

Eligibility criteria

The eligibility criteria varies depending on the type of school attended and where it is located.

Students attending a government or non-government school must:

- attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible
- be enrolled at a school/campus outside Melbourne's metropolitan conveyance boundary
- reside 4.8km or more by the shortest practicable route from that school/campus attended
- be of school age (5 to 18 years old at time of application) and reside in Victoria.

If you believe you are eligible, please collect click the link or collect a form from the school office.

If you completed a form in a previous year, you do NOT need to fill in another one. Any questions, please ask Karen at the school office.



School News 19

School News









Dear parents, guardians and carers,

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- . consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the Australian Government's Privacy Policy (https://www.education.gov.au/privacy-policy).

Further information about the NCCD can be found on the NCCD Portal (https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact the school.

Kind regards

Principal

Supported by the Australian Government Department of Education.

© 2022 Education Services Australia Ltd, unless otherwise Indicated.

Creative Commons BY 4.0, unless otherwise Indicated.







Student Awards



- P/1S Emilia T for working hard to share and explain her Maths thinking. Well done!
- P/1S Audrey C for being a kind, caring and respectful classmate. Well done!
- 2KR Coby S for forming letters correctly and neatly when handwriting!
- 2KR Anaisia M for working with perseverance to complete a maths task!
- 3/4CW Ben C for starting the year as such a focused and hard working learner!
- 3/4CW Neve E-S for her amazing leadership qualities in the classroom. Amazing!
- 3/4M David Y for outstanding involvement during all lessons.
- 3/4M Tess J for always working hard in all areas. Well done Tess!
- 3/40 James B for being resilient when sharing his writing.
- 3/40 Grace H for being kind and making others feel welcome.
- 5/6M Caysen E-S for working hard to complete all set tasks to the best of his ability.
- 5/6M Josh R for taking on jobs to help with the smooth running of our class.
- 5/6P Madeline D for being a kind and considerate classmate.
- 5/6P Jim G for sharing his knowledge of factors and multiples with the class.
- 5/6W Joel W for your thoughtful and considered contributions to classroom discussion when we are reading the book "Wonder".

 Thank you!
- 5/6W Jett M for his well argued persuasive text titled "Bearded Dragons are better than frogs". Well done Jett.

Bronze PBL Award - Neve E-S, Felix D, Chase K & Redmond O





15 April Pip F, Ben H, Indy H, Isla M

18 April Asher J 19 April Milana M 21 April Owen D 22 April Haley C 23 April Millie E 24 April Jim G 26 April Jack D

Student Awards

Student News



Grade 3/4 Democracy Incursion

The Grade 3/4's this term are learning about the different levels of government and how they run to help bring change to our community.

This Friday (07/03) we had an incursion all about Democracy, Community and Me. During this incursion we learnt about Australia's preferential voting system and how it works. We then had a go at voting for a candidate who ran for Mayor. After this we had a council meeting to discuss an issue. All of the students played different roles during this incursion which was a lot of fun!



















Congratulations Joe



Congratulations to Joe O who placed third in breaststroke in the Region Swimming Event in Swan Hill on Tuesday.

Student News 12



Erin Brass

Embrace Kids: The Documentary

Get ready for "Embrace," an awesome film by Taryn Brumfitt! This movie features real stories from young people and famous faces who talk about important topics like body image, bullying, gender identity, and standing up for what's right.

We'll have yummy food and snacks for you to enjoy, plus a cool goodie bag to take home!

So grab your friends and come hang out with us for a free evening of fun and inspiration. We'll have comfy seating, but you're welcome to bring your own pillows or blankets to make it even cozier!

Don't miss out!

More info:

https://theembracehub.com/see-the-film/

Date & Location:

Friday 28th March

6pm - 9pm

0

Macedon Ranges Health 5 Neal St, Gisborne





Bookings essential

- 03 5428 0300
- 5 Neal St, Gisborne

kristen.holding@benetas.com.au



See the Film

Resources Resources EK CLASSROOM PROGRAM BODY BLOCKS ACTIVATE SPORTS BOOKS FILM MAGAZINE PODCAST EMBRACE KIDS documentary...

Embrace kids /

JOIN THE CELEBRATION OF ALL THINGS

Faith & Family





Pope's Prayer
Intention for March:
For families in crisis.
Let us pray that
broken families
might discover the
curethis for their
wounds through
forgiveness,
rediscovering each
other's gifts, even in
their differences.

Gospel Reflection: Lk 4:1-13

As we celebrate the first Sunday of Lent, we are called to invite Jesus into the deserts of our lives. We call out to God for refreshment and renewal. Lent is a time to do our 'Spiritual Spring cleaning,' a period of introspection and repentance, where we cleanse our hearts and minds of spiritual clutter. It is a time to be renewed and strengthened through

During these forty days, we make an intentional journey deep within ourselves. We ask for guidance as we search for our most authentic selves. God knows us and loves us even in our struggles. He knows our problems, our fears, and our dreams. Now is the time to turn back to God with all our hearts, knowing that He is always there for us, ready to guide us. It is in the deserts of our lives where we are tempted and struggle the most. St. Luke's gospel tells us that Jesus is led into the desert to be tempted by Satan after his baptism by John the Baptist. The Spirit of God was present as reinforcement so that he could resist the temptations in his life.

The idea most of us were given about Lent is that it is a time to 'give up' something. On the contrary, Lent is a time of 'DOING' something to change our lives and the world around us. This could mean volunteering at a local charity, reaching out to someone in need, or making a conscious effort to be more forgiving and understanding. May we find the strength we need to turn back to the Lord through our Fasting, Prayer, and Almsqiving.

Our FAST is not just fasting from food but fasting from jealousy, anger, hatred, and all the other attitudes in our lives that keep us from truly loving God and our neighbors. It is easier to fast from food when we have an abundance of food. Yet, it is harder to change our attitudes about people around us. PENANCE is our willingness to change and be changed by God's spirit alive in us. Penance is not just saying prayers but living a prayer life in all we do. ALMSGIVING is our awareness of the needs of others who search for life, love, and help in their times of need.

During the Mass, Lent is referred to as 'this joyful season.' In the past, we often viewed Lent as a sad or gloomy time of the year. However, it is a time of joy when we can rediscover ourselves and turn back to God. In a world filled with sadness and gloom, Lent offers us a time of joy! Let's rejoice in his holy name every time we consider what the Lord has done for us and how he has brought us through so many things.

Copyright The Congregation of the Holy Spirit,
Province of the United States

A Prayer for Pope Francis (By Father James Martin)

We ask you to look with favour on your servant Francis who has served you devotedly and tirelessly as a Jesuit, a priest, an archbishop, a cardinal and now as a pope.

Most of all, he has served you as a faithful Christian sharing the love, mercy and compassion that your Sor showed to all he encountered in his public ministry, especially those who were poor or struggling.

As Francis now faces this new illness, help the doctors and nurses who care for him help him to bear any pain with grace and help him to heal quickly.

We ask all this in your Holy Name Amen.

Ponder:

What are some of Lent's joyful aspects? What can we do in this time of Lent to change our lives and the world around us?



RELIGIOUS CALENDAR OF EVENTS IN TERM ONE, 2025:

Date	Details	Time
17th March	Palm Sunday Prayer Service (Gr P/1)	2:45 pm
24th March	Holy Thursday Prayer Service (Gr 3/4)	2:45 pm
26th March	Middle Level Mass (Gr 2/3/4)	9:30 am
26th March	Sacrament of Reconciliation Practice	10:30 am
27th March	Sacrament of Reconciliation & Celebration	12:30 pm
31st March	Good Friday Prayer Service (Gr 5/6)	2:45 pm
1st April	Easter Sunday Prayer Service (Gr 2)	10:15 am
**2nd April	End of Term 1 Mass (Cancelled)	9:30 am

Please note: All are welcome to our Masses. If you would like to join us in any of these celebrations, you are most welcome.

PARISH NEWSLETTER

CHILDREN'S LITURGY

Faith & Family 14









9 & Under Netball

Rookies are still welcoming new 9 & Under players for the 2025 season.





Trainings are
Wednesdays 4pm5pm at Gardiner
Reserve Gisborne



For any enquires please contact Maxine rookiesnetballco@outlook.com

Community News 15













Sunbury and Cobaw Community Health

is a not-for-profit community health organisation providing a comprehensive range of free and low-cost health, wellbeing and community services in early childhood, youth, families, adults, aged and disability. Please see below a service update on all Child & Youth supports which can be shared with the team and families. For phone or email referrals, contact the Access & Engagement Team on 5421-6035 access.engagement@scchc.org,au

Physiotherapy

Physiotherapy (NDIS) This service is for children 0-12 years of age. No referral required.

Also accepting referrals from Melton, Mitchell & Hume Shire if client can attend the Sunbury site.

Physiotherapy (Community Health). No referral required. This service is for children 0-12 years of age, providing short term supports.

Sunbury & Macedon Ranges clients only.

Occupational Therapy

Occupational Therapy (NDIS). No referral required. This service is for children 0-8 years of age, providing up to 12 months of supports. No referral required.

We can complete functional capacity assessments to support NDIS documentation

Occupational Therapy (Community Health). No referral required. This service is for children 0-8 years of age, providing short term supports.

Speech Therapy

Speech Therapy (NDIS). No referral required. This service is for children 0-12 years of age, providing up to 12 months of supports.

Speech Therapy (Community Health). No referral required. This service is for children 0-12 years of age, providing short term supports.

Audiology

Audiology diagnostic testing This service is for children 0-18 years of age. No referral required

Madison Roffey, Child and Youth Health Team Leader

P 03 5421 1688 | M 0492 829 189 | E Madison.Roffey@scchc.org.au



www.sunburycobaw.org.au 🕈 🛽 in 🖾 🔼 🔯











VOLUNTEER REQUEST

My name is Tori Stone, and I'm reaching out on behalf of Sole Motive. We're looking for volunteers for the upcoming event Run The Rock, which will be held on Saturday 22 March 2025 at Hanging Rock, Woodend VIC. We would greatly appreciate your support in making this event a success and contributing to this exciting community experience.

Please note, Volunteer shifts will vary between 7:00am -12:00pm, and usually around 4-5hrs

In exchange for your support, we are offering your school a choice of the following:

- \cdot \$50 per shift for each volunteer to go towards your school.
- · 20% discount at Sole Motive stores (one code per volunteer)
- · Entry to future events (up to value of \$80, one code per volunteer).

These events could be possible without the help of our volunteers, and we'd love to have your school involved. If you have any questions or would like further details, please don't hesitate to reach out.

I look forward to hearing from you soon.

Kind Regards, Tori Stone Event Assistant M | 0421 423 655

Email | volunteers@solemotive.com Address | 793 Glenferrie Road, Hawthorn VIC 3122



Run The Rock 2025

Conquer you goals and run the course at Run the Rock in 2025. Race through the picturesque Hanging Rock in a 22K, 13.5K, 5K or 2K event.

Sole Motive

Community News 18