

Berowra Bushrunners



Handicap Breakfast Guidelines

When is breakfast held?

Immediately after each Handicap, i.e. the first Sunday of the month (Feb to Nov, 10 per year). Breakfast is free (paid for by the Club) for all members, including non-runners or casuals who have paid on the day. We also provide breakfast after various other events throughout the year.

The breakfast commences immediately after the last runner has finished, from approximately 8:25 – 9:00am. Please keep the food/drinks covered until all runners have finished, so no one misses out.

Who puts on breakfast and what does it entail?

Breakfast is organised and setup on a voluntary basis. It can be done by one person or family, however it is easiest having at least two people responsible, to share the load. Tasks include buying breakfast supplies, setup on the day and clean up. If you need a hand to set up then don't hesitate to ask someone.

Where does breakfast take place?

At the covered picnic table, outside the fenced playground, at Warrina Street Oval, Berowra.

Can I still run?

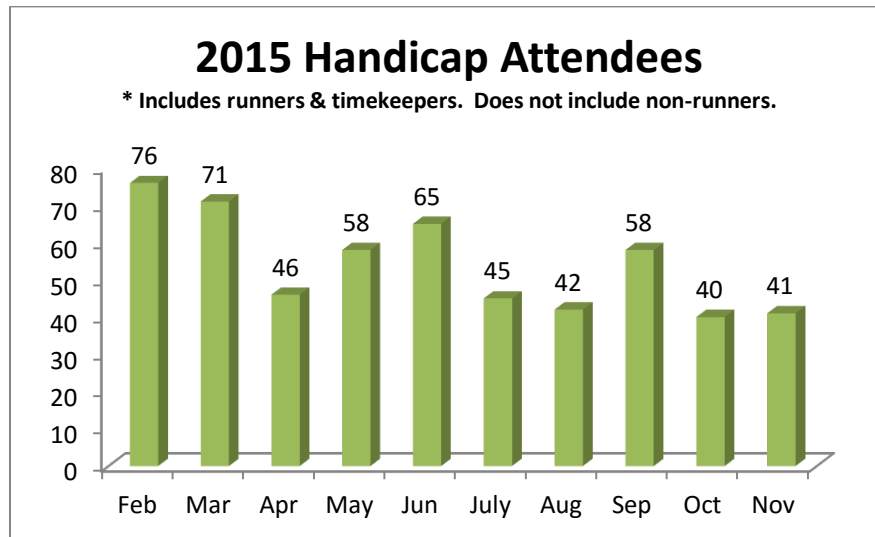
Yes. The two aren't mutually exclusive. Most people in the past have been able to run and do breakfast. Bushrunners are a very patient crowd who will kindly wait for you to finish your run before providing breakfast.

Will I be reimbursed?

Yes. We have a budget for up to \$125 for each breakfast. Please keep all receipts and either bring them on the day, or photograph/scan receipts and email your bank details to the Treasurer for reimbursement (treasurer@berowrabushrunners.com)

How many should I cater for?

The graph below shows typical numbers. Attendees vary during the year, with most attendees at the start of the year, and numbers dropping off on cold/wet days. Use these figures as a guide, allowing for an extra 10 non-runners.



What should I provide?

Remember people will eat standing! Avoid things that need a knife and fork. If possible, provide a dairy-free, gluten-free option (label it as DF, GF, etc.).



Important: We have some members with nut allergies. **No peanuts please.**

- Bottled juice – 3-4 x 2L bottles (orange, apple, etc.) and water
- Fruit in season, cut-up (watermelon, oranges, apples, bananas, grapes, strawberries, etc.)
- Additional breakfast item/s. Suggestions:
 - Baked goods, e.g. muffins, banana bread, scones, bacon/cheese scrolls, vegemite scrolls
 - Yoghurt cups (yoghurt, muesli, pureed tinned peaches/mango, layered in plastic cups)
 - Chia pudding
 - Ideally warm food during cooler months (but not essential), such as porridge, home-made baked-beans with fresh bread, pancakes, fried eggs, frittatas.

A catering box containing cups, plates, napkins, cutlery, garbage bags, baby wipes, hand sanitiser, table cloth, tea and coffee is held with the President. Please leave a note with what needs to be replaced so that we may keep this box filled ready for 70 persons. At completion please pack the 'supplies box' neatly and return to the President.

Your help breakfast is hugely appreciated and it is people like you which allow an event like this to proceed smoothly. Thank you!