



[Climb](#)

[Hike](#)

[Trail Running](#)

[Ski](#)

[Travel](#)

## Welcome to the Bogong eNewsletter



The trail running season is upon us! **[Bogong Equipment](#)** is proudly sponsoring 7 events for the 2023-2024 **[Running Wild](#)** series. To kick things off, there is the Falls Creek Alpine Challenge on Saturday November 25th 2023 and Santa's Run in Mount Buller on Sunday December 10th 2023.

The **[Alpine Challenge](#)** is without doubt the toughest, most challenging, most spectacular and rewarding all mountain trail run in Australia - if not the southern hemisphere over 7 distances - 10km, 16km, 25km, 42km, 60km, 100km, 160km (100 miles). It offers the most challenging weather conditions, from intense heat during the day or snowstorms and driving rain, to subzero temperatures at night. Remember to have your **mandatory gear** in order with a **FREE** in-store check at **[Bogong Equipment](#)**.

The **[Santa's Run](#)** is a bit more fun where you can come along in your finest Christmas running gear (preferred colours are red and/or green) with your Santa hat or your reindeer horns and enjoy a festive run as we get into the Christmas spirit. There are 5km, 22km, 36km and 45km distances available.

For more information and to register for the above and more, click **[here](#)**.



**Climbing Film Tour** - Proudly Presented by **Bogong Equipment** at The Astor Theatre on Thursday, November 23rd 2023 starting 7pm in Melbourne, Victoria! We've had a sneak peak at the films for the screening, and you are all in for a treat. Bring all of your families and friends to this excellent event! 😊

Make sure to stay tuned for the latest updates on our **Facebook** and **Instagram** pages including our terrific **trailer**. Get your tickets **here** and don't miss out!



Choose your trail running shoe that will keep you comfortable, no matter what your race or training throws at you! Innovative design for intense efforts. With every aspect diligently designed, their running shoes, clothing, and gear brings better efficiency, power, and precision to your running. Click **here** for huge savings on Salomon Running Shoes and Clothing!



**Bogong Equipment** proudly presents Dr Alice McNamara who is a Sport and Exercise Medicine Doctor (Registrar), with particular experience in elite sport and the complexities of high-performance environments. She was a National Team Rower for 11 years and a dual World Champion in the Lightweight Quad sculls.

Alice has also competed in elite stair racing all around the world and continues to both run and provide medical support for Ultra Endurance Trail Running events, being familiar with the rigors of this space.

She currently also practices at the Victorian Institute of Sport working with Cycling, Swimming, Athletics, Gymnastics and Combat sports. Outside of work, Alice loves surfing, skiing and kayaking with her husband as well as running with her English Pointer.

For **FREE** tickets, click [here](#) but seats are limited - get in quick!



## LA SPORTIVA FINALE 2022 ROCK CLIMBING SHOES



The **La Sportiva Finale 2022** is the rock climbing shoe with enhanced comfort, perfect for long routes. Maximum attention to the environment and to the theme of sustainability with upper in metal free eco-tanning, laces obtained from recycled end-of-life materials and sole designed to facilitate the resoling process that extends the life cycle of the product while respecting the environment.

### Features

- 40% of the shoes' weight are eco components (laces, webbing,



microfiber eyestay and leather) and contribute to a reduced environmental impact

- Eco leather utilizes an ecological tanning process free of heavy metals and is biodegradable

## Technical Specifications

- Weight: 480g (mens pair), 450g (womens pair)
- Upper: Suede calfskin, leather, microfiber
- Lining: None
- Midsole: 1.1mm full-length LaspoFlex
- Sole: 1/2 Sole 5mm Vibram® XS Edge™
- Construction: Slip lasted
- Fit: Medium asymmetry
- Sensitivity: (1 = less sensitive; 5 = more sensitive): 3
- Rigidity: (1 = soft; 5 = stiff): 4

To find out more about the **La Sportiva Finale 2022 Rock Climbing Shoes**, click either of the following links - [mens](#) or [womens](#).



Our store will be closed on Tuesday 7/11/23. Our weekend opening hours are Saturday 4/11/23 9am to 5pm, Sunday 5/11/23 11am to 5pm and Monday 6/11/23 9am to 5:30pm.

Can't wait? Shop online! [www.bogong.com.au](http://www.bogong.com.au) Gear for serious adventures.

## About Us

Bogong Equipment was founded in 1989. Everyone who works at Bogong Equipment is a climber, hiker, mountaineer or runner. We have first-hand experience in cragging, multiday bushwalking, alpine climbing and trail running. We use the gear we sell. That means, we can tell you how a product truly performs in the field. That's how we only select the best gear to stock our shelves.

Our stock room in our brick-and-mortar store on Little Bourke Street, in Melbourne, is filled with purpose-designed, technical equipment. With our vast selection of gear, it can be tricky to know where to begin. Especially if you don't know exactly what you're looking for. That's why we employ knowledgeable, experienced staff. We can help you get equipped for your remote trekking expedition, your ice-cap crossing, climbing your first peak or simply your next wander in the hills.

**Visit Bogong Today | Shop Online**  
**Trading Hours**

Bogong Equipment  
374 Little Bourke Street  
Melbourne 3000  
Australia

Tel: 03 9600 0599 | Email: [bogong@bogong.com.au](mailto:bogong@bogong.com.au)

You are receiving this message as you have dealt with Bogong Equipment Pty Ltd before. To opt out, please [unsubscribe from this list](#).

**[bogong.com.au](http://bogong.com.au)**