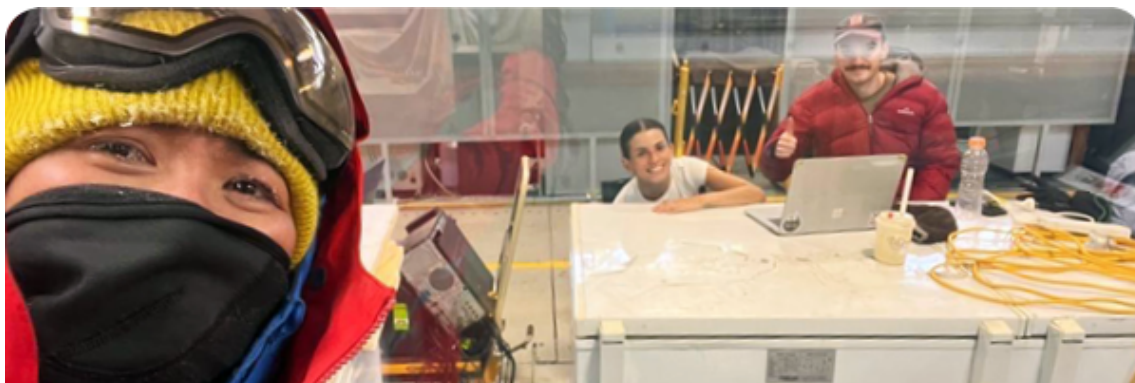




[Climb](#) [Hike](#) [Trail Running](#) [Ski](#) [Travel](#)

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Welcome to the Bogong eNewsletter



November has been a bumper month at [Bogong Equipment](#). In 1 week we had 3 big events happen including the [Climbing Film Tour](#), Sport Nutrition Night and Sponsored Athlete Sia Kindberg making waves on Channel 9 and ABC Radio!

Our screening of the [Climbing Film Tour](#) attracted almost 300 people to the Astor Theatre. The vibe of the crowd was filled with good vibes from the get go. Ticket holders enjoyed the benefits of exclusive discount vouchers, stickers, climbing magazines and entry into the door prize competition.



We were joined by our **Sponsored Athletes Claire Cheffings and Harper Migios** to share some of their experiences at the 2023 Youth World Climbing Championships. The films were fantastic and the door prize draw was a lot of fun with giveaways galore and a voucher for a new pair of climbing shoes going to a very worthy winner.



At our Sport Nutrition Night, Sport and Exercise Medicine **Dr Alice McNamara** gave a very informative presentation to a group of keen trail runners on how to get the most out of their bodies during a trail run with the right fuel and more.



And to top it all off, **Sia Kindberg's** collaboration with the University of Melbourne's Ice & Ocean Research Lab hit the headlines on 9 News, ABC Melbourne and Ballarat about her training in their unique fridge/freezer towards the Ice Ultra in the Swedish Arctic Circle early next year.

Stay tuned to our **Facebook** and **Instagram** like glue for the latest updates!



bogong blog

"Having thought that I had tried every gel on the market, I had long since concluded that I had to endure a chemical laden chocolate pudding type to sustain me or fork out an insane amount on all natural gels imported online that were a little easier to digest. That is until this odd monkey sporting "Be Speed" slogoned little miracle fell into my lap." Check out this [Chimpanzee Nutrition Review](#) by our very own [Shannon Colla](#)!



Shannon started her foray into trail running by signing up for a New Years Eve 50km race thinking it was a hike! She ended up finishing as first place female and the addiction was born. Shannon has since completed 19 ultras including the 2020 Tarawera NZ 102km. She's very excited to share what she's learned to help you prepare for your next trail race!

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The trail running season is on! [Bogong Equipment](#) is proudly sponsoring 7 events for the 2023-2024 [Running Wild](#) series. A reminder to celebrate the silly

season in style and leave that last mark of the year. Get your entries in for **Santa's Run** in Mount Buller on Sunday, December 10th 2023.

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.



It's also time to be looking ahead for the trail running events next year, starting with the **Kilcunda Coast Half Marathon** Sunday, February 4th 2024. There are 1km, 5km, 10km, 17km Fun Run distances in addition to the 21.1km.

Victoria's Bass Coast offers fantastic trail running for people wanting to experience coastal trail running at its best. Located only 90 minutes from Melbourne on the Bass Highway, Kilcunda offers access to Phillip Island, Inverloch, Wonthaggi and a host of other destinations to explore after the run.

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





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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!



Y&Y VERTICAL CLIMBING BALLS



Y&Y Climbing Balls are a piece of training equipment designed for climbers and gym-goers looking to improve their open-hand grip strength and upper body power. Made from recycled rubberwood, these balls are smooth to the touch and kind to your skin, they come in three sizes (8 cm, 10 cm, 12 cm) for varying levels of difficulty.

The spherical shapes encourage an open hand grip which intern focuses heavily on improving your hand grip and forearm strength whilst performing pull-ups. Suitable for beginners and experienced climbers.

Specifications

- Dimensions: 8 cm
- Weight (8 cm): 180 g (per unit)
- Sold as a pair

To find out more about the [**Y&Y Vertical Climbing Balls**](#), click/tap [**here**](#).

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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.

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

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