



**BLACKMORES®**  
THE BEST OF HEALTH  
www.blackmores.com.au  
**SYDNEY RUNNING FESTIVAL**  
OFFICIAL NEWSPAPER  
THE **Sunday Telegraph**

**oa**  
osteoporosis australia

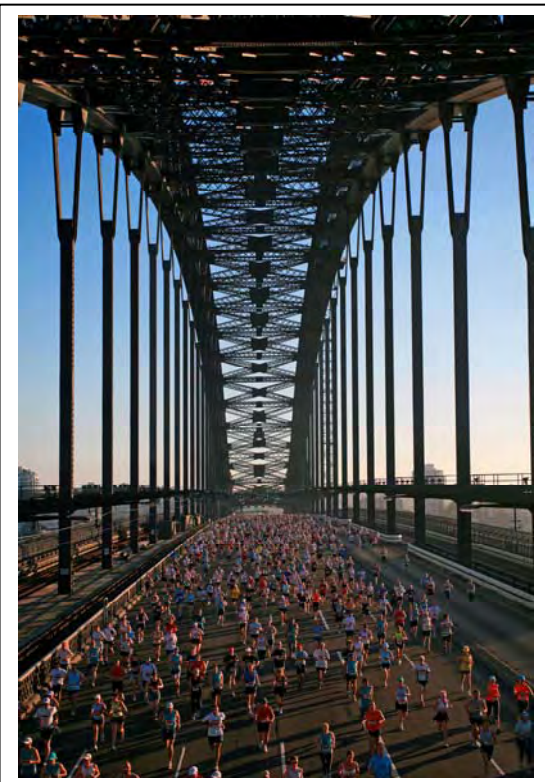
# Your corporate team as part of the

## **Strong Bones Team**

Enter a corporate team in the Blackmores Sydney Running Festival, Sept 20, and fundraise for Osteoporosis Australia (OA).

Any corporate team that chooses to fundraise for OA is considered part of the 'Strong Bones Team' and can either run in a Strong Bones Team t-shirt or retain their own corporate identity. Official team captains of the 'Strong Bones Team' are sporting stars Jane Flemming and Guy Leech!

This is a great team building opportunity while you help to raise funds for Osteoporosis Australia! Building strong bones is vital for the prevention of osteoporosis which affects over 2 million Australians.



### Prizes for the highest fundraising corporate team

The corporate team that raises the most funds will win the 'Strong Bones Team' Corporate Team Trophy and each member of the winning team will also receive a prize pack which includes-

- AussieFitStep Pedometer\*
- Sports water bottle
- Sports towel for gym workout
- Bone tips card
- Novelty key ring

Also, a pulse® Strapless Heart Rate Monitor/sportswatch (rrp \$99.99) for the highest fundraiser in the winning team.\*

\*Pedometer and heartrate watch proudly supported by Aussie Fit Sport Science

The winning corporate team will also be mentioned in the OA national magazine *Osteoblast* and on the OA national website. We welcome your support!

## What is the Blackmores Sydney Running Festival?

The Blackmores Sydney Running Festival is a fantastic outdoor sporting event which attracts over 25,000 participants. The official event ambassador for 2009 is Glen McGrath. There are 4 different race categories. Your team can either enter one category together or each team member can choose a different category. These categories are:

- 4km walk/run
- 9km run
- Half-marathon (21km)
- Marathon (42km)



These different events all start at Milsons Point, cross the Sydney Harbour Bridge and finish in front of the Opera House. Osteoporosis Australia will have a marquee in the Recovery Village at the end of the race where 'Strong Bones Team' members can grab a high calcium breakfast snack and a head'n'shoulders massage!

## How do I register my team?

Its easy!

Simply follow the steps below to register your corporate team and fundraise for Osteoporosis Australia

**Step 1** : Go to the official event website [www.sydneyrunningfestival.com.au](http://www.sydneyrunningfestival.com.au)

**Step 2** : Select 'Information Centre' from the main menu and then select the 'Team Registration' option

**Step 3** : Fill out the online team registration form. As part of the registration, you have the option of fundraising for a charity in question 19. Simply select 'Osteoporosis Australia' in this section.

Please note: Team registrations can take up to 2 business days to process. You will be contacted by email with more information. If you do not receive an email within this time frame, please contact the festival office at [info@sydneyrunningfestival.org](mailto:info@sydneyrunningfestival.org)

The event organisers have set minimum fundraising targets for each race category. Participants are eligible to receive a rebate on the entry fee if these targets are met.

We encourage all participants to smash these targets! To view the targets visit:

<http://www.sydneyrunningfestival.com.au/default.asp?PageID=14483>