



# Run for OA

osteoporosis australia

# and exercise your bones!

at the Blackmores Sydney Running Festival  
September 21st 2008

Osteoporosis Australia is delighted to be part of the Blackmores Sydney Running Festival again in 2008. We encourage all participants to take full advantage of the opportunity to raise money for Osteoporosis Australia and receive a rebate on your entry fee for reaching a fundraising target!

Join our team captains, Guy Leech (Fitness Guru & Ex Ironman Champion) and Selina Gilsenan (Vice Captain NSW Swifts & Ex National Player) in building strong bones while having fun & getting fit!



## Amounts you need to raise to 'run for free':

- The Sunday Telegraph Family Fun Run 4km: \$233
- The Sunday Telegraph body+soul Bridge Run 9km: \$333
- Blackmores Half Marathon: \$533
- Blackmores Sydney Marathon: \$900

Running for Osteoporosis Australia has never been easier – simply use your fundraising page, set up automatically by Go Fundraise when you register, and let all your friends know you are raising money to support Australian bone research and national awareness campaigns.

## Prizes for the highest fundraisers:

Osteoporosis Australia (OA) is delighted to announce that the top three fundraisers from the Blackmores Sydney Running Festival raising money for OA will receive a \$300, \$200 and \$100 gift voucher courtesy of Rebel Sport. Additionally, thanks to Asics, the top OA fundraiser in each of the four BSRF events will also receive a \$200 Asics shoes voucher.

Best of luck training for your chosen event and in your fundraising efforts! Remember, there is an event for everyone at the BSRF with the 4km family run/walk, the 9km Bridge run, the half and full marathons. See you at the Osteoporosis Australia Tent in the Recovery Village after your run!

## Entry details...

For entry details, see the event website: [www.runthebridge.com.au](http://www.runthebridge.com.au)  
Please ensure you choose **Team Type: Charity** and **Team Name: Osteoporosis Australia – Strong Bones Team** in the drop down boxes at the bottom of the online entry details page. All team members will get an Osteoporosis Australia 'Exercise your Bones' t-shirt FREE to run in.  
If you wish to enter your own corporate team please email: [devans@osteoporosis.org.au](mailto:devans@osteoporosis.org.au)



The RUN that's FUN  
for everyone!

