



Blackmores Sydney Running Festival

Osteoporosis Australia

Bone Runners Information

Thank-you for considering to join the Osteoporosis Australia team, and helping us to raise funds for medical research into osteoporosis.

All monies raised from the event will go towards funding research scholarships to help us better understand osteoporosis.

How the Fundraising Works

- Click on the Osteoporosis Australia Registration Form (other PDF). Fill it out and return it to us. This will register you with Osteoporosis Australia as an official Osteoporosis Australia runner in the Festival.
We will then register you with the Blackmores Running Festival and pay your entry fee for you. **There is no need for you to register separately with the event organisers.**
- We'll also send you a confirmation email with some fundraising tips, and a sponsorship form to use when signing up your sponsors.
- We are asking team members to raise minimum amounts, but we're happy for you to raise more than this – there'll also be prizes for the people who raise the most money:
 - **4km Family Fun Run:** we ask you to raise a minimum of \$100.
 - **9km Bridge Run:** we ask you to raise a minimum of \$150.
 - **Half-marathon:** we ask you to raise a minimum of \$200.
 - **Marathon:** we ask you to raise a minimum of \$250.
- All team members will go into the draw for prizes, to be drawn three weeks after the event (October 15). Details of the prizes will be announced soon. There will also be separate prizes for the top three fundraisers – those who raise the most money.

Before The Day

- Three weeks before the event, we'll contact you with details about collecting your race kit for the day.



On The Day

- Osteoporosis Australia will have a tent in the recovery village. Come and visit us there, cool down and pick up a free drink.
- Details and times of each event can be found at the Blackmores Sydney Running Festival website: www.runthebridge.com.au

Training

- Training is much easier to do – and more fun – when you can do it with others. It's also fun to do the run on the day with friends or family. So if you can, encourage others to join you.
- For some great training tips you can visit the Blackmores Sydney Running Festival website: www.runthebridge.com.au

After The Race

- Once you have completed the event and collected the money from your sponsors, the monies raised, together with Sponsorship Forms can be sent to:

**Running Festival Collection
Osteoporosis Australia
GPO Box 121
Sydney NSW 2001**

- We suggest that to make collection of monies easier, payment of the total amount raised is made by cheque or credit card. Details can be completed on the Sponsorship Form. Receipts will be forwarded to each of the individual sponsors from Osteoporosis Australia. If you are not able to make payment by cheque/credit card, please call our office on 02 9518 8140 and we can make other arrangements.
- We would ask that all sponsorship monies please be collected and sent to us within two weeks of the event – Monday October 8, 2006. Prizes will then be drawn on Monday 15 October 2006, and winners will be announced on the Osteoporosis Australia website, and notified by telephone and email on that day.
- All your sponsors are able to receive separate receipts. They will be posted to sponsors individually after your sponsor sheet is returned to Osteoporosis Australia following the event.

Thank-you for supporting Osteoporosis Australia!
Healthy Bones for all Australians For Life