



27 OCTOBER 2019

FOURTH YEAR - RELC FUN RUN/WALK!!

Bigger and better than ever before! It's our very own 10km run/walk or a 5km run/walk – you choose the pace! Or not quite your cup of tea? Then we'd love you to volunteer to help on the day and join in the fun and frivolity.

Walkers, joggers, runners and helpers are all encouraged to join in the fun of a healthy family-friendly event and raise funds for a great cause!

WHAT:

RELC Fun Run/Walk. Choose from the 10km run/walk, 5km run/walk or volunteering to be a helper. This event has something for everyone. Celebrate your achievement with a BBQ at the park provided by the Club after the run/walk! We'd love it even more if your family joined in the fun, too. Make sure everybody registers so we know what numbers to expect.

WHEN:

Sunday morning, 27 October 2019. Be on the start line at 8.30am.

WHERE:

Memorial Park, Meadowbank plus a circuit between Meadowbank and Rydalmere Ferry Wharf.

HOW:

Register at either the Fitness Edge or Club reception, fill out the paperwork, and pay your \$10 donation.

We have a fundraising goal of \$7,500. If you, your family and/or friends would like to help us reach this goal please donate via the Ryde-Eastwood Leagues Club fundraiser profile page on the Jeans for Genes website and follow the prompts:

<http://www.jeansforgenes.org.au/fundraiser/ryde-eastwood-leagues-club-1> or scan the code:



YOUR GOAL MIGHT BE TO:







- Walk for 5km or 10km
- Run all the way or
- Just keep fit
- Help raise money



**RYDE-EASTWOOD
LEAGUES CLUB**



EVERYTHING YOU NEED TO KNOW

-  Meet at Memorial Park at 8.00am for an 8.30am start, check out the route map and look out for markers along the way
-  Get the train to Meadowbank & walk about 500m down either Bank St or Meadow Cres to Memorial Park
-  There is parking at Meadowbank Ferry Wharf or on Meadow Crescent right next to the park as indicated on the map
-  There is a kit and first aid attendant at the BBQ area and at the 10km turnaround point as indicated or call 000
-  We'll provide drinking water along the way and have bottled water when you finish
-  Toilet stops are as indicated on the map—probably best if you go before the run/walk!