

# ALBERT PARK LAKE 2011 RUN FOR STRENGTH



MUSCULAR  
DYSTROPHY  
RESEARCH  
FOUNDATION



MUSCULAR  
DYSTROPHY  
RESEARCH  
FOUNDATION

**NEWSLETTER No.6 (13/02/2011)**

## **FINAL CALL - 7 DAYS TO GO**

With 7 days to go, we have already surpassed last year's attendance record and registrations are still flowing fast. We are looking forward to a fun filled day which apart from the walk and runs, will include an array of activities such as face painting, live entertainment, sausage sizzle and much more.

### **FAST FACTS FOR NEXT SUNDAY (20/2/11)**

**PARKING :** All day parking is available for \$2 at the Aughtie and Aquatic Drive car parks. (Melways Ref 57 H3) . Plenty of other parking available around Albert Road.

### **SCHEDULE**

**8.00AM-8.30AM** – ARRIVE AT ALBERT PARK LAKE (PALMS LAWN AREA)

**8.00AM-9.00AM** – ENTRANTS WHO ORDERED TOPS CAN COLLECT FROM ADMIN AREA

**8.00AM-9.00AM** – ENTRANTS HAND IN PERSONAL SPONSORSHIPS TO SPONSORSHIPS DESK. ALL DONATIONS TO BE IN A SEALED ENVELOPE WITH SPONSORS LIST. PLACE YOUR NAME ON FRONT OF ENVELOPE.

**8.40AM-8.55AM** – STRETCHING AND WARM UP SESSION WITH OUR FAVOURITE INSTRUCTOR - CELESTE

**9.00AM** – 10KM RUN STARTS

**9.03AM** – 5KM RUN STARTS

**9.05AM** – 5KM WALK STARTS

**9.30AM-MIDDAY** – SAUSAGE SIZZLE (GOLD COIN DONATION)

**10.00AM-MIDDAY** – FREE FACE PAINTING

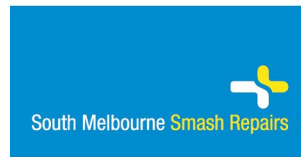
**10.15AM-11.15AM** – BE ENTERTAINED BY 3 OF MELBOURNE'S FINEST PERFORMERS AS THEY GET TOGETHER TO GIVE US SOME FANTASTIC LIVE MUSIC. ANTHONY JAYE, JOEY DEE AND MICHELLE BERNER HAVE KINDLY DONATED THEIR TIME TO ENTERTAIN US ALL. GREAT PERFORMERS NOT TO BE MISSED !!

**11.15AM** – RUN FOR STRENGTH RAFFLE DRAW - TICKETS ARE \$2 EACH OR 3 FOR \$5 AND CAN BE PURCHASED ON THE DAY.

**MIDDAY** - FINISH

# www.challengemd.org/runforstrength

## PROUD SPONSORS



MotorOne

SaleFest Advertising

Modeline Hair Studio

Fleet Trades