



Participate in **Run Melbourne**

Earn **GREAT** rewards

**Change the lives** of  
Australians living with Crohn's  
and colitis!

**Be rewarded for being a part of Melbourne's biggest Fun Run!**

### What?

- ✦ Open to everyone, **Run Melbourne** is Melbourne's largest Fun Run!
- ✦ Register to participate and **accept donations online through Everyday Hero** (<http://www.everydayhero.com.au/>)
- ✦ Ask friends, family and colleagues for their support - raise money and earn **GREAT REWARDS!** (see over)

### When?

- ✦ **Run Melbourne** takes place on Sunday, June 28<sup>th</sup> 2009

### Why?

- ✦ Have fun, raise money and be rewarded!
- ✦ **All money** raised will go towards **vital research** and **support programs** for people living with Crohn's disease and ulcerative colitis.
- ✦ Set yourself a 5km, 10km or half marathon challenge, and **enjoy your FREE training program!**

### How?

1. Enter online at <http://www.runmelbourne.com.au/>
2. Set up your fundraising page through partner site **Everyday Hero**
3. **Choose Crohn's & Colitis Australia™ as your beneficiary charity** (by searching "colitis")
4. CCA will send you your **Training Pack**, and **fundraising tips**
5. As our way of saying 'Thank You' for all your hard work, **you will receive great rewards!**

## **Crohn's & Colitis Australia's** **"Changing Lives Challenge"**

**Register and receive a FREE Personal Training Program valued at \$250!**

CCA has partnered with **Glow Fitness Online** ([www.glowomensfitnessonline.com.au](http://www.glowomensfitnessonline.com.au)) who have created two programs especially for CCA's Run Melbourne Changing Lives Challenge, **usually valued at \$250 each!**

Every participant will receive one of these programs **FREE**, as well as ongoing fitness tips leading up to the race.

As soon as you register, CCA will contact you with an Introductory Pack, where you can select your level of fitness to receive either:

- ✦ **5km Beginner Training Program**
- ✦ **5km Improver Training Program**

## **GET INVOLVED!**

**Register online with Everyday Hero**  
<http://www.everydayhero.com.au/>

**If you have any questions, please call Crohn's & Colitis Australia™ on 1800 138 029**  
Or visit [www.crohnsandcolitis.com.au](http://www.crohnsandcolitis.com.au) for more information

As our way of saying THANK YOU, be REWARDED!  
**The more you raise, the bigger your reward!**



Raise between \$250 and \$499 in online donations  
Receive an **ADIDAS ESSENTIALS GYM BAG**



Raise between **\$500 and \$999** in online donations  
Receive a **GOLD CLASS VILLAGE CINEMA VOUCHER**



Raise between **\$1000 and \$1999**  
in online donations  
Receive a **NEW RELEASE DVD PACK**



Raise between **\$2000 and \$2999**  
in online donations  
Receive an **APPLE IPOD NANO 8GB**



Raise between **\$3000 and \$4999**  
in online donations  
Receive a **TOMTOM ONE 3.5" GPS**



Raise between **\$5000 and \$9999**  
in online donations  
Receive a **WII CONSOLE AND GAMES**



Raise over **\$10,000**  
in online donations  
Receive a **32" LCD TV**