Active 4 Allowah

Big Day Out

Join Active4Allowah
Run to Make a Difference!

Set your goal, run at your own pace, and complete your last laps at our fun-filled event! Whether you're in it for fun or aiming for a serious challenge, every step helps support kids with complex disabilities at Allowah.

Fun Runners: Walk, jog, or run the 1km or 2km loop at Big Day Out as many times as you like.

Serious Runners: Set your distance goal (5km, 10km, or more), complete most of your run before the event, and finish your last laps with us.

Spectators & Supporters: Cheer on the runners, enjoy the BBQ, and help us reach our fundraising goal!

SATURDAY 5 APRIL

When: from **10am - 3pm**

Where: George Kendall Riverside Park, 38 Spofforth St, Ermington NSW 2115

HOW TO GET INVOLVED:

1 Sign up and set a goal

Scan the **QR code**, sign up and set your goal as an individual or join/start a team.

2 Share your passion

Ask your friends and peers to support your efforts by donating on your fundraising page.

3 Start your challenge!

Start your chosen challenge and track your KMs as you go. Finish it off at our Big Day Out event on 5th April with us or remotely!

Got questions?

Email supportus@allowah.org.au or learn more at **active4allowah.raiselysite.com**

Allowah
for Kids, Teens & Young Adults
with Complex Disabilities & Healthcare Needs