Catherine House Inc.

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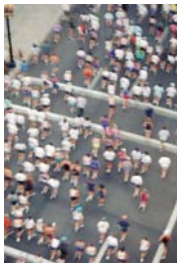

Did you know that Catherine House has been 'running' for 20 years?

That's right! This year we are celebrating our 20th birthday, a feat of which we're very proud.... but we're not resting on our laurels, there are plenty of legs left in us yet!

In fact our legs (and we hope, yours) will be put to good use by making the 2008 Catherine House City-Bay fun run team bigger and better than ever. We're asking you, as previous or new participants, to join the team!

You can run, jog, walk or meander the 12km, 6km or 3km circuit.

Children and their parents; adults and their partners; workers and their colleagues; in fact, all and sundry are invited to join in a morning of fun, exercise and camaraderie.

By participating in the Catherine House City-Bay Fun Run team on **Sunday 21 September**, you will be a part of a special group. You'll receive a Fundraising kit with all the information you need to be part of this event, a Catherine House race t-shirt (or singlet for runners), a hearty barbecue breakfast at our own Wigley Reserve tent site and you'll finish the day with a feel-good factor to boot!

All we ask is that you cover your standard registration fee and undertake to generously raise $125 for ***Sagarmatha***, **our Vocational Education and Employment Centre**.

So why not.....

- **Double up!** Encourage your child, partner, neighbour, colleague, or fellow student to participate with you. Not only will more funds be raised for ***Sagarmatha,*** but you will have your own personal inspiration walking or running right alongside you.

- **Register early!** The earlier you get on board, the earlier we can send you your kit of goodies.

- **Bit shy? Go on and think big!** Some participants are reluctant to go beyond their normal sphere of donors, preferring to ask immediate family & close friends only. This is fine, and we are most grateful for **all** contributions. But for those who would like some help to "think outside the square" when it comes to fundraising, we have some great ideas to help increase your circle of donors. Want to know more? Register by email and your information pack will include tips designed to help you help us.

At Catherine House we've been running for 20 years..... How about joining us?

Take the first step in joining the **Catherine House "20 Years & Running Strong" Team** for this year's City-Bay Fun Run by simply emailing your name and postal address to event@catherinehouse.org.au or call Gina on 8232 2282.