



Sunday Mail City-Bay Fun Run

Sunday 19 September 2010

Help raise funds for the Motor Neurone Disease Association of SA

The Sunday Mail Fun Run now presents a great opportunity to be part of the Fun Run and support a charity of your choice. Last year, nearly \$10,000 was raised for the MND Association by our supporters who ran or walked in the Fun Run.

Entry Options

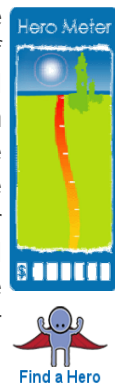
To enter, you can register online or complete and post an entry form. Visit www.city-bay.org.au. Entry forms are printed in the Advertiser, Sunday Mail or call the MND office.

If you wish to form your own group or enter as an individual, the Sunday Mail together with Everyday Hero provides you with the opportunity to create your very own personalised online fundraising page. Visit www.city-bay.org.au

Fundraising Option

We encourage you to enter the Fun Run with family and friends and obtain sponsorship that will benefit the MND Association. You can either run or walk in this event.

In just minutes, you can select the *MND Association* as your charity of choice, upload images, add inspirational words to build your own page so you can raise funds for the MND Association. Once you are happy with it, you can approach your friends, work colleagues and supporters by emailing them the unique link of your webpage or telling them about it.



Wear an MND singlet

'I'm Running to Beat MND'



Front



Back

We are looking into purchasing a singlet or similar as shown above. Walk to D-Foot MND t-shirts are also available. To gauge interest, please contact the MND office on 8234 8448.

MND Sausage Sizzle

Following the Fun Run, join the MND Association and other Fun Run participants at the free MND sausage sizzle at Wigley Reserve, Glenelg.



Have fun and thank you for supporting the MND Association.

If you have any questions or would like to join a group, please contact the Motor Neurone Disease Association of SA Inc on 8234 8448.

MOTOR NEURONE DISEASE ASSOCIATION OF SA INC

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