



Looking to participate in the 2020 Great Ocean Road Running Festival?

Join the **River's Gift community run training program** and receive professional training in a supportive team environment for the 44km, 23km, 14km and 6km events on 16-17 May 2020.

A great way to get fit and meet new friends whilst supporting a worthy charity dedicated to *Stamping Out SIDS*.

River's Gift 
Stamping Out SIDS



44km and 23km Program

Wednesday 29 January 2020

Program duration: 16 weeks

Registration fees:

44km: \$12.50/week or \$179*

23km: \$11/week or \$149*

Individual fundraising
target: \$200

- Wednesday nights, 6-7pm at Landy Field, Geelong Waterfront and Bellarine Peninsula (as scheduled).
- Saturday mornings, from 7am at Barwon River, Geelong Waterfront, Surf Coast and Bellarine Peninsula. Venue changes weekly (as scheduled).

Registration fee includes professional coaching and support for all fitness levels across all distances, River's Gift running singlet and fundraising support. **Run program registration fee doesn't include entry to Great Ocean Road Running Festival. To find out more visit riversgift.org or call Karl Waddell 1300 RivGift.*

Not able to attend our training?

You can still contribute to River's Gift by wearing a River's Gift singlet whilst you train and participate in the Great Ocean Road Running Festival. Order your singlet today riversgift.org/shop

River's Gift 2020 Great Ocean Road Running Festival Campaign is proudly supported by Geelong Homes.



On November 7th, 2011, River Waddell passed away suddenly and unexpectedly in his sleep to Sudden Infant Death Syndrome (SIDS). Help River's Gift keep the world turning for others and make a profound impact in the pursuit of *Stamping Out SIDS*.

River was a healthy and happy baby boy, with no symptoms of any illness. He was put to bed in his cot, on his back, on the night of 6 November – he was slept safely as per the recommended guidelines, breastfed by his mum who didn't drink or smoke – yet still fell victim to this devastating condition.

River's Gift was founded out of tragedy and grief by River's parents, Alex Hamilton and Karl Waddell, in the months following his tragic passing at only 128 days of age. Now 8 years on, River's Gift has become one of Australia's leading SIDS charities, funding world-leading scientific SIDS research and delivering safe sleep education to our community.

We'd love you to become a part of the River's Gift family and join our pursuit in creating a safer world for our infants.

River's Gift – *Stamping Out SIDS*.

riversgift.org

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