

Head to Head Walk Run Crescent Head



TIME IS RUNNING OUT!!

Time is running out to register for the Head to Head Walk Run Fun Day being held on 11 September at the beautiful beach at Crescent Head.

If you are looking for something different to do as an individual or as a part of team or family, why not come and have some fun in the sun and leave your footprints in the sand. Dress up for the occasion or dress down, but make sure you stay hydrated and bring some sun protection.

During the course of the event there will be designated check points for the 2.5km, 5km, 7.5km and 10km. At each point, an event representative will greet you with a bottle of water, sun screen and of course, there will be first aid on hand if needed.

We have participants of all ages set to attend.

If you start the event but feel you cannot finish, don't be afraid to ask for help, we will have two support vehicles on hand to take you back to the start where you can enjoy the entertainment and food on hand and welcome in the participants as they cross the line.

Like and share our facebook page and help us to grow our followers and keep up to date on where we are up to on this year's event **or** visit our website at headtoheadwalkrun.org.au

Joanne Watts
Event Coordinator
Head to Head Walk Run
(02) 6566 0051
www.headtoheadwalkrun.org.au



Kempsey Domestic Violence Monitoring Committee

K•D•V•M•C

