

## Wouldn't Miss it for Quids

The Head to Head Walk Run is now into its 4th year and has already developed a loyal following with many participants from previous years eager to test themselves again – many have their online registrations locked and loaded ready for a fantastic day.

The camaraderie amongst participants is inspiring, everyone waves and says hi as they pass each other on the beach.

Community events like this are great to be involved in especially when the funds raised are supporting local charities. This years chosen charity is the Kempsey Domestic Violence Monitoring Committee.

The Head to Head Walk Run caters for all ages and fitness levels with the option to walk or run and to select the 5km, 10km or 20km course. With the beach being flanked by National Park on one side and the ocean on the other it creates a scenic backdrop for a mornings exercise.

The Head to Head is the major fundraiser for the Crescent Head Lions Club and enables the group to continue its work in supporting local communities and causes. Over the past three years the event has steadily grown and we see this year as not exception.

This year we are giving back an envelope with a cash Prize for the Youngest, Oldest & the First participant in 5km, 10, & 20km across the line. And the Sliders café will be opened for the early birds

“Whether you walk, run or stroll on the course it’s up to you and it really doesn’t matter how fit you are, it’s a great opportunity to kick start your fitness after the winter hibernation. When you finish your section you can relax on the lawn and listen to the music or explore the shops in the village, it’s up to you.” said Event Co-ordinator Jo Watts.

As with many of the events held on the coast, this is fast becoming a ‘must do’ for locals and visitors alike and brings additional support to local businesses. The Head to Head Walk Run is being held on Sunday 11 September and registrations are now open at [www.headtoheadwalkrun.org.au](http://www.headtoheadwalkrun.org.au)

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Kempsey Domestic Violence Monitoring Committee

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