

Head to Head Walk Run Crescent Head



These are the days!!!

Crescent Head beach will be awash with colour for this year's Head to Head Walk. We are encouraging all participants to dress up in the colours of the rainbow and really throw yourself into the theme of the day supporting Baylins Gift.

July and August are the perfect months of the year to concentrate on your training with the cooler weather and mild days so we encourage you to enjoy a beach walk or run and get in shape for this year's event.

Plan ahead for race day and be at the registration tents by 7am on race morning to collect your bib, wrist band and have your registration marked off and do some individual or group warm ups. The walk/run will be underway at 8am sharp!!

Remember, registrations are now OPEN!!! So jump online at headtoheadwalkrun.org.au to register and follow the prompts.

This year again there are four distances to choose from: 5km 10km 15km & 20km making sure that there is a distance to suit every level of fitness and will hopefully attract many more entries. The Head to Head Walk Run is a great way to spend a Sunday morning strolling, jogging or for the more competitive entrants, a run.

Crescent Head beach offers a view that is surpassed by none with the added bonus of the possibility of seeing whales or dolphins.

The 2018 event is proudly supporting Baylin's Gift one of the MacLeay's more deserving community causes that can make so much difference too many families' lives. The founder Hayley Hoskins is passionate about growing her message and is excited to use this year's Head to Head Walk Run as a platform to do this.

Members of the Crescent Head Lions Club will support all participants along the way with water, sunscreen, or fruit to keep everyone hydrated and sun safe plus we have two vehicles available to drive you back if you are tired or injured or just need a lift back to base.

There is one thing Lions Club officials ask the public is please **do not** bring your pets this is a **pet & smoke free** event for the safety of other participants.

So, join a group of fun loving, community minded people on the beach at Crescent Head on August 19 but you need to register NOW...don't miss out!

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If you aren't the energetic type but still would like to be involved with the Head to Head committee we can certainly use as many volunteers as possible.

For further information on becoming a volunteer or a sponsor it's never too late visit www.headtoheadwalkrun.org.au to register or for more information.

Follow us on Facebook 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