

# The Sun-Herald CITY2SURF



In partnership with



Join the "NIVEA and SISTER2sister" Team and run, jog or walk the CITY2SURF on **Sunday 8th August, 2010**. Have fun, get fit and help raise awareness and funds for a worthy cause, while taking in the vibe and views over the 14km course from the CBD to Bondi Beach.

Here's how to in 4 Easy Steps:

## STEP ONE: REGISTER FOR THE CITY2SURF

Go online and register to enter the race at [www.city2surf.com.au](http://www.city2surf.com.au).

You will be asked "Are you registering as party of a team?" Please answer "I would like to search for an existing team", and then type in NIVEA SISTER2sister and click on "Join".

You will then be asked to nominate which start group you wish to enter. If you have no prior qualifying race times but you want to run/jog most of the course, we recommend you **choose the YELLOW group**. We will designate a meeting place for the YELLOW group near the start line. If you want to run all the way, we suggest that you choose the BLUE group. The Back-of-the-Pack ORANGE group is very cluttered and slow with prams, children, etc.

If you go online and register for the race the **entry fee is \$60** for adults and your race pack will be conveniently posted to you directly.



## STEP TWO: JOIN OUR FUNDRAISING TEAM

Go online and join our fundraising team through our Hero Page at [www.everydayhero.com.au/nivea\\_sister2sister](http://www.everydayhero.com.au/nivea_sister2sister). The password required is **sister**.

Then send a link to this site to your family and friends asking for their support by making a donation to direct to Life Changing Experiences Foundation (SISTER2sister).

## STEP THREE: ORDER YOUR TEAM T-SHIRT

Email Estelle D'cruz (Estelle.D'Cruz@Beiersdorf.com) with your t-shirt size and address for t-shirt to be posted by **FRIDAY 9th July**

## STEP FOUR: INVITE FRIENDS, FAMILY AND COLLEAGUES

Anyone and everyone is welcome to register and join our NIVEA SISTER2sister Team and run/walk the City2surf with us. The more the merrier, and the greater the awareness for our cause! However, due to the cost of producing t-shirts we can only supply them to friends/relatives who are willing to actively fundraise using the Everyday Hero website.

## FINALLY: WE ARE SEEKING VOLUNTEERS TO HELP WITH REFRESHMENTS AT END OF RACE

Please let Estelle D'Cruz know if you would like to volunteer as part of a support crew providing refreshments at the end of the race.

**Thank you for helping us do something beautiful for SISTER2sister.**