

5KM DAY CHALLENGE

Thank you for joining our Rancan Sisters Fitness 5KM A DAY CHALLENGE Team for MAY 2014.

You are supporting the CHRIS O'BRIEN LIFEHOUSE charity – improving cancer treatment for all Australians
www.mylifehouse.org.au .

Thank you for your donation which was included in your registration fee and thank you to those who opted to donate extra.

You are able to donate more and have your friends support you, by donating on our **RANCAN SISTERS FITNESS EVERYDAY HERO FUNDRAISING PAGE**. www.everydayhero.com.au. Search Rancan Sisters Fitness.

Put these Dates in your Diary – WE WANT TO SEE YOU! Wear Your 5KM Team Challenge Shirt

- TUESDAY 29TH APRIL at 6.30pm at RANCAN SISTERS FITNESS – FOOD COACH Info seminar – Tastings.
- *MEET AT 5.45AM we LEAVE Right on 6AM for the Walks*
- Thursday 1 MAY – 5.45AM – Meet at Rancan Sisters Fitness – WEARING 5km Challenge Long Sleeve Shirt TEAM PHOTO & 6AM TEAM 5KM WALK – Adele takes the fast walkers , Lisa will take the slower group.
- Thursday 8 MAY – 5.45AM for 6AM TEAM 5KM WALK – Adele takes the fast walkers , Lisa will take the slower group.
- Thursday 15 MAY – 5.45AM for 6AM TEAM 5KM WALK – Adele takes the fast walkers , Lisa will take the slower group.
- Thursday 22 MAY – 5.45AM for 6AM TEAM 5KM WALK – Adele takes the fast walkers , Lisa will take the slower group.
- Thursday 29 MAY – 5.45AM for 6AM TEAM 5KM WALK – Adele takes the fast walkers , Lisa will take the slower group.
- **SATURDAY 31 MAY – 6.45AM** – Meet at Rancan Sisters Fitness – WEARING 5km Challenge Long Sleeve Shirt **GRAND FINALE with Breakfast Treats TEAM PHOTO & 7AM TEAM 5KM WALK** – Adele takes the fast walkers Lisa will take the slower group

INCLUDED IN YOUR REGISTRATION PACK:

- Waiver to be signed and returned to Rancan Sisters Fitness BEFORE 1 May 2014
- 1 X LONG SLEEVE 5KM TEAM T-SHIRT – Limited Edition
Wear Your team Challenge Shirt for our Photo Shoot - have a pic taken where ever you are walking and post it on our Face Book page & OR email it to us!
- 1 X PERSONAL LOG SHEET – record your daily 5km in May and hand in at the end of the challenge to go into the draw to win prizes.
- You will have received your FOOD COACH login details by email. You can start right now on FOOD COACH – your healthy eating plan with menus, shopping lists, recipes and meal plans.
Online program .
- FOOD COACH INFORMATION EVENING: TUESDAY 29TH APRIL at 6.30pm at RANCAN SISTERS FITNESS.
- 10 X LOYALTY POINTS for participating in the challenge, go to the APP STORE and download RANCAN SISTERS FITNESS APP to add loyalty points 100points = \$100 off your next course.

Have Fun on our Challenge and be safe!

Adele & Lisa xx