

Join us on an

ACTIVITY CHALLENGE



Active
4
Allowah

Walk, run or wheel and
raise funds to support
kids with complex needs!

#Active4Allowah

SCAN TO START
FUNDRAISING





How you can get involved

active4allowah.raiselysite.com



1 Set up your own page

Scan the QR code, sign up to Active 4 Allowah and set up a goal as an individual, team or organisation.

2 Share your passion

Ask your friends, family and peers to help support Allowah by donating to your fundraiser.

3 Start your challenge!

Start your activity challenge and track your KMs as you go. Let's get Active 4 Allowah!

SCAN TO START FUNDRAISING



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Some Challenge Ideas

TEAM

Running laps around church hall
(1,000km goal)

10K for Allowah (10,000km goal)

Morning Walks for Allowah
(100km goal)

House challenge (2,500km goal)

Running group for Allowah
(5,000km goal)

Register and fundraise today at

active4allowah.raiselysite.com

INDIVIDUAL

42km Marathon

21km Half-Marathon

14km City2Surf fun run

70km for Allowah (celebrating
70 years of Allowah)

50km Morning Walk

100km Dog Walk

100km Training for
Marathon

