

29 June 2011

Challenges for Local Charities

Photo Opportunity – 9.00am Friday, July 1st at B&T Garages, 68 Lancaster Drive, Goonellabah with Our Kids Representative, Fitness 300 Challenges for Challenge participants ready to tackle their challenges.

This weekend is the start of the Fitness Challenges for a local Bootcamp group, who are raising funds while competing in the challenges. Fitness 300 is a Lismore Bootcamp that trains on Tuesday, Thursday and Saturdays each week and decided not only to train to get fit but train to complete challenges ...and all for Charity.

The Charities they chose were the Kokoda Challenge Youth Programme and Our Kids.

The Kokoda Challenge Youth Programme teaches young people that their achievements in life are directly related to the effort they contribute, whether at school, work, professionally or in personal relationships and the consequences of choices they make, will have a profound effect on their future happiness, lifestyle and what they achieve

Our Kids is the Lismore based charity which raises funds for Paediatric equipment for local hospitals in the Northern region.

The Challenges chosen is the Kokoda Challenge, a 96km course to be completed in a 39 hour time limit; the Gold Coast Marathon, where they will attempt either the 10km and half marathon this weekend; the City2Surf, which is a 14km run from Sydney's Hyde Park to Bondi Beach in August and finally the last challenge is the Lismore Samson Fitness Challenge, a gruelling team event held in March 2012 for Our Kids.

Local sponsorship was sought for the Bootcampers to compete in the four challenges with over \$4000 raised so far for charity.

Malcolm Eyeington, Fitness 300 Team Leader, said "Training for challenges helps people to focus and getting sponsorship for us to complete the challenge is a great incentive to stay fit but also to help children in our local community.

Brett Cramp from B&T Garages and one of the Bootcampers agreed saying "It is a great way in which those in the fitness world can get behind a local charity and be challenged at the same time. I've signed up for all four challenges."

"There are many people in Lismore who enjoy keeping fit and this is a great initiative to not only keep fit but also help support local children at Lismore Base Hospital," Rebekka Battista, Our Kids Fundraising Coordinator said.

"I have even been dragged into train and will compete in the Gold Coast Half Marathon this Sunday, which has certainly kept me focused and its all for a good cause," Rebekka said.

If you would like to support the Fitness 300 Challenges for Charity Team please call the Our Kids Office on 6620 2705 or Rebekka Battista on 0438 417 085 or Malcolm Eyeington on 0438 655 047.