

walk or run in

Geelong  
Advertiser

**RUN4  
GEELONG  
2024**



**A RACE FOR  
BETTER HEALTH**

with Leisure Networks



As this year's official inclusion partner of Run4Geelong, we are taking expressions of interest from people who would like to participate in a 8 week training program, which will conclude with customers completing the new 3km course on Sunday 10th November.

## PROGRAM DETAILS

**AGE** 14+ years

**COST** \$30 Event Registration

### DAY/TIME

Every Saturday starting 15th September until Sat 2nd November.

*(Program times will vary slightly)*

Event on Sunday 10th November

### NDIS OUT OF POCKET EXPENSES

\$1360 (Estimate Only)

### DROP OFF/PICK OFF LOCATION

Leisure Networks

4 Verner St, South Geelong



#getactive



MODERATE LEVEL OF ACTIVITY



### To register your interest or learn more

Please email [assist@leisurenetworks.org](mailto:assist@leisurenetworks.org) or call our office on 5222 3911. Not a Leisure Networks customer? No worries! Call our friendly customer connect team on. 5222 3911 and they will get you onboard



# program schedule



**WEEK 1** Sat 14th September  
10:00am - 1:00pm  
Leisure Networks  
4 Verner St,  
South Geelong  
Warm Up  
Activity walk/run  
Cool Down  
Light Lunch afterwards  
*(customers to bring money for lunch)*

**WEEK 2** Sat 21st September  
10:00am - 1:00pm  
Leisure Networks  
4 Verner St,  
South Geelong  
Warm Up  
Activity walk/run  
Cool Down  
Light Lunch afterwards  
*(customers to bring money for lunch)*

**WEEK 3** Sat 28th September  
10:00am - 1:00pm  
Leisure Networks  
4 Verner St,  
South Geelong  
Warm Up  
Activity walk/run  
Cool Down  
Light Lunch afterwards  
*(customers to bring money for lunch)*

**WEEK 4** Sat 5th October  
7:45am - 10:45am  
Park Run at  
Balyang Sanctuary  
Park Run  
Light refreshments afterwards  
*(customer to bring own money)*

**WEEK 5** Sat 12th October  
10:00am - 1:00pm  
Leisure Networks  
4 Verner St,  
South Geelong  
Warm Up  
Activity walk/run  
Cool Down  
Light Lunch afterwards  
*(customers to bring money for lunch)*

**WEEK 6** Sat 19th October  
10:00am - 1:00pm  
Leisure Networks  
4 Verner St,  
South Geelong  
Warm Up  
Activity walk/run  
Cool Down  
Light Lunch afterwards  
*(customers to bring money for lunch)*

**WEEK 7** Sat 26th October  
10:00am - 1:00pm  
Leisure Networks  
4 Verner St,  
South Geelong  
Warm Up  
Activity walk/run  
Cool Down  
Light Lunch afterwards  
*(customers to bring money for lunch)*

**WEEK 8** Sat 2nd November  
7:45am - 10:45am  
Park Run at  
Eastern Gardens  
Park Run  
Light refreshments afterwards  
*(customer to bring own money)*

**WEEK 9** Sun 10th November  
Time to be confirmed  
**Run4Geelong**  
Warm Up  
Activity walk/run  
Cool Down  
Light Lunch afterwards  
*(customers to bring money for lunch)*