



Give a little time, have a lot of fun

Help us to deliver this exciting fundraising event for your community!

**5km & 10 km
Trail Run/Walk**

**VIC Skate Park League
SE Metro Competition**

Kids activities all day

Emil Madsen Reserve

www.mymounteliza.org.au

- Calling volunteers aged 16+
- Short or half-day roles available - run route support, food stall, kids activity and customer service roles
- Volunteer pack with T-shirt, hat, drink and food voucher
- Expected crowd of 1000+ locals

Please call Sarah Nyssen on 0423 833 974 or email whisesarah@yahoo.com.au to volunteer

All proceeds go to Myeloma Australia to help families affected by this blood cancer