



MEDIA RELEASE

Wednesday 15 October 2008

**Don't leave your run too late -
enter the Avon race for research now!**

Do you want to join the community in a fun, healthy morning on the Newcastle Foreshore? Do you want to help raise funds for breast cancer research? Would you like the chance to win some great prizes?

Yes? Then race in with your entry forms for the 2008 Avon race for research.

This event is a 5km fun run/walk and will be held on the Newcastle Foreshore at 9.00am on Sunday 26 October. All members of the community are encouraged to join in and support the Breast Cancer Institute of Australia.

All participants will have a chance to win a prize on Race Day. As well as prizes for the winners of each category, there will be more than 20 spot prizes given away at the official presentation ceremony at the conclusion of the race.

In addition, each participant who completes the course will receive a free Avon sunscreen and lip balm valued at \$20.

You can enter the event online at www.bcia.org.au. Entry forms are also available at Newcastle Permanent or by contacting the Breast Cancer Institute of Australia on 4925 3022.

Hurry! Entries close Monday 20 October.

Avon race for research is proudly sponsored by Avon, Newcastle Permanent, The Herald, Southern Cross Ten and NXFM.

For further enquiries, please contact:

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