

WALK UPSTREAM

to make a difference for a young person at risk



UPSTREAM CHALLENGE Charity Walk-Run

20km or 50km YARRA RIVER Saturday 9 November 2019

WHAT IS THE UPSTREAM CHALLENGE ALL ABOUT?

The Upstream Challenge is all about raising money for charity while having fun. Every entrant is asked to raise a minimum \$200 for their selected charity. No fees are taken from your donation so that **100% of your donation goes DIRECTLY towards supporting young people in 2020 when you select Raise as your charity.**

THE COURSE

The course follows the gorgeous Yarra River trails from central Melbourne to Donvale. Go solo, make your own team or join the Raise team *Raise a Sweat* walking 20km.

The course is mostly flat and sturdy (and very, very pretty), so it is perfect whether your challenge is a full or half marathon run, a challenging long walk or just a great day's ramble in support of a valuable cause.

Checkpoints along the way provide you with water, first aid, lollies and a whole lot of enthusiasm. The finish line party is the perfect way to recover and celebrate. There is a free BBQ, the best cold drink of your life, prizes for teams and individuals who raise the most money for their charity, and you can even have a free massage to soothe any aching joints. What's not to love?

WHY CHOOSE RAISE FOUNDATION?

Raise Foundation runs mentor programs for young people who are most at risk of disengaging. Mentoring supports teenagers through tough times and empowers them to become resilient, capable and connected. The power of having someone neutral to talk to, who really listens, is extraordinary.

Did you know that:

- *suicide is the leading killer of young people in Australia? And that 1 in 4 young people have a mental health condition?*
- *the presence of a caring adult is the single biggest predictor of positive mental health outcomes for young people?*
- *the more risk factors a young person faces, the less likely they are to have a natural mentor in their life. Mentors can change thinking and save lives.*

HOW DO I REGISTER?

1. Go to raise.org.au/events, click *Upstream Challenge* and then click [Register Now](#)
2. Enter your details and select *Raise Foundation* in the section: *raising funds for ...*
3. To join the Raise team search for *Raise a Sweat* when you check "join a team"
4. Start fundraising, training and recruiting!

Register and info:

raise.org.au/events



**UPSTREAM
CHALLENGE**