



Everest Challenge May 17th- 23rd

In Australia, more than 1000 children are diagnosed with cancer each year, Cancer also kills more children than any other disease in Australia. Treatment can go for years, can be very intensive and expensive, and puts an enormous strain on the patient and their family.

As a registered nurse, I have witnessed firsthand the challenges families are faced when dealing with childhood cancer. On **May 17th I will be running the Point to Pinnacle course every day for one week to raise funds and awareness for childhood cancer.** The Point to pinnacle course, also known as the world's hardest half marathon, starts from Wrest point casino and finishes at the pinnacle of Mount Wellington. The course is 21.1km long and just over 1,270 metres. Running this 7x is equivalent to running up Mount Everest which is the highest mountain in the world. The challenge will bring me to an elevation gain of 8890m and a distance of 147kms. **All funds raised will be directed to the Tim Blair Run for Kids Foundation, which is a Tasmanian not-for-profit, supporting local families fighting serious childhood illnesses. This includes providing financial and social support for Tasmanian families going through childhood cancer as well as raising funds for vital research.**

I also welcome you to join me for a **5km run/walk on Saturday the 22nd of May at Kingston Park parkrun.** The run will be help raise funds and awareness for the event. The theme of the run is to wear yellow or a yellow ribbon to represent childhood cancer.

You can support the event by donating, sharing the event with family/friends, and participating at the Kingston parkrun. You can directly donate at :<https://www.timblairrunforkids.org/> or by using the QR code. Reference Everest in your payment so we can keep track of funds raised 😊

Any contribution in supporting the Everest challenge is greatly appreciated

Kingston Park park run
5km run/walk for
childhood cancer

Where: Kingston Park park,
Goshawk Way, Kingston, TAS
7050

When: May 22nd at 0845 for
0900am start

No entry cost is required,
register on:
<https://www.parkrun.com.au/register/>

Wear yellow clothing or
ribbon for childhood cancer
awareness and support

QR code for donations
attached below

