

Join Our Team | Join Our Challenge

“Just as you have a dream of running the New York City Marathon, I want to show children in disadvantaged communities across Australia that they are worthy of believing in their dreams and that they can become the heroes of their own stories.”

Roger Rasheed



2019 New York Marathon

Sunday November 3rd



Our commitment is that the money you raise will go directly to our planned South Project which will help disadvantaged children in Adelaide's Southern Suburbs offering them a range of sporting facilities and opportunities.

You will be running the New York City Marathon for those children and that community.

COMPLETED PROJECTS:

Rajah Street Reserve

The Foundation's first key project in Oaklands Park. With additional support from the City of Marion, we raised in excess of \$300,000 to transform a run-down, underused reserve into a multi-use sport and recreation ground that has also transformed the local community and given children of the area new opportunity and new hope.

Secombe Street Reserve

For four decades, children played on a vacant, deserted 4,500 sq metre piece of land. Today, in this Elizabeth Grove community, they enjoy a vibrant sports hub and playing area - thanks to a unique collaboration between our Foundation and the City of Playford. A doorway of possibilities has opened for the children of this community.



In partnership with



A place on our team and a guaranteed marathon spot are limited. So, if you have the dream and the desire, contact Beth Rackham on 0466 395 689 or beth.rackham@keito.com.au

Details correct at time of printing.

The New York City Marathon is the world's largest marathon.

On the first Sunday in November each year, over 50,000 runners hit the New York streets cheered on by over one million spectators.

If New York is on your mind, why not join our team and, on Sunday November 3rd 2019, we'll make sure you are ready for the race of your life.



The Roger Rasheed Sports Foundation

"Through "the medicine of sport", our aim is to develop

better, healthier children and communities by giving vulnerable, disadvantaged children access to diverse sports, by building facilities and providing equipment, as well as training programs, pathways and mentoring from elite athletes.

By joining our New York Marathon team and by committing to raise a minimum of \$3000, you will be giving disadvantaged children an opportunity in life that they may not otherwise have."

No expensive overheads

Our Foundation has no office overheads and no salaried staff. It is totally a volunteer organisation.

That way the money goes directly to our projects and to helping disadvantaged children.

Your commitment to us

A minimum fund-raising component of \$3000.

Our commitment to you is to help you in every way achieve your goal and get you across that Central Park Finish Line.

What you get by joining our team

- A secure place in the 2019 New York Marathon. No qualifying time required. But places are limited.
- Training sessions with like-minded individuals of various fitness levels - but all with the same dream.
- Network with other runners, coaches, team sponsors and previous New York Marathoners.
- Attend team information nights on topics including nutrition, fitness, running program and preparation, injury prevention and management, motivation and goal setting, New York information and travel briefings.
- Group fund-raising events as well as advice on your own fund-raising activities.
- And in New York, be part of all RRSF Marathon Team activities and support program including a pre-race group dinner, experienced on-site hosts, runner's survival pack and importantly, a post-event celebration.
- A special NYC RRSF running top for the big event and a training top for your preparation.
- Personally hosted in New York by Roger Rasheed.



Our expert team will get you to that Central Park finish line.

Fitness & Training Partner Adventure Time Travel

Adventure Time Travel are experts in sports travel, taking group all over the world providing incredible experiences!

Adventure Time Travel will look after your accommodation in NYC providing 3 and 5-nights packages:

- You will have a caring a dedicated contact who will also travel to NYC.
- Your marathon place will be secured by Adventure Time Travel once your package is booked.
- You will be provided with regular updates and information regarding the marathon itself, accommodation, your bib number collection and getting you to the start line etc.

- Closer to the date, you will also receive the official briefing publication from the marathon organisers which details all aspects of the event.
- For ease and convenience, Adventure Time Travel can also help arrange your compulsory travel insurance and any other travel arrangements you may have.
- Roger Rasheed Sports Foundation accommodation packages will be provided by Adventure Time Travel and start from \$3,200 for a 3-night package which includes accommodation, marathon entry, breakfasts, group dinner, RRSF marathon running top and training shirt and more!

Physio Partner Flex Clinic

Flex Clinic is our Physio Partner and Principal Physiotherapist Scott Smith ran the New York City Marathon in 2018 with the Roger Rasheed Sports Foundation.

Scott and his team can provide our runners with information, support and services to help prevent injuries and manage them should you run into any trouble along the way.

08 8361 3355 | flexclinic.com.au

Concrete jungle where dreams are made of,
There's nothing you can't do,
Now you're in New York,
These streets will make you feel brand new.

Alicia Keys - Empire State Of Mind Pt II



ADVENTURE TIME TRAVEL

