

Join Our Team | Join Our Challenge

“Just as you have a dream of running the New York 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



2018 New York Marathon

Sunday November 4th



Our commitment is that the money you raise will go directly to helping these children.

By early 2018 we will have identified our next project and your fundraising will go entirely to that project.

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

RECENTLY 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.



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

The New York 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 4th 2018, 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 2018 New York Marathon. No qualifying time required. But places are limited.
- Access to top-class training programs, facilities and trainers through EFM Health Clubs.
- 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.

Accommodation and Marathon Entry Package, approximately \$2700AUD - excluding airfares.



Our expert team will get you to that Central Park Finish Line.

Fitness & Training Partner
EFM Health Clubs



EFM Health Clubs will be providing exclusive fitness and training support for our team at two levels:

- **Member Level** - a special NY Marathon Group Rate applies. Please ask for details. Includes access to EFM Gyms and a tailored running program. Over the years, EFM has assisted many runners like you achieve their marathon goals.
- **Non-member Level** - if you do not wish to become a member of EFM, you will receive general training tips, access to team training runs and information at our events regarding your fitness and specific marathon training work-outs.
- Through regular catch-ups, EFM's main aim is to keep our team motivated, on track with training and focused on the main game - New York Sunday November 4th.

Travel Partner
Flight Centre



Nothing to worry about either. Your marathon place and three-night New York accommodation package will be handled by Flight Centre.

- You will have a dedicated contact.
- Your marathon place will be secured by Flight Centre, along with regular briefings and information regarding the marathon itself, accommodation, your bib number collection, 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, Flight Centre will also handle your compulsory marathon travel insurance and any other travel arrangements you may have.
- Travel Packages will be provided by Flight Centre. Bookings to be confirmed by February 2018.

Health Care Partner
Sportsmed SA



- As our official healthcare partner, SPORTSMED-SA will provide useful information on critical health and wellbeing issues such as injury prevention, injury management, and nutrition planning.
 - The following SPORTSMED-SA orthopaedic surgeons, sports doctors, physiotherapist and podiatrist are the RRSF NY Marathon Team consultants, who will support you if/when you require treatment and advice during your training.
 - Orthopedic Surgeons: Dr Adrian Bauze, Dr Domenic Leonello and Dr Matthew Hutchinson
- Sports Doctors: Dr Angela Moran and Dr Rob Buckley
Physiotherapist: Patrick Custance
Podiatrist: Nigel Rowe.