

K Per Day Challenge

Lisa Tamati



CanTeen
Supporting young people living with cancer

Cure Kids
TURNING RESEARCH INTO HOPE

You read correctly. Lisa is faced with her toughest challenge of her life, to run the length of New Zealand from Bluff to Cape Reinga. Completing 52 marathons in 33 days (approx. 2200km) all for two extremely worthy causes CanTeen and Cure Kids. The NZ Runs is from the 31st Oct - 3rd Dec 2009. Now it's your turn to take up the **K Per Day Challenge!**

Adults. Are you ready to take up the K Per Day Challenge?

- You are encouraged to register online at www.nzrun.co.nz/myaccount/register
- The objective is to run, walk, swim, cycle, roll at least 1 km per day for 14 days.
- The task is to go and find sponsors who will donate money for every KM you travel during your 14 Day Challenge.

Name _____ Running Cycling Swimming Walking Other

Occupation _____ Date Starting Challenge _____

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
KM														

Sponsor Name	Contact Number	\$ Per Km	or	\$ For Completing the Challenge	PAID YES / NO
Total Pledged					
				Total Collected	



Naming Rights Sponsor



Tasman Toyota

Gold Sponsor



Silver Sponsor

www.nzrun.co.nz