

**GET OUT OF YOUR
COMFORT ZONE
THIS AUGUST**

WITH A NEW VIRTUAL CHALLENGE!



REGISTER YOUR TEAM



**Run or Walk
25, 50 or 100km
Throughout August**



**Get Active
And Feel Great**



**Fundraise For
The Fred Hollows
Foundation**

REGISTER TODAY AT [FREDSBIGRUN.ORG](https://fredsbigrun.org)

FRED'S 
BIG RUN
STEP UP TO RESTORE SIGHT



**The Fred Hollows
Foundation**