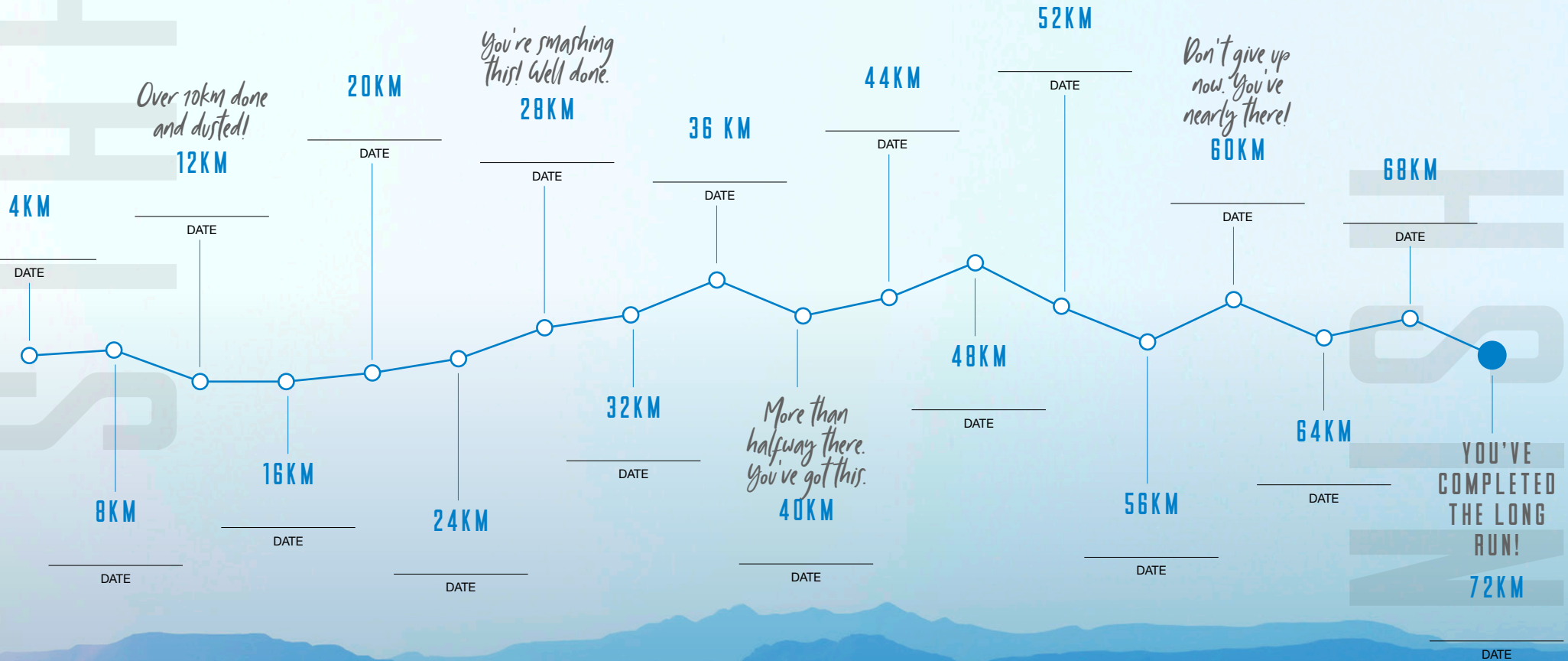


The LONGrun TRACKER

YOUR NAME _____



Run, walk or wheel 72km in September and raise funds to protect men and their families from the impact of prostate cancer.

Each time you complete 4km, enter the date into the tracker and watch your progress.

Don't forget to tell everyone how you are going to help love go the distance.

Share your progress via #thelongrun and ask your friends to share their support.

thelongrun.org.au/

thelongrun@pcfa.org.au



theLONGrun

