



Boot Camp for Camp Quality (your ticket is included)

Gold Coast Marathon (Choose your distance)

Park2Park Fun Run (choose your distance)

Shaw Fitness Family Challenge—FREE
(Get the kids involved)

Your Focus on Fitness registration includes team shirt, hat and boot camp ticket—Great value!



'BOOT - CAMP QUALITY'

A fun family event catering to all levels of fitness - raising money for children with cancer

camp quality.
laughter is the best medicine.

Sunday 20 June 2010—3.30pm

\$35 adults / \$15 children 3+

(If you are a fun run entrant your ticket is already paid for)



Timothy Molony Oval (Opposite St Mary's Church Ipswich)

Tickets pre paid: Name: Shaw Fitness BSB: 484 799 ACC 070240338 REF: Name and Boot Camp



Dinner at Nando's Riverlink after the Boot Camp—
100% dinner ticket donated to Camp Quality

Sunday 20 June
After the Boot Camp
5.30 or 7.00pm sitting

Tickets pre paid

Name: Shaw Fitness BSB: 484 799 ACC 070240338 REF: Name & Nandos
\$15.00 includes dinner, side and drink

A great way to improve your fitness and spend time with like minded fitness enthusiasts! Beginners through to advanced welcome, even if you have never run before! You will be given all the guidance and advice you need to complete a fun run!

RUNNING GROUPS..... FUN RUNS.....

Gold Coast Marathon—3/4 July

Park2Park Fun Run—25th July

Weekly running groups for Beginners, Intermediate & Advanced runners scheduled for May—July. See registration form for prices. Go to the Upcoming Events Page on the website. The calendar will give you all the dates and you can join the forum to get all the information you need.

Ipswich Hospital & Shaw Fitness Family Challenge

Get your school or kindy involved it's all FREE. Entry, kids running groups, the works all FREE plus great prizes
See separate flyer for information and registration.

Sarah Shaw

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