

Subject: [TeamMONASH™] Melbourne Marathon Update - 8 Weeks to Go

Dear 2009 TeamMONASH™ Melbourne Marathon participant,

Thank you for registering with TeamMONASH™ to take part in the 2009 Melbourne Marathon. With just less than 8 weeks remaining until the event day, we hope your training is going well. In the coming weeks, we will be sending out e-mails with relevant information to assist you with your preparation.

This week's update will cover the following:

- Current team size
- Fundraising for CPEC
- Uniform collection sessions
- Training

Current team size

At present TeamMONASH™ have 189 registered participants. If you have any family and friends who would like to take part in this year's event as part of TeamMONASH™, it is best to get them to register as soon as possible to avoid any disappointment.

Fundraising for Cerebral Palsy Education Centre (CPEC)

CPEC is the official charity of 2009 St.George Melbourne Marathon. This year the organisers aim to raise \$209,000. The total amount of funds raised thus far, is \$97,543. To make a donation or to find out more information on how you can get involved in raising funds for this good cause, please click on the following link.
<http://www.everydayhero.com.au/event/acrosstheline09cpec>

Uniform collection sessions

Uniforms are now available for collection. Please refer to the link below for further details about locations and times.

<http://sport.monash.edu.au/events/melb-marathon.html#uniform>

Training

The best way to know you can cover your chosen distance is to train. Information about self-training programs catered to your distance and other helpful tips can be found by visiting the following link.

<http://www.sport.monash.edu.au/events/melb-marathon.html#training>

For further information please visit the [TeamMONASH™ website](#) or email Monash Sport at participants@sport.monash.edu.au

Go TeamMONASH™!

Kind regards,

2009 TeamMONASH™ Melbourne Marathon Project Team
Fitness, Fun, Friends and Family

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You received this message because you are a member of TeamMONASH™ in the Melbourne Marathon 2009.