

HELP US BEAT PAEDIATRIC BRAIN CANCER
THE #1 DISEASE KILLER OF YOUNG PEOPLE

CONNOR'S

SEPT **RUN** 2023

More FUN 

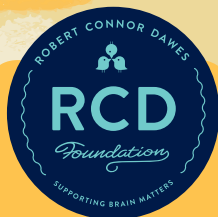


than RUN

FUN RUN and PARTY
SUNDAY 10 SEPTEMBER

YOUR WAY any DAY
ALL OF SEPTEMBER

PARTICIPANT INFORMATION



Welcome to Connor's Run 2023!

We created the first Connor's Run in September 2013, just months after our beloved 18-year-old Connor passed away from brain cancer, as a way for family and friends to come together and celebrate his awesomeness. The Connor's Run course is an actual run Connor did from our house in Sandringham to the Mercantile boatsheds in September 2011, just 2 months before his diagnosis. It was uncharacteristic, because Connor, although sporty, didn't actually like running! Over the years you have helped us create the world's largest (and definitely most FUN) event for paediatric brain cancer. We'd especially like to thank our brain cancer community, VIFs (Very Important Fundraisers), Fortis Club members and Corporate and School Challengers participating this year. Whether it's your first Connor's Run or your 11th, we couldn't do what we do without you. Thank you for lending your big heart to kids with brain cancer.



LIZ DAWES OAM,
FOUNDER & CEO

SUPPORTING PAEDIATRIC BRAIN MATTERS IN THE AREAS OF RESEARCH, CARE & DEVELOPMENT



Research

Through collaborations with research institutions in Australia, the US, and globally, we're bringing world-class research to Australia, helping to accelerate better treatment options around the world.



Care

Through patient care support like music therapy, we help the heart sing so the mind can heal.



Development

Inspiring the next generation of brain cancer practitioners and researchers through PhD and Fellow scholarships, travel grants, and awareness programs.



Change the odds
for those facing
brain cancer, the
#1 cancer killer of
young people.



An attack on the brain is an attack on the core of who we are. This is why brain tumours are so devastating.

Brain cancer is the most fatal of all childhood cancers. In the last twenty years, few new effective treatments have been discovered. 80% of children diagnosed with high grade tumours still lose their battle within 5 years.

At just 17 years of age, Robert 'Connor' Dawes was diagnosed with an ependymoma tumour. Connor's brilliant mind, strong body and gentle soul faced off against the disease, and like many others, his brains and brawn gave it all to fight against the poor odds but on April 20, 2013, Connor's 16 month battle ended.

Inspired by Connor's spirit of Aeternum Fortis, meaning Eternal Strength, the RCD Foundation was created as a tribute to him and other brain tumour fighters.

THE BRAIN IS WHERE THE HEART LIVES

Current clinical treatments only help 50% of children but leave 90% with life long physical and mental impairments. This is why brain tumours are so devastating. But thanks to your awesome support of our events such as Connor's Run, you are helping change these odds.

For those of you who can't make it to our in-person event and for those who are choosing to set themselves an extra challenge, we welcome you to

YOUR WAY ANY DAY

ALL THROUGHOUT SEPTEMBER

Take on a challenge of any kind: run, walk, roll, hop, skip, jump or dance. Do it once, or do it every day. All that we ask is that you make it awesome. **Remember:** Your ticket for our one day event also includes admission to Your Way Any Day, so everyone can now have ALL of September to help us make BRAINS MATTER

'I will...
do 96 burpees
every day in
September'

'I will...
walk 9600
steps each
day'

'I will...
run 18.8km
in September'

'I will...
swim 18.8km in
September'

'I will...
do a good deed
each day'



For more ideas head to: bit.ly/cr-ywad



WEAR IT *Share it* TAG US



We are very excited to share our 2023 tee with you! Wear it with pride as you participate in your version of Connor's Run, in September and beyond! We love seeing our awesome participants in our tees, so remember to tag us in your selfies. And if you're doing Connor's Run Your Way Any Day, tag us with your 'I will' commitment also.

@RCDFFOUNDATION #CONNORSRUN #AETERNUMFORTIS

#MOREFUNTHANRUN #IWILL

EVENT DAY INFORMATION

To ensure you're fully prepared for the big day, here's some Very Important Event Info you need to know:

EVENT ENTRY

Remember to take your Connor's Run T-shirt and bib with you on the day. It is a requirement that you wear these on the Run, and **your bib will be your ticket into the event**. If you don't have safety pins at home to pin your bib to your T-shirt, these will be available at each start.

There will be a limited bag drop available at each start, but we ask you to please bring as little as possible with you, and that you BYO bag.

KEEPING YOU SAFE

Please remember to write your I.C.E (In Case of Emergency) contact name and phone number on the back of your bib.

For more information on Event Entry and Safety please visit www.connorsrun.com/the-run/faqs

Please note tickets are limited.



START TIMES

Please make sure you arrive at least 30 minutes before your start time to enjoy warm ups, temporary tattoos and to fill out your 'I will' affirmation.



8AM | 18.8 KM

Ferdinando Gardens on Beach Road
at the end of Small St, Hampton

Public Transport info:

Take Sandringham line to
Hampton Station



8AM | 9.6 KM

Catani Gardens, St Kilda

Public Transport info:

Take tram 3a, 16 or 96 to
stop 135



9:30AM | 9.6 KM

Catani Gardens, St Kilda

Public Transport info:

Take tram 3a, 16 or 96 to
stop 135

FINISH & PARTY

Celebrate your achievement and stay for our After Party. The finish area is located at **Peppercorn & Star Lawns** at Alexandra Gardens (along the Yarra, opposite Fed Square and next to the boat sheds). Invite your family and friends to watch you cross the finish.

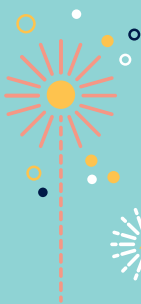
There will be delicious **food, drinks and coffee, live entertainment, a massage tent, yoga, merchandise stalls and more!**

THE PARTY AFTER THE PARTY

If you're over 18, please join us for a post-run celebration at **Arbory** on the Yarra River. Tickets are a \$10 donation which includes your first drink, and can be purchased at connorsrun.com. Please note tickets are limited.

GETTING HOME

You'll need to arrange your own transportation home from the finish line. For public transport take the Sandringham line train to Hampton for start 1, or the 3a, 16, or 96 tram to St Kilda.



I WILL...



Every year since the very first Connor's Run, we ask participants to write an 'I WILL' affirmation on their bibs. This goes back to when Connor had rehabilitation from his brain tumour treatments with his yoga therapist Patricia. During one of the sessions, Patricia instructed Connor through an affirmation. She told Connor to make a commitment to do 'something', whatever Connor wanted that to be. She told him it should start with 'I WILL...' and gave examples: 'I Will enjoy my time with my family.' 'I Will work on improving my right side.' She told Connor to quietly meditate on his affirmation and that he could share it with her or keep it to himself. Without hesitation Connor said, 'I WILL BE AWESOME!'. We encourage all participants to pledge their 'I WILL' in memory of Connor's own awesome spirit. What will you commit to in September? Will you keep it simple, or take on a new challenge in 2023? Whether you're doing Connor's *Run Your Way Any Day*, or joining our *More Fun Than Run* on September 10, all we ask is that you make it awesome.

COURSE MAP





GET INVOLVED

Login to your account on connorsrun.com to personalise your FUNdraising page. See the badges you've collected so far (there are up to 17 to collect) including Fortis 5, and the exclusive Fortis 10 badge for 10+ years of Connor's Run.



THE PROGRESS OF BRAIN MATTERS

\$13.5M
raised

\$10.5M
leveraged

We are excited to announce two large, collaborative projects including international partners in **data linkage** and **vaccine development** for paediatric brain cancer.

To read more about the research we are funding go to:
connorsrun.com/your-impact



GLOBAL COLLABORATION

The Robert Connor Dawes Foundation, established in both Australia and the USA is partnering with renowned paediatric brain cancer research labs and consortia around the world, including those in the Hopp Children's Tumor Center Heidelberg (KITZ) and German Cancer Research Center (DKFZ), Sick Kids Toronto, University of Cambridge, University of Michigan, the Collaborative Ependymoma Research Network (CERN), Children's Brain Tumour Network (CBTN) and DIPG Collaborate.

Scan me
to make a
donation



Connor's Run is our largest fundraising event of the year and we greatly appreciate any and all donations. You can continue fundraising after you've received this run kit as we monitor fundraising all throughout September and will provide you with any additional rewards you've earned as you achieve them. For any perks enquiries, please contact info@connorsrun.com



EXCLUSIVE FUNDRAISING PERKS



BANDANA
\$500



TEAL TEE *
\$1K



RED TEE
\$5K



NAVY TEE + SUPER CAPE
\$10K

*Raise more than \$1,000 and get exclusive access into our Very Important Fundraisers (VIF) marquee at the finish, where you'll mingle with ambassadors, get free food and beverages, coffee and massages!



Thanks to our generous friends at **Brighton Suzuki**, we have a brand new Suzuki Jimny Lite, valued at \$35,900 to give away this year! To be in it to win it, simply have **\$100 on your individual FUNdraising page** to automatically gain entry into the draw. And when you fundraise \$1000 or more, you double your chance!

YOUR CHANCE TO WIN

PUT THE FUN IN FUNDRAISING!

To help you reach your fundraising goal faster, we have some nifty resources for you to use. Use these to spread the word to your family, friends, work colleagues or school mates.

connorsrun.com/fundraising/fundraising-resources

Don't forget to lead by example by donating to your own fundraising page and asking friends, family work colleagues to make a donation. Every dollar makes a huge impact, and will help us send paediatric brain cancer - the #1 disease killer of kids - the way of the dinosaurs. Thank you for your AWESOME support!

THANK YOU TO OUR PRESENTING PARTNERS



Major School Partners



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fb.me/rcdfoundation

