



Media release

6 February 2008

Montmorency resident swaps text books for trainers in a bid to raise funds for sick children

Local resident Kara North is swapping her text books for her trainers this month as she prepares for the Herald Sun/CityLink Run for the Kids charity fun run, in an effort to raise funds for the Royal Children's Hospital Good Friday Appeal.

Kara has the support of her employer Carrick Institute of Education, who is matching dollar for dollar what she raises in the lead up to the big race. She is part of an all female team, who hope to raise in excess of \$2,000 collectively.

Kara is calling on other employers to get behind their staff to encourage them to take part in what has become one of Melbourne's biggest charity fun runs.

"So far there are 16 Carrick staff taking part in the event. We have started a rigorous training schedule and hope to at least finish in the top 500 runners on the day. If you aren't up for the 14.14 kilometre run, you can always walk the 5.76 kilometre course instead. Having the support of my work colleagues is a great incentive, which is very motivating. At the end of the day, we are doing it for the kids," she said.

Carrick Institute of Education is a private tertiary education provider with more than 6,500 students across Melbourne and Sydney.

Catherine Carrick, Managing Director for Carrick Institute of Education said: "The Royal Children Hospital has had a long standing history and plays an integral role in helping sick children recover. This is the first time we are supporting this event at a corporate level, and hope it will become an annual event on the charity fundraising calendar for the organisation."

Hosted on the 30 March 2008, now in its third consecutive year, the event raised \$536,000 last year, which goes to the Royal Children's Hospital Good Friday Appeal.

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For more information, or to organise an interview / photo opportunity, please contact:

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