

Tough minds.
Strong bodies.
Big hearts.



rebuild · reconnect · rediscover life

www.mindaustralia.org.au



Mind Alpine Skyrun

100
miles

48
hours

1
experience
of a lifetime

100 Mile Individual / Corporate Endurance Challenge & Relay Ultra Marathon

Supporting recovery from mental illness
Breaking the cycle of homelessness

Bogong National Park
Saturday 28 – Monday 30 March 2009

Mind has more than 30 years experience supporting people recovering from a severe mental illness to rebuild their lives, reconnect with their families, friends and the community and rediscover a purpose in life. Most importantly recovery is possible. Mind supports people so that they don't have to do it on their own. Mental illness is not a life sentence – show that you care.

Join in the running of the second 100mile (160km) Mind Alpine Skyrun in the spectacular Bogong National Park. Taking in some of Victoria's best High Country, with over 6,000 metres of ascent and descent, this run is the classic 100mile mountain run. It will test runners to the limit as it traverses some of the hardest and most exposed areas of the Australian Alps.

Major sponsor:



Official equipment sponsor:



Supporters:



Register at www.mindaustralia.org.au For further information; pashton@mindaustralia.org.au