The 2023 North Ryde eFun Run for Youth Mental Health

Registrations are now open for the North Ryde eFun Run for Youth Mental Health at: https://rotary-northryde-efunrun2023.raisely.com/

The eFun Run will be held from Sunday 30 April until 7 May.

The North Ryde eFun Run for Youth Mental Health is organised by the Rotary Club of North Ryde. **The proceeds will go to Australian Rotary Health, for research into youth mental health and support programs, Macquarie University Centre for Emotional Health and other worthy Rotary youth projects.**

The first North Ryde Fun Run was held in 2014 each year until 2019, North Ryde Rotary Club worked in partnership with community members, Dunmore Lang College, Robert Menzies College, Morling College, Macquarie University Village, the Macquarie University Centre for Emotional Health, and with venue partner Macquarie University Sport and Recreation to hold a physical event at Macquarie University Sports Fields.

In 2021, the club transitioned the Fun Run to a virtual event due to the COVID-19 pandemic. **Over the past 2 years, the eFun Run has raised over $20000 for Youth Mental Health.**

The event is open to the local and broader community, university and school students. Students, their parents and siblings, and the many residents and businesses of the area will be invited to enter the eFun Run, paying a small entry donation.

Entrants nominate a distance they will challenge themselves to cover during the week. They can walk, run or jog in their own time, at their own pace, individually or in a team.

Each entrant or team can seek sponsorship for their challenge from their families, friends and colleagues through the eFun Run website:
https://rotary-northryde-efunrun2023.raisely.com/

 There are gift card prizes for the individual and team that raises the most money.

We greatly appreciate the generous support from the community in the past and ask you to encourage your school community to register, participate in this event and help raise funds for this very worthy cause.

Can't participate this year? You can spread the word and donate to the campaign or sponsor one of our entrants.

Simply go to the website https://rotary-northryde-efunrun2023.raisely.com/ and click on sponsor a friend or donate.

For more information about the eFun Run or the Rotary Club of North Ryde contact eFun Run Coordinator **Bernie Mason on mobile 0414713602** or **email northryderotary@gmail.com.**