



# Do you

# LIKE TO

# WALK

# OR RUN?

## Join Australia's only virtual team challenge dedicated to family violence prevention.

For 19 days, teams of up to 20 people chase each other across a virtual course from Broken Hill to Sydney in the Run Against Violence (RAV) Virtual Team Challenge. We have loads of fun while holding vital conversations about preventing family violence.

## Our team needs you!

Starting on 30 Aug 2023, we invite you to walk or run at your own pace, uploading your daily distances covered to the RAV website. Your tally gets added to our team total.

- Registration is open until 9 Sep
- Challenge runs from 30 Aug to 17 Sep

**Contact your local Team Captain:**

### Support Respectful Relationship Education

By participating in the RAV Challenge, you're not only achieving your personal fitness goals, but you're also supporting the Love Bites program. All donations go directly to the National Association for Prevention of Child Abuse and Neglect (NAPCAN) to help Australian teenagers access respectful relationship education in their schools.

**LOVE**   
**BiTES**  
**NAPCAN** PREVENT CHILD ABUSE & NEGLECT

[runagainstv violence.com](https://runagainstv violence.com)

