

Get Out and Stay Out

Blokes; we need you at the Girls Day Out Sunday Oct 30, West Lakes Canoe Club

Come and support the women in your life

We need volunteers to help with;

- safety spotters
- rescue boat attendants
- canoe scouts
- registration
- car parking
- handling boats
- general helping

Contact Brooke via brooke@recreationsa.org to show your support of your mother, sister, wife, girlfriend, mates and cancer research.



Clubs and organisations

We want you at the Girls Day Out

Come and promote your activities to this mass participation event. Whether you have a club, facility, good or service that gets people "doing stuff" (active physical recreation) we want you there.

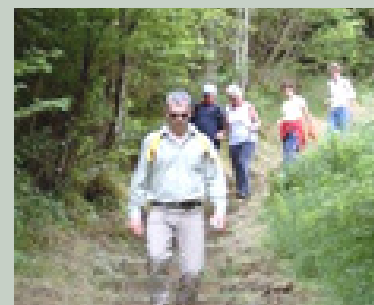
All we ask is for a donation toward cancer research.

Fundraising and sponsorship

The Girls Day Out is for fun, activity and to raise money for cancer research.

We are not asking for millions or for you to knock on every door demanding sponsorship. We do however ask that you get your work mates, friends and family to sponsor you so that we can contribute to research and we would love to beat the old record.

For sponsorship forms and details see; www.recreationsa.org



Government of South Australia
Office for Recreation and Sport

be active.



RECREATION
SOUTH AUSTRALIA
AQUATICS • FITNESS & HEALTH
COMMUNITY • OUTDOOR