

MT. KOSCIUSZKO RUN 2010

Strzelecki Heritage Inc. has announced the first Mt Kosciuszko Run to pay homage to Sir Paul Edmund Strzelecki and promote a healthy life style.

Kosciuszko Run 2010 is being created to provide an opportunity for all those willing to: participate, compete and achieve their personal best. No other place in Australia has the charm and summit of Mt. Kosciuszko National Park.

This event will take place on the 19th of March 2010 as part of the Kosciuszko Festival and will be run over a distance of 9 kilometres whilst incurring elevation changes of 400 meters.

Strzelecki Heritage Inc. has a vision to uplift Sir Paul Edmund Strzelecki as a great explorer, highlighting his enormous contribution to Australian. We are focusing on his Heritage and remember his achievements by being active and providing a challenge for those who dare.

Sir Paul Edmund Strzelecki's unique achievements were only possible due to his great personal passion physical prowess and mental toughness.

Achieving the impossible is Strzelecki Heritage Inc's goal and our drive is to encourage youth to reach the very top of their potential and to encourage them to live life to the full. Kosciuszko Run 2010 is a perfect event and place to start.

"The sky is the limit" is our motto.

"Kosciuszko National Park is Australia's highest national park. It covers 1.5 million acres of magnificent alpine terrain. The Park is host to a wonderful variety of flora and fauna, including many alpine plants, which are found nowhere else in the world".¹

The Mt Kosciuszko Park prides itself in being a key attraction for thousands of local and international tourists and we believe will provide a magnificent backdrop to this event.

We wish to involve the wider community, and whilst targeting youth is our priority in achieving what Sir Paul Edmund Strzelecki left as his heritage, the run is open to anyone.

The run will start at Charlotte Pass public parking (elev. 1840m) and make its way to the Summit of Mt. Kosciuszko (elev. 2228m). The total distance is 9 Km via the 'Summit walk'.

For further information, please contact the Strzelecki Heritage Inc. at run@kosciuszkorun.com.au

www.kosciuszkorun.com.au

¹ <http://www.thredbo.com.au/activities-and-events/summer-activities/mt-kosciuszko.asp>