

Be fearless your own way

1

Join up as a team or as an individual at www.livefearlesschallenge.com.au

2

Get your **family, friends and co-workers** to participate and donate

3

Get active & complete a total of **150km this September**. You can run, walk, cycle, swim, workout or mix it up!



Walk



Swim



Cycle



Run



Workout/Yoga

FREE REGISTRATION - OPEN TO **ALL AGES**

150km
throughout
September
2021



Help raise awareness
& vital funds for people
living with inflammatory
bowel disease (IBD)

Register now

live
fearless
challenge

 Crohn's & Colitis
AUSTRALIA
making life more liveable

Proud sponsor
abbvie