



INDIGENOUS  
MARATHON  
PROJECT

RUN • SWEAT • INSPIRE



***“When our runners finish their marathon, they realise that they can achieve much more than they ever thought possible. In fact, they can achieve anything!” – Rob de Castella***



### Why the New York Marathon?

Despite the perception of many people, the Indigenous Marathon Project (IMP) is not a sporting program. IMP is a health-promotion charity that uses running as a vehicle to change the lives of Indigenous Australians. We teach our runners the importance of being healthy and leading physically active lives in order to address chronic disease prevalent among Indigenous people such as diabetes, heart disease, cancer and renal failure.

### Why target Indigenous people?

There is no doubt that there is a significant gap in the health standards of Indigenous people in Australia compared to non-Indigenous people. Statistics released by the Australian Bureau of Statistics in 2010 paint a pretty poor picture, with Indigenous people 30 times more likely to die from diabetes, 12 times more likely to be hospitalised for dialysis and 4.5 times more likely to die from mental health related illnesses than non-Indigenous people. On top of that, Indigenous men are expected to live 11.5 less than their non-Indigenous counterparts and women 10 years less. It is vital that we do our bit to help close this gap and to ensure that Indigenous people have every opportunity to improve the health of their family, their friends and their community members.

### What is the IMP 42 Club?

The **IMP 42 Club** is an exciting new fundraising initiative set up to secure crucial, ongoing long-term support for IMP. Without the extremely generous support of every single one of our fundraisers to date, we simply wouldn't be able to continue to foster Indigenous excellence the way we have. While we put our runners through 42 gruelling kilometres in order to become marathoners, we are asking you to make a donation of \$42. Joining the **IMP 42 Club** involves making a regular donation to IMP of \$42. You can elect to make this donation weekly, monthly, quarterly or annually. Every little bit helps.

## Where will my money go?

While we receive extremely generous Government funding, this only scratches the surface. It costs roughly IMP \$15,000 to put a runner through the program, and that only takes them as far as the finish line in New York. A favourite saying of ours here at IMP is that life begins when you cross the finish line of a marathon, yet unfortunately we have no funding to support our athletes once they graduate from IMP. Your donation will help us to set up the IMP Graduate Program to ensure that we can continue to support runners, not only in their running pursuits, but in ensuring that they can continue to develop and continue to make a difference.

## What do I receive when I join the 42 Club?

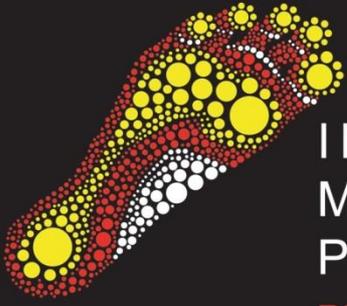
As a member of the **IMP 42 Club**, you will receive regular up-dates on the Project and will be given the chance to meet, and go for a run, with Rob and our runners as they take part in different camps and running events across the country.

## What other ways can I support IMP?

There are a number of ways that you can help support IMP going forward – it doesn't have to be financial. As we are a non-profit organisation, we are always on the lookout for people to help us along the way. If you think you have a service that can help our runners, please give us a call to have a chat with one of our staff members.



*“As members of the IMP family, we have run the kilometres, but now we need your help to ensure that this project is able to continue and can keep inspiring Indigenous Australians well into the future. Being part of IMP has changed my life. I am fitter and healthier than I ever thought possible. I am a better father and a better husband, and I am showing other people out there that they too can change their lives. Even the smallest contribution can go a long way in ensuring that Rob and the IMP team can continue to make a difference to the health of Indigenous Australians” – Charlie Maher, 2010 New York Marathon finisher and IMP graduate*



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*To join the IMP 42 Club, please visit [42club.gofundraise.com.au](http://42club.gofundraise.com.au).  
For more information please call (02) 6162 4750*