

# Let's get transplant active



## You're invited to join a worldwide celebration of transplantation

All across the world transplant recipients and their families are slowly emerging out of lockdown and thinking about how to get back into life.

For many it is a challenging year without the inspirational celebration of the World Transplant Games. Instead, the organisers of what would have been the Houston Games are holding a worldwide celebration called 5k AnyWay. Already almost 50 countries have enrolled in this worldwide celebration.

This virtual global event takes place from May 28 through June 5, 2021, with the hope of virtually uniting transplant survivors, donors, their families and supporters from around the world.

### WHAT IS A 5K ANYWAY?

It's a unique opportunity for you to complete a 5K any way you like! Run, walk, swim, bike, row - the choice is yours! Complete your activity any time from Friday, May 28 through Friday, June 4. After finishing your 5K, log your activity to submit your results and watch as we make our way around the world!

Then join us online for a global celebration on June 5, 2021!

### THE GOAL

Our collective goal is to log enough miles to make it around the world! We only ask that you have fun, share pictures of your adventure (#5kAnyWay) and help us spread the word of the importance of organ donation. Everyone is encouraged to support 5k AnyWay by visiting [www.wtg2021.com](http://www.wtg2021.com).



### How Australia is getting behind 5k Anyway...

Transplant Australia is organising five special walks in Launceston, Perth, Newcastle, Sydney and Canberra on Sunday May 30 to help activate our communities and show our support for the world.

Each of these events will see a community walk followed by a morning tea. It will be a great opportunity to get back out there and catch up with the donation and transplant community.

Every participant will receive a new Transplant Active t-shirt.

### HOW TO REGISTER

The cost of adult participation is \$20 each.

**Click here** or scan the QR code.

Please note this is a special subsidised fee compliments of Transplant Australia. Register before Tuesday 18 May to receive your free Transplant Active t-shirt.

If you wish to bring children to the event there's no need to register but email [matty.hempstalk@transplant.org.au](mailto:matty.hempstalk@transplant.org.au) to let us know and their shirt sizes.

Don't forget to bring your sun protection and water; and let's get Transplant Active!

**EVENT DATE:** Sunday, May 30

**ARRIVAL TIME:** 10.00am

**MEETING PLACE:** Patrick White Gardens behind National Library

**START TIME:** 10.30am

**WALK ROUTE:** Bridge to Bridge walk at Lake Burleigh Griffin

**REFRESHMENTS:** 12noon at Patrick White Gardens - BYO picnic or purchase at National Library cafe