



"Your Road to Powerful Possibilities"



*Have you set a goal to run the full or half marathon of your life?*

*Are you looking for inspiration to accomplish more in your life?*

*Are you ready to experience the magic of Australia?*

**The Sydney Full & Half Marathon & 10-K Bridge Run  
Sunday, September 20, 2009**

## Run/walk in the Sydney Running Festival!

### Your package includes:

- 5-month training program with 1<sup>st</sup> Marathon - expert coaching for beginners to experienced runners
- Entry into the Sydney Marathon or Half Marathon or 10K [www.sydney-marathon.org](http://www.sydney-marathon.org)
- On-course coaching support and transportation on race day
- 6 nights' accommodation in beautiful Sydney  
Luxurious suites with harbor views at the Vibe North Sydney Hotel (the official race headquarters)
- Welcome, Pre-race, and Celebration Victory Dinners and full breakfast daily
- Explore Sydney and surrounding area with experienced Sydney-siders  
Forget the ho-hum tourist traps - this is the real deal!
- Optional extension package: 5-day Bush Retreat. Held at a sacred animal sanctuary, our Bush Retreat is designed to take your marathon accomplishment one step further into other areas of your life!
- Companion Packages available (10K walk/run registration & support can be included)

**Dates:** September 16 - 24, 2009  
*Optional Bush Retreat: September 24-28, 2009*  
*Other extended travel packages available*

**Training:** See [www.1stmarathon.com](http://www.1stmarathon.com) for full training and coaching included in your package

**Fee:** \$2350 per person: double occupancy (add \$430 for single room); \$1750 non-marathon companion (same room)  
*Airfare arranged separately - we will guide you to ensure the best fares and flexible itinerary (fares to Australia are at an all-time low!)*

**Contact:** Jo Fendly - [jfendly@JourneyIntoTomorrow.com](mailto:jfendly@JourneyIntoTomorrow.com) *Jo has run 10 marathons and has led over 250 runners on marathon trips all over the world. She is a certified life coach and adventure travel facilitator. Jo lived and worked in Sydney and would love to show you the "fair dinkum" Australia!*

**Brian Collins** - [brian@1stMarathon.com](mailto:brian@1stMarathon.com) *Brian is the founder of 1<sup>st</sup> Marathon, and has trained over 7,000 people to "achieve the ultimate". With a unique mix of practical coaching and inspirational personal support, 1<sup>st</sup> Marathon coaches ensure that you receive every advantage to reach your goals.*

