



The Upstream Foundation

## Upstream 50km Challenge

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The Upstream Foundation is a DGR registered, not-for profit foundation and all costs associated with the foundation and its events are covered by Upstream Print Solutions allowing 100% of donations to be passed onto specific projects. All donations over \$2 are tax deductible (ABN: 20 796 698144).

### The Upstream 50km Challenge

The Upstream Foundation's major annual event is the Upstream 50km Challenge; an annual 50km walk/run from Docklands to Donvale to be held on 7<sup>th</sup> November. Over the past four years the event has raised over \$500,000. Participants can enter as individuals, teams or relay teams.

The Upstream Foundation selects the projects supported by the Upstream Challenge very carefully and makes sure they have long term and sustainable impacts and benefits to the surrounding community. That way we know that 100% of sponsorship is effectively making a difference to the people who need it.

### Beneficiaries

The 2009 Upstream 50km Challenge is supporting the following four projects:

- **Camp Quality** – Camp Quality believes in bringing optimism and happiness to the lives of children and families affected by cancer through fun therapy programs. Camp Quality are convinced that caring for children affected by cancer goes beyond medication and the Family Camp Program plays a crucial role in bringing optimism and happiness to families. We believe laughter is the best medicine.
- **Leprosy Mission** – Funds raised in the 2009 Upstream 50km Challenge will assist people affected by leprosy in two states of Nigeria - Kebbi and Zamfara. The Leprosy Mission identifies and provides early treatment for people affected by leprosy to reduce the likelihood of their developing disabilities. It also provides economic opportunities like vocational training and income generating projects to assist people affected by leprosy to learn new skills or manage small businesses. This improves their ability to provide for their families and improves quality of life.
- **Leukaemia Foundation** - The Leukaemia Foundation is the only national not-for-profit organisation in Australia dedicated to the care and cure of patients and families living with leukaemias, lymphomas, myeloma and related blood disorders.  
Funds raised through the 2009 Upstream 50km Challenge will assist us to expand our transport program that offers patients and their families a comfortable, safe and stress-free means of getting to hospital for their treatment. The transport program ensures that patients remain clear of public transport, therefore minimising the chance of common infections. This service is vital as the immune system of patients receiving chemotherapy is often extremely low, making them vulnerable to infection. Volunteer drivers operate the program five days a week.
- **Samaritan's Purse** – Turn on the Tap for Cambodians. Your 50km walk in the 2009 Upstream Challenge will support Samaritan's Purse efforts to give safe water to a community of people in Cambodia by provide essential water filters and community wells for villages. Turn on the Tap is a global campaign launched by Samaritan's Purse to provided access to safe water for communities in Asia and Africa.