

REGISTRATION

It's going to be an incredible experience—whether you're running, walking, or just soaking up the atmosphere. And don't worry, it's not just about the race—we're here for the fun, too!

To make sure you're officially part of our team, follow these steps when registering on the City2Surf website:

1. Complete your personal details









2. On next steps page:

We'll be running in the **Orange start wave**—if you'd like to run or walk together, select the **Orange Start Group**. If you're a speedster and want to go for a faster time, pick the wave that suits you best—we'll still make sure you get your **Hello Sunday Morning T-shirt and cap** to wear on race day!

IMPORTANT

To help you have the best experience on the day, please select the start group that's right for you based on your estimated finish time. Start Groups that require a qualification to enter, you can review the qualification requirements [here](#).

Don't worry! Your time will only begin as you cross the start and finish line timing mats.

 ELITE	 PREFERRED	 RED GROUP	 GREEN GROUP
 PINK GROUP	 rebel BLUE GROUP	 YELLOW GROUP	 ORANGE GROUP

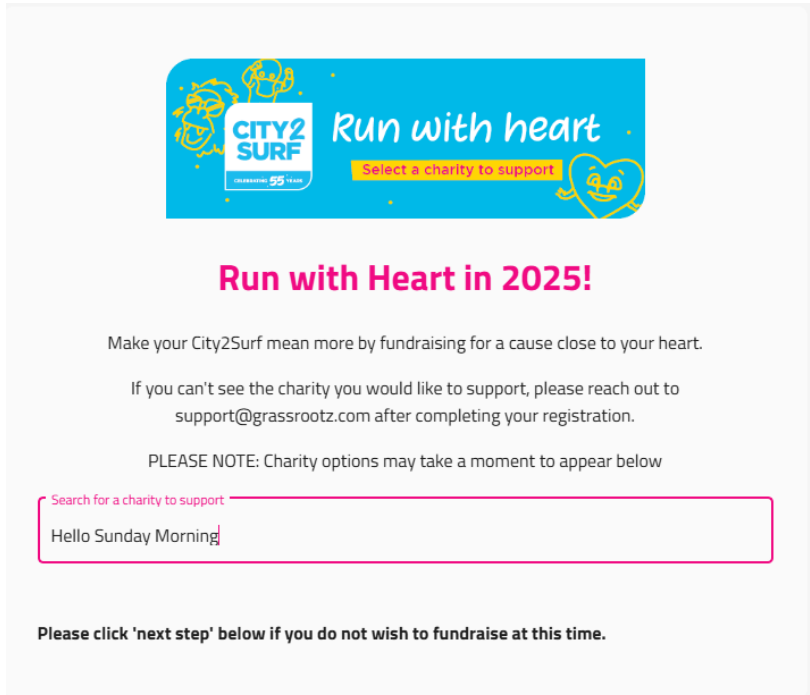
Step 1: Which start group do you want to join?

Start Group *
Orange Start Group + 150mins

Step 2: You are in! Continue to the next page!

3. Select your charity

Search Hello Sunday Morning and select next.



Run with heart
Select a charity to support

Run with Heart in 2025!

Make your City2Surf mean more by fundraising for a cause close to your heart.

If you can't see the charity you would like to support, please reach out to support@grassrootz.com after completing your registration.

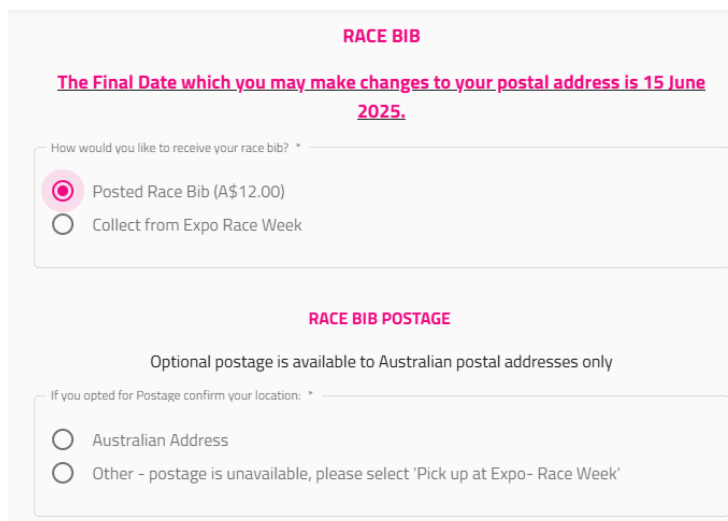
PLEASE NOTE: Charity options may take a moment to appear below

Search for a charity to support
Hello Sunday Morning

Please click 'next step' below if you do not wish to fundraise at this time.

4. Race bib

Select your option of posted or collect from expo. Hello Sunday Morning will post your T-shirt and cap once you have registered for the event.



RACE BIB

The Final Date which you may make changes to your postal address is 15 June 2025.

How would you like to receive your race bib? *

Posted Race Bib (A\$12.00)

Collect from Expo Race Week

RACE BIB POSTAGE

Optional postage is available to Australian postal addresses only

If you opted for Postage confirm your location: *

Australian Address

Other - postage is unavailable, please select 'Pick up at Expo - Race Week'

5. Process your payment and you are in!



FUNDRAISING

You're already making an impact by joining the Hello Sunday Morning team at City2Surf—now, take it one step further! By setting up a fundraising page, you can help provide life-changing support to Australians rethinking their relationship with alcohol.

Every dollar you raise goes towards free digital support programs that empower thousands of people to make positive changes in their lives. Whether it's \$10 or \$10,000, your efforts can help someone take that first step toward a healthier future.

Setting up your fundraising page is quick and easy—plus, we'll be cheering you on every step of the way!

To create the fundraising page simply:

Once you have registered for City2Surf you will receive an email from Grassrootz and City2Surf to start your fundraising page. If so, click through to create your own account.

If you didn't receive it you can still get set up via City2Surf [website](#).

1. On the top menu bar select **Fundraise**, then **Raising Money**

Start fundraising today!


Donate Now

Start Fundraising

Login

Then select Start Fundraising. If you got the link direct from Grassrootz you should also be at the page set up.

2. Create your account



CITY2 SURF
CELEBRATING 55 YEARS

2025 City2Surf

Thank you for fundraising in the City2Surf

1 CREATE AN ACCOUNT 2 CHOOSE YOUR CHARITY 3 PAGE SETUP

Start fundraising

We need a few details. This will allow you to manage your fundraising page.

Already have an account?

Login to your account

3. Choose your charity

CITY2 SURF
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2025 City2Surf

Thank you for fundraising in the City2Surf

✓ CREATE AN ACCOUNT 2 CHOOSE YOUR CHARITY 3 PAGE SETUP

Hello Sunday Morning

Listed Charities

Hello Sunday Morning

Next

4. Page set up



CELEBRATING 55 YEARS

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Thank you for fundraising in the City2Surf

 CREATE AN ACCOUNT	 CHOOSE YOUR CHARITY	3 PAGE SETUP
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Set up your fundraising page

Are you fundraising in a team?

* Search and select your team

* Name your individual page (e.g. your name or a nickname)

What is your fundraising target?

Phone number

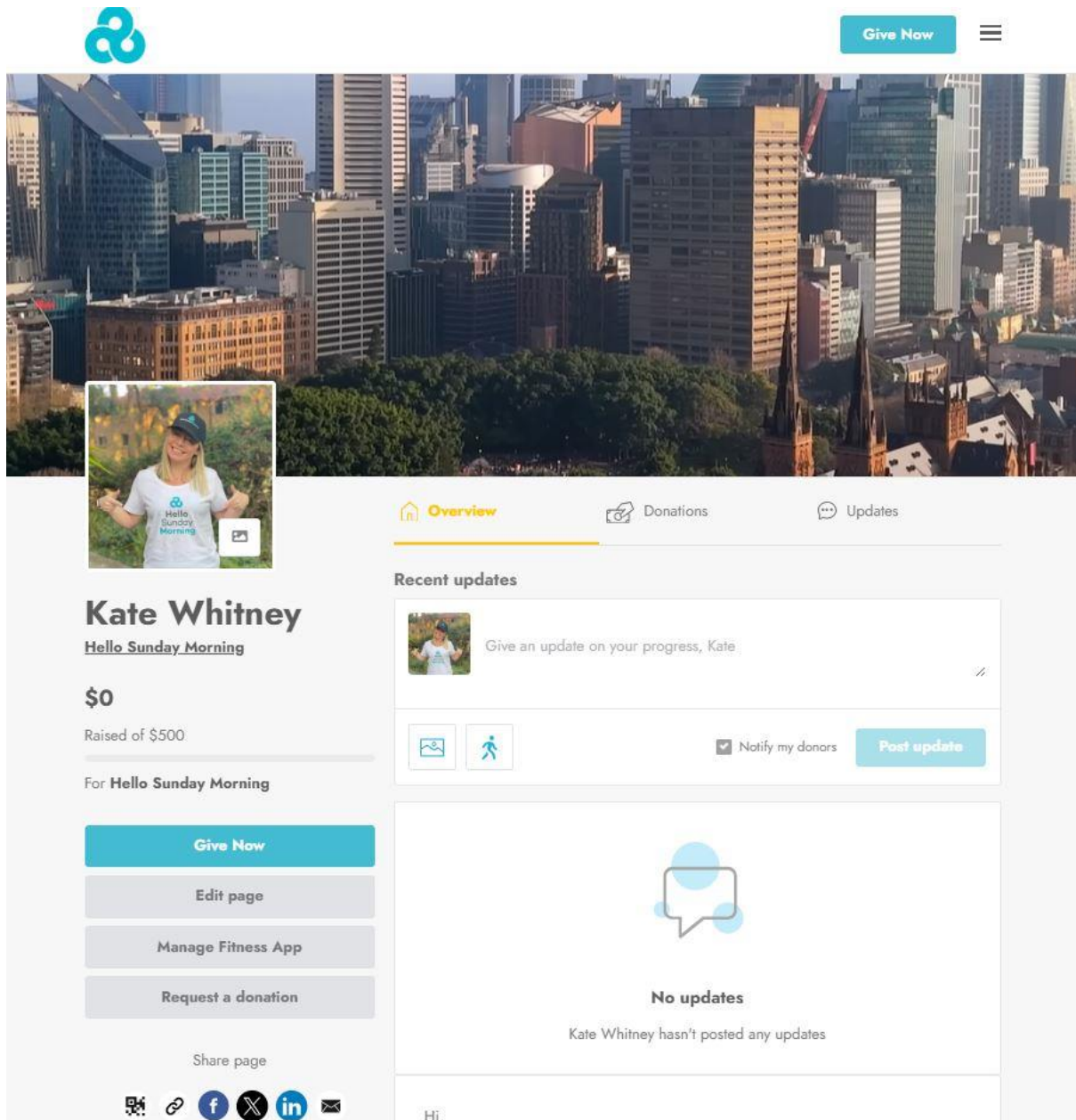
Address

Can't find your address?

I would like to receive updates from Hello Sunday Morning about their programs, activities and events

Hello Sunday Morning

5. Once you create an account, you should then be taken to your individual fundraising page which will look like this:



This is my fundraising page. But when you register you will be able to upload a profile picture, update the text about why you are raising money (we've added a spiel in there to get you started). There are social media handles which will help you share your fundraising page with your family, friends and networks.

TIPS FOR CREATING AND PROMOTING YOUR FUNDRAISING PAGE

You've signed up for City2Surf—now, let's make an even bigger impact by fundraising for Hello Sunday Morning! Here are some easy and effective ways to maximise your support:

- ✓ **Add a photo of yourself** – A friendly face makes all the difference! People love to see who they're supporting.
- ✓ **Make it personal** – Share a short message about why you're raising funds for Hello Sunday Morning. Whether it's your own journey, a passion for mental health, or wanting to create change, your story will inspire others to give.
- ✓ **Share it far and wide** – Post your fundraising link across all your networks—Facebook, Instagram, WhatsApp, and even LinkedIn! You'd be surprised who will support you.
- ✓ **Keep people engaged** – Share a few updates in the lead-up to race day. Post a training pic, a Sunday morning coffee by the beach, or even just a reminder of why you're running. And don't forget to include the **donate button!**
- ✓ **If you have a personal alcohol-free journey, consider sharing it** – Only if you're comfortable, of course. Being open about your experience can inspire others, break down stigma, and show why this cause matters. This is about awareness, reducing shame, and raising funds to support those who need it most.

Every step you take, every dollar you raise, helps change lives. Don't forget, if you fundraise \$500 or more, we will refund you the entry fee. **Thank you for being part of this movement!** ❤️

ANY QUESTIONS ALONG THE WAY



I'm Kate, your Hello Sunday Morning City2Surf coordinator and here to help you at any stage of this journey. Connect with me by:

E: kate.whitney@hellosundaymorning.org

M: 0401 498 280