



**MEDIA RELEASE**  
November 2021

## Walk, run or roll for sick kids this November

[Starlight Children's Foundation](#) (Starlight) is encouraging Australians around the country to walk, run or roll the distance for sick kids this November for its brand-new fitness challenge, [Go BIG](#).

From 15 – 28 November, Starlight is aiming to raise \$250,000 over the 14-day challenge to deliver happiness to 6,400 sick kids. Participants can choose how BIG they want to go, whether that be Big (50km), Bigger (75km) or Biggest (100km).

With the option to enter as an individual, or as part of a team or family, Go BIG encourages all ages and abilities to walk, run or roll to raise funds for Starlight's vital services including [Captain Starlight](#), [Healthier Future Initiatives](#) and the [Starlight Express Rooms](#).

This past year has given us all personal experiences of uncertainty, social isolation and a life disrupted. For children and families facing serious illness, they face these challenges every day, including six-year-old Amelia Matic (pictured) who was diagnosed with Acute Lymphoblastic Leukaemia which requires regular hospital visits and check-ups.

Renee Rendall, Amelia's Mum, is thankful Starlight was there to help her daughter smile and provide relief from ongoing treatment: "Starlight made Amelia smile. The relief from pain or sadness was instant. We could forget why we were there and just live in the moment."

Every minute of every day, a child is admitted into hospital in Australia. In that moment, they often receive a diagnosis that turns their world upside down. Suddenly, smiles disappear, and life is filled with hospital, doctors, needles and pain.

Starlight CEO Louise Baxter said: "Starlight has been there for sick kids throughout the challenges of the past 18 months. Only with the help of the community can we continue to bring happiness to sick kids when they need it most."

"For every kilometre that Go BIG participants walk, run or roll this November will ensure Starlight can help turn the fear, pain and stress of hospitalisation into fun, joy and laughter...Why? Because happiness matters."

Fundraisers will be rewarded for their efforts with exclusive merchandise including Go BIG socks, belt bag, t-shirt, cap, active workout towel, medal, and more! Plus, participants who sign up before 14 November will go into the draw to win 1 of 5 Amazfit Smart Watch and Aftershokz Headphone Prize Pack by FE Sports.

The challenge is proudly supported by Go BIG partners – [Brooks](#) and [FE Sports](#).

Registrations are now open at [gobigchallenge.org.au](http://gobigchallenge.org.au).

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For more information, please contact:

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#### **About Starlight Children's Foundation**

Starlight Children's Foundation brightens the lives of seriously ill and hospitalised children and young people by replacing pain, fear and stress with fun, joy and laughter. Since its establishment in 1988, Starlight has expanded to become the broadest reaching and reputable children's charity in Australia and was awarded the AFR's Most Innovative Company (Government, Education and NFP Sector) in 2020. There is now a Starlight Express Room in nine children's hospitals across Australia and over 160 Captain Starlights nationwide. In 2020, Starlight granted over 386,944 positive Starlight experiences for children, teenagers and their families, including 126,000 Fun with Captain Starlight experiences and 326 Starlight Wishes.

[www.starlight.org.au](http://www.starlight.org.au)

