With thanks to our sponsors: ShawandPartners





INTRODUCING THE Blue Army Aqua Challenge!

This new year, resolve to help us defeat type 1 diabetes. Over the months of January & February, beat the heat and challenge yourself to achieve a KM target in the water sport of your choice by joining the Blue Army Aqua Challenge.

Simply pick a KM target and your favourite water sport Register yourself or your team

STRAVA

Log your KMs via Strava or manually

You can swim, kayak, stand up paddleboard (SUP), surf or row anywhere in Australia while raising funds for JDRF to help accelerate life-changing breakthroughs to cure, treat and prevent type 1 diabetes.

Challenge Yourself

Whether you're experienced in the sport of your choice or just someone who loves to spend summers in the water, this event allows you to pick a challenge that suits you:



Storm Surge 50 KMs

Hydromaniac 75 KMs

Over 2 months from Jan to Feb, challenge yourself to achieve the most KMs each week while raising funds for a meaningful cause. Log your KMs by simply connecting your free Strava account to automatically update your achievements or enter the KMs manually as and when you like.



Challenge Type 1 Diabetes

By signing up for the Blue Army Aqua Challenge, you could help change the lives of more than 120,000 Australians who live with type 1 diabetes (T1D). You support will allow JDRF to fund the most promising research to defeat T1D. JDRF is the world's largest funder of type 1 diabetes research and has been involved in every major research breakthrough over the past 45 years. JDRF-funded research continues to accelerate life-changing breakthroughs for people with type 1 diabetes, dramatically improving the lives of those living with the disease through new treatments, prevention therapies, and by continually pursuing our ultimate goal for a cure.

How to Get Involved

- 1) Register your interest here: <u>bluearmy.jdrf.org.au/event/aquachallenge</u>
- 2) Pick a water sport and choose the KM category that you want to aim for:
 - 25 KMs Aquamarine 50 KMs Storm Surge 75 KMs Hydromaniac
- 3) Raise \$250 to support type 1 diabetes research over the months of Jan & Feb
- 4) Log your KMs and keep an eye on the leaderboards as you climb the ranks!