



Crescents Community News (CCN)

Fostering a healthy Brisbane lifestyle through sport, entertainment, education and culture

Tuesday, 02 November 2004

The Inaugural Issue

Assalaamu-alaikum

Crescents Run/Walk for Life

A belated Ramadaan Mubarak from the team at *Crescents of Brisbane*. We trust that you are keeping well over the fasting period and that you looking forward to celebrating Eid with friends and family in a little over ten days time.

We have had, over the past few months, many requests to facilitate a running/walking group and to keep alive the passion and enthusiasm for an active lifestyle that was generated by CresWalk2004, at least until CresWalk2005 (which is a mere 6 months away).

To this end we have decided to initiate a once-a-week *Crescents Run/Walk for Life* program starting on **Sunday 21 November at 7.30am at Kangaroo Point** (where the abseiling takes place). We have set out a course along Kangaroo Point, over the Goodwill and Victoria bridges, and back along Southbank. The route has been marked out for various distances from 2km to 7.5km. We plan to set out a running/walking program for each person taking part, logging your progress, and providing advice on how to get the most of the experience. All age groups and levels of fitness will be catered for. So while you are thinking of all those many wonderful things you are going to be doing after Ramadaan, we would like you to consider turning up with your family and friends and join a group activity in a familiar, non-threatening environment in which you could, *inshaAllah*, gain as much physically as you have done spiritually in this Holy month of Ramadaan.

Remember it's just a hopping distance to the starting point!

Joblink

If you are (or know of) a Year 10, 11, 12 or Uni student who would like to work at a halaal fastfood outlet that is starting up in Underwood in the next few weeks, then [e-mail](#) for an application form.

Contact CCN

If you have any news that you think might be of benefit to the Crescents Community then please e-mail the team at crescents@nazimahansa.com.

If there is someone you know who would like to subscribe to CCN please encourage them to send us an e-mail at crescents@nazimahansa.com with the words "Subscribe Me" in the subject line.