

CAPTION: Athletics Bendigo official Keith MacDonald, St Peters Primary School student Alby and father Michael with Bendigo Community Health Services men's health nurse practitioner Peter Strange promote the Run For Dad.

Registrations are open for the annual Run For Dad at Bendigo Racecourse on Father's Day.

Athletics Bendigo will run the September 4 event this year with support from Bendigo Community Health Services.

The Run For Dad is part of Bendigo Community Health Services' inaugural Men's Health Marathon - 11 days of activities from August 25 to September 4 to get men out, active and thinking about their health.

Run For Dad participants can run or walk a 3.75km or 7km distance with everyone getting a competitor's medal and free breakfast.

Bendigo Community Health Services men's health nurse practitioner Peter Strange has been visiting schools to promote the Run For Dad and the importance of men's health.

"It's vital the good health message is delivered from an early age and encouraging children to participate and have others run or walk with them will be a fantastic lesson for all," Mr Strange said.

St Peters Primary School in North Bendigo has taken up the challenge to have students participate in the Run For Dad.

Run For Dad will have a Super Hero theme this year with Bendigo Community Health Services offering great prizes for best dressed father and child.

To get more information about the Run For Dad and register for the event go to [www.bchs.com.au](http://www.bchs.com.au)

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