

# RED SOCKS RUN

**Run like a life  
depends on it...**

**This October we're  
challenging you to RUN,  
WALK, or RIDE 60km  
to combat kidney disease.**

**Turn your good health  
into the support that  
can save a life.**

**Sign up for the Red Socks Run.  
1st - 31st October 2023.**

**On average,  
66 people a day  
die from with  
kidney disease**

**1 in 10  
Australians have  
signs of kidney  
disease**



**redsocksrun.org.au | 1800 454 363 | redsocks@kidney.org.au**

