



MAJURA

MILITARY MEGARACE



WHEN: SATURDAY, 10 OCTOBER 2026

WHERE: MAJURA RANGE, CANBERRA



WELCOME KIT

WELCOME TO M3!



We are excited to have you join us for the Majura Military Megarace! Back for another year, M3 is the only event of its kind in Canberra, and we're proud to say that 100% of donations will go directly to Canberra Legacy, supporting veterans' families in our local community.

Inside this Welcome Kit, you'll find important information and helpful resources to guide you through the event. Be sure to keep it handy so you can refer back to it whenever needed.

Thank you for being part of something truly special. Let's make this an unforgettable experience—together!

FUNDRAISING GOAL

Thank you for committing to fundraise for Canberra Legacy—your support truly makes a difference.

We're encouraging all participants to aim above and beyond our \$2,000 fundraising ambition for each team. Every dollar raised goes directly to Canberra Legacy to support the families of veterans who have lost their lives or given their health in service to our country.

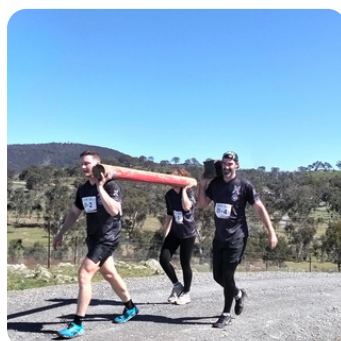
Your efforts will help provide vital welfare services to over 700 members of veterans' families right here in our community. Your efforts will help provide practical support and care where it's needed most.

Let's push together for a powerful impact—thank you for being part of this important cause.

GET M3 READY

We don't want to give too much away... but be prepared to be physically pushed through a six-kilometre course packed with obstacles and challenges.

The course has been designed by Army Physical Training Instructors, so bring your endurance, strength, teamwork and sense of humour. It's going to be tough—but incredibly rewarding!



LOCATION: MAJURA RANGE, CANBERRA.

M3 will be held on the Majura Range, with access via the main gate off Majura Road.

Enter '**Majura Range Control**' into your device's GPS. The entrance will be clearly signposted on the day and there will be event support staff to help guide you in.

Parking is available onsite, so you'll be able to arrive and get settled easily before the event begins.

ON THE DAY

Your **arrival time** will depend on your team's wave time.

Registration opens at 0815, and each team will be assigned a wave time between 0915 and 1015. ***Please arrive one hour BEFORE your scheduled wave time.***

Wave times will be sent out in the week leading up to the event.

Depending on your team's fitness level, the course may take anywhere from one to three hours to complete—so come prepared for a challenge!

As part of the course, there will also be an opportunity to lay a poppy at the Poppy Memorial—a commemorative site honouring the men and women who have served our country. It's a meaningful moment to reflect and pay tribute during your Megarace experience.

After your team finishes, a sausage sizzle will be provided for you and a coffee van will be on site to purchase coffee. The event will conclude around 1400.

This year, we are pleased to announce that spectators can attend to watch and cheer on participants.

WHAT TO WEAR

Participants must wear long sleeves and long pants to help protect your skin from abrasions while crawling and navigating obstacles. This can include activewear like skins or lycra—whatever you're comfortable in.

Jewellery, bracelets, watches (including fitness trackers) and other electronic devices are not to be worn on the course, we encourage you to leave these at home or stored safely at our registration point.

GoPros and mobile phones are not permitted while completing the course.

And don't forget to bring a change of clothes—you will get wet!

FUNDRAISING AND TRAINING RESOURCES

The Majura Military Megarace isn't just about showing up on the day—it's about preparing with your team and making a real impact through fundraising.

Get together with your teammates in the lead-up to the event to train and build momentum and help reach (or beat!) your team's fundraising goal.

Every dollar raised goes directly to Canberra Legacy, helping keep families of veterans connected and supported.

We're here to help you on your fundraising journey—be sure to check out our tips and advice to make the most of your efforts and go beyond your goal!



TOP 10 FUNDRAISING TIPS

1. KICKSTART WITH A SELF-DONATION

Show your commitment by donating to your own fundraising page—it sets the tone and encourages others to follow your lead.

2. TAP INTO YOUR NETWORK

Reach out to suppliers, sub contractors, or business partners for support. If you're getting team shirts, consider adding their logo as a thank-you.

3. FUNDRAISE AT WORK

Get your colleagues involved! Try dress-down days, ANZAC biscuit bake-offs, office sweepstakes, BBQs, trivia nights, or even movie nights. Giving up a daily coffee and donating the cost can add up fast!

4. LAUNCH A PHOTO OR VIDEO CHALLENGE

Create a fun challenge with your teammates and share it online. Tag friends to join in and donate—it's a great way to spread the word.

5. HOST YOUR OWN FUNDRAISING EVENT

Got a creative idea? Fantastic! Let us know what you're planning and we'll support you every step of the way.

6. ASK ABOUT DOLLAR MATCHING

Check if your workplace offers corporate matching—many companies will match donations dollar-for-dollar.

7. USE SOCIAL MEDIA

Tag and thank your supporters on Facebook, Instagram, or LinkedIn. It's a great way to show appreciation and keep the momentum going.

8. FOLLOW UP WITH EMAIL

Use our email template to reconnect with friends, family and colleagues who haven't donated yet.

9. KEEP ASKING

Don't be shy—share why you're fundraising and ask for support more than once. People often just need a reminder.

10. SAY THANK YOU

Always thank your donors and keep them updated on your progress. A quick message or social media shout-out goes a long way!

TRAINING TIPS



The Majura Military Megarace (M3) is a team-based challenge designed to reflect the rigours of modern-day soldiering. It's not just a race—it's a test of physical and mental resilience, teamwork, and determination.

You'll need muscular endurance, agility, balance, and coordination to complete the course and stay competitive. The event is objective-based and demands strong group cohesion throughout.

To help you prepare, we've created a Training Program designed to build your strength, improve performance, and reduce the risk of injury.

And don't worry—on race day, ADF volunteers will be there to guide and support you through the course.

Please see your M3 Army Training Guide under Digital Resources – For Challenge Training.

SEE YOU ON THE COURSE



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