

Melbourne Colour Run

[Elsternwick Physiotherapy Clinic](#)'s physiotherapist [Dana Berkovits](#) and her daughter 8 year old Giselle finishing [The Colour Run](#) "The Happiest 5km on the Planet".

What an amazing family activity – grab your kids and do this easy 5km run around Flemington racecourse.

You start the day in a clean white t-shirt and finish the day COVERED in coloured dye thrown at you as you run around the course. There's even a special "snow" section full of bubbly foam!

Your kids will have a blast as they are getting fit and laughing at getting filthy with you!

Sign me up for next year – Dana ☐

