

VOLUNTEER REGISTRATION

We need lots of help marshalling, registering, helping at water stations and stewarding. If you would like to help out with any of the above please complete the form and return it to the Fundraising Team.

Name

Address

Postcode

Daytime Tel No

Mobile No

(Please provide, as it is the easiest way to contact you on the day of the event)

Email

(Please print clearly as this is the most cost effective way for us to communicate with you)

How would you like to help out on the day?

(We will try our best to honour your choice, please mark with 1, 2 or 3 in order of preference)

- | | |
|---|-------------------------------------|
| <input type="radio"/> Car Park Steward | <input type="radio"/> Water Station |
| <input type="radio"/> Giving Out Medals | <input type="radio"/> Registration |
| <input type="radio"/> Marshal | <input type="radio"/> No Preference |

If you do not want to take part in the run, why not come along and support your friends and family and help us make it a special achievement for them.

All volunteers will meet at the County Council Sports Offices at 9.00am, unless otherwise advised. Further information will be sent out prior to the event.

WHAT YOUR SPONSORSHIP MONEY WILL DO...

Your sponsorship money will ensure the future care of others, as the Hospice needs to raise over £6,000 each day. The Hospice of the Good Shepherd provides dedicated care and support to people living with advanced illnesses across Chester, Ellesmere Port, Deeside & Rural Cheshire. As a local charity we make no charge to patients or families for the specialist services we offer.

*Every penny you raise in
sponsorship helps us
to care for local people*

If you are unable to take part in the Run to Remember but would like to help in some other way, such as:

- Becoming a volunteer
- Joining a Fundraising Support Group

then please contact the Fundraising Team on the telephone number on 01244 851811 or visit our website.

www.hospiceofthegoodshepherd.com

Please return your entry form to the Freepost address below:

Freepost RRRKU-JZUA-GATX, Run 2 Remember
Hospice of the Good Shepherd, Gordon Lane,
Backford, Chester. CH2 4DG

Please contact the Fundraising Team on 01244 851811 or visit our Website: www.hospiceofthegoodshepherd.com
Email : jemma.hamilton@hospicegs.com



Enter Online:
www.run2remember.eventbrite.com

Cheshire County Sports Club
Sunday 7th March 2010
starting at 9.30am

ENTRY FORM ENCLOSED

Enquiries: 01244 851811

Email: jemma.hamilton@hospicegs.com

Website: www.hospiceofthegoodshepherd.com

HOSPICE
OF THE GOOD SHEPHERD

Registered Charity No: 515516

Conditions of Entry

- The run is open to all (Men, Women and Children).
- Any children under the age of 14 should be accompanied by an adult and should be experienced runners.
- Entries will be taken on the day so long as there are spaces left. It is advisable to call the Fundraising Department on 01244 851811 to check that there is availability.
- The registration fee covers your administration costs for the event.
- No dogs, prams or bicycles are allowed to accompany you on the run.
- Alcohol must not be consumed during the run.
- If you are unable to run for any reason after registering, please let the Fundraising Department know as soon as possible and return your sponsorship form, even if it has no entries. Please do not give your place to friends or family as all runners have a personal I.D number.
- A thorough risk assessment has been carried out on the route and for your own safety the Hospice of the Good Shepherd would like to make you aware of the risks.
- Some areas of the route are uneven and therefore may result in tripping or slipping depending on the weather conditions.
- We would advise runners to abide by the Highway Code at all times whilst on the run.

Please note: that in signing up for the run we assume you have acknowledged the terms and conditions of the walk and accept that the Hospice of the Good Shepherd and the organisers will not be held responsible for any accident, injury, costs, loss or claim arising through your own negligence or any other participants or officials.

Why not set up your own Just Giving page to fundraise for the event.

Please visit the website for further details:
www.justgiving.com

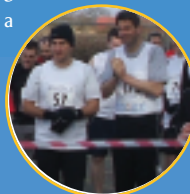
Run to Remember...

Is a 5 mile circular run starting at the Cheshire County Sports Club, in Upton. If you would like to take part in memory of a loved one, to get fit or just to have fun with friends and family members, whatever your reason for taking part, everyone is welcome.



Sponsorship

This is a sponsored run and although we are not asking for participants to raise a minimum amount of sponsorship we would kindly ask you to try to kindly raise as much as possible for the Hospice of the Good Shepherd.



How much is it?

The £6 registration fee includes your running vest, medal, refreshments and all postage and administration costs.

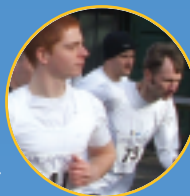


Come and Join us...

On Sunday 7th March 2010 at 9.30am in Chester. This is a fun run, however there will be a trophy for 1st, 2nd, 3rd places and medals will be presented to all participants who finish the run.

How far? 5 Miles

The 5 mile run is popular for runners who want to balance endurance and speed work. It is a great run for runners looking to improve their stamina. Importantly, the training can be easily fitted into your lifestyle, a 5 mile run has something for everyone.

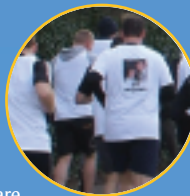


Step 1:

Check that it's safe for you to begin exercising. If you've not exercised for some time, have a check-up with your doctor before you begin.

Step 2:

You need to know where you are before you can progress - so sit down and realistically assess where your general fitness levels currently are and what your reasons are for taking part in the run.



Step 3:

Select a training plan. Trying to prepare for a 5 mile run without a training plan is like trying to find your way to a new town without a map and signposts. To take you on your journey to 5 mile success, you need to follow a structured training plan that is right for your fitness levels and will take you safely towards your goal.



www.run2remember.eventbrite.com

Everyone Welcome

ENTRY FORM

Name Date of Birth

Address

Postcode

Daytime Tel No

Mobile No

Email Address

(Please print clearly as this is the most cost effective way for us to communicate with you)

Estimated time to complete the Run to Remember

Employer (if applicable)

This information maybe used for press/publicity/human interest stories, only with your employers prior permission.

If you are under 14 years of age you must run with a registered adult who will accompany you throughout the entirety of the run.

Name of accompanying adult

Signature of accompanying adult

Running vest size (subject to availability)

Please circle: S M L XL XXL

Please order size above as they are notably undersized.

Reason for doing the run?

How did you hear about the run?

I enclose a cheque for £ made payable to 'Run To Remember'

We will acknowledge you registration in writing, please let us know if you do not receive your sponsorship pack and running vest within 2 weeks of entering.

• Entries will be taken on the day so long as there are spaces left. It is advisable to call 01244 851811 to check there is availability.

• The cut off for postal entries being received is Wednesday 3rd March 2010.

• You can drop this form into the Hospice until Wednesday 3rd March 2010 before 3.00pm at the very latest.

Please return to: Freepost RRRU-JZUA-GATX,
Run 2 Remember, Hospice of the Good Shepherd,
Gordon Lane, Backford, Chester. CH2 4DG

Data Protection Act: We would like to keep you informed about our fundraising and Charitable Activities. This may include passing your details to our associated Hospice of the Good Shepherd Promotions Ltd Company. We will not disclose your data to any other person or organisation. If you do not wish to receive any further information from us, tick here: