

## Volunteers

Gents... we need your help too.

We need lots of help marshalling, registering, helping on refreshments and parking stewards on the night. If you would like to help please fill out the application form below. If you are female and would like to be involved in the walk in some way but do not actually want to take part you could always volunteer whilst supporting friends and family.

Please complete the application form below and return it to the Fundraising Team.

Name .....

Address .....

..... Postcode .....

Telephone No .....

Mobile No .....

Email: .....

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

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

*A volunteer's list and information will be sent to you prior to the event.*

*We will expect all volunteers to be at the Racecourse at 11.00pm so you can be briefed on your responsibilities throughout the night.*

*There will be free parking at the Racecourse and complimentary breakfast, refreshments and T-shirt for all volunteers.*

### 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"/> Refreshments                           |
| <input type="radio"/> Giving Out Medals | <input type="radio"/> Registration                           |
| <input type="radio"/> Tail Runner       | <input type="radio"/> Marshalling<br>(In pairs at all times) |

A night to remember

## 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 Starlight Stroll but would like to help in some other way, such as:

• Becoming a volunteer

• Helping with our annual car raffle

• 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](http://www.hospiceofthegoodshepherd.com)

Please return your entry form to the Freepost address below:

Freepost RRRU-JZUA-GATX, Starlight Stroll,  
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](http://www.hospiceofthegoodshepherd.com)

Email : [jemma.hamilton@hospicegs.com](mailto:jemma.hamilton@hospicegs.com)

Ladies Only

Starlight Stroll



A Sponsored 6 mile Midnight Walk  
Starting & Finishing at  
Chester Racecourse

Saturday 5th September 2009  
at Midnight

Enquiries : Jemma Hamilton : 01244 851811  
Email : [jemma.hamilton@hospicegs.com](mailto:jemma.hamilton@hospicegs.com)  
Website: [www.hospiceofthegoodshepherd.com](http://www.hospiceofthegoodshepherd.com)

**HOSPICE**  
OF THE GOOD SHEPHERD

Registered Charity No : 515516

# Conditions of Entry



- ★ The walk is open to FEMALES only
- ★ Any girls under the age of 14 must be accompanied by an adult at all times on the walk.
- ★ This is NOT a race therefore please do not run.
- ★ All entries must be returned to the Fundraising Department by Friday 28th August 2009 and all places will be allocated on a first come first serve basis.
- ★ Entries will be taken on the day so long as there are spaces left. It is advisable to call the Fundraising Department to check that there is availability
- ★ The registration fee covers your administration for the event
- ★ No dogs, prams, bicycles or male companions are allowed to accompany you on the walk.
- ★ Alcohol must not be consumed during the walk.
- ★ If you are unable to walk for any reason after registering, please let us 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 walkers need to be officially registered.
- ★ 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. There are some areas of the route that are uneven, and therefore may result in tripping, depending on the weather conditions. **There may be slippery, wet areas, poor visibility and lighting, therefore a torch and reflective clothing may be beneficial.** We would advise walkers to abide by the Highway code at all times whilst on the walk.

Please note: that in signing up for the walk 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](http://www.justgiving.com)

Please contact the Fundraising Team on 01244 851811 or visit our Website: [www.hospiceofthegoodshepherd.com](http://www.hospiceofthegoodshepherd.com)



# Ladies...



Get your walking shoes on for the Hospice of the Good Shepherd's second starlight Stroll on Saturday 5th September starting on the stroke of midnight.

The walk starts and finishes at Chester Racecourse, via Chester City Centre. The route will be fully marshalled; well sign posted and well lit but please bring a torch with you just in case you need it.

## How much?

£10 registration fee includes your Starlight Stroll t-shirt, refreshments, breakfast, goodie bag and a medal to mark your achievement.

## Sponsorship

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



Spaces are limited so please apply early to avoid disappointment. Early Birds will receive a £2 discount, reducing their entry fee to £8.



## Why take part?

In memory of a loved one, get fit, have a great night out with friends, colleagues or family, to meet new friends or just to support the vital work of the Hospice of the Good Shepherd. Whatever your reason for walking, we would love you to join us at this very special event.

If you would like to save time queuing on the night of the walk, please come along to the Town Hall in Chester City Centre to register from 2.00pm – 4.00pm.

- Please arrive at 11.15pm for registration on the night, if you did not come to register during the day.
- If you did come during the day to register you will not need to arrive till 11.30pm for the warm up.

Please send your completed application forms to the Freepost address below before Wednesday 2nd September:



Freepost RRRU-JZUA-GATX  
Starlight Stroll, Hospice of the Good Shepherd,  
Gordon Lane, Backford, Chester, CH2 4DG



# Entry Form



Name .....

Date of Birth .....

Address .....

..... Postcode .....

Mobile No ..... Home No .....

Email .....

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

Employer: (if applicable) This information may be used for press/publicity/human interest stories, only with your employers prior permission

.....

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

Name of accompanying adult .....

Signature of accompanying adult .....

T-shirt size: (Please circle) S M LG XL

Vegetarian: (Please circle) Yes No

Reason for doing the walk? .....

.....

How did you hear about the walk?.....

.....

I enclose a cheque for £ ..... made payable to 'Starlight Stroll' for £10 (non-refundable)

We will acknowledge your registration in writing, please let us know if you do not receive your sponsor forms and T-shirt within 3 weeks of entering.

## REMEMBER

To save time and queuing on the night we will be registering people during the day on Saturday 5th September from 2.00pm-4.00pm outside the Town Hall in Chester City Centre.

- New 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 sent in is Wednesday 2nd September 2009
- You can drop this form into the Hospice until Friday 4th September before 3.00pm at the very latest.

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: