

## RULES AND REGULATIONS FOR ENTRY TO A WALK TO REMEMBER 2012

**PLEASE READ:** This is a registration form for the St Mary's Hospice a Walk to Remember 2012. All ladies must register to take part. All entries will be processed in the order we receive them.

**PLEASE READ:** Anyone under the age of 12 is not able to participate. 12-16 year olds must be accompanied by an adult and the parent/guardian name written on the registration form. Places are limited; if you want to walk with friends please secure your places by sending in your entries together.

**PLEASE READ:** Walking this distance is a strenuous activity, therefore all participants should be in a reasonable state of health. If in doubt please consult your doctor prior to starting your training programme.

**PLEASE READ:** The organisation cannot be held responsible for personal accident or injury or loss damage to personal effects.

**PLEASE READ:** You can register on the night. However, only if places are available and an application form must be submitted for each person taking part.

**PLEASE READ:** If you are unable to walk please let us know as soon as possible. You must not give your place to anyone else.

**PLEASE READ:** No walkers should commence the walk until the walk has been officially started. All walkers are requested to be considerate to residents when walking through residential areas and keep noise to a minimum.

**PLEASE READ:** Please note that St Mary's Hospice a Walk to Remember is organised by and for the benefit of St Mary's Hospice only.

**PLEASE READ:** The Walk to Remember is NOT a race and no walkers are allowed to jog or run. You can power walk, but no walker must pass the nominated lead walkers or walk on the road or cycle lanes. The instructions given by stewards must be adhered to.

**PLEASE READ:** We request that participants do not consume alcohol while walking the route as regulations regarding consuming alcohol on the public highway will be contravened and the Hospice maybe subject to legal action.

**PLEASE READ:** You are not permitted to use any of the sponsorship money you raise to pay for expenses. All sponsorship money must be handed to St Mary's Hospice by Monday 30th July 2012.

**PLEASE READ:** A Walk to Remember is a fundraising event. We do not ask for a minimum sponsorship, but hope that you will raise as much money as your can for St Mary's Hospice. By taking part in the event you are committing yourself to raising funds for the charity. If you do not pass all the money that you raise to St Mary's you may be committing a criminal offence.

**PLEASE READ:** I grant my permission to St Mary's Hospice and its sponsors to use photographs, recordings, data and any other record of my participation in the Walk to Remember for any legitimate purpose without remuneration.

### Fundraising Department

Mon– Fri 8.30am-4.30pm

Tel: 01229 580305

Email: [natalie.duncan@stmaryshospice.nhs.uk](mailto:natalie.duncan@stmaryshospice.nhs.uk)

Web: [www.stmaryshospice.org.uk](http://www.stmaryshospice.org.uk)



## Registration Form

# WALK TO REMEMBER

"Go the extra miles for St Mary's"

Friday 18th May 2012

Our 6th annual sponsored ladies only moonlit walk  
**Original Walk to Remember** starting from ASDA Barrow  
at 10pm for 7 miles

★ ★ ★ ★ ★  
**New for 2012!** ★

**Walk to Remember Extra** starting from St Mary's  
Hospice Ulverston at 8.30pm for 11 miles joining with our  
original walk at Abbey Road, Barrow

St Mary's Hospice Walk to Remember is supported by



#stmaryshospiceW2R



[www.facebook.com/stmaryshospice](http://www.facebook.com/stmaryshospice)

# Our 6th annual sponsored moonlit walk... With a difference...

In 2011, ladies who took part in our 5th annual Moonlight Walk, raised £45,000. This was an amazing achievement, but this year, with your help, we would like to at least equal that magnificent total.

In 2012, with the help of our community, we need to raise approx. £6000 per day to cover the running costs of St Mary's services. Over the last 20 years St Mary's has grown and developed extensively, enabling us to care for many more local people each year. This special care and support is beyond price for those who benefit, but is only possible because of the generosity of those who give. We have therefore introduced our new **Walk to Remember Extra** to try and attract more support and give local ladies a new challenge!

Although there isn't a minimum sponsorship we do respectfully ask that you try and raise as much as you possibly can. Why not ask your employer if they will match fund you?

If you would like to be involved in the event, but for whatever reason do not want to do the walk, how about volunteering your assistance on the night? We will need lots of help, both male and female, with stewarding, registration, refreshments etc.

To register as a volunteer please contact the St Mary's Hospice Fundraising Team  
Mon - Fri 8.30am - 4.30pm:  
Call 01229 580305 or email  
natalie.duncan@stmaryshospice.nhs.uk

Further information is available at:  
[www.stmaryshospice.org.uk](http://www.stmaryshospice.org.uk)

Charity Number: 517738



**JustTextGiving™**  
by **vodafone**

Sponsor our Walk to Remember by text!  
Send a free text message to 70070 with our code **WTOR12** and the amount you want to give. For example: **WTOR12 £5**

## Registration Form

Title ..... First Name ..... Surname .....

Address .....

..... Post Code .....

Day Tel No ..... Evening/Mobile No .....

Email .....

Age ..... No children aged under 12 allowed; 12-16 year olds must be accompanied by parent/guardian

### Which walk would you like to take part in (Please tick box):

- Walk to Remember** starting at 10pm, ASDA Barrow –in-Furness for 7 miles
- Walk to Remember Extra** starting at 8.30pm, St Mary's Hospice Ulverston for 11 miles, which will join up to our original walk at Abbey Road, Barrow and continue to ASDA.

For **Walk to Remember Extra** walkers we are offering a free shuttle bus service for those wishing to return back to Ulverston. Please tick the following box if you would like a place on the bus:

**Entry Fee:** I enclose my entry fee of £10 which I understand is not refundable. Please tick box:

Entrants for either event will receive their T-shirt and goody bag when they register on the night. We will forward your sponsorship form and walk number on receipt of your registration application.

**Conditions:** I understand that this is a fundraising event organised for the benefit of St Mary's Hospice. I agree that I will endeavour to raise as much sponsorship money as possible and that by signing this registration I confirm that I have read and accept the rules and regulations of entry to a Walk to Remember or Walk to Remember Extra.

**Cheques should be made payable to St Mary's Hospice. Please note that any entry forms NOT signed will be returned. Please return your entry form and fee to the following address: Hospice of St Mary of Furness, FREEPOST WW10273, Ulverston, Cumbria, LA12 7ZZ**

**For any other information please contact:** Fundraising Department on 01229 580305  
Mon - Fri 8.30am - 4.30pm or email natalie.duncan@stmaryshospice.nhs.uk

Signed: ..... Date: .....