



'THE RYDER RUN' 2008 in aid of Sue Ryder Care
ENTRY FORM
5K Multi-terrain and 2.5K Fun Run

Sunday 9th March / Sunday 8th June / Sunday 7th September
2.5K Fun Run starts at 10.00am. 5K starts at 10.30am.

The Ryder Run is a series of 3 multi-terrain 5K races and 2.5K Fun Run events which start and finish at Cuerden Hall and follows a route through Cuerden Valley Park.
The series of runs helps raise funds and raise awareness of Sue Ryder Care.

Each and every year Sue Ryder Care, Cuerden Hall must raise over £100,000 from the voluntary donations in order to continue to provide its specialist care to young adults with Neurological conditions.

Making a donation or raising Sponsorship for your run will have a direct, positive effect upon the lives of young local adults with life threatening conditions such as Huntington's disease, Multiple Sclerosis, Parkinson's disease, Acquired Brain Injuries and Strokes. Sponsor forms will be sent out on receipt of entry, along with ideas on how to maximise your sponsorship.

Please indicate below which event/s you are entering:-

5K Multi-terrain	9th March	<input type="checkbox"/>	8th June	<input type="checkbox"/>	7th September	<input type="checkbox"/>
2.5K Fun Run	9th March	<input type="checkbox"/>	8th June	<input type="checkbox"/>	7th September	<input type="checkbox"/>

Name _____ Male / Female (please circle) Mr/Mrs/Ms/Miss/Master

Address _____

Postcode _____ Tel _____ D.O.B. _____

Club _____ Age on race day _____

Email: _____

If 16 or under parent / Guardian must sign: I declare that I am medically fit to run in the Ryder Run. As Parent / guardian I give my permission for the above to take part in the Ryder run.

Signed _____ Date _____

From ukresults.net

For further information please contact Mandy on 07739 763361 or Louise on 01772 698145

Completed entry forms and payment should be sent to:
Sue Ryder Care - Cuerden Hall, Shady Lane, Bamber Bridge, Preston, PR5 6AZ
Adults £5 per race or £14.00 all 3 races. Juniors (under 17) £3 per race or £8.00 all 3 races.

Cheques made payable to: Sue Ryder Care
Note: Race Numbers to be collected on the day of the race as new numbers will issued for each race

Registered Charity No. 1052076