

Dumfries

Run 4 Health

The Event

The event will take place at the Crichton on Sunday 26th June 2011. Full details of the course and times can be found on the website www.run4health.co.uk and also will be published in the local press.

This is not intended to be a competitive event! We wish to encourage all ages, health and fitness abilities to get active and be part of a "feel good" community event for the town and raise money for local causes.

The Causes being Supported

British Heart Foundation Scotland - Mending Broken Hearts Appeal
(Registered Charity No. SC039426)

Local heart-related organisations and causes

Rotary Devorgilla Charitable Trust

For full details please see

www.run4health.co.uk

Sponsorship

Please encourage your friends, relatives, workmates etc to sponsor you. While there is no obligation to find sponsors, every penny will help the Causes we are supporting. Raising sponsorship will help to motivate you in your training schedule.

Gift Aid

If your sponsors sign up to Gift Aid the donation can be increased by up to 28%.

Sponsor Sheet

Further sponsor sheets can be downloaded from www.run4health.co.uk

Photography

Photographs may be taken of the event on the day and used in future marketing of events. Please inform organisers on the day if you do not wish to be photographed.