

The Dumfries Run4Health 2011
The Crichton, Dumfries
Sunday 26th June 2011 9.30am onwards

Having fun, keeping fit and raising money to support:

British Heart Foundation, Cardiac Re-habilitation - Cluden Unit, Chest Heart & Stroke FAST Campaign
 Other causes supported through the Rotary Devorgilla Charitable Trust.

Thank you for entering the Run4Health 2011. Well done! You are now registered, and we acknowledge payment of your entry fee. Your registration number is enclosed. Please keep this in a safe place and have it pinned to the front of your top on the day. Remember to bring some safety pins with you!

On the reverse side of this letter is a route map. If you are coming by car, please arrive at the Crichton by Bankend Road (past the entrance to DGRI). You will be directed to park in either the University Car Park or the College Car Park.

Event programme: Please arrive by 10.15am at the latest.

9.30am onwards	Registration of late entries. Health and Activity Fair in the Easterbrook Hall, including: <ul style="list-style-type: none"> • Demonstrations of Tai Chi, fitness equipment, Zumba etc • A variety of displays and stalls on health-related fitness issues • Information on the causes being supported this year. • Teas, Coffees, Ice Creams etc are also available inside the hall.
10.40am Warm up	Led by Morag Graham
11.00am Race starts	You will be called forward in groups depending on whether you are a fast runner, a jogger, a walker, with a buggy etc.

Please encourage other friends, family and/or work mates to come and join you or to cheer you on. It will be possible to register and take part on the day itself, but anyone doing this should arrive in good time. This year there will be individual and team prizes on offer - see our website for details.

The Run4Health is a community event, open to men, women & children of all ages and fitness levels. Go at your own pace and be sensible. If walking suits you best, please do so. The important thing is to take part and have fun! Good Luck and enjoy your day helping to raise awareness of health issues.

Sponsorship cheques, made payable to **Rotary Club of Dumfries Devorgilla Charity Account**, can either be handed in at the Event Registration desk on the day, or handed in/posted no later than **Friday 5th August 2011** to Devorgilla Rotary Club c/o 32 George Street, Dumfries DG1 1EH.

If you have any specific queries, please contact the organisers at info@run4health.co.uk

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****FREE RAFFLE FOR FRUIT HAMPER****

Tear off this slip, fill in your details and drop in at our registration desk at the rear of the hall before 11 am

Entrant No. ___ **Name** _____