

URBANATHLON

In aid of
Chest
Heart &
Stroke
Scotland 

Run, slip, slide, crawl & laugh your way through a 10k with a twist!

Glasgow - Linn Park - 19 September 2010



Take part, have fun & help us raise vital funds to support our necessary work for chest, heart and stroke illness.

To register:

0800 3160 555

www.urbanathlon.org.uk

Text "Scotland" to 60777



Foresters
Investing · Sharing · Inspiring



 **sweatshop**
WE KNOW RUNNING

Don't just think about it - Do it! - Avoid disappointment and enter today

Chest Heart & Stroke Scotland and CHSS are operating names of the Chest, Heart & Stroke Association Scotland, a registered Scottish Charity No SC018761

URBANATHLON 2010

Glasgow entry form

You can also register online at:
www.urbanathlon.org.uk

Please do not return forms electronically as we would not be able to guarantee the security of your details.

Please print, fill in and return this form to the address below. If you are unable to print this form, please call us on 0800 3160 555 or urbanathlon@chss.org.uk and we will send you one in

the post. Please return completed forms to: Chest Heart & Stroke Scotland, 65 North Castle Street, Edinburgh, EH2 3LT

What's involved?

Much more than a traditional 10k: combining fabulous scenery and a route with a fun range of obstacles to add to the challenge!

Disclaimer - Challenge by Choice - I hereby waive any and all claims (to the extent permitted by law) that may arise from whatever cause against Chest Heart & Stroke Scotland, its employees or agents for any loss, injury or damage to my personal property or myself during the event. I understand the existence of danger and that there is risk involved in this challenge. **I declare I am physically fit and over the age of 16 on the race day.** I understand that, for safety reasons runners numbers cannot be exchanged. I accept no refund will be given if I cannot attend or if the event is cancelled for any reason. I further grant permission for the charity to use any photographs taken in any way to further promote the activities of the charity. I understand that the object is to raise as much sponsorship as possible for Chest Heart & Stroke Scotland. All entry proceeds go to support the work of the charity. **I understand this is a Chest Heart & Stroke Scotland event and no fundraising is allowed for any other charity.**

Sponsorship promise - I agree to raise at least the minimum sponsorship of £50 for Chest Heart & Stroke Scotland; I understand, however, that the object is to raise as much sponsorship as possible. £10 of this minimum sponsorship is enclosed to confirm my place. I promise to bring any balance on the day of the event. I understand that I will not be permitted to take part without the minimum sponsorship required.

Signed Date / /

Your Data

We value your support, and confirm that the data that is held by Chest Heart & Stroke Scotland will be held and processed in accordance with the Data Protection Act 1998.

We will use your data to keep in touch with you concerning our activities as a fundraising charity. We will not, without your consent, supply your details to any third party except where this is necessary to carry out our activities or required by law.



Title First name Surname

HOME Address

Postcode Tel (day)

Tel (eve) Mobile

DOB / / Email

We will use your email address to send out information about Urbanathlon and future events
Please provide an email address which you check regularly to ensure you receive this information

If you are taking part in a team, what is your team name?

How did you hear about this event?

Do you have a particular reason for taking part in this event? Yes No

If yes what is your reason?

Would you object to us using your story in a local paper to publicise our event?

Yes No

I enclose a cheque made payable to Chest Heart & Stroke Scotland or credit card payment details

Entry Fee Adults - £10 per person

T shirt Size XS S M L XL

Gift Aid (tick this box) I am a UK taxpayer and would like my personal donation to be gift aided (increase the value of your donation by 28% at no cost to you)

Card No.

Issue No. (Switch/Solo) Valid from date / / Expiry date /

3 digit code on reverse of card