

# 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](http://www.urbanathlon.org.uk)

Text "Scotland" to 60777

**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