

Print out and return, please do not email this form
alternatively register online at www.urbanathlon.org.uk

What's involved?

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

What we ask of you

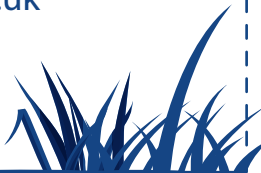
You will pledge to raise a minimum of £50 for Chest Heart & Stroke Scotland - but the sky's the limit! It's just £10 to register. You can, of course, use justgiving.com to raise the rest of your sponsorship. There's a prize for the runner who raises the most sponsorship, so go for it!

Chest Heart & Stroke Scotland

Money raised goes to Chest Heart & Stroke Scotland's services - improving the quality of life for people in Scotland affected by chest, heart and stroke illness, through medical research, advice and information, and support in the community.

0800 3160 555

Register online at:
www.urbanathlon.org.uk



How to Register

Register online at www.urbanathlon.org.uk

To register for the event, please complete and return your form to Chest Heart & Stroke Scotland, 65 North Castle Street, Edinburgh EH2 3LT or ring 0131 225 4800.

Please print details.

Full Name: _____

Address: _____

Postcode: _____ Daytime Tel: _____

E-Mail: _____

We will use your email address to send out information about this and future events.

I am 16 or over T Shirt Size: sm med large xl xxl
on race day

Sponsorship

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 now to confirm my place at the event.

I enclose a cheque for £10 for the registration fee

To pay your sponsorship by credit card please complete this section:

Mastercard/Visa/Switch (please circle)

Card Number:

Start Date: End Date: Issue No. (Switch)

3 digit security code:

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.**

Signature: _____ Date: _____