

16 October 2011

Sunrise Walk

5 or 10 mile Sponsored Walk

Starting at 8am from
Cavendish School, Hemel Hempstead

Sign up at: www.peppersunrisewalk.org.uk

The Pepper Foundation



The Pepper Foundation is a registered charity (No. 1056823) that helps to fund nursing care at home for children with life-limiting conditions in Herts and Bucks. At any one time, the Pepper Children's Nurses are looking after between 30 and 40 local children and providing support for their families. Just £130 pays for a whole day's care

Rules & Conditions of Entry

- Entry forms must be returned with the correct fee which secures your place in the walk, your Sunrise Walk T-shirt, medal, water and snacks. It is non-refundable.
- The event is open to men and women. The minimum age for walkers is 13 years old. Anyone between 13 & 17 years must be accompanied by an adult.
- If you have registered and find that for any reason you are unable to walk please let us know as soon as possible.
- You are not permitted to use any of the sponsorship money that you raise to pay for your place or any expenses. All sponsorship money must be given to the Pepper Foundation.
- The Sunrise Walk is not a race. Walkers are not permitted to run or jog.
- Entrants with limited mobility are advised to contact the Fundraising Team for advice prior to entering. If you require assistance from another person, this person must register but will not be charged an entry fee.
- Only guide dogs are accepted on the Sunrise Walk. No other pets or animals are allowed.

REGISTRATION FORM



Individual Entry (including Team Leader/s)

Mr / Mrs / Miss / Ms / Other

First Name

Last Name

Address

Postcode

Email

Phone No. Home

Work

Emergency Contact & Phone No.

Route choice: 5 10

T-Shirt size: S M L XL

Where did you hear about the Sunrise Walk?

Team Entry

Teams can be of any size. Please list the team members' names below with your name first and your mobile phone number. Team leader, only, to fill out details below. Please use another sheet of paper if you do not have room. The entry fee is £15 per person.*

TEAM NAME				
	First Name	Last Name	T-Shirt S M L XL	£
Walker 1 *				
Walker 2				
Walker 3				
Walker 4				
Walker 5				
Walker 6				
Walker 7				
Walker 8				
* Team Contact's Mobile No.			Total	

www.peppersunrisewalk.org.uk

Important Information

Do you have any medical conditions which the organisers should be aware of (including allergies)? Y/N

If you have a disability please suggest what assistance you may need to complete the walk? *(We will call you to confirm your requirements)*

Entry Fee £15 per person

I enclose an Entry Fee of £

Cheques should be made payable to 'Pepper Events Limited'. Please write your name and address on the back of the cheque. To pay by credit card please call 0845 675 5566.

Pepper Events Limited (Company No. 3410826) is a wholly-owned subsidiary of the Pepper Foundation.

Declaration / Disclaimer

I agree that Pepper Events Limited (PEL) is not liable for my health or possessions before, during, or after the walk and that I participate at my own risk. Any photos taken in still or video format by PEL or outside sources (e.g. Press) can be used to promote the Pepper Foundation, PEL and/or fundraising activities.

Signature

Date

Or signature of parent/guardian (if aged 13 to 17 years).

Do you know anyone willing to marshal or volunteer to help with the walk?
If so, please provide name, address & contact details.

Please return this form to:

Sunrise Walk
Pepper Events Limited
PO Box 334
Berkhamsted, Herts, HP4 1UL
Tel: 0845 675 5566



Thanks for
your
support!