

## Family Fun 3K Run

The run takes challengers around a 3K route through Kenton Grange/Woodcock Park, all in aid of Harrow & Brent's local hospice, St Luke's. As well as raising money for a fantastic charity, taking part will also be a great opportunity to get fit for summer, and to enjoy a great day out!

## About St Luke's

St Luke's Hospice is an independent charity providing specialist hospice care free of charge to people in Harrow and Brent regardless of their circumstances or background. We care for people who suffer from serious progressive illnesses, such as cancer, motor neurone disease and heart failure, offering support with their social, emotional, psychological and spiritual needs with the aim of improving the quality of life that they have left.

Hospice Care is a special type of care that includes the treatment of physical symptoms but also extends to consider the psychological, social and spiritual needs of patients. St Luke's recognises that coming to terms with serious illness can be distressing, and that everyone in the family can be affected. Hospice Care therefore embraces families and friends by supporting them through the illness and into bereavement.

St Luke's  
Hospice  
*Enhancing the quality of life*

## The Family Fun Run is sponsored by



St Luke's  
Hospice  
*Enhancing the quality of life*

**FREE**  
T-shirt and goody bag  
for all challengers  
Sports massage for first 200  
Runners to register



3K in the park  
2009

# Family Fun Run

Sunday  
16th August  
2009

## ENTRY FORM – Family Fun 3K Run – Sunday 16th August 2009

Your Full Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

County: \_\_\_\_\_ Postcode: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ @ \_\_\_\_\_

By providing your email address you have given us permission to contact you by this method.

[www.stlukes-hospice.org](http://www.stlukes-hospice.org)

St Luke's Hospice, Kenton Grange, Kenton Road, Harrow, Middlesex, HA3 0YG

St Luke's  
Hospice  
*Enhancing the quality of life*  
Reg Charity No. 298555

# Family Fun Run Entry Form (please fill out clearly)

Sunday 16th August '09 (Registration opens 11am)

If you are running as part of a family/team please give details:

Family/Team Name: \_\_\_\_\_ Team Leader: \_\_\_\_\_

Please note a form must be completed for each member of your team and should be sent together with full payment for each runner.

**Runners under the age of 16 must include their age and signature of a parent/guardian (All children under the age of 12 must be accompanied by an adult).**

Age: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_

### Emergency Details:

Emergency telephone No: \_\_\_\_\_

Name of Emergency contact: \_\_\_\_\_

### Where did you hear about St Luke's Family Fun Run?

### T-Shirt Size:

**Child:** Small  Medium  Large   
**Adult:** Small (36")  Medium (40")  Large (44")  X Large (48")

Please complete and return the form with a cheque for £20, Family Cons. £35, Child £10 made payable to St Luke's Hospice. Alternatively for Credit/Debit Card payments complete the details below.

Card Type: Visa  Access  Euro  Master  Delta

Card No

Issued  Issue No

Expires  Security code

I understand not to fundraise for other charities through my participation in this St Luke's Family Fun Run. I understand that this is a run and not a race. I am aware that the organisers can not be held responsible for any injury, accident, loss, damage or public liability. I can confirm I am in reasonable health and fitness. If under 12, I will be accompanied by a responsible adult.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Family Fun Run

Sunday 16th August '09

Thank you for your interest in St. Luke's Hospice Family Fun Run. The Run is set on a 3K route which covers Kenton Grange/Woodcock Park.

Starting at midday, runners will complete the course between 12pm and 1.30pm. Challengers can run and walk the route at whatever pace they feel comfortable. Please note that this is not a race!

There will also be a children's 1.6K run separate from the adults that starts at 12.30pm if they wish to do a shorter course and are running by themselves.

Please bring water with you and sun block depending on the weather, and make sure to wear appropriate footwear when running.

The route will be clearly signposted, with marshals, First Aid and support from Harrow Police.

### Entry Fee

Entry costs £20, Family Concession (Couples, 2 Adults & 2 Children) £35, Child £10. Includes registration, free sports massage (first 200 adults to register), Fun Run T-Shirt and a goodie bag on completion. Also 50% discounts off massage on day.

### Fundraising Pack

Once your registration form has been received you will be sent a Family Fun Run Fundraising Pack with further details about the day, and plenty of ideas to help you raise as much sponsorship as possible for St. Luke's Hospice. Please note packs will be dispatched in June. Packs requested after this date may take up to 14 days to reach you.

### Volunteers

To make the Family Fun Run a success we need a huge amount of support on the day. If you know a person who would like to volunteer please contact us with their details. Please obtain permission from the person first.

### Please return your completed form and entry fee to:

Family Fun Run  
St. Luke's Hospice, Kenton Grange,  
Kenton Road, Harrow, HA3 0YG

For more information visit [www.stlukes-hospice.org](http://www.stlukes-hospice.org) or call 020 8382 8063 or email [familyfunrun@stlukes-hospice.org](mailto:familyfunrun@stlukes-hospice.org).

