

the great scottish half marathon 2010

Come and join Walk the Walk as we Power Walk through the streets of Glasgow. The route takes in some of the most famous sights of this cosmopolitan city... and with Bagpipes at every mile the Great Scottish marathon is a fantastic experience. So join us to Raise money, Raise awareness, get fit and have lots of Walk the Walk fun!



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www.walkthewalk.org

Walk the Walk is a grant making charity supporting vital breast cancer causes.

Date
Sunday 5 September 2010

The Place
George Square, Glasgow

Closing date for entries
Friday 16 July 2010

Sponsors

The Walk the Walk charity grants money to vital breast cancer causes. We ask you to aim to raise a minimum of **£100.00** sponsorship.

The Bra

As always, the team will be wearing our trademark 'decorated bra'. Be as wild as you want and help us to raise awareness!

Your training

Completing a half marathon is a fantastic achievement and like most things wouldn't be worth doing if it wasn't a challenge. With a finishing time of 3 hours you need to aim for an average walking pace of 13 minute miles. A special training plan will be provide with your welcome pack but please contact Kerry if you require more information.

How to enter

To join Walk the Walk at the Great Scottish Half Marathon send this form to Walk the Walk along with a cheque for £47.00. This fee includes £29.00 entrance fee and £18.00 (inclusive of VAT at current rate) administration fee which covers the cost of your Walk the Walk pack, including hat, bra and T-Shirt.

*Note: Insurance is the responsibility of each individual participant. Please ensure that your insurance covers you for road walking in this sporting event. All participants are responsible for their own medical condition.

Walk the Walk Entry Form Great Scottish Half Marathon 2010

Please complete this form in black ink using BLOCK CAPITALS.

Forename(s) _____

Surname _____

Address _____

Postcode _____

Daytime telephone _____

Mobile _____

E-mail address _____

Date of birth _____

Your estimated finishing time for this challenge

1-2 hrs 2-3 hrs

To enter this challenge the organisers request that you must be able to complete the distance in 3 hours after which the event closes and all services stop.

Preferred T-shirt style (if available)

Top Tip Loose fit T-shirts are generous in size

Don't Forget! Bear in mind when choosing your size that some people find they lose weight with training.

Loose fit Medium 12 Large 14
XLarge 16 XXLLarge 18

Tight fit Small 8/10 Medium 10/12
Large 12/14 XLarge 14/16 XXLLarge 16/18

A Playtex bra will be sent to you.

The following sizes are available:
30 D - G, 32 - 38 A - G, 40 - 42 D - DD

Back size _____ Cup size _____

Prosthesis bras are currently available in the following sizes: 30 - 42 A - G. If you are outside this size range, we will endeavour to find you a suitable prosthesis bra.

Back size _____ Cup size _____

If you require a bra size that is not available, we suggest that you either decorate one of your own bras for maximum comfort, or pick a bra size that is available and may be suitable for you. In all cases we will endeavour to send the bra size that you have requested. Colour can not be specified. **Please make sure that you order the right size as no exchanges will be possible.**

Do you have any allergies or a medical condition of which the organisers should be aware?
Please give details below _____

Contact name and phone number in case of emergency on the day _____

What other Walk the Walk challenges have you taken part in? _____

I would like more information on Walk the Walk events

We would love to hear why you want to take part in this exciting challenge and if your story would be of interest to others, so, please write a brief summary on the back of this form!

Are you happy for us to share your contact details with the other members of the team? yes no

I aim to raise a minimum of **£100** sponsorship and agree to the terms and conditions laid out by Walk the Walk.

I enclose my entry fee of **£47.00** (inc VAT at current rate)

Signature _____ Date _____

Each entry must be accompanied by an individual cheque made payable to Walk the Walk in Action Ltd and returned to: Walk the Walk Brook House 88-100 Chertsey Road Woking Surrey GU21 5BJ United Kingdom

The administration fee is non refundable. By entering the race you give permission for the free use of your name, voice or photograph or picture in any form of advertising for Walk the Walk in commercial, promotion or any other coverage. I acknowledge that this event is organised by Glasgow City Council and therefore that Walk the Walk are not liable to me for any injury, loss or damage, nor any consequential loss or damage suffered by me, at or by reason of the event.

Data Protection Act

Walk the Walk Worldwide and Walk the Walk in Action Limited (together "WTW") will process your personal data (as defined by the Data Protection Act 1998 ("the Act")) for the purposes of your entry to and participation in all Walk the Walk challenges, keeping you informed about our work, promotions and future events run by WTW and third parties, achieving the charitable objectives and marketing of a charitable organisation and fundraising. This may include WTW using your photograph and film image or a sound recording of you. WTW may transfer your personal data to the charities that it supports through grants and to some of our commercial participators, sponsors and supporting organisations. If you would like WTW to stop processing your personal data following the Great Scottish Half Marathon please let us know by writing to Walk the Walk Worldwide, Brook House, 88-100 Chertsey Road, Woking, Surrey, GU21 5BJ. Please note that by requesting this you will not be informed about future events. Some of the information disclosed to us and processed by WTW will be sensitive personal data (as defined by the Act). By signing this entry form you hereby give to WTW your explicit consent to process your sensitive personal data for the purposes outlined above.