

The Spring Stride offers routes of 3, 5 and 10 miles. You do not have to indicate your preferred route until you arrive on the day.

Once you have completed this form, return it with your registration donation to:

Severn Hospice
Appeals Department
Apley Castle
Telford
TF1 6RH

Cheques made payable to 'Severn Hospice'

The deadline for entries is Friday 13 April 2012. If you have any questions about the Spring Stride please contact the Appeals Department on 01952 221351 or telfordappeals@severnospice.org.uk

Why not take part in one of Severn Hospice's other events in 2012?

Midnight Walk Telford - Saturday 26 May

Dragon Boat Festival - Sunday 24 June

Midnight Walk Shrewsbury - Saturday 30 June

Ironbridge Gorge Brass Band Festival - 14/15 July

Cambrian Century Midnight Ride to Barmouth - Saturday 4 August

Classic Vehicles at Attingham - Sunday 12 August

The Great Big Bike Ride - Sunday 2 September

'Come Fly With Us' Zip Line - Sunday 30 September

Lights of Love - Sunday 2 December

For more information on any of these events please visit www.severnospice.org.uk or contact the Appeals Department on 01952 221351, 01743 354450 or appeals@severnospice.org.uk



Severn
Hospice

Charity No: 512394



Spring Stride
22 April 2012

Sponsored walk or run in the Ironbridge Gorge

Registration £5, under 16s free, register now:

www.severnospice.org.uk

01952 221351

Only one person per form please. Any incomplete forms will be returned to the individual

Title: First Name:

Surname:

Address:

Post Code:

Home Phone No:

Mobile Phone:
[A mobile phone number is required for your safety]

Email:

Emergency contact name and number:

Do you have any medical conditions we need to know about?

How did you hear about the event?
Social Media/ Poster or Flyer/ Radio/ Newspaper/ Family Member/ Work Colleague/ Friend/ Hospice Shop / Website/ Hospice / Took part last year [Please circle]

Have you set up an online Just Giving page? Yes/No [Please circle] For more information on how to set up a Just Giving page visit www.justgiving.com/severnhospice

Are you under 16? If so please provide your date of birth and the name of the adult accompanying you on the day

Please note that raising sponsorship is a condition of entry to this event

Signed: Date:

To be signed by parent or guardian if under 16 years. Severn Hospice will not be liable for any injury or loss that might occur as a result of participation in this event

Severn Hospice respects your privacy and will not sell or trade your information to any other charity or external company or organisation. Donor details are held and used internally, if you would prefer never to hear from us please contact us and we will add you to our suppression list. Personal details of our patients and their families are held securely and separate to our appeals data.

For office use only Donor No:



Only one person per form please. Any incomplete forms will be returned to the individual

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Surname:

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