

Sunday 23 September 2012 • Cassiobury Park, Watford

PUSH it for the PEACE

5 mile obstacle course



The Peace Hospice, based in Watford, cares for people living with a life limiting or terminal illness and supports their families from across South West Hertfordshire.

It provides inpatient care, day care, an outpatient service, a hospice at home service as well as bereavement support.

The Hospice needs to raise £3.8 million of charitable income this year in order to run and develop its services.

Everyone who signs up will be playing their part in helping the Hospice continue to provide free care for our patients and their families within our local community.



all ages & fitness levels



Register at www.peacehospice.org.uk

Fundraising Team, The Peace Hospice, Peace Drive, Watford WD17 3PH
For more information please contact the events team on 01923 335371 or email events@peacehospice.org.uk

kindly sponsored by



Respecting the value of every life

Registered charity no. 1002878

PUSH it for the PEACE



Five great reasons to sign up

1. Motivate, challenge yourself and feel great
2. Support your local charity
3. Have fun with friends, family and colleagues
4. Set a personal target or be part of a team challenge
5. Help the Peace Hospice provide free care to people living with a life limiting or terminal illness

open to
all ages &
fitness
levels

Rules and conditions of entry for Push it for the Peace

Entry

Every participant must fill out an individual entry form if taking part as an individual or signing up as a team. Once we've received your application we will email or post out a sponsorship form welcome letter and what to expect on the big day! Participants must be 14 or older on the day of Push it for the Peace, under 16s must be accompanied by a participating adult. Team entries can be made by advising us of the name of your team on your registration form.

Payment

The entry fee is £20 per person, each person must register individually either online or by filling in a registration form. Team entries can be entered using single or multiple cheques. Please put your name and address on the back of your cheque/s. Please do not send cash in the post.

Safety

The safety of our participants is very important to us, the route will be marshalled, all participants take part at their own risk and must follow the instructions from officials and marshals.

Liability / Insurance

The organisers and sponsors of Push it for the Peace cannot be held liable for injury, loss or damage caused or sustained as result of taking part, howsoever arising, nor can they accept any liability for any changes made to the event for safety reasons, or as otherwise planned through circumstances beyond their control. You are urged to comply with our safety guidelines and you are advised to obtain insurance to cover personal accident, material loss or damage to personal property and any loss or injury you may cause to a third party.

You must be in good health to take part in Push it for the Peace. Participants in doubt about their health, or have a medical condition that could be affected by exercise, must obtain their doctor's approval before participating.

Push it for the Peace target

All Push it for the Peace participants must aim to raise money for the Peace Hospice.

You should not use any of the sponsorship money you raise to pay for your expenses.

All sponsorship money given to you must be passed directly to the Peace Hospice and you must not give your place to anyone else.

On the day

Registration takes place opposite Cha Cha Cha near the Centenary tree. Please arrive in good time to register to correct your t-shirt. Registration opens at 10am for a staggered race start from 10.30 - 11.30am.

Data Protection

The Peace Hospice will process your personal data for the purpose of your entry and participation in Push it for the Peace keeping you informed about our work, promotions and future events.

If you would prefer not to be informed about future events please let us know by writing to

The Events Team, The Peace Hospice, Peace Drive, Watford WD17 3PH or by email events@peacehospice.org.uk

Registration form

Please use BLOCK CAPITALS when completing this form

Title Mrs Miss Mr Other

Surname

First name

Team name if applicable

Age on the day of event

Address

Postcode

Day telephone

Evening telephone

Mobile no

Email

Emergency contact name during event

Emergency contact phone number

T-Shirt size Small Medium Large X Large Please tick size required

Signature of participating adult (if under 16)

Entry fee

I enclose my entry fee of £20

All cheques must be made payable to The Peace Hospice – do not send cash. Credit card payments can be taken by phone **or register at www.peacehospice.org.uk**

By signing the registration form I confirm that I have read and accept the rules and conditions of entry for the Push it for the Peace.

Signed

Date

Please return this form to: Push it for the Peace, The Peace Hospice, Peace Drive, Watford WD17 3PH or drop in at the Peace Hospice reception

By using gift aid you can make your donation worth more

I would like all donations I have made for this tax year and the six years prior to the year of this declaration and all donations I make from the date of this declaration as Gift Aid donations, until I notify you otherwise. Please count my donations as Gift Aid. I have paid sufficient income or capital gains tax to cover the amount reclaimed.

giftaid it

Visit the Push it for the Peace online fundraising page at www.mydonate.bt.com/events/pushitforthepeace

Why not join and ask your friends and family to use this quick and easy way to sponsor you



The Peace Hospice – Respecting the value of every life