



JIM JAM WALK INFORMATION

When and where?

St Wilfrid's Hospice 'JIM JAM WALK' will take place on Sunday 5 July 2009 starting at the Cooden Hotel and finishing at The Big Sleep Hotel, Eastbourne Seafront. All registered participants will need to check in between 4.30 and 5.30pm.

What is the JIM JAM WALK?

This sponsored walk in aid of St Wilfrid's Hospice is achievable for anyone with a reasonable fitness level. The walk is 9 ¼ miles along the coast and is flat all the way. However ½ a mile takes place on the beach which requires a bit more effort! The event takes place in the evening and all participants will be supplied with a Nightshirt to wear and treated at the end of the walk to hot chocolate and cookies courtesy of The Big Sleep Hotel.

How can I take part?

To secure your place on the 'JIM JAM WALK' just return the enclosed registration form with a £10.00 registration fee asap.

On the day of the event you will need to provide us with a minimum of £15.00 sponsorship. You can do this by giving us cash or cheque made payable to St Wilfrid's Hospice.

Walking not your thing, why not be a steward for the event?

Places for the JIM JAM Walk are limited so please return your registration form as soon as possible.

This event has been kindly sponsored by

thebigsleephotel

Registration Form

For office use only

3005/

One form to be used for each participant

Please complete this form in full (**BLOCK CAPITALS**) and return to the address below as soon as possible and no later than 25 June 2009. Please ensure that you have included your **£10.00 registration fee**.

Cheques should be made payable to: **St Wilfrid's Hospice**.

Title _____ Name _____ Surname _____

Address _____

_____ Post Code _____

Daytime Tel. No. _____ Evening Te.No. _____

Mobile No. _____ E-mail _____

D.O.B. ___/___/___ (if under 18)

I enclose a cheque made payable to: **St Wilfrid's Hospice**

Please charge my Visa/MasterCard/Amex

Card Number

Three digit security number

Valid from ___/___/_____ Expiry date ___/___/_____

Amount £10.00

Signature _____ Date _____

Nightshirt Size Request

(Please tick appropriate)

Adult: small medium Large

Children: One size

PTO

Please read this page carefully

Registration terms and conditions

1. You must raise the minimum sponsorship of £15.
2. The registration deposit is non-refundable.
3. You will be responsible for your own safety at all times during the event.
4. All walkers under the age of 18 need to be supervised by a parent/guardian at all times.
5. You should only start the walk if you are in good health. If you are in any doubt you should contact you GP for medical advice. We cannot accept any liability for injuries suffered by anyone taking part in the walk.

I confirm that I have read the above section registration terms and conditions and I understand and agree to be bound by and comply with them.

Name _____

Signature _____ Date _____

Please return this form together with your registration deposit to:
The 'Jim Jam Walk', 39-41 Upperton Road, Eastbourne, East Sussex BN21 1LN

If you have any queries please do not hesitate to call **01323 432180**
or **email** events@stwhospice.org

