

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



The Tulip Fun Run – 14th April 2019

The Cambridge Branch of Parkinson's UK invites you to join us for the annual Tulip Fun Run on Sunday 14th April 2019.

The Fun Run/Walk route is approximately **4 miles / 7 Km**, starting at the David Rayner Building at Scotsdale's Garden Centre, CB22 5JT. The course follows the pavement along Cambridge Road towards Granhams Road, and then goes off-road along the DNA Cycle Path towards Addenbrooke's Hospital. Walkers and runners will be guided to turn left along the Dame Mary Archer Way (bridge). From there they'll follow the flagged route through the new housing development, towards Shelford Road. Once back on the pavement, it's then the home straight to the finish line back at the David Rayner Building at Scotsdale's.

ENTRIES: All entrants (walkers and runners) must either register online: <https://www.active.com/cambridge/running/tulip-fun-run-2019> or complete the paper entry form, and must make the appropriate payment and tick the disclaimer statements.

FUN RUN ENTRY FEE: £10.00 for adults and £5.00 for entrants 16 years or under.

Every participant who completes the course will receive a certificate and medal to commemorate their achievement.

A small proportion of your entry fee covers the cost of your medal, as well as the online processing fees, with the rest of your entry fee going directly to the branch. Participants are encouraged to raise additional sponsorship funds to support the Cambridge Branch of Parkinson's UK and its members.

INFORMATION: Once registered we'll email you to confirm your entry and to provide

details and timings for the event day, as well as information and advice regarding sponsorship. Race numbers will be given out on the morning of the Fun Run, and there will be a bag drop where participants can leave items (at own risk) while en route. After the event there will be refreshments for those who have taken part, as well as food and drink for purchase by spectators.

ESSENTIAL REQUIREMENTS: each entrant must wear their vest number for safety and administration reasons. Entrants are advised to prepare themselves by training before the fun run and to seek medical advice if there are any doubts about fitness.

SPONSORSHIP INFORMATION:

The Tulip Fun Run is the annual fundraising event for the Parkinson's UK Cambridge Branch, and all funds raised by participants go directly to the branch to in turn support its members with regular therapies, meetings/events that provide information, support and advice for people with Parkinson's, their carers, families and friends.

The best way to collect sponsorship donations from family, friends and colleagues is by setting up a JustGiving or Virgin Money Giving page. You will need to indicate on your fundraising page that this is for the Tulip Fun Run 2019, and specify that the money you're raising is for Parkinson's UK Cambridge Branch.

Tips and more information can be found on the Parkinson's UK website:

<https://www.parkinsons.org.uk/content/top-tips-fundraising>. You can also ask for donations offline. Just download and print off some Parkinson's sponsorship forms from www.parkinsonscambridge.org.uk. Please encourage your sponsors to complete the Gift Aid section in full where appropriate. Sponsorship donations may be made in the form of cash and cheques (made payable to "Parkinson's UK Cambridge Branch").

PAYMENT AND RETURNING YOUR PAPER REGISTRATION FORM:

Please send completed forms as soon as possible (before April 7 2019) to Keith Howlett Membership Secretary by email to keithparkinsonscambridge@gmail.com or by post to: 17 Kingfisher Close, Bourn, CB23 2TJ.

We advise that you pay the entry fee electronically via BACS to the Parkinson's UK Cambridge Branch: Co-Op Bank, Sort code: 08-92-99, Account number: 65842902. Please note your name and add **TFRR19** when paying by BACS. Alternatively you can enclose a cheque or postal order payable to 'Parkinson's UK Cambridge Branch' for the entry fees when you send back your registration form.

Parkinson's UK 215 Vauxhall Bridge Road, London SW1V 1EJ
T 020 7931 8080 F 020 7931 8080 E enquiries@parkinsons.org.uk W parkinsons.org.uk

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (948776) .Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554).

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The Tulip Fun Run Details and Entry Form

The Cambridge Branch of Parkinson's UK invites you to join us for the annual Tulip Fun Run on Sunday 14th April 2019.

Event details and schedule:

The Tulip Fun Run takes place at the David Rayner Building located within the gates of Scotsdale's Garden Centre (CB22 5JT), where there is free parking. The Fun Run route is approximately 4 miles / 7 Km, starting at the David Rayner Building at Scotsdale's. The course follows the path along Cambridge Road towards Granhams Road, then goes off road along the DNA Cycle Path towards Addenbrooke's hospital. Walkers and runners will be guided to turn left along the Dame Mary Archer Way (bridge). From there they'll follow the flagged route through the new housing development, towards Shelford Road. Once back on the pavement, it's then the home straight to the finish line back at the David Rayner Building at Scotsdale's.

10:00 - Arrival: Pick up race numbers and bag drop (toilets available)

10:30 - Fun Run Start: stay tuned to find out who will wish you well on your journey

10:45 - Refreshments available for spectators and participants around the David Rayner Building

11:00 - Speedy runners begin to return

11:30 - Runners and walkers return, collect medals and certificates and enjoy the atmosphere around the David Rayner Building

11:30 - 10 minute massages available to runners

12:30 - Event ends (likely all walkers back by this stage)

On the day of the event please bring the following: ID, bottle of water, suitable clothing for walking or running, a bag and warm clothing for afterwards, cash for refreshments, sponsorship/JustGiving info.

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2019 TULIP FUN RUN ENTRY FORM

Please complete this form, ticking (☑) the boxes as appropriate.

I wish to enter the 2019 Parkinson's Cambridge Tulip Fun Run.

I am medically fit to run or walk the distance of 4 miles / 7Km involved. I will not hold the organisers responsible for any injury or loss to my property or person however caused, before, during or after the event.

I have no objection to the publication of event photographs / video footage in which I appear.

I have no objection to the use of video featuring me taken at the event in promotional communications to fundraise, campaign and raise awareness of Parkinson's

I am a member of the Cambridge Branch of Parkinson's UK

I am not a member of the Cambridge Branch of Parkinson's UK

I will walk / run the course

I would like to purchase a (please circle) S/ M/ L/ XL/ XXL T-shirt for £5

I will wear the vest number given to me on the day for safety and administration reasons.'

Either: I have paid the sum of £..... by BACS on (date) ref.....(name)TFRR19

Or: I enclose the entry sum of £.....; Signature :..... Age :

Print Name.....

Address:.....

.....

.....

Phone Number..... Email.....

Emergency Contact Name and Number:

How did you find out about the event?

Your details will only be used for the administration of, and to be reminded about, this event. We would also like to keep you informed about the work of your local branch of Parkinson's UK. We may do so via the postal and e-mail addresses and telephone number (including SMS messaging) you have provided. So we may contact you, please tick the boxes after this statement as appropriate:

I would like to receive further information about fundraising and other activities by the Cambridge Branch:

Email Telephone(Call) SMS Postal Address

We will not share your details with any third party or other organisation for marketing purposes. For further information on how we may use your contact details please see our Privacy Policy on our branch website.