

Hospice at Home
Carlisle and North Lakeland

Penrith Santa Dash



Sunday 28th November



Get your santa suit on, grab your running shoes and join us for the Penrith Santa Dash 2010

The 4km route starts at the Monument at 3pm and will take you on a circular route around the town, along King Street to Crown Square, past Ullswater Community College, up Clifford Road and onto Ullswater Road. Next you will dash down Castlegate, through Bluebell Car Park, along Middlegate and arrive back onto Devonshire Street for well deserved festive goodies!

You can run, jog or walk the route and everyone is welcome.

Prizes up for grabs for the Fastest Santa and the Top Fundraiser.

Ho Ho Ho!



Penrith Santa Dash



- * 4km fun run starts 3pm, at the Monument, Penrith Town Centre
- * Fitness Trainer Karen Rathbone will do a 10minute festive warm up before the start of the run
- * Face Painting available
- * Festive refreshments will be provided at the end of the route



SANTA DASH ENTRY FORM

ENTRY FEE: £10 per adult, £5 per child (under 16)

Fee includes full Santa Suit and refreshments

Hospice at Home
Carlisle and North Lakeland

First Name:.....Title:

Surname:.....

Home Address:.....

.....Postcode:.....

Tel. No. :.....Mobile No:.....

Email:.....

Any medical condition that we should be aware of.....

Emergency contact name on event day.....

Emergency contact phone number.....

Where did you hear about the Santa Dash?

SIGNED..... DATE.....

Signature of parent or guardian if a runner is under 16.

Date of Birth.....(if under 16)

SIGNED..... DATE.....

Please make cheques payable to *Hospice at Home*.

CONDITIONS OF ENTRY

I am aware that the organisers and their employees and volunteers cannot be held responsible for any personal injury, accident, loss, damage or public liability. I can confirm I am in reasonable health and fitness. If under 16 I will be accompanied by a responsible adult. We kindly ask each adult participant to try to raise a minimum of £20, or more, in sponsorship.

Return this entry form and your fee by **Wednesday 24th November** to the Fundraising Office, Federation House, Gilwilly Industrial Estate, Penrith CA11 9BL.

Tel: 01768 210719 www.hospiceathome.co.uk