



We've come a long way in 40 years...

...will you go 10k for people with Parkinson's?



PDS10K

Sunday 22 November 2009

The National Water Sports Centre

Nottingham



Parkinson's
Disease Society

020 7932 1356
events@parkinsons.org.uk
www.parkinsons.org.uk/10k

Parkinson's Disease Society of the United Kingdom.
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Registered Office: 215 Vauxhall Bridge Road, London SW1V 1EJ.

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PDS10K



As part of our 40th Anniversary celebrations the Parkinson's Disease Society is holding its very own 10k, and we'd love you to join our team!



The PDS10K is the ideal race. The flat course suits every runner whether you are looking for a reason to get fit, have just started running or are a club runner in search of a fast time.

Set in 270 acres of beautiful Country Park, Holme Pierrepont is the nationally and internationally renowned National Water Sports Centre. The Centre has been home to some of our greatest Olympians.

This year 10,000 people will be diagnosed with Parkinson's – w



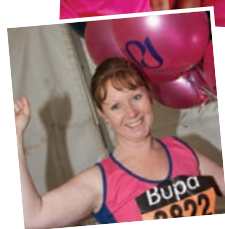
How will your support help?



All the money raised in the PDS10K will go to fund our vital work – providing support and advice, campaigning, and funding ground breaking research. For example, a research project looking into why cells in the brain die could shed new light on the development of Parkinson's disease. What makes the project potentially life-changing is that it could lead to radical treatments in the near future – bringing relief to the 120,000 people with Parkinson's in the UK today.

If Dr Andrey Abramov's exciting research into the Pink1 gene reveals how cells die in Parkinson's we should be able to develop new treatments to protect cells from damage –

stopping Parkinson's in its tracks.



We need your help

There is no minimum sponsorship required to take part in the PDS10K, but we suggest that runners aim to raise £100 in sponsorship.

Fundraising materials and sponsorship forms will be provided upon registration.

Every runner will receive:

- > Chip timing
- > Exclusive breathable PDS t-shirt
- > Finisher's medal

Will you run 10,000m to help the PDS continue to support them?

PDS10K Booking form

Title Name Date of birth

Address

.....Postcode

Contact telephone number (include area code)

If you are happy for us to contact you by email, please tick the box and provide your email address:

Email address

Registration fee (please tick)

£18 (non affiliated) £16 (affiliated) Running Club

Please make cheques payable to **Parkinson's Disease Society** or enter card details below.

Please tick: Mastercard Visa American Express Maestro Delta

Cardholder's name

Card no.

Start date:

/

Expiry date:

/

Cardholder's signature:

Issue no. (Maestro only):

Security code*:

*This is the last three digits on the signature strip of your card and is now compulsory to complete your transaction

DATA PROTECTION

Under the terms of the Data Protection Act, the PDS will retain and use the data you have provided for administration purposes and to keep you informed about our activities. We hope you will want to remain in touch with us, but if you would prefer not to receive future mailings, please tick here:

TERMS AND CONDITIONS

I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel or not officially time the race in the event of adverse weather conditions or other events outside the organisers' control. The determination of what constitutes this is reserved solely by the Parkinson's Disease Society. Entry fees are non-refundable and non-transferable, even in the case of event cancellation. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give my permission freely for it to be used.

Entrants to the PDS10K must be over the age of 15 on the day of the race (applications from runners under the age of 18 must be signed by a parent or guardian). Running a 10K is a rewarding experience; however it is not to be taken lightly. You need to be physically fit to complete the distance. Do not run if you feel unwell. We strongly recommend you seek advice from your GP before embarking on a new exercise programme.

Signature (of parent or guardian if under 18):

Date:

Please return your completed form to:

Events Team, Parkinson's Disease Society, 215 Vauxhall Bridge Road, London SW1V 1EJ

