



PRE REGISTER
From 22nd February
Mitchell Health Care
65 Bridge Street, Benalla



Sunday 28 February 2016 Benalla Lake Foreshore

Cycle (8.30/9.30am) **Relay** (9.30am)
Walk (10.30am) **or Run** (11.30am)

**Entertainment, Auction, BBQ Lunch and fun
for all. Free T-shirt for ALL participants**

For registration form see back of poster
or www.act2dfeetmnd.com

Funds raised support research to find a cure for MND.
Thanks for your support





Sunday 28 February 2016 Entry Form

Tick the activity you are entering.
Rides start and end at Benalla Lake

- 08:30am Long Cycle Ride – 89km
- 09:30am Short Cycle Ride – 26km
- 09:30am Relay Run – 4 per team 2km each
- 10:30am Walk – 4.2km around lake
- 10:30am Senior Circuit – short walk
- 11:30am Run – 4.2km around lake – King, Queen, Prince and Princess
- 12:00noon Lunch/Entertainment/Auction

ENTRY FEES (INCLUDES FREE T-SHIRT)

- \$25 Individual \$5 Primary Students
- \$100 Relay Team \$10 Secondary Students
- \$50 Family (2 Adults & 2 Children)

Please note all donations over \$2 are tax deductible.

Entry \$ _____

Donation \$ _____

Total \$ _____

Cash or Cheque Payable to: Benalla MND Vic Research Fund

Visa Mastercard Expiry Date: _____ / _____

Card No.: _____

Name on card: _____

Signature: _____

Benalla Act to D-FEET Motor Neurone Disease
C/- 4 Lowry Place Benalla VIC 3672
Phone: 03 5762 7494 www.act2dfeetmnd.com

All proceeds to MND Research via MND Victoria
Reg. Assoc No A7518 ABN 44-113-484-160

Thank you for participating, fundraising and helping to raise awareness of Motor Neurone Disease.

MOTOR NEURONE DISEASE (MND)

Motor Neurone Disease is the name given to a group of diseases that damage those nerve cells (neurones) in control of the muscles allowing us to move around, speak, breathe and swallow.

With no nerves to activate them, these muscles gradually weaken and waste, resulting in paralysis. Weakness is often first felt in the hands or feet, or may cause swallowing difficulty or slurred speech. Muscle twitching and/or cramps also occur. In many MND cases the senses, intellect and memory are not affected.

MND affects each person differently in respect of symptoms and survival time; there are no remissions. On average, two people die of MND every day in Australia.

Proceeds from this event will go via MND Victoria to the Motor Neurone Disease Research Institute of Australia, for projects aimed at discovering the cause, enhancing treatments and finding a cure for MND.

CYCLISTS / RUNNERS / WALKERS

PLEASE PRINT DETAILS IN CAPITAL LETTERS

Name: _____

Email: _____

Mobile: _____

Date of Birth: _____ / _____ / _____ T-Shirt Size: _____

Signature: _____ Event: _____

(Parent/Carer to sign if under 18 years of age)

Name: _____

Email: _____

Mobile: _____

Date of Birth: _____ / _____ / _____ T-Shirt Size: _____

Signature: _____ Event: _____

(Parent/Carer to sign if under 18 years of age)

Name: _____

Email: _____

Mobile: _____

Date of Birth: _____ / _____ / _____ T-Shirt Size: _____

Signature: _____ Event: _____

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Name: _____

Email: _____

Mobile: _____

Date of Birth: _____ / _____ / _____ T-Shirt Size: _____

Signature: _____ Event: _____

(Parent/Carer to sign if under 18 years of age)

BENALLA LEADS THE WAY

Benalla's Act to D-feet MND event has been recognised for helping take Motor Neurone Disease research funding to a new level, dramatically increasing prospects of discovering a cure. MND Australia Executive Officer Research, Janet Nash, praised the Benalla event for changing the way research funding is undertaken across Australia, "The people of Benalla must be congratulated for being amongst the first people to support a 'named' grant for MND Research. Since the inaugural event in 2008, the Benalla event has raised in excess of \$375,000 and has helped fund seven research projects to find a cure for the disease.

DECLARATION

I/We the above-signed, in consideration of the acceptance by MND Victoria of this entry do hereby for myself, my heirs, executors, and administrators waive all and any rights claims or cause action which I or they otherwise have arising out of loss, damage or injury which I may sustain in the course of or arising out of my entry or participation in the Walk/Cycle/Run to D-FEET MND.

I/We attest and verify that I have physical fitness at a level to enable me to safely complete the Walk/Cycle/Run to D-FEET MND.

I/We agree to be bound by the directions given by event organisers during the event.

I/We hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event.

I/We agree that in the event of cancellation due to matters beyond the control of the Organisers my entry fee shall be non refundable.

I/We hereby acknowledge that I have sole responsibility for my personal possessions and any equipment during the event and its related activities. MND Victoria, any sponsor, or their agents and servants shall have no liability for any loss or damage occurring to items of clothing, footwear, jewellery or any other personal effects placed in the custody of the Association in relation to the event.

I/We hereby permit free use of my name and pictures in print and electronic media as they pertain to the event.