

Pre Register  
From 22<sup>nd</sup> February  
Mitchell Health Care  
65 Bridge Street  
Next to Pettifers Fashions



# WALK TO **D-FEET** MOTOR NEURONE DISEASE

**Sunday 28<sup>th</sup> February 2010**  
**Benalla Lake Foreshore**

**Cycle** (8.30/9.30am) or **Walk** (10am/10.30am) or **Relay** (11am) or **Run** (12.00pm)  
Followed by

**Entertainment, Lunch, Auction and fun for all**

**Free T-shirt for ALL participants**



MND Association of Victoria Inc.  
265 Canterbury Road, Canterbury 3126

Funds raised support research to find a cure for MND

# Sunday 28 February 2010 Entry Form

Tick the activity you are entering.  
Rides start and end at Benalla Lake Foreshore – off Fawcner Drive.

- 08:30am Long Cycle Ride - 89km**
- 09:30am Short Cycle Ride - 26km**
- 10:00am Walk – 4.2km around lake**
- 10:30am Senior Circuit - short walk**
- 11:00am Relay Run - 6 per team 2km each**
- 12:00pm Run - 4.2km around lake**

## 12:30pm Lunch/Entertainment/Auction

### Entry fees (includes free T-shirt)

- \$ 20 Individual**
- \$ 5 Seniors**
- \$120 Relay Team**
- \$40 Family (2 Adults & 2 Children)**
- \$10 Secondary Students**
- \$ 5 Primary Students**

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

Entry \_\_\_\_\_  
Donation \_\_\_\_\_  
Total \$ \_\_\_\_\_

- Cash**
  - Visa**
  - Mastercard**
  - Cheque**
- Cheques Payable to Mick Rodger MND Victoria Research Fund
- Expiry Date:   /  /

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Name on card: \_\_\_\_\_

**Mick Rodger Act to D-FEET Motor Neurone Disease**  
**C/- 63 Carrier Street Benalla VIC 3672 Phone: 03 5762 7494**  
 All proceeds to MND Research via MND Victoria <http://www.mnd.asn.au/>  
 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 the majority of 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, one person dies 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 cure for MND.

## CYCLISTS / RUNNERS / WALKERS PLEASE PRINT DETAILS IN CAPITAL LETTERS

Name:			
Email:			
Mobile:		Date of Birth	
Signature:			

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

Name:			
Email:			
Mobile:		Date of Birth	
Signature:			

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Mobile:		Date of Birth	
Signature:			

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

## 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.