

WALK TO D-FEET MOTOR NEURONE DISEASE

Sunday 26 APRIL 2009

JOIN IN THE FUN AND WALK TO RAISE FUNDS FOR CLIENT SERVICES
AND RESEARCH TO FIND A CURE FOR MND

You can also raise additional funds through donations and sponsorship. Prizes will be awarded to the top adult and child fundraisers.

WHEN Sunday 26 April 2009 11.00 am
Late registrations from 10.00am

WHERE Start from sea front of the Adelaide Sailing Club, Barcoo Rd,
West Beach
Walking via Military Rd, West Beach Rd to West Beach Surf Life Saving Club, along
beach front path (4km, 45 mins)

An optional extension loop from West Beach Surf Life Saving Club to the Henley
Sailing Club and back (extra 1.8 km)

Finishing at Adelaide Sailing Club

Wheelchair and stroller friendly.

Sausage sizzle at end of Walk.

BYO lunch - Drinks for sale

BYO chairs, rug or table

START 11.00am
Walk alone or join a group leaving approximately every 15 minutes
Walk approx 4kms – 45minutes

COST Adults \$25 includes free Walk to D-Feet T-shirt and other freebies
Children 5-18yrs \$10.00 includes a free MND bandana
Family: \$55 (2 adults and 2 children)

TO ENTER
Phone for registration and sponsorship forms (8357 0245 or freecall
1800 777 175 country callers) or download from our website from March 09:
www.mndasa.com.au