

- ❁ Please return your **Registration Form** or **register on-line** by **MONDAY, 12 APRIL 2010**
- ❁ Please return your **Sponsor/Donation form** with money in the week following the Walk
- ❁ Prizes will be awarded to the top **ADULT** and **CHILD** fundraisers donated by "be a sport" Burnside Village



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Early Registration is encouraged

Late Registrations will be taken on the day from 10.00 am

Start and Finish : Seafront of the Adelaide Sailing Club, Barcoo Road, West Beach

Start time : 11.00 am

Walking via Barcoo Road, Military Road to West Beach Road to Seaview Road, left at West Beach Surf Life Saving Club, along beach front path returning to Adelaide Sailing Club(4km - approx 45 mins).

- Wheelchair / stroller friendly
- Free Sausage Sizzle cooked by the Lions Club of Edwardstown
- Water and fresh fruit supplied
- BYO chairs, rug or table
- Breakfast, Coffee, tea, lunch and drinks are available for purchase from the Adelaide Sailing Club
- 10 x 10 minute free massages at end of walk donated by Neurosense Physiotherapy. Need to register before walk. Lucky winners will be notified at end of the Walk.
- Top Adult and Child fundraiser prizes donated by "be a sport", Burnside Village

What is Motor Neurone Disease (MND) ?

FACT

- MND is a terminal neurological disease
- There is no known cause, no known cure and no effective treatment for MND
- People with MND progressively lose the use of their limbs, their ability to speak, swallow and to breathe, whilst their mind and senses remain intact
- Each day in Australia more than one person dies from MND and another is diagnosed
- Average life expectancy is 27 months

MOTOR NEURONE DISEASE ASSOCIATION OF SA INC

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PO Box 2087 Hilton SA 5033

Phone: 8234 8448

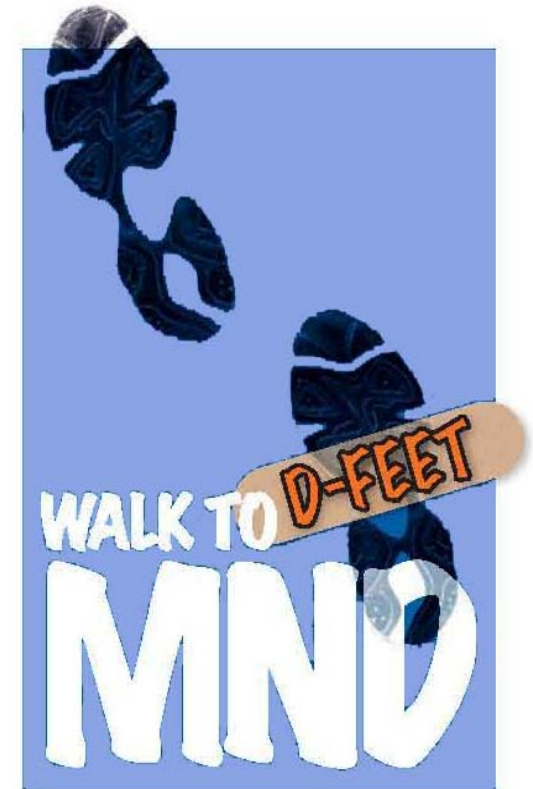
Fax: 8152 0447

www.mndasa.com.au

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ABN: 87 026 807 478

Official Sponsor / Donation Form



Sunday, 18 April 2010

Adelaide Sailing Club—West Beach

Telstra

Principal Sponsor

Proudly supported by



Edwardstown

Burnside Village