

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



PARKINSON'S UK SPOOKY SPRINT

Lee Valley Park, Waltham Cross
Saturday 20 October 2012 ... in the dark!

Are you scared of the dark? Or things that go bump in the night?
Join our Halloween challenge and give yourself a fright.

020 7932 1369
events@parkinsons.org.uk
parkinsons.org.uk/spookysprint

IT'S A FRIGHT NIGHT!

The Spooky Sprint is definitely a Halloween treat. Are you ready for the challenge?

Choose your distance and get ready to run through Lee Valley Park by night, clocking a view of the Olympic White Water Centre as you go. The flat course suits everyone, whether you fancy a fun run, you've just started training or you're a club runner hoping to beat a personal best.

The kids' fun run is ideal for the whole family so why not make a night of it?

Every 5K and 10K runner will receive:

- a chip-timing device
- a head torch
- an exclusive, breathable T-shirt
- a finisher's medal

We suggest that you aim to raise **£100 in sponsorship**. This will go towards helping us find a cure and improving life for everyone affected by Parkinson's.

Register online or call us for an entry form.

Go on – join our spooky challenge!

Entry requirements

10K

£20 (£18 for UKA affiliated)
in advance
£25 on the day

5K

£12 in advance
£15 on the day

Kids' fun run

£3 in advance
£5 on the day

