

Global Day Walk to D'Feet  
MND  
Lake Burley-Griffin, ACT



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (home): \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Entry Fees**

Members with MND	Free _____
Adults	\$25 _____
Children 5-18yrs	\$5 _____
<i>Children under the age of 14 must be accompanied by an adult</i>	
Family—2 adults and 2 children	\$50 _____
Dogs includes free MND lead	\$6 _____
Socks—mens	\$6 _____
Socks—womens	\$6 _____
Postage for T-Shirts	\$7-50 _____

I am unable to attend, please accept  
My tax deductible donation of: \_\_\_\_\_

**Pre-Register & receive a walk T-shirt Free**—T-shirts will be available for sale on the day \$10 for Adults \$5 for children's shirts. **See back of form to order T-shirt sizes.**

**Payment method (please circle):**

Money Order    Cheque    Visa    M/Card    AMEX

Cardholder's name: \_\_\_\_\_

Expiry : \_\_\_\_\_ Total amount: \$ \_\_\_\_\_

Card number: \_\_\_\_\_

Signature: \_\_\_\_\_

**Walk, run or ride for a cause  
around Canberra's Lake Burley-Griffin**

Please join MND NSW, MND Australia and the MND community worldwide to acknowledge Global MND Day in our national Capitol. The Walk to d'Feet will commence at 10am on Sunday 27th of June 2010 at the Captain Cook Globe on the edge of Lake Burley Griffin (access via Barrine Drive). The walk is a 5.5km walk/run/bike ride doing the Lake's 'Bridge to Bridge'. We encourage you to come along and to walk/wheel with your family, friends and dogs.

MND NSW have registered the event with 'Everyday Hero', a website that allows you to create your own 'hero' page and to get sponsorship. Visit [www.everydayhero.com.au/event/walk\\_ACT](http://www.everydayhero.com.au/event/walk_ACT) for details.

After the walk **please join us and stay for a sausage sizzle**. There is an undercover area close to the globe that has tables.

**ALL PARTICIPANTS MUST READ & SIGN THESE CONDITIONS:**

" I the undersigned in consideration of the acceptance of MND NSW of this entry do hereby for myself, my heirs, my executors and administrators waive all 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 to d'feet MND. I hereby accept all responsibility for my/my child's action and waive any claim which i might otherwise have against MND NSW , or any employee or volunteer of arising from any injury, loss or damage as sustained as a result of my/my child's participation in the said event (signature of parent or guardian required for walkers under 18 years of age). In the event the walk cannot be conducted for any reason on the day you regret that you cannot refund my entry fees"

Participant's signature or signature of adult who is organising family group/team entry:

Signature: \_\_\_\_\_  
(parent or guardian to sign if walker under 18 )

Complete form and send/fax to:  
MND NSW  
Locked Bag 5005  
Gladesville NSW 1675  
Enquiries: (02) 8877 0999  
Fax: (02) 9816 2077  
Email:  
kymn@mndnsw.asn.au

**'Walk to d'feet' socks**  
Why not 'walk to d'feet MND' in a pair of MND socks? They cost \$6 and are available in ladies' (purple socks, up to size 9) and mens' (blue, from size 7).

Could you please mark on the following charts what size t-shirts you require. Your t-shirts will be available for pick up from the pre-registration desk. If you would like your T-shirts posted please add \$7.50 postage to your entry fees Please note the chest width measurement is with the shirt laid flat and measured from underarm to underarm. Measurements are in Centimeters and are approximate and for guidance only.

Adults Shirts are Unisex sizing

Size	XS	S	M	L	XL	XXL
Chest (cm)	41cm	46cm	51cm	56cm	61cm	66cm
No Req'd						

Children's T-Shirt s

Size	2T	3T	4T	XS	YS
Chest (cm)	33cm	36cm	38cm	39cm	42cm
No Req'd					

# Because of you there is Hope

Because of you, there is HOPE. A harbour of love, courage, determination, defiance, generosity ..... walking shoes, purpose and drive.

Know as you take your steps forward that each step has made a difference.

With each step you will tell people living with Motor Neurone Disease that they are not alone.

With each step you will tell those who have lost loved ones that you embrace their journey through their terrible grief, that they, also, are not alone.

With each step you will tell those who are researching the causes of MND that you will not leave them alone to fight the battle for others.

**TOGETHER, WE CAN MOVE MOUNTAINS  
ALONE, WE CAN'T MOVE AT ALL**