

2 Mile Fun Run in Association with The Garden City 10

www.gardencityrunners.org.uk

The Garden City 10, now in its twenty-seventh year, continues to be the premier 10 mile event in the area. This year we are delighted to be hosting the Herts County Senior Championships and Road Runners Club 10 mile championships.

The course is very safe and well marshalled. We welcome all levels of competitor, whether top class athlete, club runner or jogger. Family and friends who come along can see the race pass at three different points by walking just a few hundred yards.

Garden City Runners

GCR is one of the most successful road and cross country running clubs in Hertfordshire. We welcome all standards of runner from international to the slow shuffler and our membership ranges from people in their late teens to those pushing 80. We have been particularly successful in encouraging beginners and seeing them progress in the sport. We have built up a reputation of being a very friendly and social club. Please visit our website www.gardencityrunners.org.uk for more information.



Keech Hospice Care Helping local families through the toughest of times

Keech Hospice Care provides vital support for children with life-limiting conditions across Hertfordshire, Bedfordshire and Milton Keynes.

Some of these children will die when they are very young while others have conditions where their health deteriorates over a number of years. In most cases, the parents have to cope with their round-the-clock care, whilst facing a future where their child will probably die before they do.

Through its children's hospice and a community nursing team, Keech focuses on helping these families to enjoy the best quality of life in whatever time they have together. While helping each child to cope with the symptoms and emotional consequences of their condition, Keech also supports family and friends throughout the child's illness and in their bereavement.

All of this care is offered completely free of charge to the families who need it.

Fact file

- Keech cares for around 200 families each year, 74 of which are currently living in Hertfordshire.
- Keech continues to support families for as long as they need after the death of a child. 47 Hertfordshire families are currently receiving bereavement care.
- The hospice is open 24 hours a day, 7 days a week, 365 days a year.
- A team of 6 nurses and support workers help families at home across Hertfordshire.
- It costs £656 per day to care for a child at Keech and £200 to visit them at home.
- With little funding from NHS, the charity has to raise 75% of its funds from the local community.

Keech needs your support

To find out more about the charity's work and how you can help visit www.keech.org.uk or call the fundraising team on 01582 707940.

Support from Roche in the UK

For the third year running Roche is pleased to be the main sponsor of the GC10 event. Roche Welwyn employees nominated the Keech Hospice Care for Children as Roche's 'Charity of the Year' for 2010 and will raise money throughout the year with employee supported events.

Roche aims to improve people's health and quality of life with innovative products and services for the early detection, prevention, diagnosis and treatment of disease.

Part of one of the world's leading healthcare groups, Roche in the UK employs nearly 2,000 people in pharmaceuticals and diagnostics.

Globally Roche is the leader in diagnostics, and a major supplier of medicines for the treatment of cancer, transplantation, virology, bone and rheumatology and renal anaemia.

Find out more at: www.rocheuk.com
Roche Products Ltd, Hexagon Place, 6 Falcon Way,
Welwyn Garden City, Hertfordshire, AL7 1TW
Tel: 01707 366000



Garden City 2 Mile Fun Run

Organised by Garden City Runners in aid of Keech Hospice Care for Children

Sunday 5th September 2010

Start: 10.40am

at Sir Frederic Osborn School, Hens Lane, Welwyn Garden City, Herts, AL7 2AF



Improve your fitness with a 2mile run, jog or brisk walk and help raise funds for a very worthwhile charity (see back page).

This event is organised by Garden City Runners, your friendly local running club. They will always be pleased to give advice about improving your fitness through jogging and running.

Garden City 2 Mile Fun Run

Get fit & support a good cause

This year we're introducing a new supporting event at the Garden City 10. It's a 2 Mile Fun Run for adults. The aim is to encourage people to participate in sporting activity and to raise money for Keech Hospice Care for Children.

The route is signed and marshalled along pavements in the Panshanger area, with the start and finish at Sir Frederic Osborn School.

So if you would like to do something challenging and worthwhile, here is the opportunity to:

- start on the road to improved fitness
- perhaps lose some weight
- support a good cause
- feel better

It's not competitive, just a Fun Run. You don't have to run all the way, you could even walk the whole way, just so long as you take part.

All finishers get a commemorative medal.

Shortly afterwards you could watch the finish of the Garden City 10 Race (and perhaps be inspired to enter that next year!).

Refreshments, changing facilities and first aid are available on site.

Entry fee is £10 (min. age 16 years). Please get sponsorship for Keech Hospice as well if you can.

To enter, please complete the form on the next page.

Entry limit is 300. To be sure of a place please enter well in advance.

(Note: Entries will be accepted on the day as long as the entry limit of 300 is not exceeded)

***There will also be a 1K fun run for kids on the school field.
Entry on the day only - £1***

Garden City 2 Mile Fun Run Entry Form

(Capitals PLEASE)

Surname Forename

Address

..... Postcode

Tel No Email

Male/Female (Please tick) M F

Date of Birth (dd/mm/yy) Age on race day

I understand that, to the extent permitted by the Unfair Contract Terms Act 1977, the organisers will not be liable for any loss, damage, illness directly or indirectly caused by or resulting from participation in the race or the physical condition of any competitor.

Signed Date

Please send completed form, with your cheque for £10 (payable to "Garden City Ten") to:

Peter Harvey, 36, Newfields, Welwyn Garden City, AL8 6YT

Tel: 01707 375633

email: peterharvey1@btinternet.com

Information:

Anyone wishing to enter the Garden City 10 mile road race, can enter online at www.sportsystems.net/gardencity10