

**Martlets  
Hospice**

Life is precious... right to the end

Martlets

# Midnight Walk

## Frequently Asked Questions

- 1- Is there a minimum age to take part? Under 16's must be accompanied by an adult, who takes full responsibility for them.
- 2- Do you ask for a minimum sponsorship amount? No, we ask walkers to raise as much money as possible; even £50 does make a difference. The entry fee is not a donation to the Hospice.
- 3- I'm not very fit and 13 miles is a long way, will I be able to do it? Yes, we'll send out a training plan when we send your sponsorship forms, lots of our walkers don't walk regularly and still complete the course.
- 4- What's the Walk route? The walk starts and finishes at Brighton Racecourse, more details will be confirmed shortly.
- 5- How do I raise money for the Hospice? We recommend you ask everyone you know, from work colleagues to family and friends. We'll send you sponsor forms, you can also set up an online fundraising page which makes it much easier to ask people who you don't often see.
- 6- Can men take part? This is a ladies only event but we still need men to help us marshal the route and cheer our ladies on. Look out for our men's Noon Walk in October, details available shortly.
- 7- How much of my sponsorship goes to the Hospice? Your registration fee covers the cost of the walk so every penny you raise goes directly to the Hospice for patient care.
- 8- Do we get breakfast after the Walk? You do, a delicious breakfast with unlimited tea & coffee.
- 9- Can I register on the night? No, the walk is our most popular event and we do not take entries on the night.
- 10- I'm walking as a member of a team - do you need to know? Yes, please let us know on the entry form and if possible send your forms in together.

**PLEASE NOTE - Places are non-refundable and non-transferable**



**FRIDAY 18TH JUNE  
2010**

*Will you join us for a night to remember?*



**The Argus**



**PURE**



**heart**  
102.4 103.5

*FitnessFirst*  
For Women

