

TITLE: Mr/Mrs/Miss/Ms/Dr (please circle)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
POST CODE \_\_\_\_\_

PHONE NO: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on race day \_\_\_\_\_

(Under 8s must be accompanied by a parent/guardian)

Walker or Runner (please circle)



# 5K FUN RUN 2015 SUNDAY 30th AUGUST

REGISTRATION for all from 1.00pm  
WALKERS (START 2.15pm)  
WHEELCHAIR USERS (START 2.30pm)  
RUNNERS (START 2.45pm)

Entry Fee (please tick one)	
Adult	£5.00****
Junior (under 16)	£2.50****
Disabled	£2.50****
****£1.00 extra on the day	

I waive any rights against the organisation for any loss/injury as a result of participating in the event.

Payment Details

I enclose a cheque or cash for £..... All cheques should be made payable to 'The Puffin Hydrotherapy Pool'

Please return entry form to: The Puffin Hydrotherapy Pool, Ferry Rd, Dingwall IV15 9QS

Signed \_\_\_\_\_  
Date \_\_\_\_\_

### THE PUFFIN POOL

There are probably 20,000 disabled adults and children in the Highlands and Islands. Most of these suffer from arthritis, backache or illnesses like stroke, multiple sclerosis and cerebral palsy. Hydrotherapy is a kind of physiotherapy and specialist treatments to ease pain and increase mobility in people suffering from these illnesses. The warm pool can be used by anyone with a disability whether mentally, physically or sensory to exercise and improve their quality of life. Hydrotherapy also helps to speed recovery from injury at work and sport and offers a great way of exercising and promoting good health. The buoyancy of the water coupled with the extra heat relaxes the body's muscles and ligaments, which allow you to carry out pain relieving exercises and improve your fitness. The intensity of the exercise needs to be adjusted according to your age and fitness. You can start using the pool this week by contacting the puffin pool for details.

### THE RACE

This is your chance to enter the Puffin Pool's 5K run to take place in Dingwall. This year's race is open to all participants and is aimed at both the serious runner and those competing for fun. Whatever your age or ability, there is something for everyone. There is no age limit and it does not matter if you walk, jog or run the course.

### REGISTRATION

Race numbers will be allocated at the registration desk in the Puffin Pool. Late entries will be accepted on the day of the run at an additional cost of £1.

### WARM UP & STRETCH

It is advisable to warm up and have a good stretch 20 minutes prior to your race.

### HEALTH

Please write your name and details of any health problems or medication on the reverse of your race number. In the event of an emergency this information may be vital. First-Aid personnel will be in attendance. Please alert a race steward or a member of the first-aid team if medical assistance is required.

You should seek medical advice from your general practitioner if you are in any doubt about your physical ability to take part in the Puffin Pool 5km race.

### SPONSORSHIP/DONATIONS

The Puffin Pool 5km run is a fundraising event and every single penny will help support the Puffin Hydrotherapy Pool. Sponsorship is not obligatory but we do encourage you to make a donation.

### VOLUNTEERS

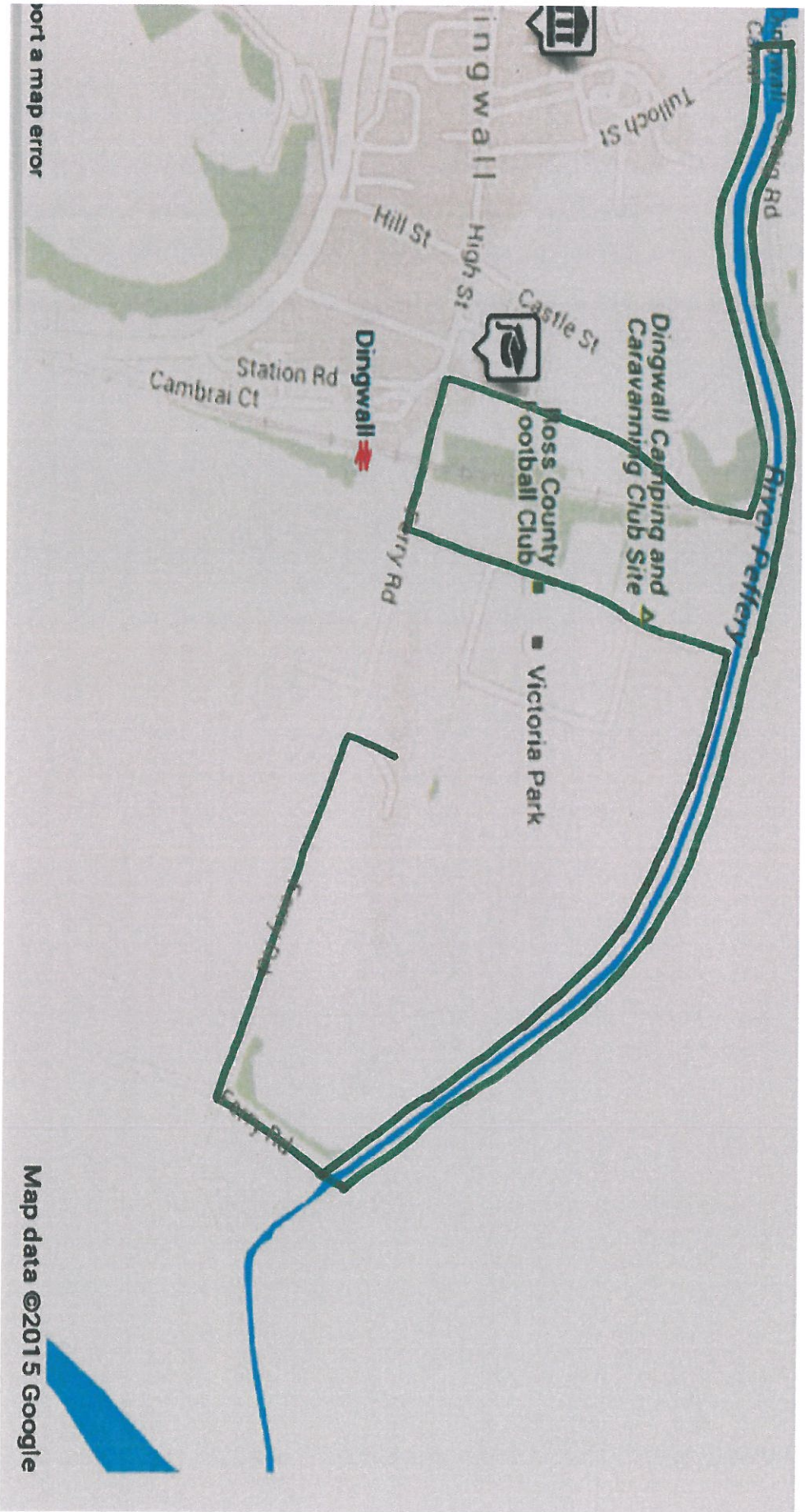
We do need race day volunteers, so if any of your family or friends can help us at the race, please contact the pool Tel: (01349) 864414

### SAFETY

Any child under 8yrs **MUST** be accompanied by an adult.

### WHAT NEXT?

Fill in the entry form and send it off to us, enclosing a cheque or postal order for the entry fee.



START:

- TURN LEFT: Down Ferry Road
- TURN LEFT: Along Sewage work
- TURN LEFT: Up canal
- TURN LEFT: Past Ross County Football ground
- TURN RIGHT: Over railway bridge

- TURN RIGHT: Down Achany Road/Through Education Dept.
- TURN LEFT: Up Canal
- TURN RIGHT: Across Peter's Bridge
- TURN RIGHT: Down canal
- TURN RIGHT: Across wooden bridge
- TURN LEFT: Along canal

- TURN RIGHT: Along Ferry Road
- TURN RIGHT: Enter Hospital Ground
- FINISH!