

MS IRELAND WALKING TREKS APPLICATION FORM

I would like to participate in the **MS Trek 2010** to;

(Please tick the appropriate box)

Camino de Santiago Trek

Italian Lakes Trek

Cuba Valleys Trek

PERSONAL DETAILS (Block Capitals Please)

Full Name (as per passport):

Address

Daytime Phone Number:

Email:

Evening Phone Number:

Date of Birth:

Mobile Phone Number:

Occupation:

T - Shirt Size: (Please circle one)

S

M

L

XL

MEDICAL DETAILS

Any special dietary requirements?

If you suffer from any medical conditions or allergies, please give details below. These will be held on file and only seen on a need to know basis.

In certain circumstances you may be required to have a medical form signed by your doctor.

In case of emergency please contact:

Name:

Address:

Relationship:

Phone Number:

PASSPORT DETAILS

Passport Number:

Nationality:

Place of Issue:

Date of Issue:

Date of Expiry:

How did you hear about this event?

If you do not wish us to circulate your name, address and telephone number to your fellow walkers please tick the box.

Entrants to the walk do so at their own risk. MS Ireland, its employees or agents cannot be held responsible for loss or damage to personal effects, injury or death however so arising. We regret that no person shall travel with the group unless all monies are received on stipulated dates. We also reserve the right to refuse an applicant who, in our opinion, has not reached the required level of fitness or for any other reason would not be a suitable candidate for this walk.

I have read and completed the above form and agree to adhere to the conditions as laid out above.

Signature:

Date:

Would you like us to send information to a friend? Please give name and address.

FUNDRAISING ON THE MOVE

MS TREKS & ADVENTURES

2010

TREK THE WORLD,
MAKE CONNECTIONS
AND BECOME PART OF
THE MS IRELAND COMMUNITY



Multiple Sclerosis Ireland invites you to join us on some of our exciting and challenging walks, marathons and other sports and adventures.

Call: 01 6781600

Website: www.ms-society.ie

E-mail: walks@ms-society.ie

 **MS Ireland**
THE MULTIPLE SCLEROSIS SOCIETY OF IRELAND

AN MS WALK

MS Ireland runs the longest-running charity walks in Ireland. Our success has been earned as we support all our walkers from the day they sign up. Our commitment to you ensures that your walking experience is enjoyable, satisfying and rewarding.

Staff support

Once you sign up to the challenge our helpful and experienced fundraising staff will provide you with lots of information and support on fundraising ideas. On the challenge itself you will be looked after by both a Team Co-ordinator and a Tour Leader.

Health and fitness

MS Ireland treks are for any relatively healthy person, regardless of fitness. However, the fitter you are the more you will enjoy the experience. Many people with MS take part in the walks. All walkers over 50 or with a pre-existing medical condition must provide a certificate of fitness from their doctor.

Training

MS Ireland arranges group walks around Ireland to prepare walkers for the big event. As well as building up your fitness and endurance you will also be able to meet with those you will be walking with.

Community

Once you sign up you'll be invited to an introduction get-together to meet some of your fellow walkers, to pick up tips on training and to learn what your fundraising will do for MS Ireland. Reunions are held for all walkers and the annual Christmas party brings everyone together from all the year's walks. We also have an online community on Facebook.

Costs and inclusions

Participants must raise between €3000 and €4950 per person, depending on the chosen trek. This covers all flights and transfers, accommodation and meals. A non-refundable deposit is also required with each application.

■ THE CAMINO DE SANTIAGO

3rd to the 15th of June
Fundraising Target: €3900

2010 sees us returning to the Camino de Santiago in Northern Spain for the 21st year. The Camino is one of the oldest 'pilgrim' routes in the world. Its past is still evident along the tiny pathways to be discovered by all who follow the spectacular "Camino de Santiago". It is one of the most beautiful trekking routes in the world and we have people returning year after year to savour this unique experience. This is one of the longest running and most popular Charity Walks.

TREK ONE

■ ITALIAN LAKES TREK

4th – 11th of September TBC
Fundraising target: €3000

EXPLORE THE MOUNTAIN TRAILS AND VILLA GARDENS OF ITALY'S MAGNIFICENT LAKE COMO ON FOOT

Join us on this superb European walking challenge taking in the many highlights of Lake Como and the great lakes of northern Italy. Returning each night to comfortable accommodation, the challenge features a selection of day walks along the Monti Lariani (Lario being the ancient name of Lake Como) exploring the forested valleys, mountain tops and traditional villages which have retained their unique character established way back in Roman times. We will be following ancient trails, many still in use by locals, to reach the Alpine pastures where sensational views of Lake Como and surrounding regions reward those who accept this fine walking challenge.

TREK TWO

Not a Walker?

MS IRELAND ALSO ORGANISES A NUMBER OF OTHER SPORT AND ADVENTURE ACTIVITIES AT HOME AND ABROAD. WHY NOT TRY SOME OF THE FOLLOWING:

Dublin City Marathon, Women's Mini Marathon and other regional and international marathons; golf classics; MS Swim; parachuting.

If you're not the sporty type you can support MS Ireland's work in a number of other ways:

- Make a donation or set up a direct debit
- Organise your own event
- Encourage the little ones in your life to take part in the MS

READaTHON, a sponsored read in schools.

- Encourage your employer to become a Corporate Donor
- At Christmas, sell or buy MS Stars and Christmas cards
- Buy a 'gift that does good' online
- Become a member of MS Ireland

For more information about any of our fundraising activities contact our fundraising department on 01 6781600 or email fundraising@ms-society.ie.

Not just a holiday

MS Ireland needs to raise approximately €5 million each year to make up the shortfall from Government grants. The money, brought in from all our walkers accounts for just under 20% of our income and is vital to maintain services to people affected by MS. Your fundraising means we can provide respite care to people with MS, fund research, provide counselling and organise living with MS programmes for people with MS, carers and family members.

MS Ireland is the only national organisation providing information and support to the whole MS community: people with MS, family members, carers, health professionals, employers and others interested in MS or MS Ireland. It is our aim to 'enable and empower people affected by MS to live the life of their choice to their fullest potential'. Your fund-raising endeavours allow MS Ireland to do this.

Multiple Sclerosis is a progressive, neurological disease of the brain and spinal cord. Common symptoms include visual disturbances; coordination problems, including unstable walking, vertigo and loss of balance; slowing of speech and slurring of words; numbness; bladder and bowel dysfunction; and cognitive difficulties. MS can be a physically disabling condition but it can also affect the social, financial and emotional well-being of the person with MS and their family.

HOW DO I JOIN?

To be part of this unique adventure, we require a deposit of €250 for the Camino or €300 for the overseas treks along with a completed application form. The total sponsorship covers all flights, accommodation in twin-bedded rooms in small hotels, dinner, bed and breakfast and packed lunch on walking days. Applications are processed on a first come first served basis. On receipt of your application you will receive a fundraising pack and training advice. Please contact Cathryn or Natasha on 01 678 1600 or email walks@ms-society.ie



■ CUBA

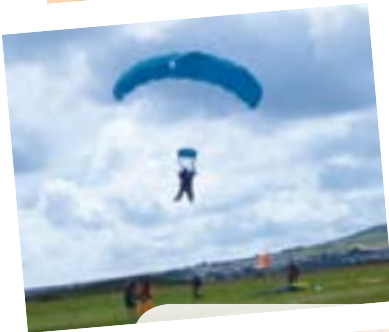
26th – 8th of December TBC
Fundraising Target: €4950

This year, MS trekkers will be jetting off to the tropical island of Cuba for their second Caribbean trek. Cuba is a country steeped in music, romance and of course a very interesting history. It is full of so many beautiful hills, valleys and unique landscapes that the best way to see them is on foot. We will trek in the beautiful, rolling terrain famous for its waterfalls before unwinding on Cuba's legendary beaches. This trip is sure to be an exciting experience for all.

TREK THREE

"I have done 14 walks for MS Ireland and they are the highlight of my year. Those 12 days are the most inspiring, challenging, rewarding and thoroughly enjoyable days of my year. Don't go through life without doing a trek; it will change your life!"

Mary, long-time Walker



■ MARATHONS AND PARACHUTE JUMPS

2009 saw 100s of People take part in marathons in aid of MS Ireland all over the globe. From the Flora Womens Mini Marathon in Dublin to the New York City marathon across the waters MS Ireland will facilitate your personal fundraising challenges whatever they maybe. We will also be running many parachute jumping days across the country in the next year so if adrenaline pumping activities are your thing, get in touch! You can find details of all our activities on the MS website or alternatively check out MS Ireland on www.mycharity.ie.

RUN & JUMP