

**BBC RADIO DEVON**

AIR AMBULANCE APPEAL



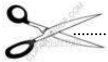
On air in the air



# Keep us in the air with your feet on the ground, walk jog run with 3-2-1 Walk jog or run a mile on Tues 15<sup>th</sup> June 2010 In EXETER, PLYMOUTH or TAVISTOCK

All start at 6.15 pm,  
Cost: £3 per entry  
Certificate to all finishers  
Online entries at [www.daat.org](http://www.daat.org)

event information on reverse



Yes I would like to keep DAAT in the air with my feet on the ground on 15<sup>th</sup> June 2010

Name:.....Tel:.....Male/Female .....

Address:.....DOB.....

Email: .....

Circle Venue **EXETER**

**PLYMOUTH**

**TAVISTOCK**

I declare that I am medically fit to run and understand that I enter at my own risk. The organisers shall not be held responsible or liable for any injury, loss or damage arising as a consequence of my participation in the event. Children under 12 must be accompanied by a responsible adult

I enclose my cheque/PO payable to **DAAT**, return to **5,Sandpiper Court, Harrington Lane, EX4 8NS**

Signed:.....Date:.....

(For under 16 Parent/guardian to sign)



**TAVISTOCK** Athletic Club



Please pin this to your top for event

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name.....venue.....

Contact no.....



## **Keep us in the air with your feet on the ground, walk jog run with 3-2-1**

**Notes for participants:**

**Please arrive at your venue 30 minutes before the start time.**

**Ensure you have warm clothes for afterwards if the weather looks poor.**

**Please make a note of any medical conditions on the reverse of the cut off strip and pin this to your top on the day**

**Please ensure you keep tabs on your children during the event**

**Please follow the marshals' advice on the evening for your enjoyment and safety.**

**We hope you have a lovely evening.**

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