

REGISTRATION FORM

ST. MICHAELS WAY CHARITY WALK

Sunday 17 May 2009



Rotary Club of Mounts Bay	Cornwall Air Ambulance Trust	Fishermen's Mission Newlyn	The Pilgrims Shell Symbol
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The St Michael's/Pilgrims Way commences at Lelant Church, heads towards St. Ives and then turns inland across the peninsula to Marazion and St. Michaels Mount. This route was walked by pilgrims on their way from Ireland & Wales to Santiago de Compostela in Spain, and who wished to avoid the treacherous sea-journey around Lands End.

The walk will commence at 10 am on Sunday, 17 May, 2009.

The Park & Ride facility will leave the Rope Walk Car Park at 9.30am and **must be booked**. This is the first car park on the left after you have crossed the railway bridge travelling from Penzance to Marazion. Alternatively you can arrange your own transport to St Uny Church, Lelant & your own appropriate pick up later in the day, either at Marazion if you are walking the 12 mile route, or at Lelant church if you are walking the 6 mile circular walk.

The main route follows designated public footpaths for the most part, but also includes some public roads. It is essential that normal traffic precautions are taken on public roads. Particular care should be taken when crossing main roads. Some of the paths are steep/narrow so care must be taken at all times. Possible hazards may include mud, uneven surfaces and livestock grazing in certain fields. We have checked and marked the route but are not responsible for the safety of walkers who will be unescorted and who should consider themselves to be walking independently. All walkers should wear appropriate footwear and clothing suitable for the weather conditions expected on the day and carry a rucksack, wet weather gear, sun screen, mobile phone if you have one and water bottle. Water will be available at all marshal points.

Sponsorship money raised this year will go to support Cornwall Air Ambulance Trust, The Fishermen's Mission at Newlyn and other charities supported locally and abroad by the Rotary Club of Mounts Bay. The Average amount raised by walkers in previous years has been about £100 but there is no specific lower limit for raising sponsorship money,

To learn about the Rotary Club of Mounts Bay go to <http://www.rotary-ribi.org/clubs/homepage.asp?ClubID=1671>
For membership enquiries call Russell Whitlock on 01736 368052

Please complete the details below in **CAPITALS** and return as soon as possible. **Sponsor forms will be sent out from the middle of March.**

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Name _____ daytime telephone _____

Address _____ Mobile telephone _____

 _____ e-mail _____

Postcode _____ Please tick box

Do you wish to walk the 12 or 6 mile route? - - - - - - - 12 6

Do you wish to book Park & Ride from Marazion in the morning? - - - - - Yes /

Are you entering as part of a team? Yes/No If yes, Team name _____ Number in team _____

As every walker must have a unique number, all team members must register individually and specify to which team they belong

Lunch packs will be provided if requested Meat _____ Vegetarian _____ Vegan _____

Please do not hesitate to request/photocopy more forms and tell your friends where to apply for registration forms. Thank you very much for registering

Signature..... date.....

PLEASE RETURN TO: Rtn. Jim Blain, Penleen, South Road, Goldsithney, Penzance, TR20 9LF
01736 710633 email jimblain@penleen.com

THE ROTARY CLUB OF MOUNTS BAY

WHO ARE WE

We are a non political, non religious club formed in 1989. Our club is part of Rotary International which was founded in 1905. We are not a secret organisation but a small part of a global group of people who want to help others less fortunate than ourselves – and at the same time have fun doing it. All our club members, both male and female, live locally. Some members are working while others are retired. We have more than 30 members. We meet weekly in the evenings to conduct business, have a meal and socialise.

WHAT DO WE DO?

Our Club is the vehicle enabling us to give something back to society (both locally and internationally) and to do this with others who are similarly minded. This way we have fun in achieving our goal. You may ask "Is Mounts Bay Rotary Club all work and no play?" CERTAINLY NOT! We have cinema, concert and theatre evenings, organize visits, have a club BBQ in the summer and invite a speaker to the club most months. We sometimes eat at different venues and our partners join us for many of our meetings. With that kind of itinerary you may wonder how we achieve anything else, but we do!!.

WHAT HAVE WE ACHIEVED?

Our Club Annual St Michaels Way Walk, which has been running for 6 years, has raised over £55,000. This money has been used to support (amongst others) Macmillan Nurses, The MS Society (including The Merlin Project) The Penwith and IoS Scouts, CLIC and The Children's Hospice South West Precious Lives appeal.

We are regularly involved in supporting:-

Rotary KIDS OUT—up to 100 disadvantaged children have enjoyed a day out in Flambards Helston each year

Youth Speaks—a public speaking Event + Poetry/Photographic competition for local schools.

Contact the Elderly— we drive lonely people to tea parties once a month

SHELTER BOX—helping to pack Shelter Boxes at HQ in Helston + providing funds (so far we have funded over 50 boxes costing approx. £500 each)

Old Folks Christmas Party – Annual event for elderly local people held in St Johns Hall Penzance

Other beneficiaries include:- Sponsorship for several young local athletes through Sports Aid, Cornwall Air Ambulance, Penhaligons Friends,; ACE, St Julia's Hospice; Truro Rape & Sexual Abuse Centre and 'Children of the Andes', and a major Water Supply and Water Purification Project in Ecuador.

WHAT WE NEED FROM YOU?

New members to enable us to grow, make new friends and introduce new ideas. Yes...there is a cost but it is small set against the enjoyment to be gained from weekly meetings and—most important - the satisfaction we feel knowing that we have made a difference both individually and together as a Club. *THAT FEELING IS SPECIAL*

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