Rotary Nailsea and Backwell

The 9th Annual

Nailsea Charity Walks & Runs

Sunday 7th June 2020

Have fun, enjoy a walk – or run – in your local countryside with friends, family or on your own - and raise money for your favoured cause at the same time!

Join an event that has become a firm favourite with hundreds of people and is established as an important part of the Nailsea calendar. People get together, enjoy the local countryside -alone or with friends and family - and raise money for deserving local organisations. It's also a way for local charities, schools, sports clubs and similar groups to raise money for *themselves* through a sponsored walk or run. And – **it's a lot of fun!**

Each year the event receives considerable praise for the choice and suitability of walks, the administration, maps, instructions and signposting, for the attention to Health & Safety and for the provision of a welcome pack of fruit – we now encourage participants to bring their own water in recyclable bottles - as well as the medal and certificate.

Runners can also take part although they will not be timed, they will be "off road" over footpaths (often grass / dirt) with gates, stiles etc. and with some self navigation.

There are 3 routes - all starting from, and finishing at, the Scotch Horn Centre in Nailsea:

Nailsea 5K "The Stroll"	At approx 3 mile this may appeal to families and is intended to be a relatively easy fun walk – pushchair and wheelchair friendly.
The Nailsea 10K	At approx 6 mile this is intended for people who would prefer a route that is longer, and slightly more challenging.
The 20K Nailsea Challenge	At approx 12 mile this is for the more experienced, who are fit and who like more of a challenge.

[A Guided Walk is available for the 5K and for the 10K]

Participants will be provided with maps and instructions, a route and guidance telephone number and a separate emergency telephone number to call in case of difficulties - which has never been used so far! Each of the routes have been tested by volunteers in advance.

Nailsea and Backwell Rotary act as facilitators, organising the event, providing publicity, registration forms, maps and instructions to guide the participants, marshals (where appropriate) and administration. Everyone who completes a Walk or Run receives a medal and a certificate of achievement.

Registration Fee of £7 per person, age 18 and over, goes to local Rotary Charities. **For more details visit the club website** – nailsearotary.org - **where you can also register, and pay, on line. Or contact Graham Hunt – 07970 771845** grahamjeanhunt@tiscali.co.uk