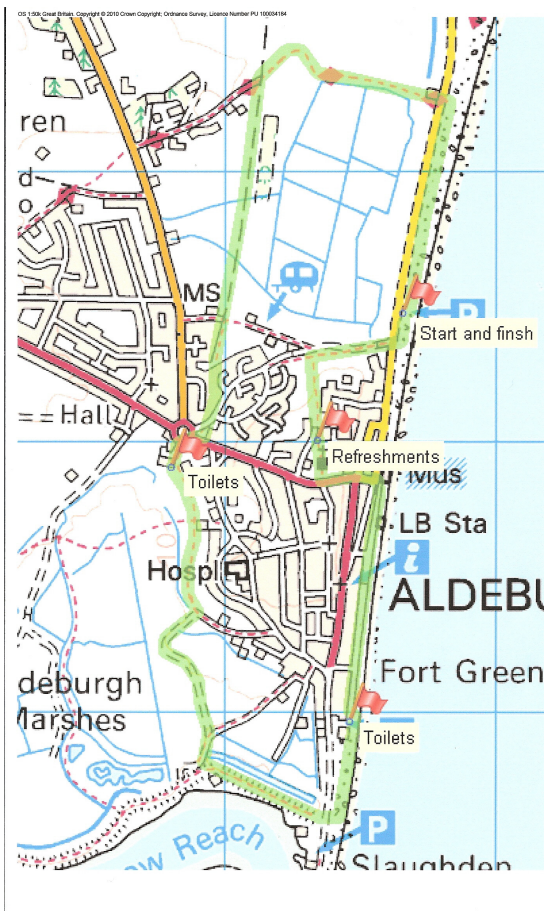


'Trek for Tony'

11:00 am 11th March 2012

Welcome to the Aldeburgh 'Trek for Tony'. Here are few pointers for the day...

- Please aim to arrive at **10:30** so that you can read the **'Health and Safety Guidelines'** and sign the **Walkers Registration Form** before we all set off. You will need to see **Sue Knight** when you arrive.
- Please park your car on the Thorpeness Road Car Park and meet at the Scallop Shell on the beach. The car park charges £3 for the day.
- We will walk towards Thorpeness, as directed by the map.
- The walk is approximately 5 miles long and will take about two hours to complete.
- After you have finished your walk, please come and join us for 'soup & a roll' + the odd glass of wine or beer in Aldeburgh Church Hall, (marked as 'Refreshments' on the map) before you head off home.
- If you would like to wear an MND T-shirt, please contact me or go the Ipswich Building Society Aldeburgh branch where you can collect one for free!



How to raise the money? Three ways...

1. Sponsor form—**Attachment 2**
2. Pay through **'Just Giving'** website on this link....
<http://www.justgiving.com/Sue-Knight0>
3. Pay into the **'Tony Knight Tribute Fund'** on the MND website on this link...
http://www.mndassociation.org/get_involved/donations/make_a_donation.html#tribute

On the day please follow these rules:

- ◆ Keep to the route as directed by the marshalls.
- ◆ Be aware of vehicles and pedestrians mixing in car parks and along Crag Path.
- ◆ Wear sensible footwear as the route may be muddy and uneven.
- ◆ Be aware of the dangers of the sea, marshland with adjoining dykes and the river wall. Please keep to the designated pathways. Please note that it is your responsibility to ensure the safety of your children in these potentially dangerous areas.

