



## Walk 100 miles in 100 days

### Entry Form

We want you to improve your health and the lives of deafblind people. Ideally, you will find 4 or 5 sponsors who will encourage you to complete the challenge before handing over their sponsorship. To register, please complete the form below and sign the disclaimer. Return the form to:

**Deafblind Scotland, 21 Alexandra Avenue, Lenzie, Glasgow, G66 5BG**  
**Fax: 0141 775 3311**

First name..... Last Name.....

Address.....

Town..... Post code.....

Telephone..... Email.....

Age:.....

**We recommend that you check with your doctor before taking part if you have any concerns about your health. Walkers take part at their own (or their parent/guardian's) discretion. Please sign below to show that you agree.**

Signature.....  
(by parent or guardian if under 16 years of age)

Date.....

- Deafblind Scotland may wish to publicly acknowledge your support on its website and in its publications. Please keep us up to date with your progress and we will add the details to our website. If you do not wish your name to be published, please tick here.
- Deafblind Scotland would like to contact you about future campaigns and events. We promise not to give out this information to anyone else. Please tick if you do not want us to keep your details.