



# A Good Day to Tri Hard Newsletter

14th June 2014

Princess Royal Hospital- Royal Shrewsbury Hospital 10am start

April 2014 - First Edition

Welcome to our first Newsletter, with updates on progress and news relating to A Good Day to Tri Hard

Activity is really picking up now, with around 160 people officially registered to take part. This is way ahead of where we have been at this stage in previous years. However, we are not taking it for granted and we are still pushing hard for people to sign up. Please encourage friends and family to join you if they can.

In addition, our new posters have been printed and are being distributed as we speak. Attached to the email accompanying this Newsletter is your own copy. Please feel free to print out and display.



walk

## 18 mile walk

The walk route is being checked and facilities lined up such as toilet breaks and drinks stops.

A route guide/planner is in the final stages of production and will be available on the website soon



run

## 18 mile fun run

We have seen recently the problems that Sheffield Half encountered with their supply of water. We had the same last year, fortunately this was only for the walk so was less critical. For our event, which is not a competitive race, we are arranging for some water arrangements along the route. We have taken advice from several casual distance runners, who have mainly advised they expect a couple of water stops for this sort of distance. Any queries, please let us know

As with the walk, we will have a route guide/planner available very soon on the website



ride

## 35 mile cycle ride

Interest in the cycle ride has been great. For a first event, its really caught the imagination—possibly due to the route.

Over the Easter holidays, we will be cycling the Ironbridge section of the route to confirm the details of the route guide/planner. This is a section of cycle paths and bridleways so is not easily recorded on maps and a route which we have not used before.

Guide/planner will be available soon from the website.

## Fundraising, Sponsors and Supporters News

*Fundraising and sponsorship continues at a great pace. We are approaching businesses and individuals from across the county all the time.*

*Our target is to raise £20,000 for the Lingen Davies Cancer Fund. Take a moment to have a look at their website to see the great work that they do for the people of Shropshire and Mid Wales*

*We are really proud to be able to confirm the following sponsors and supporters for the events.*



*ASDA—Water and Jelly Babies at the start of the events (very good for sugar release apparently!)*

*Bannatyne's Health Club Shrewsbury—once again supplying T-shirts for first 275 who register.*

*David Wilson Homes—hi—viz jackets for marshals*

*Longmynd Travel—2 coaches to transfer participants to either hospital*

*Specsavers (Telford) - medals for all those taking part, and support for Garden Party*

*Bike Debug—on hand to provide free bike checks and support on the day*

*Shropshire Education and Conference Centre—Support and base for Garden Party*

*We have also had some great offers of support on the route.*

- The Haughmond at Upton Magna
- Ye Olde Robin Hood in Ironbridge
- Uffington Parish Council
- The Pheasant at Admaston

*In the next Newsletter, we will tell you more about the Lingen Davies Garden Party which is being planned at the finish line for the events. This should provide a great welcome home, and will be open to all so family and friends can be there to see you finish.*

*Anyone wishing to sponsor or support the event should contact us via the website*

**Getting involved is easy.** All you have to do is choose the event you would like to take part in, and register through the website. [www.shropshirecharityevents.co.uk](http://www.shropshirecharityevents.co.uk)

Entry for the event is £10, which can be paid through the Lingen Davies Appeals Office in the Hamer Centre at RSH or via the Just Giving website at [www.justgiving.com/agooddaytotrihard](http://www.justgiving.com/agooddaytotrihard)

