



The Xtreme Snowdonia Challenge: "Sea to Summit"

Saturday 30th August 2008

Registration Form

Each participant is requested to raise £450 (or £250 per person for family teams) in aid of The Intensive Care Foundation.

1. **Registration:** £10 per person.
 Title: Forename Surname
 Address:
 Postcode:

Email:

* By giving us your email address we will be able to send you information on the Challenge by email, saving us substantial costs
 Phone day: Phone evening:

Date of Birth (D/M/Y):/...../..... Our Challenge is open to anyone but all under 18s need to be accompanied by a parent or guardian and a parental consent form needs to be completed.

2: **All participants** will receive a complimentary t-shirt once they have registered (please tick one size)
 Please tick which size you need: Small 36" Medium 38" Large 40" Extra Large 42"

3: Team Name: As you will be participating in teams of four people, what is your team name?.....
 Who is the team

4: **Which Challenge** will you be attempting:

Challenge	Miles*	Ascent (ft)*	Please tick
Family	9.0	3139	<input type="checkbox"/>
Intermediate	12.5	4308	<input type="checkbox"/>
Ultra	24.7	5324	<input type="checkbox"/>

*Route length and ascent may be changed slightly on event day depending upon conditions

5: **Emergency Contact Details**
 Title: Forename Surname
 Address:
 Postcode:
 Phone day: Mobile:

Please ensure that your emergency contact is available on the day of the walk and is not someone taking part in the Challenge.
 6: **Many employers** now make matching gifts when their staff either give or raise money for charity. This could enable you to double your fund raising efforts. To find out if your company has a Matching Gift Scheme, please contact your Human Resources Department.

7: **Spread the Word.** If you know a friend, family member or colleague who may be interested in participating in our Challenge, please fill in their details below and we will send them information.

Title: Forename Surname
 Address:
 Postcode:
 Email:

8: **Send your completed form** together with a cheque for £10 made payable to 'The Intensive Care Foundation' to:
 The Intensive Care Foundation, The Intensive Care Society, 35 Churchill House, Red Lion Square, London, WC1R 4SG

The Intensive Care Foundation would like to keep you up to date with the work of the charity (including fundraising activities which we hope will be of interest to you) using the contact details you provide. If at any time you do not wish to receive this information please contact us at the address shown or tick here.....