

**YOUR ENTRY FEE COVERS THE COST OF RUNNING THE EVENTS. IT'S YOUR SPONSORSHIP MONEY THAT WILL HELP US SAVE LIVES.**

### PAYMENT DETAILS

I enclose an adult entry fee of £10  
 I enclose a child's entry fee (under 16) of £5  
Please note your entry fee is non-refundable.

### SPONSORSHIP PLEDGE

I pledge to raise £ \_\_\_\_\_ in sponsorship for the BHF.

### BHF T-SHIRTS

Everyone taking part will receive a FREE t-shirt to be collected on the day. Please indicate the size you require.

S  M  L  XL

### DECLARATION

I understand that if I am in doubt about my health or have a medical condition that could be affected by exercise, particularly a heart condition, I should obtain my doctor's approval before participation in a BHF event which involves exercise.

I acknowledge that I participate in this event at my own risk and that the BHF cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation. I confirm that I will abide by all the rules and regulations set out by the BHF for participating safely in this event.

I understand this is a fundraising event and pledge to raise as much sponsorship as possible.

I understand that the BHF may take photographs or film me taking part in this event and permit them to use the images for promotional purposes, if signing for a child I give permission to use their image.

If I have registered other participants on their behalf I have done so with their permission and I will show them a copy of the Terms and Conditions for the event, when I receive this by post or email. If they do not agree with the Terms and Conditions they will withdraw their registration and not participate in the event.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

To be signed by a parent or guardian if participant is aged 16 years of age or under.

Please return to:  
British Heart Foundation, Events Processing Team  
P O Box 13039, Birmingham B25 9BG

## A HEART HERO

Amy Freebody was born with a congenital heart defect. She had her first open heart surgery at six weeks old and three more operations before she was five. Amy says: "I remember much of my younger years being in and out of hospital."

Fortunately the procedure was successful and Amy grew up fit and strong and became quite the keen sportswoman. Unfortunately four years ago she started to feel extremely breathless. Following diagnosis in 2005 at the age of 24, Amy underwent surgery once again but this time it was not successful. In 2007 she had another operation, however 12 months later the usual sporty Amy became very poorly. She was unable to walk up a hill or jog without being very breathless and constantly felt tired and unwell.

Amy was placed on a waiting list for even more surgery and thankfully in March 2009 it took place and was successful. Amy is feeling much better now and says: "This year I have completed three running events – two 10ks and one 10 mile!"

Amy's friends decided to show their support for Amy by taking part in one of the BHF jogs and under 'Amy's team' raised money for the charity.



Amy will need future surgery, she says: "I value my health and am so thankful to be active again. I can't thank my friends enough for all they have done for me!"



For more information  
call **0808 100 2109**  
email **eastevents@bhf.org.uk**  
or visit **bhf.org.uk/knebworthhousejog**



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## KNEBWORTH HOUSE JOG

Sunday 21 February 2010



Supported by



**The Comet**

BEATING HEART DISEASE TOGETHER



# KNEBWORTH HOUSE JOG - 5KM OR 10KM

## SUNDAY 21 FEBRUARY 2010

Knebworth House Jog Sunday 21 February 2010

### ENTRY FORM

## HAVE FUN, GET FIT, SAVE LIVES

Did you start the year by pledging to get fit and active? Are you a regular runner who's looking for the perfect first event of the season? Perhaps you love spending Sundays with the family walking in the countryside? Whatever it is that you're looking for, you're sure to find it at the BHF's Knebworth House Jog.

Last year 900 people signed up to experience this extraordinary cross country jog in the stunning grounds of Knebworth House. Now in its fourth successful year, this unmissable event is open to everyone, whether you would prefer to walk, jog or run the 5km route once or twice.

### WHERE AND WHEN IS IT TAKING PLACE?

The event starts and finishes at Knebworth House, Knebworth, Hertfordshire, SG3 6PY (exit A1 at junction 7).

On-day registration and entertainment will be from 9:30am, followed by a group warm up at 10:45am and the jog starting at 11:00am.

### DO I HAVE TO RAISE SPONSORSHIP?

Your entry fee purely goes towards the cost of running the event safely. To help the BHF save lives we urge you to raise as much sponsorship money as possible. The BHF is the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital equipment and information. We rely on donations of time and money to continue our life-saving work.

### WIN A NINTENDO WII

TO BE IN WITH A CHANCE OF WINNING, ALL YOU NEED TO DO IS RAISE OVER £50 SPONSORSHIP FOR THIS EVENT AND YOU WILL BE AUTOMATICALLY ENTERED INTO A FREE PRIZE DRAW.



### HOW MUCH DOES IT COST TO ENTER?

Includes FREE t-shirt.

	Before the day	On the day
Adults:	£10	£15
Child (U16s):	£5	£5

### DO I HAVE TO BE IN A TEAM?

Not at all; sign up on your own, with friends, with family, or why not get a team together from work. However you decide to do it, by signing up for the Knebworth House Jog you'll be having more than a fun day out, you'll be looking after your own heart, whilst saving the lives of others.

### ANYTHING ELSE I NEED TO KNOW?

The course is multi-terrain over muddy stretches, grass, tarmac and track. We regret this route is not suitable for pushchairs or wheelchairs.

FREE water will be available to all participants at the finish.

### HOW CAN I ENTER?

There are two ways to enter:

**Online:** [bhf.org.uk/knebworthhousejog](http://bhf.org.uk/knebworthhousejog)

**Post:** Send attached entry form with a cheque to the address on the back of entry form.

### ANY OTHER QUESTIONS?

Call the events team on **0808 100 2109** or e-mail [eastevents@bhf.org.uk](mailto:eastevents@bhf.org.uk)



COBBOLD  
KNEBWORTH ESTATES

Knebworth Park is made available free of charge to the BHF for this event by kind permission of the Lytton Cobbold family.

[www.knebworthhouse.com](http://www.knebworthhouse.com)

Please complete one form per participant or team member and fill in both sides of this form. **Thank You.**

Title \_\_\_\_\_ First name \_\_\_\_\_

Last name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Home Number \_\_\_\_\_

Work Number \_\_\_\_\_

Mobile Number \_\_\_\_\_

Email \_\_\_\_\_

Please tick here if you would prefer BHF NOT to contact you by email about our work.

Date of Birth \_\_\_\_\_

Company Name \_\_\_\_\_

Team name \_\_\_\_\_

Team leader's name \_\_\_\_\_

Have you been touched by heart disease or are you trying to lead a healthy lifestyle? Would you be willing to share your story? \_\_\_\_\_

By telling us how you heard about this event you will save us money!

Please tick one of the following:

- |   |   |
|---|---|
| 1 <input type="checkbox"/> Taken part in a BHF event before | 5 <input type="checkbox"/> BHF Website      |
| 2 <input type="checkbox"/> Postal Mailing from the BHF      | 6 <input type="checkbox"/> Other Website    |
| 3 <input type="checkbox"/> Poster/Leaflet                   | 7 <input type="checkbox"/> Newspaper        |
| 4 <input type="checkbox"/> Magazine                         | 8 <input type="checkbox"/> E-Mail Promotion |
| 9 <input type="checkbox"/> Lloyds Banking Group             | 10 <input type="checkbox"/> Argos           |
| 11 <input type="checkbox"/> Homebase                        |   |

### DATA PROTECTION

We greatly value your support and would like to keep you informed about future events and BHF activities using the contact information you have provided. Please tick the boxes below if you would prefer not to hear from us:

- NO to information about upcoming events
- NO to contact by phone
- NO to contact by post

We may want to share your information with other organisations who are in partnership with the BHF who support our aims and objectives.

- NO to sharing my details