

# Legs 4 Legacy

A FUN FAMILY WALK OF UP TO 5K



**START AND FINISH @ WHITFORDS NODES PARK**  
**9.30AM - 12.30PM**



Hot & Cold Drinks • WA Police Pipe Band  
Sausage Sizzle • Face Painting

**SUN 4 SEPT**  
**2011**

# Legs 4 Legacy

## A FUN FAMILY WALK OF UP TO 5K

### DESCRIPTION

Walk up to 5k along our designated scenic coastal walk. Bring your family and friends along for support and encouragement. The route has been designed with all the family in mind and is fully accessible to people using wheelchairs and prams. The event starts at 9.30am; latest start time 11.30am.

### WATER STATIONS

Water Stations are located approximately every kilometer along the route.

### FIRST AID

First Aid services will be provided by St. Johns Ambulance.

### TOILETS

Located at Whitfords Nodes  
Pinaroo Point  
Whitfords Avenue

### FINISH AREA

The fun continues as you re-enter Whitfords Nodes Park.  
Collect your medal from the Event Organisers.

### HEALTH & SAFETY TIPS

- Warm up, gently stretch and cool down.
- Slow down if you feel breathless.
- Wear sunscreen, a hat, protective clothing and sunglasses.
- Choose well-fitting shoes.
- Take water with you.

### LEGACY WA

Legacy is a not-for-profit organisation founded in 1923 to look after the families of deceased military veterans. Its work continues today with the widows and children of those killed on active service in Iraq, Afghanistan and elsewhere, including training, humanitarian and peacekeeping missions.



## HOW TO ENTER:

### 1. POST

Complete the registration form on the back of this leaflet, detach and post to:

**Legs 4 Legacy**  
**P O Box 1983**  
**WEST PERTH BC 6972**

### 2. FAX

Complete the registration form on the back of this leaflet and fax to:

**(08) 9486 7022**

### 3. EMAIL

Complete the registration form on the back of this leaflet, scan and email to:

**reception@perthlegacy.com.au**

### 4. OR LASTLY, ON THE DAY

Simply turn up, register and pay your entry fee!



# Legs 4 Legacy

## REGISTRATION FORM

Family name..... Number of entrants: .....

First name(s).....

Address.....

Suburb..... Postcode.....

Phone..... Mobile.....

Email.....

Who is your emergency contact on the day?

Name..... Phone.....

Registration fee: \$10 Individual \$20 Family (1 or 2 adults and unlimited children)

Total payment: \$ \_\_\_\_\_

Payment Type: Cheque\* Money order\* Credit Card\*

*(Please make cheques and money orders made payable to 'Torchbearers for Legacy in WA')*

Card Type: Visa  Mastercard  AMEX

Name on card \_\_\_\_\_

Card number \_\_\_\_\_ Expiry \_\_\_\_\_

\*If you would like to make an extra Donation, amounts of \$2 or more are tax deductible.

### Terms & Conditions

**Please read this acknowledgment, waiver and release form liability carefully.**

In registering for the Legs 4 Legacy Family Walk, I agree to the following terms and conditions:

1. I/We the registered participants in consideration of, and as a condition of acceptance of my/our entry in the 2011 Legs 4 Legacy Family Walk (the event) for myself, my heirs, executors and/or administrators (I/we) hereby waive all and any claim, right or cause of action which I/we might otherwise have arising out of my death or injury, damage or loss of any description whatsoever I/we may suffer or sustain the course of, or consequent upon my/our entry or participation in the Event.
2. Under no circumstances will a refund be provided.
3. I/we give permission for the free use of my/our name, voice or picture in any broadcast, telecast, advertising, promotion or other account of this event, including advertising and promotions for future events.
4. Privacy Statement: Torchbearers for Legacy WA respects and values the privacy of all information we collect about event participants. As the event organiser, we collect information about participants for the administration and conduct of the event. Information collected will be securely stored on our database. Participant's information may also be used for the generation of media stories with prior consent. By entering this event, you consent to your personal information being provided to Torchbearers for Legacy WA. You further consent to receiving information (including via email) from Torchbearers for Legacy WA.