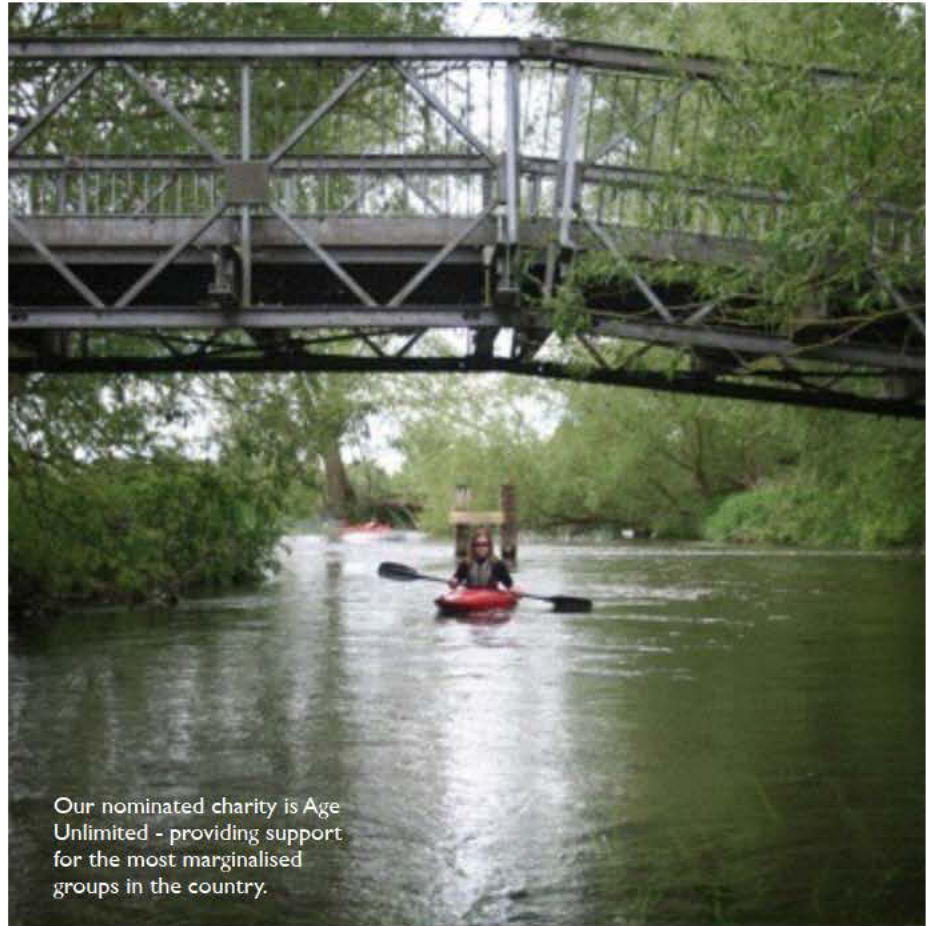


registration

ROB ROY
CANOE RALLY



Our nominated charity is Age Unlimited - providing support for the most marginalised groups in the country.

Take part in the Thames Summer Challenge

The Rob Roy Rally is a demanding challenge for all enthusiastic paddlers. Can you canoe the whole length of the navigable Thames and raise money for an incredible charity?

During the summer, rally participants must paddle the whole length of the non-tidal Thames from Lechlade to Teddington Lock – a distance of 123 miles, incorporating some 44 locks.

Paddlers can use Canadian canoes or Kayaks and will have the whole summer to complete the rally.

The course starts at St John's Lock, Lechlade and finishes at Teddington Lock. Participants can do the journey in convenient steps anytime from April until the end of September.

This is a wonderful challenge for all the family - whatever your ability or experience. We are sure you will discover that the peace and closeness to nature one can find in a canoe or kayak, is a feeling that is second to none. The quiet dap dap of the paddle and the lapping of the water against the canoe are music to the ears!

The Rob Roy Canoe Rally is named after John MacGregor, aka Rob Roy - the first ever recreational paddler. In 1865, he set off on an intrepid adventure down the Thames, and subsequently travelled a thousand miles on European rivers.

All participants will be supplied with a Log book to record their journey. These will be verified by the Rally Committee and returned with a certificate recording their

wonderful achievement. This is paddling for recreation, a sense of adventure and achievement and the joy of nature.



Contact us

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Age Unlimited

Age Unlimited provides support for the two most marginalised groups in the UK: young people growing up with no prospects, and the very elderly who have lost any hope that they will be treated with dignity during their remaining years.

In the UK, thousands in both these groups feel they have been given no chance to improve the quality of their lives. Age Unlimited is focused on changing this through the funding of courses for the young and the provision of annuities for the elderly to help with essentials that have frequently become too expensive. To support our work please go to www.ageunlimited.org.uk

Personal Details

Full name: _____ Organisation (if relevant): _____

Address: _____

Postcode: _____

Telephone: _____ Boat licence reg no. (BCU or Environment Agency): _____

Email: _____ Date of Birth: _____

Names of crew members: (If you plan to use a larger canoe to accommodate more crew members please advise the organisers)

1) _____ 2) _____

3) _____ 4) _____

Payment

Cost per Canoe £15 (up to 4 people)

Minimum fundraising £123 (Just £1 per mile)

All monies raised above and beyond the minimum fundraising target of £123 will go directly to the charities Age Unlimited and Longridge activity centre.

What's Included?

- Rob Roy Rally T-shirt
- Log book to record your journey
- Number to stick on your canoe



Optional extra

'Thames Book' by Chris Cove-Smith £8.00 (RRP £9.95). This publication includes maps of the river, information and detailed plans on the locks, access roads, hotels and launching sites.

Sponsorship

Our nominated charity is Age Unlimited - providing support for the most marginalised groups in the country. This includes those young people in the worst inner cities with little prospect of a reasonable future, and the elderly who have lost hope that they will be treated with dignity during their remaining years.

Logistics

At the end of the Rally you should return your Log book to the Rally Offices. On receipt of your Log book each registered paddler will receive a certificate confirming your achievement.



Registration Fee

Name:

Payment method: I enclose a cheque for £15 made payable to Age Unlimited

Please debit my credit/debit card with £15

Card type: Card no:

Expiry date: Security code:

Disclaimer *(Please tick, sign and date)*

- I understand the conditions of participating in the Rob Roy Rally
- All persons named above can swim
- I understand all crew members are responsible for their own safety
- I confirm all crew members will take care of the boat, locks and environment
- I accept that participation is entirely at my own risk and I have read and understood the dangers and safety information available to me
- I have paid the licence fee for my canoe in order to paddle down the Thames

Signature: _____ Date: _____

Sponsorship tips

- An absolute must – set up a fundraising page on www.justgiving.com. JustGiving allows you to create your own personalised online fundraising page so that people can sponsor you online using a credit or debit card from anywhere in the world.
- The earlier you start your fundraising the easier it'll be for you to reach your sponsorship target.
- Sit down and make a list of all your social circles: family, friends, clubs, PTAs, work colleagues, clients, etc. Then list the individuals in each group who you can ask to sponsor you. You'll probably find that you know more people than you first thought!
- If you are in business, put a footer on all of your work emails reminding contacts about your fundraising venture and providing a link to your JustGiving webpage.
- Your local press may be interested to hear about what you're doing. This is a great opportunity to publicise your rally to the local community and hopefully attract more supporters.
- Be creative! There are so many fun and exciting ways you can raise money!

