

The Rotary Club of Saxmundham and District

35th Heritage Coast Run/Walk – Sunday 30th April 2017

Dear Runners and Walkers

Whether you are a new or regular entrant, it is our privilege to invite you to enter the 35th annual Heritage Coast Run/Walk. We are encouraging participants to obtain sponsorship when entering to help us raise funds for our charitable work. The event also provides a platform where you can raise funds for your own chosen charity or worthy cause.

Who will The Rotary Club of Saxmundham be giving the sponsorship money to?

Each year we choose a main charity or charities for whom we try to raise many thousands of pounds.

This year we are supporting the St Elizabeth Hospice in Ipswich whose aim is to improve life for people living with a progressive illness. Their work is centred around an individual's needs, which means specialist support, wherever it is required. They care for people at home, in the community or at the Hospice and help people deal with problems such as pain, anxiety and fatigue, as well as offering practical advice and family support.

St Elizabeth Hospice is an independent charity that provides services free of charge. Their services cost £9.1 million a year to run, with almost three-quarters of that figure coming from the local community. The Hospice relies on fundraising, donations and volunteers and the Rotary Club of Saxmundham and District, in partnership with the Framlingham Rotary Club, are pleased to support this charity in 2017, to enable them to grow local hospice care for local people.

In addition to the main charity, a smaller percentage of the money raised will be divided between other causes we support, including many locally, as well as supporting other international causes in a small way, such as major disaster relief and humanitarian assistance.

Can I support your nominated charity directly, or my own chosen charity?

Yes, you can choose to support either the St Elizabeth Hospice or your own chosen charity directly and raise sponsorship through a fund raising website i.e. Just Giving, or download the Hospice sponsorship form from our website, and still run or walk on the day. However, the entire membership of the Rotary Club of Saxmundham and District, supported by the Rotary Club of Framlingham and including help from many wives, husbands, partners and friends give up their whole weekend to stage and run this event. Add to that a considerable amount of planning and organisational work, both before and after, the effort is immense and the event is now in its 35th year! The amount of money we raise each year helps us judge the importance of arranging the event as our main fund raising opportunity, as opposed to it just being an athletic event with an entrance fee. We ask you to support the work we do in staging the event and please raise money for the **Rotary Club of Saxmundham and District** to support our main charitable aims in 2017.

Can I run or walk in the event, and just pay the entrance fee?

Yes, of course. We do understand some people may not wish to use the event for a charitable purpose and you are still very welcome to enter, but perhaps buy an additional hot dog or help us publicise the event to gain more entrants please.

Can I still use the traditional sponsorship form to raise money for my chosen charity as in the past?

Yes, of course, simply go to our website and download the traditional sponsorship form. By doing this you agree that the Rotary Club of Saxmundham and District will receive 25% of your sponsorship monies.

So please come and take part, enjoy yourselves and, by getting yourselves sponsored, raise some much needed money for charity in the process. We look forward to seeing you.

We hope you have an enjoyable day.

The Presidents and members of the Rotary Clubs of Saxmundham and District and Framlingham