



Praxis
care

PRAXIS CARE
FREEPOST BE 1695
25-31 Lisburn Road
Belfast
BT9 7AA
Northern Ireland

No stamp
needed but
using one will
help cut our
costs

**Be in with a chance of
winning a trip for two to Paris**

Lace Up and Sign Up for Praxis Care's Marathons

to support adults and children with
learning disabilities, acquired brain injury,
mental ill health and dementia in Ireland.

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Run for Praxis Care

Praxis Care is asking individuals to support adults and children with learning disabilities, acquired brain injury, mental ill health and dementia by taking part in the marathon events. *It is the individual's own responsibility to register to take part in the marathon events.*

Clare 10k Mini Marathon
Saturday 26th June 2010

Women's Mini Marathon - Galway
Sunday 27th June 2010

Longford Marathon
Sunday 29th August 2010

Dingle Marathon
Saturday 4th September 2010

Kilkenny Half Marathon
Sunday 19th September 2010

Donegal Half Marathon - "mooathon"
Sunday 26th September 2010

Dublin Full Marathon
Monday 25th October 2010

Why not come along to our reception event on Monday 7th June at Oil Can Harry, 31 Lower Mount Street Dublin 2 from 4pm to 6pm to find out how you can become part of the Praxis Care Running Team Today!!! **Any individual who raises over €99 will be in with a chance of winning a trip for two to Paris.**

What I need to do

If you are interested in taking part in any of the marathons please fill in this form and pop it in the post to Praxis Care or alternatively register online at www.praxiscare.org.uk

Name:

Address:

Postcode:

Telephone:

Email:

T-shirt size: Small Medium Large Extra Large

Number of t-shirts Number of sponsorship sheets

I want to Run for Praxis Care in:

Clare 10k Mini Marathon

Women's Mini Marathon - Galway

Longford Marathon

Dingle Marathon

Kilkenny Half Marathon

Donegal Half Marathon

Dublin Full Marathon

You will receive a t-shirt, sponsorship form, tips for training and entered into a draw for a trip for two to Paris if you raise over €99.