

Emergency phones on day  
8556 2629 Christine or  
8362 3656 Margaret  
Mobiles 0407600027 or 0407600028

**2nd Long Walk 2019  
CHARLESTON / WOODSIDE**

**WHEN:** Sunday 1<sup>st</sup> September 2019  
**TIME:** Walk begins at 10: am  
**WHERE:** Meet: Half km. along Kings Road from Pfeiffer Road  
UBD 126 F12  
**COST:** **WF&P Members: \$45.00pp (includes: Lunch, etc& GST)**  
**Non-members: \$55.00pp (includes: Lunch, etc& GST)**

Please bring usual backpack; **and 1 litre of water** (inadequate fluid intake can lead to dehydration and illness) Comfortable lace-up walking shoes with a *good tread* are a must to minimize the chance of a fall. **Please be prepared-sun cream and a hat** if warm - **jacket and warm/wet weather gear** *if the forecast is not good for the day*. In this case a change of clothes including spare socks, left in the car may a good idea. We recommend that you do not wear Jeans.

**VIP: Please advise us if you can't come at the last minute-** We really do need to know beforehand so we don't *over cater*, we know the number of *leaders* needed on the day and that fellow walkers are not kept waiting.

**Refunds will only be given in exceptional circumstances. An administration fee will be charged on any refunds given.**

Please return application form *with money before Wednesday 28<sup>th</sup> August 2019 to:*  
**Walking for Fitness & Pleasure. P O Box 286 Glenside 5065 or to your leader**

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Application form: 2<sup>nd</sup> t Long Walk 2019: Charleston / Woodside

NAME /S \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

Any special Dietary Needs? \_\_\_\_\_

**INDEMNITY:**

If this is your first walk with us, you will be required to sign an enduring indemnity.  
If you are a regular W F & P walker/member, please state which group/leader you currently walk with. \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Please note we must receive all monies the Wednesday before the walk. Money will not be accepted on the day.**