



14th Annual City of Lincoln 10K Road Race

Sunday 21st March 2010

C P Sport is proud to be the official charity of the 14th Annual City of Lincoln 10K Road Race. This is one of the best 10K events in the country and sees thousands of runners pounding the streets of this historic city.

On the day, events will include:

The 10K Road Race

The Buggy Push – new for this year! 3.85K

The Primary School Race 1.77K

The Secondary School Race 3.85K

As the nominated charity for the event, we are looking for individuals and teams of people to raise sponsorship for the charity. Your support will enable us to improve the lives of more people with cerebral palsy. We will support you with information on raising sponsorship, provide a t-shirt and cheer you along on the big day. If you would like us to, we can also arrange local press opportunities so that your local community hear about your amazing challenge.

For more information on these events, log onto:

http://www.lincoln.gov.uk/Info_page_two_pic_2_det.asp?art_id=14038&sec_id=4477

For extra information on The Buggy Push, you can also visit:

<http://www.getmummyfit.com/buggypush.htm>

VOLUNTEERS NEEDED

We are looking for volunteers to help us on the day to ensure the event goes as smoothly as possible. Without voluntary support, this event could not take place. Tasks include handing out water, directing runners and assisting at the end of the race. If you know anyone who may like to help, please ask them to contact Caroline Dolan on 0115 9252620 or email cdolan@cpsport.org