Angus Cardiac Group *Get Up And Go*

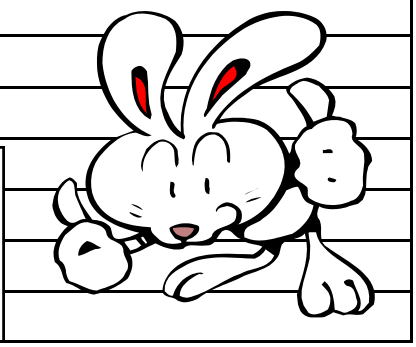
Sponsored Walk - Sunday 12th September

Register at Forfar Liesure Centre - (North Side) 1.00pm
The route will be round Forfar Loch - 2.8 miles.
An alternative route of 1.0 mile is also offered.
Walk with family and friends, or bring along your Pooch

Bottled water and diluting soft drinks will be provided at both start and finish. Home baking will also be available.

Walkers Name ..... Tel No .....

Sponsors Name	Amount	Paid	Contact /Address



Walk Completed ..... Time .....

Signed .....

Sponsored Walk - Sunday 12th September

Continuation Form

Walkers Name ..... Tel No .....

Sponsors Name	Amount	Paid	Contact /Address

Walk Completed ..... Time .....

Signed .....