

PSP ASSOCIATION Fundraising in Scotland



The 'Walk for Scotland' Scottish Walk including the Golden Mile

When: 6 June 2010

Join thousands of walkers for the annual 'Walk for Scotland' in Edinburgh this summer. With distances of 1, 6 or 12 miles, the whole family can enjoy a great day out, with the elderly or the very young walking the Golden Mile and anyone who feels fit enough taking on a longer challenge.

This walk can be as strenuous as you choose; you can walk individually or in teams, whether you make the walk into a competition and try to beat others, or simply bring your dog and enjoy a mid-summer stroll...

There are no sponsorship targets for these walks so simply contact us to register, then raise as much as you like!



The '5K Run for Scotland'

When: 6 June 2010

Entry fee: £10 / £8 concession

If you want to step it up a gear then you can even enter the 'Run for Scotland' 5km race, taking place in the grounds of Holyrood Park.

5km is a great distance to train for if you are not a regular runner but want to get in shape whilst raising valuable funds for PSP in the process!

For further details and to register, contact the Fundraising Team on 01327 322419 or email events@pspeur.org



The Great Scottish Run: Half Marathon and 10K

When: 5 September 2010

Where: Glasgow

Entry fee: 10K: £20, Half Marathon: £25

With over 20,000 runners in 2009, the Great Scottish Run just keeps getting bigger! With new route changes for 2010, the Great Scottish run takes you past some of the city's most famous landmarks, and finishes on Glasgow Green. For more information and to enter the race visit www.runglasgow.org

The Nairn 10km and Fun Run

When: 7 March 2010

Entry fee: 10km: £9, Fun Run: £2.50

Join us to complete this circular course as you race through Nairn and the surrounding countryside for PSP.

A well organised and friendly event, the Nairn race day attracts over 500 runners, and you will be warmly welcomed in to a lavish banquet at the finish line! For more information and to enter the race visit www.nairn10K.co.uk

To see the listings for all upcoming races in Scotland, please visit www.scottishrunningguide.com
If you want to sign up for an event, simply contact us on 01327 322419 or email events@pspeur.org
and we will provide you with all the support you need to make your fundraising a success!

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Get On Your Bike for PSP!

When: 12 September 2010

Registration fees

51 and 100 miles: £19.50, concessions £11.50

3 mile Glasgow Circular: FREE

With three distances to choose from, 'Pedal for Scotland' is the biggest cycle event in the country.

The Classic 51 mile Route from Glasgow to Edinburgh.

Following a combination of quiet back roads, cycle paths and closed roads this route takes you through some stunning countryside as you pedal along for PSP. This is the perfect challenge for both regular cyclists and those who haven't cycled in a while - a few weeks training is enough to get in shape!

Rest stops every ten miles will serve free refreshments, a lunch will be provided at the beautiful Linlithgow Palace and you will finally be greeted in Edinburgh by entertainment and activities in Victoria Park. This ride makes for a great, active day out for groups of friends and family!

The 100 mile Route from Glasgow to Edinburgh is perfect for regular cyclists who want to push their endurance to the limit!

The 3 mile Off-Road Circular round Glasgow Green is the ideal opportunity for families to participate in a cycling event without any contact with traffic, whilst enjoying a whole host of entertainment, music and activities! Simply contact us for your fundraising pack on 01327 322419.



For further details on these bike rides and to sign up for your challenge visit www.pedalforscotland.org

Parachute Jump

Where: Perthshire or St Andrews

When: Whenever suits you!

Registration fee: £70

Sponsorship Target: £395

Freefall at over 120mph with one of our 10,000 feet tandem skydives – and if you raise the minimum sponsorship money you get to jump for FREE!



White-Water Rafting

Where: Perthshire

Registration fee: £420 per team

Sponsorship Target: £1000 per team

White-water rafting is a truly thrilling adventure sport and one in which you don't need any previous experience! All you need to do is gather a team of 6-8 people together and you will be paddling your way towards a World free of PSP!



For more information on fundraising for The PSP Association, please contact the Fundraising Team on 01327 322419, visit our website www.pspeur.org or email events@pspeur.org