



Ultimate**5**



Test your body to the limit in five gruelling challenges all
from within your own gym



St Luke's
Hospice Plymouth

Ultimate5

What is the Ultimate 5?

Cycle	Stage 18, 25.17 miles (40.5km) in the Tour de France on an exercise bike
Row or Swim	21 miles (34km) across the English Channel using a rowing machine or your local swimming pool
Climb	The Three Peaks Challenge - Using a step machine climbing the total of 11,178ft
Walk	874 miles from Lands End to John O'Groats on a treadmill
Run	The 26 mile London Marathon on a treadmill

How to register

Simply fill out the form on the opposite page and return it to the address shown, together with your £10 registration fee. A registration fee and form must be received for each participant. Your registration fee is non refundable. You will then be sent your registration pack, which will include instructions for the challenge, your sponsor form, fundraising guide with details of our incentive scheme, sign off challenge card and St Luke's Ultimate 5 T-Shirt. On completion of each individual challenge you will receive a well deserved Ultimate 5 certificate. Once you achieve all 5 challenges you will be rewarded with an Ultimate 5 medal! Visit our website at www.stlukes-hospice.org.uk to see which gyms are already signed up & their exclusive offers.

Why not enter a team?

Why not get together with friends, family or work colleagues and make it a team event? Simply complete the team entry box on each form and send your forms and registration fees in together (one form per team member). Then you could split the challenge between you.

Conditions of entry

If you are doing the challenge(s) as a gym member you must be 18 years or over. If you are under 18 and are interested, please do give us a call and we can discuss other opportunities to complete the challenge(s). All entries will be processed in the order we receive them. All sponsorship money given to you must pass directly to St Luke's Hospice. You are not permitted to use any of the sponsorship money you raise to pay for your expenses. We would recommend that you consult your local gym on entering.

Any questions?

If you have any further questions regarding the Ultimate 5, please contact the Fundraising Department on 01752 492626 or email events@stlukes-hospice.org.uk

Ultimate5 Registration Form

Chosen Challenge(s) _____

Date You Expect To Start: _____

Gym Details - Where You Are Completing The Challenge(s): _____

_____ Gym Telephone No: _____

Full Name: _____

Address: _____

_____ Postcode: _____

Daytime Tel: _____ Mobile: _____

Email: _____ Age: _____

Where Did You Hear About The Ultimate 5? _____

Ultimate 5 T-Shirt - Please Tick Size Required: Small Medium Large Extra Large

Team Entries

Team name: _____

How many people are in your team? _____

I the undersigned, wish to take part in the St Luke's Hospice Ultimate 5 Challenge.

I have read and agreed with the statement below and have enclosed my £10 registration fee.

Signature: _____ Date: _____

By signing this registration form I confirm that St Luke's Hospice accept no responsibility for any injury, loss, damage or accident to me or my property incurred during participation of the Ultimate 5. I also agree to abide by the gym's Health and Safety regulations at all times.

Any participant, who has concern about his/her physical condition, is advised to consult his/her own doctor before taking part in this event.

Please return your completed entry form together with your fee (cheques made payable to St Luke's Hospice) to
Ultimate 5, Fundraising Team, St Luke's Hospice,
Stamford Road, Turnchapel, Plymouth, PL9 9XA

Fundraising events such as this help us to provide highly specialised palliative and end of life care for more than 2000 patients each year from across Plymouth, South West Devon and East Cornwall. We also support our patients, their families and loved ones emotionally and spiritually if they wish it, through our Social Work and Chaplaincy teams. Our vision is to continue giving our patients dignity, choice and the very best of care, along with practical, financial, emotional and spiritual support in their preferred place of care, wherever that might be: Hospice, Hospital or Home.

St Luke's is a registered charity and government funding covers less than 30% of our annual £5.5 Million running costs, so we have to rely on at least £3.5 Million in charitable donations coming from the communities we serve. That is why the fundraising never stops!



We have a fantastic line up of fundraising events throughout the year – so why not get involved? For more information please visit www.stlukes-hospice.org.uk or email: events@stlukes-hospice.org.uk. There is something for everyone!

Please send me further details on:

- Triple Challenge - 14th March 2010
- Swish, Plymouth's Biggest Clothes Swapping Party - 26th March 2010
- Sky Dive - 27th March 2010
- May Ball (Black Tie) - 22nd May 2010
- Fun Run (Part Of Plymouth Half Marathon) - 29th May 2010
- Plymouth Half Marathon - 30th May 2010
- Midnight Walk - 31st July 2010
- Midday Memory Mile - 3rd October 2010
- Overseas Challenges
- Your Place then Mine
- Big Coffee Mornings
- Volunteering Opportunities



St Luke's Hospice Plymouth is a charitable company limited by guarantee. - Registered in England No. 1505753. - Registered Charity No. 280681
 Stamford Road, Turnchapel, Plymouth, Devon PL9 9XA - Email: info@stlukes-hospice.org.uk - www.stlukes-hospice.org.uk
 Tel: 01752 401172 (Reception) - 01752 492626 (Fundraising) - Fax: 01752 481878 (Medical) - 01752 482053 (Administration)

