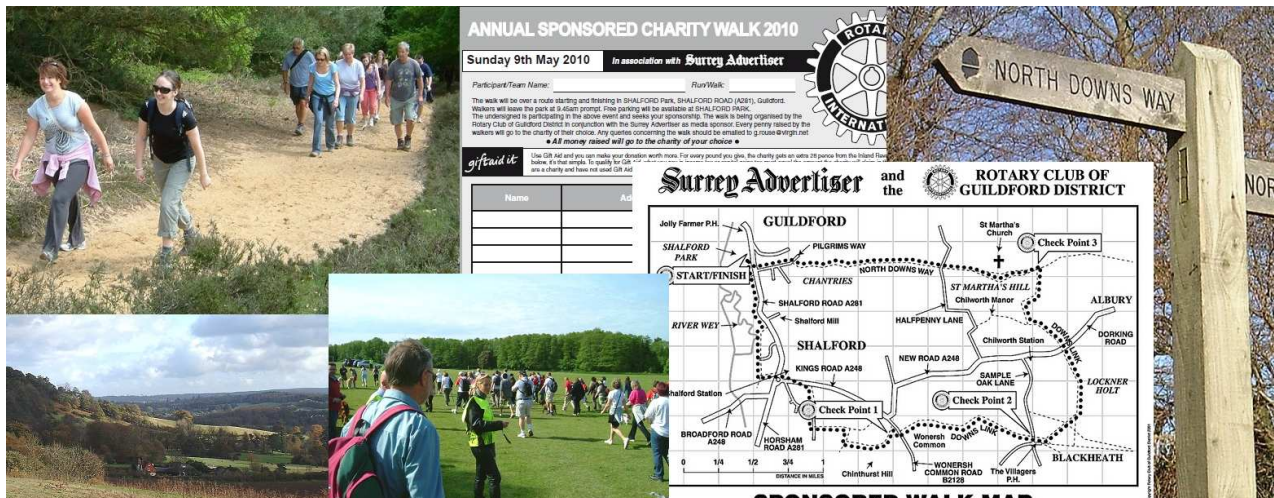




Sunday 9th May 2010

Sponsored 10km (6 mile) Charity Walk

starting/finishing at
Shalford Park, Guildford, Surrey GU1 3XZ



Event organised by Guildford Rotary Club for walkers to raise funds for their own charities. Join our "RASASC ramblers" for a stroll through Womersley Common and the North Downs. Walk starts at 9.45am. Free entry - all you need is the sponsorship of a few friends/family.

RASASC supports male and female survivors of rape or sexual abuse throughout Surrey and surrounding counties. It's a taboo discussion subject, but 1 in 4 people are survivors of some form of sexual attack - you never know when someone you know will need our help. We offer confidential telephone helplines, individual counselling, self-help groups, family support and promote better public awareness. So please support us in whatever way you can. Some 70 dedicated, caring volunteers run all of our services.

The "Guildford Walk" takes 4hrs or less to complete, depending on whether you want to rush or not. Easy (and free) to participate – just register at the Marshall's tent with your sponsorship form on Sunday morning at Shalford Park (where there is also free car parking) before the 9.45am start. Signposted route throughout, heading south along the River Wey, then east on the Downs Link through Womersley Common and Blackheath, up St Martha's Hill and then east along the Pilgrims Way back to the start.

Sponsorship forms are stamped at 3 checkpoints en route (where free liquid refreshments are also available). Stout footwear is recommended. Unsuitable for wheelchairs or baby buggies, but walkers with dogs are welcome. More information at www.guildfordrotary.co.uk/pages/walk.html includes links to downloadable [sponsorship form](#) and [route map](#). You can walk for RASASC on your own, or with family and friends, or ring our office and put your name down for the **RASASC team** entering. **Join us** – it's a great way to spend a Sunday morning in May outdoors. Prize of an Electric Foot Spa and bottle of bubble bath for the largest amount of RASASC sponsorship raised!

Sonja (RASASC Management Coordinator & Fundraiser)