



# Tuberosus Sclerosis Association Fundraising events calendar 2011 Adventurous Volunteers Needed To take up a challenge!

## Run..

**Virgin London Marathon 2011** 17th April - all TSA places taken.

**The British 10k London Run** 10th July - TSA places available. (contact Anne Carter) Starting at Hyde Park Corner, the route will take you past many of London's most famous landmarks.

**BUPA Great South Run** 30th October - TSA places available. (contact Anne Carter) Take part in Europe's leading 10 mile road race through the historic naval town of Portsmouth.

**BIG FUN RUN** - Following the success of 2010, the TSA is again an official charity of the Big Fun Run, participating in 13 events across the UK (Aug - Oct 2011). Standard entry fees are £12 per adult, £8 concession fee & under 5's free. (Further discount rates apply). The entry fee covers the cost of running the event, so all sponsorship raised above this will help children and adults with TSC.

## Parachute..

Ongoing throughout the year.

Skydive for free by raising the minimum sponsorship.



Skydiving and parachuting are once in a lifetime experiences and with Skyline your skydiving and parachuting dreams really can become reality.

Visit [www.skylineparachuting.co.uk](http://www.skylineparachuting.co.uk)

These 5 km runs are staged in scenic parks and are great fun for families and friends.

So, pull on your running shoes, encourage your friends, and join us at one of the 13 venues in England, Scotland and Wales.

You will be able to enter online at [www.bigfunrun.com](http://www.bigfunrun.com) or please contact Anne Carter on 0115 9234301, or [appeals@tuberosus-sclerosis.org](mailto:appeals@tuberosus-sclerosis.org) for more information.



**10th July** Save this date!!  
**BBC Radio 4 Appeal**



## Cycle..

Come and join us on the London to Paris bike ride, an amazing charity challenge starting from the UK's capital, through the English countryside over to rural France and on to the heart of Paris, finishing under the Eiffel Tower!

The London to Paris Cycle is a fantastic bike ride from the heart of London to the Eiffel Tower in Paris. You'll be joined by over 100 like minded individuals cycling for all the same reasons as you; to raise funds, travel and make a new friend or two!

Visit: [www.londonparisbikeride.co.uk](http://www.londonparisbikeride.co.uk)

## Abseil..

Don't look down!  
How is your nerve with this ultimate test of vertigo?!

Take up the challenge for the TSA and book your place online at:

[www.eightpointtwo.co.uk](http://www.eightpointtwo.co.uk)





# In the UK or overseas, there's a great choice for 2011

Visit [www.charitychallenge.com](http://www.charitychallenge.com) & experience a once in a lifetime trek!



## Great Wall of China Trek: Great Wall Discovery



- Witness Imperial China's frontline defence
- Trek on the Great Wall of China
- Steep staircases and crumbling watchtowers
- Explore Beijing and its Forbidden City
- Optional Beijing or Xian extension.

It is demanding but also very rewarding, particularly on a clear day when you can look at the vast and beautiful mountain ranges. Your imagination will take you back several centuries to when the wall was the frontline defence of Imperial China. On completion of your challenge you will return to Beijing to explore some of the many attractions of China's capital city: the Forbidden City, the Temple of Heaven and the Lama Temple.

## Kilimanjaro Summit Climb - Lemosho Route

- Summit the world's highest freestanding mountain
- Bush trekking in unspoilt wilderness.
- Every eco-system known to mankind.
- Optional safari extension.

## Everest Base Camp

- World's highest mountain 29,035 ft
- Spectacular panoramic views
- Deep gorges & glacial lakes
- Sample Sherpa hospitality
- Explore Kathmandu

## Trek to Machu Picchu

- Explore the Inca capital of Cusco
- Hike in the Peruvian Andes
- Reach the lost city of Machu Picchu

## High Atlas Summit Trek

- Unforgettable mountain scenery, breathtaking views
- Daunting peaks scattered with Berber villages
- Summit Jebel Toubkal, Morocco's highest mountain

## Sahara Desert Trek

- Visit Ouarzazate, gateway to the Sahara
- Travel across amazing landscapes
- Cross the Maider El Kbir
- Climb Jebel Lamrakeb
- Visit nomad tents and caves

## United Kingdom

[www.charitytrek.co.uk](http://www.charitytrek.co.uk)

There's so much choice for 2011 including:

**West Highland Way**

**Ben Nevis Challenge**

**Scafell Pike**

**Mount Snowden**

**Hebridean Odyssey**

**Visit & have a go!**



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