



Tuberosus Sclerosis Association Fundraising events calendar 2010

Adventurous Volunteers Needed To take up a challenge!

Sign Up Now!



Run..

Virgin London Marathon 2010
- all TSA places taken.

The British 10k London Run
11 July - TSA places
available. (contact Anne
Carter)

BIG FUN RUN - The TSA is an
official charity of the Big Fun Run,
participating in 22 events across the UK.

A reduced entry fee of £8 for adults or £5 for under
18s is required - this covers the cost of running the
event, so all sponsorship raised above this will
help children and adults with TSC.

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 22 venues in England, Scotland
and Wales.

You will be able to enter online at www.bigfunrun.com
or please contact Anne Carter on 0115 9234301,
or appeals@tuberosus-sclerosis.org for more information.

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



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

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





In the UK or overseas, there's a great choice for 2010

Visit 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 MaderEl Kbir
- Climb Jebel Lamrakeb
- Visit nomad tents and caves

United Kingdom

www.charitytrek.co.uk

There's so much choice for 2010 including:

West Highland Way

Ben Nevis Challenge

Scafell Pike

Mount Snowden

Hebridean Odyssey

Visit & have a go!



Contact: Anne Carter
Head of Appeals & Publicity TSA,
PO Box 7542, West Bridgford,
Nottingham NG2 9AY
Tel: 0115 923 4301

Email: appeals@tuberous-sclerosis.org
www.tuberous-sclerosis.org

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