



Proudly sponsored by: Masita Sportswear

Thank you for your interest in the Kells Pink Ribbon Walk and for signing up for our e-newsletters, which we will be sending out regularly between now and the event on 11th September.

Registration packs

We have already contacted many of you to let you know that your registration pack, containing your Pink Ribbon Walk t-shirt and your sponsorship card is ready. Packs can be collected from The Premier House (Dunne's) in Cross Street, Kells or will be posted out to you, if requested. Remember, packs can only be made available when we have received your registration fee. If we haven't been in contact yet, don't worry – you'll be hearing from us very soon.

Sponsorship

We want to raise as much money as possible for Action Breast Cancer which is why we have asked you to try and raise a minimum of €100 per person in sponsorship money. If you can get a team of colleagues or friends together, then we have a special offer of €375 sponsorship money per team of 4 people (€75 per person). There will also be spot prizes for various fundraising initiatives and ideas! If you need a bit of inspiration for your fundraising, have a look at the [fundraising tips](#) on our website.

Help us spread the word!

You can help us publicise the Walk by encouraging others to sign up or by distributing posters/flyers/registrations forms in your area. Phone or [email us](#) for more information. We are also running an ongoing media campaign to publicise the Walk. If you would like to share a personal story as to why you're getting involved, then do let us know.

Pink Ribbon Training Walk/Run with Personal Trainer Liam Newman

Our Pink Ribbon Walk personal trainer Liam Newman will be leading a 5km training walk/run on Saturday 24th July in Virginia, Co Cavan. This is free and will start from the Rugby Club car park at 10am sharp. You must be over 16 to take part. This is a great way to kickstart your training programme in preparation for the Walk in September and don't forget to check out Liam's [training tips](#) on the website.

[Visit our website](#) for more information and regular updates on the Pink Ribbon Walk. And if you have any comments, suggestions and feedback, please email us on info@pinkribbonwalk.ie

In the meantime, best of luck with your training!

Linda

Kells Pink Ribbon Walk Committee