

5km Run/ Walk - WE ARE RUNNING FOR THOSE WHO CANNOT

The Portuguese Chiropractors' Association (APQ) is organizing the second 5 km charity run/walk on 18th May 2008 at the FATACIL fair grounds in Lagoa. The first charity run/walk was held in Vilamoura in May 2007 immediately after the European and World Convention of Chiropractors. This event had a great impact and proved successful. This year the objective is to reach 1000 participants!

We are raising funds to start a Chiropractic Degree Program in Portugal. Portugal is in need of such a program that will produce fully qualified chiropractors. This teaching institution must ultimately be recognized by the European Council of Chiropractic Education, the authority on the standards of education for Doctors of Chiropractic.

We will also donate a portion of the money raised to the Portuguese Cerebral Palsy Association. This Association has a project promoted by the Civil Governor of Faro called "Algarve Adapted Sports". We believe it is a worthy project to help out with and we wish to raise enough money to buy some specialized wheel chairs for playing sports.

COME AND RUN WITH US IN MAY! We extend a special invitation to the Chiropractors in the European Union. However the largest gathering needs to be from people from all over the Algarve and Portugal in order to make this a **NATIONAL EVENT**.

The winners of the first Run in 2007 were:

Male

- | | |
|-----------------------|-------------------------------------|
| 1 st place | Artur Domingos – Quarteira Portugal |
| 2 nd place | Adrien Aymon - Switzerland |
| 3 rd place | Andrew Slater D.C. - Faro Portugal |

Female

- | | |
|-----------------------|---------------------------------|
| 1 st place | Inês Monteiro – Guarda Portugal |
| 2 nd place | Stina Berg D.C. – Denmark |
| 3 rd Place | Nathalie Aymon - Switzerland |

Our contribution to our chosen charity, indicated above, amounted to €468.

For our second Run / Walk we have relocated to the beautiful inland city of Lagoa in the Algarve. With strong support from the city hall www.cm-lagoa.pt, the sporting department and FATUSUL www.fatasul.pt, the venue's caretakers, we have obtained an ideal venue for hosting this next event. The course will take us around and through the streets of Lagoa, starting and finishing at the location of the large stage courtyard in the fairgrounds. Our friends at the Algarve Athletics Association www.aalgarve.pt are providing a great deal of help with the logistics.

We are arranging to have food and beverage vendors on location so plan to enjoy some of the fine food available in the Algarve. While you enjoy your lunch you'll be able to listen to some live music from 11:30 AM to 1 PM.

TIMETABLE FOR THE RACE DAY

8:30 am	gates open to the public for same day registration
	Handing in of pledge money
	Pick up of race kit
10h00	pre-race warm-up exercises
10h30	start
11h45 – 12h30	presentations of trophies begin, raffle draw
13h00	close

This year we are offering a total of 12 trophies for the 1st and 2nd place finishers in the categories of junior, senior and veterans for both male and female contenders.

REGISTRATION INFORMATION

€10 until May 4, 2008

€15 on the day of RUN

For people in and around Lagoa

You may visit a chiropractor near you to register and to pick up a pledge form.

Dr. Edward Saltys, Lagoa

Tel: (area code Portugal +351) 282 341 004 or 914 494 440

Dra. Sandra Genest-Boudreau, Parque Empresarial do Algarve, Lagoa

Tel: 282 341 311

Dr. Helder Prazeres, Portimão

Tel: 282 482 817 or 916 005 405

Dr. Roy Rodrigues, Areias São João, Albufeira

Tel: 289 543 460

Dr. Paul Meyer, Lagos

Tel: 282 768 044

For the more distant and overseas participants

You may download from this website the registration form (available soon). After your registration form and payment has been received, we will forward your official numbered PLEDGE COLLECTION FORM. Every registration includes a free ticket for the raffle draw that will be held after the trophy presentation.

We encourage all pre-registrants to actively seek pledges. For example, 10 x €10 pledges from you will greatly help us to reach our goal.

Method of payment

Bank Details

Name of CHARITY account: Associação Portuguesa dos Quiropráticos

Name of Bank: BBVA (Banco Vizcaya Bilbao Argentaria), Monte Estoril, Portugal

NIB: 0019 0003 00200062083 97

Make a **cheque, a bank transfer or postal money order** to the order of **“APQ – charity account”** for **€10** and send it to the Event organizer:

Dr. Edward Saltys

(2nd Run APQ)

Largo do Município, 1

8400-357

Lagoa

Portugal

Tel.: +351 282 341 004

drsaltys@gmail.com

National -For persons making payment from a Portuguese Bank

1. By cheque
2. By money transfer . Please **add €1.25** to cover our bank charges for this transfer if you use the **ATM**. (Transfer orders made at the counter or with on-line banking do not incur this charge.)

EU - For persons making payment from outside Portugal

3. The cheapest way is by postal money order.

Please send the application and the money order to Dr. Saltys.