

Dorset Young Farmers Club

Saturday 21st April 2018



EXTRA MILE



What is the **Extra Mile**?

This is a chance for every individual to support their community, get active and raise funds for their club.

The **Julia's House Extra Mile** is unique because 50% of sponsorship money goes to your club and 50% to Julia's House.

Julia's House provides practical and emotional support for families caring for a child with a life-limiting or life-threatening condition. They tailor their care to the needs of each individual child and their family, providing frequent and regular support in their own homes, in the community or at their hospice.

Superior Sealing Technology have kindly covered any costs involved so all the money raised for Julia's House will go directly to the charity.

How does the **Extra Mile** work?

Every participant will run or walk a mile and get sponsorship from family and friends to do so. Everyone who raises sponsorship will also receive a medal for their efforts, while the club that raises the most will win a trophy!

What to do next

Please fill out your sponsorship form correctly and collect the money raised, returning the form to your club as soon as possible after you have completed the Extra Mile.

No amount of money raised is too small – every little helps!

We hope you'll be encouraged to raise as much as you can. It's not about who runs the furthest or fastest, it's about having fun and keeping active, while supporting a local children's charity and raising funds for your club.



