

## Race Organiser's diary – John O'Leary

If I had €1 for every time someone told me how many people are walking and running around Enniscorthy in the past couple of weeks, I'd have a nice little fund building up. It's true, everywhere you look the footpaths and byways are laden with people training for the Hope and Dream 10. It's very satisfying to see, because as well as the usual post-Christmas brigade that emerges to shave off a few pounds, I honestly believe that we will save lives with this race. I'm not referring to the fantastic work carried out every day by Hope Cancer Support Centre or Share A Dream Foundation but to the fact that this event has motivated a lot of people – who ordinarily wouldn't be very active - to embrace the challenge and mobilise themselves to raise a few quid for charity! The side effect in this case, is that we are becoming fitter, lighter, and more energetic.

We've provided you with training programs and diet plans, so I hope you don't mind if we offer some advice on your training wear. A comment that I've heard from quite a few, is that these pedestrians are very hard to see at night. We appeal to everyone to take sensible precautions when walking, jogging or running in the dark. Please try to wear something light in colour and with some reflectivity. The Road Safety Authority is providing us with arm bands and we have arranged for these to be available free of charge at Kelly's Pharmacy(Local Pharmacy Group), Slaney Place, Enniscorthy. They will be available from this week.

In my last diary contribution you might recall our appeal for interested parties to come forward to help out with race expenses. I'm delighted to report that we are making progress. Audi Enniscorthy joins our team with the supply of safety vehicles on race day. As safety is a key concern for us, this is a vital piece of our safety plan provided for. We are also delighted to welcome Wexford Farmers Co Op to the team. We have commissioned a bespoke medal for the race and Wexford Farmers Co Op has kindly agreed to pay for these. This is a significant cost removed and we are very grateful to them for this. Enniscorthy Credit Union has also made a contribution to our race fund and this will assist with administration costs.

The 'Piece de Resistance' though, is that Molloy Metal Recycling Ltd. came on board last week as a major contributor to the Hope and Dream 10. The contribution from John Molloy is significant and both myself and Tom Herlihy were humbled by John's attitude towards the event; nothing fazes the man – it seemed that all we had to do was ask. Together with funding some of the major expenses of the race, Molloy Metal Recycling Ltd. will also help out with our float in the St Patrick's Day Parade. This float is being designed and constructed by students of Enniscorthy Vocational College under the guidance of Mr John Murphy; a teacher (our man) at EVC. We are very grateful to Molloy Metal Recycling Ltd. – thanks for your generosity John!

We are still recording a high volume of registrations. We have registered over 650 to date and are encouraged by indications from many others that they intend to register. PLEASE ENTER NOW, we have forecasted how many entrants will participate overall, but it would be a great help to us if everyone intending to participate registers as soon as possible. We are ordering the t-shirts and medals this week and we don't want to find ourselves in a position

that we don't have enough for everyone. REMINDER – Our corporate sponsors are paying for these items. All money raised by participants goes to the charities; none of it is used for administrative purposes.

To find out more about the event go to [www.hopeanddream10.com](http://www.hopeanddream10.com) . If you want to see what our nominated charities do, visit their web sites at [www.hopesupportcentre.ie](http://www.hopesupportcentre.ie) and [www.shareadream.ie](http://www.shareadream.ie) .

I'd like to remind you that you can enter by completing the entry form on page 10 of the Echo and handing it in to Turkuts, Court st. Enniscorthy or My Sport, Castle st., Enniscorthy. Alternatively visit [www.hopeanddream10.com](http://www.hopeanddream10.com) and go to the registration page. Good luck!

# WALK...JOG...RUN