

Well it was a howl last week when forty eight stone of athletes in the shape of Tom Herlihy, Alan Maher and yours truly, stumbled into the studios in South East Radio to explain ourselves on regional radio to Alan Corcoran. We were delighted to be invited to shout about the Hope and Dream 10 over the airwaves and the reaction has been fantastic. Thanks to Graphedia – our website partner – we are able to monitor trends in traffic through our website [www.hopeanddream10.com](http://www.hopeanddream10.com) and up to last night the numbers of participants have swollen to around the 550 mark. We are delighted with the support.

We have been inundated with queries in relation to the race. Probably the one that pops up most often is the question; can I walk the course if I'm not a serious runner? The answer is YES YOU CAN. If we didn't make this particularly clear up to this point – apologies, but we have addressed this now and it is called out loud and clear throughout the website and in The Echo Newspaper. We estimate that about 30% of participants will walk, 50% will jog or run and about 20% will have a serious attempt at a prize.

We encourage everyone intending to register to do so sooner rather than later. You can participate in the training and nutrition plans printed here weekly and the beginner program is achievable for most if not all people. Early registration is also a big help to us in organising ourselves for what is shaping up to be a major regional race event.

Since our last update we are delighted to welcome Wexford Financial Services and Local Pharmacy Group on board as sponsors. Wexford Financial Services offer Insurance and financial planning services out of their offices in Main st, Wexford and Local Pharmacy Group is comprised of three pharmacy shops; Hanly's New Ross, O'Donnell's Taghmon and Kelly's Enniscorthy. We are very grateful to them for their commitment and look forward to working with them. Opportunities still exist for companies willing to get involved. Thankfully the number of items on the shopping list is getting smaller but it would great if we could put the remaining outstanding costs to bed in the near future.

On the celebrity front – some of our volunteers are finding it tougher than others, but I wont steel their thunder and you can read excerpts from their training diaries in The Echo every week.

We have had reports of strange shadows moving around the Clohass, Forge and Davidstown areas in the past few weeks. After some investigation we can assure you that it won't be necessary to arm yourselves just yet – its only Liam Sharkey doing some speed work on the back roads.(If I were Liam I'd restrict that to a bit of Fartlek training instead!) Ah, sure if he can't take a joke...

Just to wind up on a more serious note. We want to achieve our target of raising €100,000 and donating it equally to Hope Cancer Support Centre and Share a Dream Foundation. We are well on the way to achieving this BUT we cannot and will not rest until we register the 1000+ participants we need in order to make it happen...so if you're sitting in the arm chair reading this, reach for the Google box, log on to [www.hopesupportcentre.ie](http://www.hopesupportcentre.ie), then [www.shareadream.ie](http://www.shareadream.ie) and see what they do. When you've digested all that and you have that helpless feeling in the pit of your stomach log onto [www.hopeanddream10.com](http://www.hopeanddream10.com), go to the

registration page and do the right thing! You could help to make a difference to someone's life.

# WALK – JOG – RUN

[www.hopeanddream10.com](http://www.hopeanddream10.com)

or follow the instructions on the entry form on page 10.