



WINDSOR ASCOT MAIDENHEAD DISTRICT
SPORTS ASSOCIATION FOR THE DISABLED

34th annual

Wheelchair Push

Saturday 10th July 2010

Frequently asked questions

The WAMDSAD Wheelchair Push is probably one of the most celebrated charity fundraising events in the Royal Borough of Windsor & Maidenhead's annual calendar. Now in its 33rd year, "The Push" is not only one of the financial mainstays of WAMDSAD, having raised around £390,000 over the years, but through the introduction of hundreds of able-bodied people to WAMDSAD's disabled members, has done much to assist the integration aims of the Club.

Most importantly, "The Push" is about having FUN!

How does The Push work?

We invite teams of 'pushers' from Clubs, Pubs, Sports Associations, local companies, families – in fact from anywhere – to push disabled members of WAMDSAD in wheelchairs (which we provide) over a road route in the Windsor and Maidenhead area. The team can cover any distance up to a maximum of the marathon, that's 26 miles 385yds.

How large does a Pushing Team have to be?

As many members as desired – in fact, the more the merrier!

Does each member of the team have to do a specific distance?

No. Each team member can walk, push or run as far as he/she wants to even though the team as a whole may elect to do any distance, up to a maximum of the marathon. The important thing is that the wheelchair (with occupant!) travels with the team.

What's the purpose of The Push?

The Push has two objectives – to raise as much money as possible for WAMDSAD and for everybody to have a lot of fun!

How do you raise money?

Each team member should try to obtain as much sponsorship as possible on behalf of the team. Sponsorship forms are provided or team members can now encourage their family and friends to sponsor them online via www.justgiving.com. Additionally, we provide lots of collecting tins and buckets for team members to collect money around the route. Our target for this year is to raise £20,000 for WAMDSAD.

What about fancy dress?

We encourage teams to look as silly as possible through creative use of fancy dress! It really helps with the money collection. What's more, we offer star prizes to the best-dressed teams!

Is it a race?

Certainly not! Teams can take as long as they like to complete the elected distance – provided they finish before 9pm!

What support services are there?

We provide a full support infrastructure – Route Marshals, Route Checkpoints, a Communications Network and First Aid. All we ask is that each team has available a Back-up Car or Van to ferry members around the route as required – and bring your mobile phone, it will help.

How do we enter a Team?

That's easy. Simply contact Karin Capp on 01628 627690. We'll be delighted to send you further information.



Just Giving is the easy, efficient and fun way to raise funds and donate to your favourite charity online. To help raise money for WAMDSAD, please go to www.justgiving.co.uk/wamdsad which is our own dedicated fundraising page.

It's easy – no cash or cheques to chase
It's safe – money sent securely to charity
It's fun – go wild, use your imagination!

Give us a push!

WAMDSAD – making sport accessible to the disabled

WAMDSAD
Braywick Sports Ground, Braywick Road, Maidenhead,
Berkshire SL6 1BN

T: 01628 627690

WWW.WAMDSAD.CO.UK

email: info@wamdsad.co.uk
fax: 01628 673505

registered charity number 1078742