



## Walk'n Roll 2014



01.08.14

Dear friends

You're hereby invited to participate in the third annual Danish "Foreningen for Ataxia / HSP Walk 'n Roll" event which will take place on our national Ataxia and HSP day in September. If you're in the area, please join us and bring your family / friends!

\*

Date and time: Saturday September 13, 2014, at 11:00 am.

Meeting place: Café Damhuskanten,  
Damhusdæmningen 2b,  
2720 Vanløse

Participants: Members, family, friends and everyone who is interested!

Price: DKK 40 for adults / DKK 20 for children (to be paid at start)

Registration: Name(s) of participants by Saturday September 6 at the latest to:  
Dorthe Lykke  
phone: +45.321782399  
mail: [dorthelykke@youmail.dk](mailto:dorthelykke@youmail.dk)  
post: Skellet 28, 2.tv., 2500 Valby

\* The event is supported by Vanløse Lokaludvalg \*



## Foreningen for ATAKSI / HSP

### Program:

1. We'll meet at the café. Toilets are available. Parking along the road.
2. Everyone gets registered, pays and gets a starting number and a hat.
3. Welcome by the vice-chair of Foreningen and ? at 11:30 am.
4. Warm-up by physiotherapist Camilla from Fysisk Form
5. Everyone starts to walk, bike or roll at app. 11:45 am.
6. At the Start and Finish, water and apples for all participants!
7. Half way - at Damhuskroen - water and apples are also handed out!
8. Afterwards, we'll serve coffee/tea/water and toast at the café.
9. Music by "Kosten og Skovlen"
10. We'll have lotteries for many prizes among the participants!

The route: Start and Finish at Damhuskanten. The route is 3.4 km.



Damhuskanten:

[www.damhuskanten.dk](http://www.damhuskanten.dk)

About Damhussøen:

<http://www.kk.dk/Borger/ByOgTrafik/GroenneOmraader/Parker/VanloeseParker/DamhussoenDamhusengen.aspx>

Public transport:

[www.rejseplanen.dk](http://www.rejseplanen.dk)

Dorthe Lykke, Vice-chair/organizer