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National Lunar Walk Series: Dublin June 22nd



Register <u>Here</u> Now For The Final Walk in This Year's National Lunar Walk Series

Don't Just Presume Someone Else Will Fundraise or Spread The Word...We Need Everyone's Help.... Your Support Is Vital

#LunarWalkSeries

Volunteers Needed Also: Contact gary.brady@diabetes.ie to register your availability



Special Discount on Rail Travel

Iarnród Éireann would like to offer all members of Diabetes Ireland a 10% Discount off Intercity Travel when booking on <u>www.irishrail.ie</u>

This offer is valid from Monday 10th June 2013 until Friday 14th June 2013.

This is to support anyone wishing to travel to the Dublin Lunar Walk but can also be used for personal trips once booked within the above timeframe (note: travel does not have to be within these dates, merely the booking)

*Simply use the code LUNR2302 (input promotional code on payments page) from the dates above to avail of the 10% OFF the line fare. Remember, tickets can purchased 59 days in advance of travel on www.irishrail.ie Discount applies to all bookings, except special offers, book up to 59 days in advance of travel.

Terms, conditions, credit card and transaction charges apply.

Super Day At The Women's Mini Marathon Purple Hub

Many thanks to the 170 ladies who took part in the Flora Women's Mini Marathon on our behalf last Monday.

We hosted our new and improved **Purple Hub** on the day where almost 90 of the women visited either before or after the race.

Many thanks to our fitness instructor Lousie who got all the ladies ready pre-race and to our own dedicated **Purple Hub** physio Tim who treated the few with injuries afterwards.

A special word of thanks goes to our fashion ambassador Lorna Weightman who organised the make-up & chocolate goody bags which all got as a surprise on the day!!



Current TEAM Heroes

34 people undertook the Cork marathon for us so many thanks to them all and to the group organisers Fintan Tait and Joe Duggan.



Donnagh Verling became our first Triathlon **TEAM** Member when he competed in Tri-Athy... hopefully the first of many **TEAM** triathletes



Best Wishes To Upcoming TEAM's In June

We would like to wish our 10 **TEAM** members in Hell & Back on June 15/16 all the best of luck... they might certainly need it!!!



TEAM Heads For Race Across America

Emmet Fennell, Micheál O'Driscoll, Bill Kelleher, and Tom Moore, are four amateur cyclists who will participate in this year's Race Across America (3000 miles over 8 days) with the sole intention of raising awareness (and funds) of Diabetes in Ireland.

Follow their trip on Facebook at Cork RAAM 2013 or on twitter @CorkRAAM



Best Wishes To Upcoming TEAM's In June

Best wishes to our 10 **TEAM** members taking part in the Clare 10km...a great response which has beaten our numbers from 2012...super stuff one and all



TEAM Diabetes Ireland Needs You!!

Already signed up for an event? Why not fundraise for us through it?

The **TEAM** initiative is not linked just to the above events...<u>anyone anywhere who fundraises</u> for us is a **TEAM** member

So why not challenge yourself physically in the second half of 2013 and join the **TEAM**....Contact <u>gary.brady@diabetes.ie</u> to tell us what event you are doing and we will send you out a **TEAM** pack

#DiabetesHero

Special Focus Now On Dublin Marathon to Create A Large Sized **TEAM** At The Event... Join our fundraising manager Gary in this event!!



Official Charity of Triathlon Ireland

Are you or any of your family or friends participating in any upcoming triathlons...why not become a Team member and fundraise for us.

To date we have **TEAM** members at upcoming <u>*Tri-Athlone*</u>, <u>*Skerries Triathlon*</u>, <u>*Rosses Point Triathlon*</u>, <u>*Dublin City Triathlon*</u>.

What events are you participating in??



Special Focus Now On Dublin City Triathlon to Create A Large Sized **TEAM** At The Event...Diabetes Ireland head office have been invited to take part in the special corporate Relay Race at this event so 3 of our staff will be competing and wearing the TEAM jersey.



Final Final Final Call: Camino De Santiago Overseas Walk

Places still available. Total trip fundraising of €1,950 needs to be completed by July 31st

Presently we have 17 people signed up for this trip. Don't miss out...register $\ensuremath{\text{NOW}}$

For further info and to receive the full brochure contact Gary on 01) 836 3022 or gary.brady@diabetes.ie.



Contact And Queries

If you have any queries on any of our fundraising programmes or if you would like to fundraise for us in any other manner please do get in touch by phoning or emailing Gary on 01) 836 3022 or <u>gary.brady@diabetes.ie</u>

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Diabetes Federation of Ireland (T/A Diabetes Ireland) is a registered charity C.H.Y. 6906 Directors: Professor Gerald Tomkin, Professor Hilary Hoey, Mr. Patrick Power, Mr. Leonard O'Connor

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