



# GET INVOLVED

Muscular Dystrophy Campaign  
Tesco Charity of the Year 2009

Please use this calendar to plan your own fundraising events.

[www.muscular-dystrophy.org/tesco](http://www.muscular-dystrophy.org/tesco)



### March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 April Fools Day Hadrians Wall Walk
2	3	4	5	6	7	8 Manchester Velodrome Absell
9	10	11	12	13 Fright Night	14 Dive with Sharks, Cheshire	15 Rendlesham Forest Challenge
16	17 St. Patrick's Day	18	19	20	21	22 Mother's Day
23	24	25	26	27 Northern Ireland Raffle	28	29 Liverpool Half Marathon
30	31					

### April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5 Paris Marathon Kielder Challenge Duathlon Blackpool Half Marathon
6	7	8	9	10 Good Friday Southport Good Friday Races	11	12 Easter Sunday
13 Easter Monday	14	15	16	17	18	19 Forth Rail Bridge Absell
20	21	22	23 St George's Day	24	25	26 London Marathon
27	28	29	30			

### May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 Basingstoke Canal Bike Ride
4 May Day Belfast City Marathon	5	6	7	8	9	10 Trossachs Tartan Ten
11	12	13	14	15	16 Eurovision final	17 Oxford Town and Gown Wirral Coastal Walk Great Manchester Run Edinburgh Marathon and Hairy Haggis Relay Dare to Dangle Absell - Luton
18	19 Basingstoke Canal Bike Ride	20	21	22	23	24
25 Bupa London 10,000	26	27	28	29	30	31

### June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6 Round Britain Cycle	7 Round Britain Cycle Truck Fest Plymouth Hoe
8	9	10	11	12	13	14 Pedal for a Medal Exeter
15	16	17	18	19 The 20 Million Yard Golf Marathon	20	21 Father's Day Pedal for a Medal, Herts Mersey Tunnel Absell
22 Wimbledon (until 5 July)	23	24	25	26	27	28 Cannock Chase Cycle
29	30					

For help with fundraising ideas and information call the Tesco Hotline 0845 872 9058\*

Mon-Fri 9.00am-5.00pm (voicemail out of hours)  
\*Calls cost 7p, plus up to 2p per minute for BT Calling plans. Other providers may vary.

Registered Charity No. 205395 and  
Registered Scottish Charity No. SC039443

