

## Doitforcharity.com 5km Santa Run

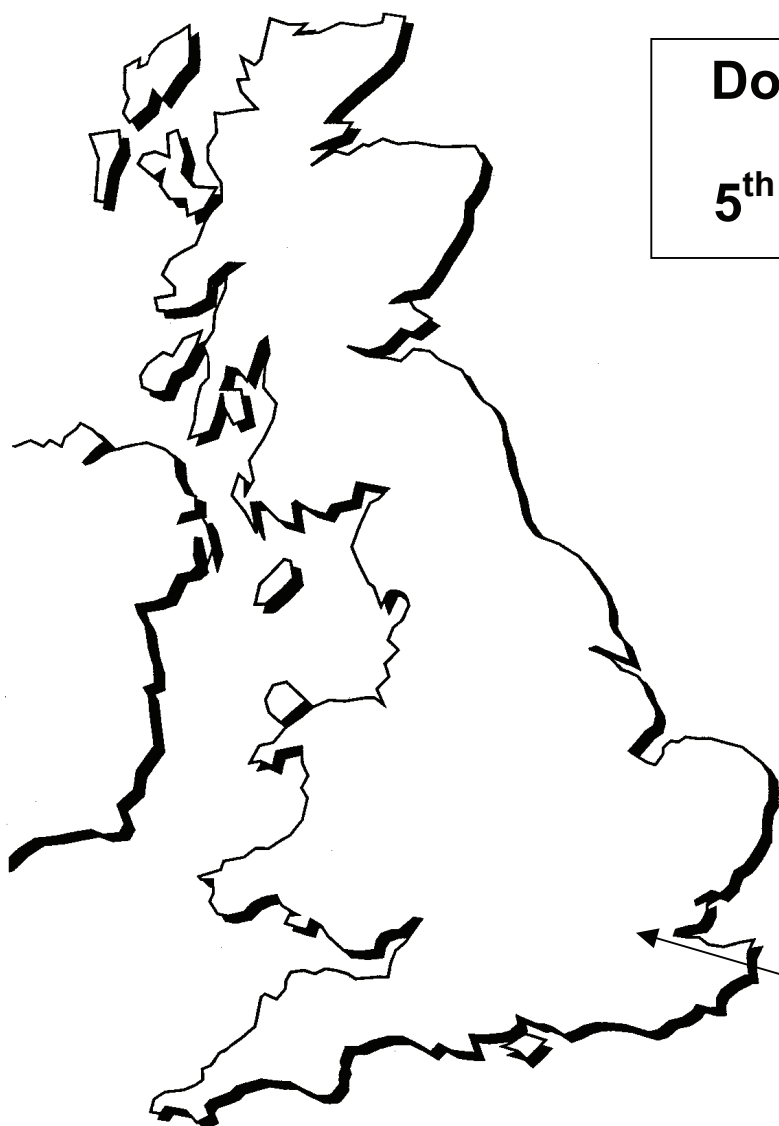


### Introduction

The Doitforcharity.com Santa run is a 5km race taking place in Greenwich Park, London. Around 2,000 people are expected to take part raising funds for many different charities and now this is your chance to join them!

No previous experience is required and with a bit of training the 5km distance should easily be within your capabilities. The spirit of the event is 'taking part' not 'winning' so you can run, jog or walk - you decide!

All you need to do is pledge to raise £100 for Helen Rollason Cancer Charity. To reserve your place all you need to do is complete the enclosed registration form. Alternatively you can register online at [www.doitforcharity.com](http://www.doitforcharity.com) – Helen Rollason Cancer Charity is counting on your support!



**Doitforcharity.com**  
**Santa Run**  
**5<sup>th</sup> December 2010**



Greenwich Park

**www.doitforcharity.com 020 7424 5533**

## **Frequently Asked Questions...**



### **When and where**

The 2010 DoitforCharity 5km Santa Run will take place at Greenwich Park in London on Sunday 5<sup>th</sup> December. Greenwich Park is a parkland venue offering the perfect setting for you to enjoy your festive 5km run on behalf of Helen Rollason Cancer Charity!

### **How fit do I need to be?**

Hundreds of thousands of people take part in 5km runs every year - many of them for the first time. It's therefore perfectly achievable for the 'average' person to take part in this event but in order to maximise your enjoyment you DO need to train - and that means more than just a couple of jogs in the park! However, help is at hand in the form of the [www.doitforcharity.com](http://www.doitforcharity.com) fitness pages where we give you a sample training plan – Helen Rollason Cancer Charity will also be able to give you help and support.

### **What kit will I need?**

Running is one of those great sports where you won't need lots of expensive equipment. A good pair of running shoes should last for around 500 miles which is easy enough for you to train for a 5km run! Once again help is at hand in the form of [www.doitforcharity.com](http://www.doitforcharity.com) kit pages where you will learn the importance of choosing the correct shoes. Please note however that if you are going to buy a pair of new shoes it's important that you get them at least a couple of months before the event itself so that you have a chance to wear them in!

### **How can I raise the sponsorship money?**

Most charities will ask you to raise £100 or more to take part in the Doitforcharity 5km Santa Run - the reason for this is that places are extremely limited and the charities obviously want maximum benefit from the places they have been allocated.

However, you shouldn't find it difficult to raise this money - after all you don't run 5km every day do you?! Top tips include asking your employer to match everything you raise pound for pound. Also you could ask people to sponsor you per kilometer (so the minimum you'll get from anybody is £5 which means you only need to find 20 people to reach the £100 fundraising target!)

Once again more advice is available is on [www.doitforcharity.com](http://www.doitforcharity.com) on the fundraising advice pages and Helen Rollason Cancer Charity should be able to help out as well.

### **What do I need to do next?**

Simply complete the enclosed registration form or register online at [www.doitforcharity.com](http://www.doitforcharity.com). As long as you commit to raising the minimum sponsorship Helen Rollason Cancer Charity will be delighted to have you running on their behalf!

**Reserve your place Today!**

**[www.doitforcharity.com](http://www.doitforcharity.com) 020 7424 5533**

# Registration Form

Please complete this form and return it to the address below as soon as possible – places are extremely limited so it's important that you book early to avoid disappointment! Please also provide your £20 registration fee cheque (payable to 'Skyline') or credit card details (see below).

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## Greenwich Park, London – Sunday 5<sup>th</sup> December 2010

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How did you find out about this event? \_\_\_\_\_

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Email Address \_\_\_\_\_ Organisation \_\_\_\_\_  
(Please specify as this will be our primary source of contact)

Tel No. (Day) \_\_\_\_\_ Tel No. (Other) \_\_\_\_\_

Male/Female \_\_\_\_\_ Date of Birth \_\_\_\_\_

I enclose a cheque payable to 'Skyline'

Please charge my Visa / Mastercard / Delta / Switch with the £20 registration fee as follows:

Card Number	Valid From	Expiry Date	Issue No (switch only)
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	____ / ____	____ / ____	_____

**IMPORTANT:** I confirm that I have read the Booking Terms & Conditions, Medical Restrictions and Important Notice overleaf (if these are not listed overleaf please call 020 7424 5533 to request a copy) and I understand and agree to be bound to those terms and conditions and to comply fully with the same.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Tick here if you do not wish to receive details of other offers from either the charity or other organisations

*Please complete this form and send it to:*

**Helen Rollason Cancer Charity  
C/o Doitforcharity.com 5km Santa Run  
31 Corsica St London N5 1JT**

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**For office use only**

Cheque Name \_\_\_\_\_

Cheque Number \_\_\_\_\_

**HROL 100RUN**

**DIFC LONSAN 10RUN**

**Please read all sections of this page carefully  
before signing the declaration below**

DIFC  
5km

**Booking Terms and Conditions**

1. By paying the registration fee you are registering your place on a doitforcharity.com 5km event for your chosen charity and undertaking to raise the £100 minimum sponsorship for such charity
2. All registrations fees are non-refundable. However you can transfer your place to another runner at any time up to a week before the event by calling us on 020 7424 5533
3. The minimum age for participants is 8, providing that under 16's have parental / guardian consent and that they run with a responsible adult that is named by the parent / guardian. Those under 18 will need a letter of parental consent.
4. Precise dates and venues were correct at time of going to press but are subject to change

**Medical Restrictions**

You should be reasonably fit to take part in this event and you are strongly advised to undertake some training. If you have any doubts about your ability to take part including without limitation having pre-existing medical conditions you should contact your doctor to seek advice.

**IMPORTANT NOTICE**

Running is an active sport and participation in such sports necessarily involves a risk of injury or death regardless of the standard of the event you are taking part in. I voluntarily accept all the risks inherent in this event and I agree for myself and my personal representatives to indemnify and hold harmless Skyline Promotions Ltd against any claim or claims whether on my own account or from third parties arising out of any accident or incident resulting in any loss or damage (including bodily injury and death).

*I confirm I have read all the above sections marked **Booking Terms and Conditions, Medical Restrictions and Important Notice**, and I understand and agree to be bound to those terms and conditions and to comply fully with the same.*

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**www.doitforcharity.com 020 7424 5533**