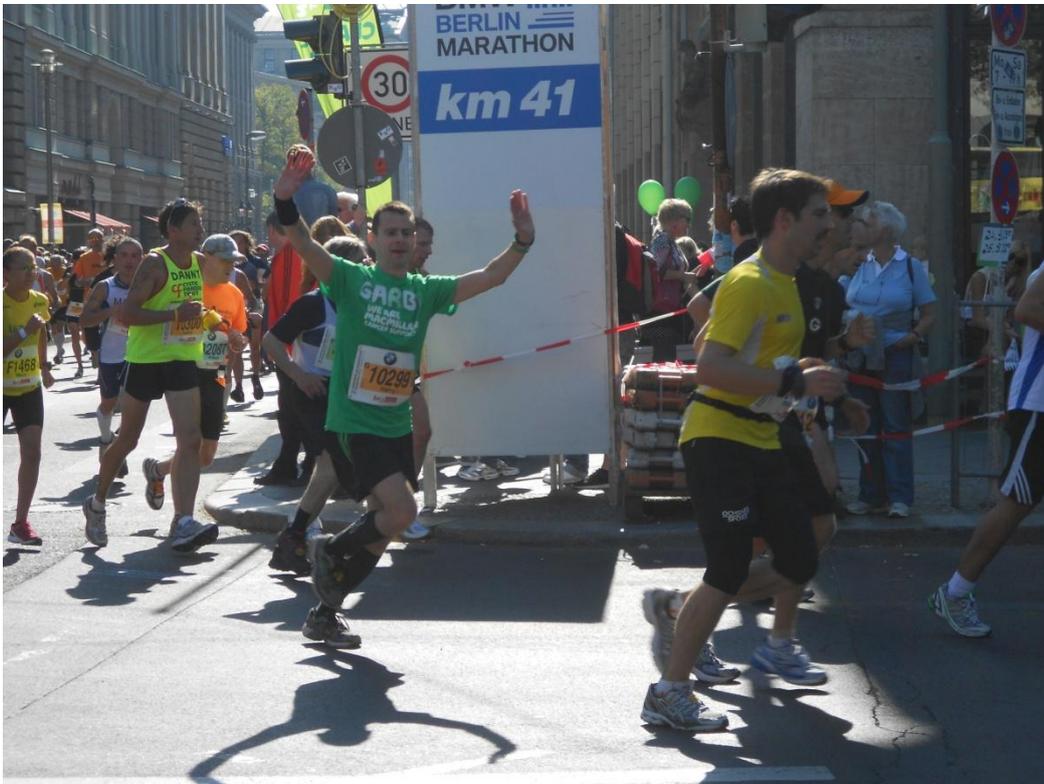


TEAM MACMILLAN NEWS

BMW Berlin Marathon – 29 September 2013

Viel Gluck Team Macmillan!

**WE ARE
MACMILLAN.
CANCER SUPPORT**



With less than two weeks to go, you are almost here: turning the corner onto the finishing straight of the BMW Berlin Marathon! With the big day drawing nearer, you are hopefully fully prepared for the fantastic challenge of the Berlin Marathon. This newsletter is full of information to help make your weekend as enjoyable and successful as possible, including:

- A Team Macmillan Race Weekend Activities Booklet, including details on the pasta party, where you will find Team Macmillan cheer points, and celebration evening
- A Macmillan running sack to help keep the chill off you on the morning of the race
- Iron on letters for your running top (if requested)

We have a team of over 90 runners travelling over to Berlin for this year's marathon. We are so grateful to all of you for choosing to take part in this fantastic event for Macmillan Cancer Support. Macmillan relies on public donations for 96% of its income, so by taking part you are all helping to make a big difference to the lives of people affected by cancer.

Macmillan Cancer Support, 89 Albert Embankment, London, SE1 7UQ
Questions about living with cancer? Call free on 0808 808 00 00 or visit macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales number 261017, Scotland number SC039907 and the Isle of Man number 604.

Important information for the Berlin Marathon weekend

Berlin Marathon Expo: Picking up your race number:

Upon arrival in Berlin you will need to pick up your race number, champion (timing) chip and race wristband. You will need your passport and your confirmation email to pick them up.

If you have not received your confirmation email then please get in touch with us asap.

The expo takes place at the former Tempelhof Airport: **Flughafen Tempelhof, Platz der Luftbrücke 5, 12101 Berlin**. Opening hours:

- Thursday 26 Sept: 2-8pm
- Friday 27 Sept: 12-9pm
- Saturday 28 Sept: 9am-6pm

You will also find stalls selling almost everything to do with running, so make sure you put some time aside to have a proper look around. Also, being Germany, there is plenty of (non-alcoholic) beer on offer!

The Breakfast Run

The Breakfast Run is the traditional start to the Berlin Marathon weekend and starts at 9.30am by Charlottenburg Palace and finishes a gentle 6km later inside Berlin's Olympic Stadium, where you will be served a marathon breakfast!

This is a great part of the weekend so if you are in Berlin for Saturday morning we encourage you to take part.

Team Macmillan pasta party

The night before the marathon please join us for a free pasta meal for those essential carbs the night before the marathon from Restaurant 12 Apostel's popular marathon menu. Friends and family are more than welcome to attend however they will have to pay for their own meal and refreshments.

If you have not done so already then please RSVP as soon as possible.

Race Day:

The start line

With over 40,000 runners taking part in the Berlin Marathon we recommend getting to the start line at least 1.5 to 2 hours before the start time. The start line is at Strasse des 17. Juni, between Brandenburg Gate and Victory Column ('Siegessäule').

The marathon start time for runners is 08.45am.

Other key timings:

08-08.30: mass warm up within the starting pens.

08.30: the latest you can drop off your baggage.

During the race

- Don't let yourself get swept along too quickly by the rest of the runners at the start of the race.
- Note the positions of the water stations on the route so you know when you can get rehydrated. **Be careful when you are passing these points as the discarded fruit skins and bottles can be hazardous!**

Joe and Emma will be your Team Macmillan reps in Berlin. If you need to contact us over the weekend then please ring **07801 307 031**.

Please note that this number is only to be used over the Berlin Marathon weekend and will not be checked regularly at any other time. If you need to get hold of us before then please call 020 7840 4915 or email berlinmarathon@macmillan.org.uk.



- Try and chat to other runners – if you can chat easily you are going the right pace (you may need to learn some German phrases for this!)

Most importantly of all – enjoy the run! This is what you have spent months training for and now is the time to lap up the atmosphere and be really proud of what you are doing.

Team Macmillan cheer points

You will pass Team Macmillan twice on the route, so make sure you look out for the green banners, balloons and sails!

You will see us at:

12km – corner of Karl-Marx Alle and Lichtenberger Street, opposite the roundabout at Strausberger Platz.

41km – on Unter Den Linden, on the final straight to the Brandenburg Gate.

There is more detailed information in the Race Weekend Booklet included with this newsletter. Please do encourage any family or friends to come and support you at these points as it will make spotting them much easier for you.

The finish line

You will finish the Berlin Marathon right in the heart of the city, through the Brandenburg Gate and between the Federal Chancellery and the Reichstag building. Drinks, massages and hot showers are all available at the finish.

Key timings for the finish:

15.45: the finish line closes.

16.00: Baggage collection closes, so ensure you collect your bag as soon as possible after you finish.

17.15: You must return your timing (Champion) chip in the baggage drop-off area by this time. **For those of you on Macmillan guaranteed places, please remember Macmillan has paid the deposit on the timing chips and if it is returned late then we will incur a charge of 25 Euros per chip.**

The final fundraising push

With just over a week to go until you tackle the Berlin Marathon, now is the perfect time to give your fundraising one final push. So before the run remember to:

- Update your online giving page at Justgiving.com/macmillan or Virgin Money Giving and re-send this to everyone you know and if you have an email signature at work, attach it to that.
- Set up an online sweepstake at **Guess2give.com**. Friends can pay £3 to guess your finishing time. 50p goes towards a prize fund for the winning guess, while over £2 (inc. Gift Aid) will go towards your marathon fundraising total! There is a leaflet included with more information.

Before you leave

Make sure you have:

- Packed a copy of your confirmation email. **You will not be able to pick up your race number without this.** Also, don't forget your passport!
- RSVP to any of the Team Macmillan weekend activities you would like to come along to.

A staggering 50% of sponsorship raised online is donated the week before the event, so make sure you re-send your online donation page!

'Being diagnosed with breast cancer so young was the biggest shock ever. I was a career girl with a shiny future, but cancer stripped all this away and I felt a deep sense of isolation. Thankfully, I had Macmillan. It was, and still is, my main port of call whenever I feel I need information. Knowing I can trust what I read, that the facts and advice are honest and reliable, has been invaluable'
Karen, Macmillan Cancer Support service user



Pasta Party

BMW MARATHON

30. September 2012



Celebration Evening

Cheer point two

Cheer Point one

Map of events (locations are approximate)