

TEAM MACMILLAN NEWS

Macmillan 10k
Sunday 17 June 2012

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Your race day guide

It's not long until the Macmillan 10k and we want to make sure you are prepared for the big day. Please read this guide carefully as it will tell you everything you need to know.



Inside your race pack you will find:

- Your running number
- Course map
- Memory Box
- Safety pins
- Running sack

We'd like to say a huge thank you, once again, for choosing to support Macmillan and entering into the Macmillan 10k. We have a team of over 600 runners all joining you in Regents Park to reach the finish line of the Macmillan 10k. You have already been working hard training and fundraising and we are thrilled that so far as a team you have raised over £25,000 – well done!

When you reflect on what you have achieved over the past few months with your fundraising and training, you should all feel very proud of yourselves. As you cross that finish line you will not only experience a huge sense of achievement from running 10k but also your efforts will continue to improve the lives of people living with cancer for years to come... **THANK YOU!**

Macmillan Cancer Support, 89 Albert Embankment, London, SE1 7UQ

Tel 020 7840 7875, www.macmillan.org.uk/biking

Questions about living with cancer? Call free on 0808 808 00 00 or visit macmillan.org.uk

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

Location

The run takes place in Regents Park. The event village is situated next to The Hub, the parks sports centre and café. When entering the park if you get disorientated then follow the signs towards the park and you should see The Hub nearby. Look out for Macmillan green flags and banners.

Start time

The run will start at 10.00am with a warm up taking place at 09.45am. We do advise you to arrive early enough to take advantage of the warm up in order to get fully stretched and ready to go for the 10k.

You do not need to register before the race, simply turn up wearing your race number. You will all start in one wave, but we do ask for faster runners to position themselves at the front when lining up at the start line and slower runners and walkers behind.

Please allow plenty of time to get to us when walking through Regents Park as it is a big park! Aim to reach the start for 9.30am or earlier if you need to use the facilities or lockers.

Getting to Regents Park

Regents Park is accessible by both London Underground tubes, buses and also Rail Networks to and from Euston station.

The following tube stations surround Regents Park – Baker Street (Hammersmith & City, Circle, Metropolitan, Jubilee and Bakerloo lines), Regents Park (Bakerloo line) and Camden Town (Northern line).

Buses that pass Regents Park are – 2, 12, 18, 27, 30, 74, 82, 113, 139, 189, 274, 453 and C2.

For up-to-date travel information and to check any planned engineering works visit www.tfl.gov.uk.

Parking is available around Regents Park on the Outer Circle but spaces are limited and operates under a pay and display scheme.

The course

A map of the course has been included in your race pack. You will do three laps of the course along the path. We use this course as it means we do not have to cross any roads and do not disrupt other users of the park.

The course is the Regents Park race clubs, The Mornington Racers, official 10k route and has been measured and certified.

The course takes you past London Zoo, Winfield House and by the stunning lake all against the beautiful backdrop of Regents Park. Plenty to keep you occupied as your legs begin to tire.

Facilities available

There will be a male and female changing room available in The Hub which contains a few showers.

There are also toilets available at The Hub however to avoid long queues we recommend using the other toilet facilities around the park as you make your way to the starting line.

Baggage

Lockers are available in The Hub. They cost £1 for use and operate on a first come first served basis. If you



Look out for The Hub when walking through Regents Park (The Hub, Outer Circle, Regents Park, London NW1 4RU).



Make the day truly memorable and wear something that will make you stand out. We've had tutus, wigs, 70's get up, a Teenage Mutant Ninja Turtle, Macmillan mug and biscuit costumes in the past.

need somewhere safe to place your belongings please arrive early enough to secure a locker.

If you have friends or family coming along to support you we strongly recommend you leave your personal items with them whilst you run.

If demand for lockers surpasses availability then we will operate a baggage system in a locked room but belongings are left at your own risk.

Macmillan and Regents Park accept no responsibility for lost or damaged personal belongings.

Water

You will pass a water station three times on the course to keep you hydrated. There will also be water, juice, bananas and chocolate available when you finish.

Weather

The weather is always unpredictable so check the forecast before race day in order to make sure you are prepared. Layer up if it looks like it's going to be chilly, waterproofs if wet and sun cream if hot. A Macmillan running sack is enclosed for you to wear before the start of the race if the morning is slightly chilly.

Running Number

It is compulsory for you to wear your running number on race day. Simply secure to the front of your Macmillan running top underneath the logo with the safety pins enclosed.

Please also ensure you have completed the details on the back of your running number in full before attaching.

Memory Box

Many of you will have chosen to complete the Macmillan 10k for a very special reason. You or a loved one may have been affected by cancer. You may be running in memory or celebration of someone who has been affected by cancer. You may have used Macmillan services and want to show your gratitude for the support you received.

Whatever your reason is for choosing to run in the Macmillan 10k use the memory box enclosed to write, draw or decorate why you have chosen to support Macmillan and help make the day even more special.

If you're unable to run

If for any reason you are unable to participate in the Macmillan 10k then please let us know so we can keep our records up to date.

Simply drop us an email at macmillan10k@macmillan.org.uk.

Spectators

If you have friends and family coming along to support you that's fantastic! Most spectators watch the run from the start and finish area located next to The Hub. The café and toilet facilities are available there. They will also see you run past two times and then finish.

We will have banger sticks available to help them make lots of noise supporting you.

Iron on name letters

We're often asked for our single biggest tip relating to the race. For Team Macmillan this is easy: put your name on the **front** of your shirt!



Make the day special and remember why you have chosen to run.

When you're nearing the end of the race and beginning to feel all those miles in your legs, having someone in the crowd shouting out your name and cheering you on can give you a real boost.

You will also have to attach your running number to the front of your shirt so we recommend ironing your letters on above the Macmillan logo. If you have already requested some letters you should have received these with your running top. Attaching them to your vest or T-shirt is easy. Simply follow the instructions below:

Please ensure that your vest or shirt is the correct size before attaching your letters!

1. Place the transfer face down on the garment (with backing paper uppermost).
2. Cover letters with greaseproof paper.
3. Set iron to cotton and press down on each letter for 20 seconds, moving the iron forwards and backwards.

Let the transfer cool completely, and then carefully peel off the backing paper. If the print remains on the paper, repeat the process.

Fundraising

A staggering 50% of all sponsorship received via Justgiving is donated a week before race day! So like with the actual race you need to keep on going with your fundraising until the very end. Re-send your JustGiving page and urge people to give a few extra pounds. Also this will net all those that have yet to sponsor you. People often need reminding a few times.

Once the race is over and you have some extra time with your training

over why not do a collection at your local supermarket or a car boot sale? This will help to top up your fundraising.

Once you have all crossed that finish line we will send you out a final newsletter with information on where to send your sponsorship money and we will provide you with paying in slips.

With over two million people living with cancer in the UK it makes the need for our services vital.

Good Luck!

We are looking forward to seeing you all on race day and want to wish you the best of luck. We understand the dedication, commitment and motivation it takes to complete a race. Not only in getting to the finish line but also the months of training and fundraising.

We would like to say a big thank you for your support and despite the aching muscles we hope you have a fantastic time at the Macmillan10k.



Keep in touch and share your photos by joining our facebook group at www.facebook.com/macmillanrunningevents



- ✓ Running top
- ✓ Name letters
- ✓ Running number

Sunglasses – optional!