

TEAM MACMILLAN NEWS

ING New York Marathon – 4 November 2012

Good Luck Team Macmillan!



With the big day drawing nearer, you are hopefully fully prepared for the fantastic challenge of the New York 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, Team Macmillan cheer points, and the welcome and celebration evenings
- 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 50 runners travelling over to New York 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.

Important information for the New York Marathon weekend

New York Marathon Expo: Picking up your race number:

You will need to pick up your race number and timing chip (D-Tag) from the New York Marathon Health and Fitness Expo, along with your Official UPS Bag which must be used on race day (not other bags will be allowed). You must bring your personal registration card that we have emailed to you and your passport to the Expo in order to pick up your registration materials.

If you have not received your registration card then please get in touch with us asap.

The expo takes place at the **Jacob Javits Convention Center, Hall 3B 11th Avenue at 38th Street, Manhattan**. You can pick up your number between the following hours:

- Thursday 1 Nov: 10am-7pm
- Friday 2 Nov: 10am-7pm
- Saturday 3 Nov: 9am-5pm

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.

Friday 2 November: Welcome evening

Joe and Nicki will be in the Houndstooth Pub, 520 8th Avenue, near Grand Central Station, from 5.30-8.30pm on Friday 2 November. We have an area reserved for Team Macmillan so please pop in to say

hello and chat to some of your fellow runners.

Saturday 3 Nov:

The Dash to the Finish Line – 5k Race

The 5k 'Dash to the Finish Line' is an opportunity to run through the streets of Midtown Manhattan and finishes at the official New York Marathon Finish Line. It is open to everyone (whether entered into the marathon or not) and you can book online at the New York Marathon website, or at the Expo (subject to availability).

Team Macmillan pasta party

On the night before the marathon please join us for a free pasta meal for those essential pre-marathon carbs at Connolly's Bar and Restaurant on 121 W 45th Street. Friends and family are more than welcome to attend however they will have to pay for their own meal and refreshments (\$22).

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

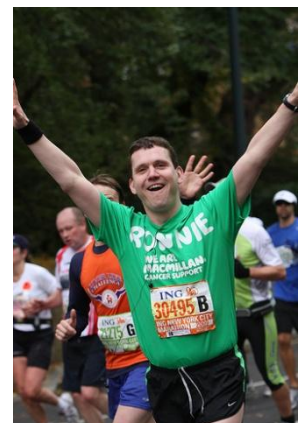
Sunday 4 November – Race Day:

Getting to the start line

You are booked onto one of the official New York Road Runners buses that go to the start line from outside the New York Public Library. **All Team Macmillan runners booked onto a Sports Tours package have been booked on a bus leaving at 6am.** Please ensure you are at the Official Bus Departure Point for 5.45am. If you are booked onto an accommodation package then the Sports Tours

Joe and Nicki will be your Team Macmillan reps in New York. If you need to contact us over the weekend then please ring 07870 468 362. We will be in New York 1-6 November.

Please note that this number is only to be used over the New York 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 newyorkmarathon@macmillan.org.uk.



representatives in the hotel will be meeting in the hotel lobby and walking up to the Library at 5.30am. Joe and Nicki from Team Macmillan will be walking to the start from the Belvedere and will be at the Library in the morning to see you all off – come and say hi if you see us there!

The bus will drive you to the start villages based in Fort Wadsworth. Your allocated start village corresponds to the colour of your running number, which also indicates your wave start time:

Wave start times:

Wave 1 – 09.40

Wave 2 – 10.05

Wave 3 – 10.30

Wave 4 – 10.55

As you can see from the times above, you may be waiting at the start for some time in the morning, so make sure you pack some warm clothes in your UPS bag and wear the Macmillan race sack included with this newsletter (**please note: you can only use the official UPS bag at the start, any personal bags – even packed inside the UPS bag – will be confiscated**). A free breakfast is also provided, though you may want to bring along something of your own to eat too.

Team Macmillan cheer points

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

You will see us at:

16 miles – on the Manhattan side of Queensborough Bridge (we will be on the right hand side as you turn the corner).

24 miles – just inside Central Park, after you have passed the Jacqueline Kennedy reservoir.

There is more detailed information in the Race Weekend Booklet included with this newsletter, but 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

Once you have finished the New York Marathon you will be given a medal and handed a space blanket to keep you warm.

You will need to pick up your UPS bag from further north inside the park from your designated UPS truck corresponding to your bib number. Bags must be picked up before 5pm, after which you can pick them up from 72nd St Transverse until 7pm, or between 8am-2pm on Monday 5 November. Any bags unclaimed after this time will be donated to charity.

It is a good idea to pre-arrange an area to meet any friends and family when you finish as mobile networks can be patchy after these big events. There will be a family reunion area on Central Park West south of 66th Street with A-Z markers.

Celebration drinks

After the run please join us at Connolly's Irish Bar and Restaurant (the same venue as the pasta party) in order to celebrate your fantastic achievement. The first drink for all Team Macmillan runners is on us, and with friends and family all welcome too this is a great way to celebrate and share your achievement with other runners.



Below: get your supporters to join us at a cheer point, and make sure you come to one of the Team Macmillan event weekend activities



Why Macmillan?

Cancer is the toughest fight most of us will ever face. But no one should ever have to go through it alone. The Macmillan team is here for everyone affected by cancer every step of the way.

We are the nurses helping you through treatment. The experts on the end of the phone. The advisers telling you which benefits you're entitled to. The volunteers giving you a hand with the everyday things. The campaigners pushing for better cancer care. The fundraisers who make it all possible.

More than one in three of us will get cancer and two million of us are living with it. We are all affected by cancer and we can all help. By joining us for the New York Marathon, you're helping us reach even more people affected by cancer.

If you'd like to know more about cancer or you'd like to speak to someone about your own experience, call Macmillan free on 0808 808 00 00 (Monday–Friday, 9am–5pm). Or visit us at macmillan.org.uk.

The final fundraising push

With the New York Marathon now very much in your mind, 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

- If you have not already done so, you **MUST** apply for your ESTA at least three days before setting off to America. You can do this at <https://esta.cbp.dhs.gov/esta/>.
- Pack a copy of your registration card. **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. RSVP to newyorkmarathon@macmillan.org.uk or call 020 7840 4915.
- Set a reminder on your phone about the end of Daylight Saving Time the night before the marathon – at 2am on Sun 4 Nov clocks will go back one hour, so remember to set this before going to bed on Saturday to make the most of the extra hours sleep!

Thank you once again for choosing to fundraise for Macmillan Cancer Support by taking part in the New York Marathon. If you have any questions at any point please get in touch, and we look forward to meeting you in New York!

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

