

# TEAM MACMILLAN NEWS

Paris Marathon – Sunday 7 April 2013

## Good Luck Team Macmillan!

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



Right: The start line of the Paris Marathon

Welcome to your pre-race Team Macmillan newsletter. With the big day only round the corner, you are hopefully fully prepared for the fantastic and fun challenge of the Paris Marathon. This newsletter is full of information to help make your day 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 drinks
- 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 80 runners travelling over to Paris 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.

*“The training was hard but it was lovely to run round Paris and see such beautiful sights on the way”*

**Anna Roberto,  
Team Macmillan  
Runner, 2012 Paris**

## Important information for the Paris Marathon weekend

### Picking up your race number

Upon arrival in Paris you will need to register at the Paris Marathon expo in order to pick up your running number and timing chip.

The expo takes place at Parc des Expositions de la Porte de Versailles, Hall n° 4-75015, PARIS. Opening hours:

- Thursday 4 April: 3pm – 8pm
- Friday 5 April: 10am – 8pm
- Saturday 6 April: 9am – 8pm

Don't forget that you will need to **take a copy of your signed medical certificate and your passport** in order to register.

### Team Macmillan pasta party

We have sent you an email invitation to the Team Macmillan pasta party, but if you have not yet replied with your RSVP it's not too late! Drop us an email at [parismarathon@macmillan.org.uk](mailto:parismarathon@macmillan.org.uk) or call 020 7840 4915 asap so we can let the restaurant know how many people to expect.

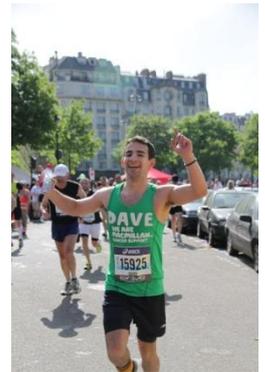
Taking place at the Samesa Restaurant near the Arc de Triomphe, the pasta party is a great chance to load up on carbs up and meet fellow runners. We are providing every runner with a free pasta dish and a soft drink from a set menu. Friends and family are also welcome, but will have to pay for their own meals.

## Tips for before the race

- If you have a chance, familiarise yourself with the start area before the morning of the race so you have a good idea of where you are going.
- The night before the race attach your running number to your running top and your timing chip to your running shoes.
- If you have requested name letters then make sure you have ironed them on to your top (please make sure your top is the correct size before adding the letters!)

### Instructions on how to iron on your letters:

1. Place transfer face down on top (with backing paper uppermost)
  2. Cover letters with greaseproof paper or a damp kitchen towel.
  3. Set iron to cotton and press down on each letter for 20 seconds, moving iron back and forth. Ensure the iron does not directly touch the running top as the fabric can melt!
  4. Let the transfer cool completely, then carefully peel off the backing paper. If the transfer remains on the paper, repeat the process.
- Pack your kit bag ensuring you enclose some warm clothing and a snack or special treat for after the run.
  - Don't eat anything new the morning of the race, stick to your normal breakfast and try to eat at least two hours prior to when you start running.



## On the day

**The Start Line:** Please ensure you allow plenty of time to get to the start line on as with over 40,000 runners taking part it will be extremely busy.

It is a good idea to decide on a meeting point at the finish for friends and family in advance so you can find each other as quickly as possible.

**Marathon Start Time: 08.45** – It is recommended you get to the start at least one hour before, you can enter the starting corrals from both sides of the Champs Elysees Avenue. If you are planning on storing baggage then you will need to get there even earlier to avoid the queues.

## Tips for 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. These are every 5km, and you can also get dried and fresh fruit – **be careful when you are passing these points as the discarded fruit skins and bottles can be hazardous!**
- Try and chat to other runners – if you can chat easily you are going the right pace (you may need to learn some French 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.

You will also pass Team Macmillan cheer points **three times** on the route, so please make sure you give us a wave!

## Team Macmillan cheer points

You will find Team Macmillan cheering you on from the following points on the route:

**Miles 3.5 & 13.5** – at The Bastille.

**Miles 21.5** – Allee des Fortifications, Boulogne.

The Team Macmillan Event Weekend Activities Booklet included with this newsletter has more information on exactly where to find us. Please pass the booklet on to any friends and family coming to support you on the day. If they come to a Macmillan cheer point we will provide them with a Macmillan t-shirt and banger sticks to ensure they are able to make as big a racket as possible for you!

## Celebration drinks

We think that after the run you will have earned a well deserved drink, so it would be great to see you at the celebration drinks at Frog XVI Pub, near the Trocadero Metro. The first drink for Team Macmillan runners will be on us, and please bring along any friends or family to help celebrate your achievement! (Friends and family will have to buy their own drinks).

The celebration drinks take place from 6.30pm until 10pm (or however late you last!)

There are more details on the Expo pasta party, cheer points and celebration drinks in the Event Weekend Booklet included with this newsletter.

Joe and Emma will be your Team Macmillan reps in Paris. If you need to contact us over the weekend then please ring 07870 468 409. We will not be able to access emails.

Please note that this number is only to be used over the Paris 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 [parismarathon@macmillan.org.uk](mailto:parismarathon@macmillan.org.uk).

## Why Macmillan?

At this stage in your preparation it is worth remembering why it is you have chosen to run for Macmillan.

More than one in three of us will get cancer. For most of us it will be the toughest fight we ever face. And the feelings of loneliness and isolation that so many people experience make it even harder.

Now, more than ever, we need people like you to join our team and get involved. Whether you run the Paris Marathon, make a donation, help us campaign for change or give your time and energy, you can make a huge difference for people affected by cancer.

No one should face cancer alone. And with your support no one will.

**Together, we are all Macmillan Cancer Support.**

For more information on how to get involved call Macmillan on 0300 1000 200 (Monday to Friday, 9am-5pm) or visit [macmillan.org.uk](http://macmillan.org.uk).

## The final fundraising push

With less than two weeks to go until you tackle the Paris 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](http://Justgiving.com/macmillan) or Virgin Money Giving with details of your final race preparations and training updates. 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!
- Remember to re-circulate your paper sponsor form to people who can't access online pages. If you would like a new copy then email us at [parismarathon@macmillan.org.uk](mailto:parismarathon@macmillan.org.uk) and we can email a PDF copy to you.

## How your money can help

**£10** could fund 21 copies of The Cancer Guide. This booklet gives people recently diagnosed with cancer – and their families – information about the disease, its treatment and the help available.

**£25** could pay for someone to get help from the Macmillan Support Line. That means free information and emotional support for people living with cancer.

**£190** could fund a Macmillan nurse for a day.

**£400** could cover an equipment grant for a Macmillan professional. This could buy specialist kit to make a world of difference to someone affected by cancer.

**£900** could pay for a Macmillan social worker or family support worker for a week.

**£1,900** could fund 10 Macmillan palliative care nurses for a day.

## And Finally...

Thank you again for supporting Macmillan, and **Bonne Chance!**

*'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**

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