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## Support Embrace the Middle East by taking part in our 2019 Superhero Run!

Thank you for requesting a *Do it for Charity* Superhero Run information pack. We can't wait for you to join us in becoming a real-life superhero and supporting **Embrace the Middle East**.

This information pack provides you with everything you need in order to take part, including location, date of the event, where you can head to for vital fitness, kit and fundraising advice and, most importantly, how you can get involved!

**Free** costumes will be provided on the day so that you can turn into Superman or Batgirl in a flash. Alternatively, feel free to bring your own costume – the Incredible Hulk and Wonder Woman are welcome too! There will be a fancy dress competition for adults and children so if you want to be creative then leave the black cape at home and pull on your own colourful creation for a chance to win a prize.

The day will begin with a brilliant 200m children's fun run – anyone under eight can take part and will even get their own costume and medal! Anyone over eight can run in the main event and your four pawed friends can come along and take part in the challenge too!

Join thousands of runners expected to take part whilst raising funds for extraordinary charities across the country, so claim your place today, pull on your cape and join us on the nationwide *Do it for Charity* 5k or 10k run series!

Kind Regards,

Kerensa McCollough  
Event Manager

**Embrace the people of the Middle East and help our Christian partners tackle poverty and injustice.**

Registered charity number 1076329. A company limited by guarantee registered in England & Wales number 3706037.  
Registered office: 24 London Road West, Amersham, Buckinghamshire HP7 0EZ.



# Introduction

Thousands of heroes will descend upon Regent's Park in a bid to raise funds for their chosen charity in the Do it for Charity Superhero Run. Now is your chance to join them!

Whether you run, jog, fly, zoom or walk – this event is all about the taking part, not the winning. No previous experience is required and with a bit of training, the 5k or 10k distance should easily be within your capabilities! Plus, with our training and fitness advice we expect you will be cape-ready in no time!

Head [here](#) for some tips to get you started and Embrace the Middle East will be on hand to give you advice too.

All you need to do is pledge to raise £100 for Embrace the Middle East and reserve your place by completing the enclosed registration form. Alternatively you can register online at <http://londonsuperherorun.co.uk>.

Embrace the Middle East is counting on your support!

**[www.doitforcharity.com](http://www.doitforcharity.com)**  
**0207 424 5233**





## Frequently asked questions

### When and Where?

The 2019 Do it for Charity Superhero Run will take place on (TBC) in London's Regent's Park. This parkland venue offers a perfect setting for you to enjoy your run on behalf of Embrace the Middle East! Costume collection will be from 9:45am with the run due to start from approximately 11:00am. The children's fun run will take place before the main challenge at around 10.30am with the costume competition to follow at 10.45am.

### What's Included?

- Your place in this fantastically heroic 5k or 10k challenge!
- A free Superhero costume
- You will automatically be set up with a Do It For Charity Superhero Run
- Fundraising page when you sign up so you can get started on raising your funds!
- A children's fun run at the beginning of the event
- Big stage warm-up to make sure you are ready to run!
- Training guidance
- Fundraising support
- Full route signage – so we don't have any heroes getting lost!
- Dedicated events team who are on hand with advice
- Lots of fun and activities on the day
- Exciting fancy dress competition where we will find the best dressed hero!
- A medal when you race through the finish line!



## Frequently asked questions

### How fit do I need to be?

These challenges are perfectly achievable for people who are taking on their first 5k or 10k challenge! Don't forget, this is not a race – you can run, walk or jog and take the route at your own pace.

In order to maximise your enjoyment we do recommend you do some training! Help is also on hand in the form of the Do it for Charity [fitness pages](#) where we give you a sample training plan – Embrace the Middle East 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 8 months on an average 15 miles/week training schedule. 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 it's important that you buy them at least a couple of months before the event itself so that have a chance to wear them in.

**Do it for Charity Superhero costumes will be provided for you on the day free of charge, so don't forget to pick one up! Alternatively you are more than welcome to bring your own costume – all superheroes are welcome!**



## How can i raise sponsorship?

Most charities will ask you to raise a minimum of £100 if you are taking part in the Do it for Charity 5k or 10k run. As you know, these funds are incredibly valuable to **Embrace the Middle East** and we are here to support your goal of achieving your target!

A personal fundraising page will be created for you on [www.doitforcharity.com/give](http://www.doitforcharity.com/give) as soon as you sign up so you can get started on raising your funds right away! Don't forget to share your page with friends and family and tell everyone about the fantastic challenge you are taking part in.

Top fundraising tips include asking your employer to match everything you raise pound for pound and trying fun activities such as sweepstakes, a pub quiz or a cake sale! If you are stuck for ideas then head over to our fundraising tips [here](#) and Embrace the Middle East will also be able to help!

### What do I need to do next?

All you need to do is head [here](#) or complete the enclosed registration form to book your place on this fantastic challenge! As long as you commit to raising the minimum sponsorship Embrace the Middle East will be delighted to have you running on their behalf!

**RESERVE YOUR PLACE TODAY**

**[www.doitforcharity.com](http://www.doitforcharity.com)**  
**0207 424 5233**



# 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 £25 registration fee cheque (payable to 'Skyline') or credit card details (see below).

## Do it for Charity Superhero Run date - TBC

5km Run	10km Run
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How did you find out about this event? \_\_\_\_\_

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

Address \_\_\_\_\_

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

Email Address \_\_\_\_\_ Organisation \_\_\_\_\_

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

(Please specify as this will be our primary source of contact)

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

I enclose a cheque payable to 'Skyline'  
 Please charge my Visa / Mastercard / Delta / Switch with the £25 fee as follows:

Card Number	Valid From	Expiry Date	Issue No (switch)
<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"/> <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 0207 424 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.

**Please note - the Booking Terms & Conditions, Medical Restrictions and Important Notice overleaf need to either be printed on the reverse of this sheet, or attached securely to this form.**

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 return it to: c/o Do it for Charity, 31 Corsica Street, London N5 1JT

### For office use only

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

BIBLE 22RUN  
DIFC LON 19RUN

**www.doitforcharity.com**  
**0207 424 5233**



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

## Booking Terms and Conditions

1. By paying the registration fee you are registering your place on a doitforcharity.com 5km or 10km 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 0207 424 5533
3. The minimum age for participants is 8, and under 16's will need to ensure 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
5. Photography and filming may take place at this event to be used for promotional material. Please inform Skyline or a member of staff on the day of the event if you do not wish to feature

## 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.

By participating in this event you give full permission for any medical details that may be collected by the medical provider(s) to be shared with Skyline Events.

## 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 organisation 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 \_\_\_\_\_