

## **Jubilee Action in association with Doitforcharity.com 5km Race Series**

London  
Regents Park  
10<sup>th</sup> May 2009



### **Introduction**

The Doitforcharity.com run series is a collection of 5km races taking place in London, and Manchester, during the spring and summer of 2009. **Jubilee Action is offering 10 places to run on our behalf in the London race on 10 May in Regents Park. Over 1,000 people are expected to take part in this race with a minimum fundraising target of £100 per place. This is your opportunity to take part if you have ever wanted to do a 5K run!**

No previous experience is required and with a bit of training the 5km distance should easily be within your capabilities. The spirit of the event is 'taking part' not 'winning' so you can run, jog or walk - you decide!

All you need to do is pledge to raise £100 for **Jubilee Action**. Then you simply reserve your place by completing the enclosed registration form. Alternatively you can register online at [www.doitforcharity.com](http://www.doitforcharity.com).

Please use the enclosed sponsorship form or go to the Just Giving link on our website – [www.jubileearction.co.uk](http://www.jubileearction.co.uk). At Just Giving you are able to create your own online fundraising page with Jubilee Action's name and logo, and email it to everyone you know. Your friends, family and colleagues can donate easily, quickly and safely by credit or debit card.

**Jubilee Action is counting on your support!**

## **Frequently Asked Questions...**

### **When and where**

The **Jubilee Action 5K run** in association with 2009 DoitforCharity will take place at the following venue/date:

- *London – Sunday 10<sup>th</sup> May – Regents Park*  
- a perfect setting for you to enjoy your 5km run on behalf of **Jubilee Action!**

### **How fit do I need to be?**

Hundreds of thousands of people take part in 5km runs every year - many of them for the first time. It's therefore perfectly achievable for the 'average' person to take part in this event but in order to maximise your enjoyment you **DO** need to train - and that means more than just a couple of jogs in the park! However, help is at hand. We have enclosed a sample training plan.

### **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 - please see the training plan where you will learn the importance of choosing the correct shoes etc. Please note however that it's important that you buy your shoes at least a couple of months before the event itself so that have a chance to wear them in!

### **How can I raise the sponsorship money?**

Jubilee Action will ask you to raise £100 or more to take part in the Doitforcharity 5km run - the reason for this is that places are extremely limited and we obviously want maximum benefit from the places we have been allocated.

However, you shouldn't find it difficult to raise this money - after all you don't run 5km every day, do you?! Top tips include asking your employer to match everything you raise pound for pound. Also you could ask people to sponsor you per kilometer (so the minimum you'll get from anybody is £5 which means you only need to find 20 people to reach the £100 fundraising target!)

Once again more fundraising advice is available from us at Jubilee Action.

### **What do I need to do next?**

Simply complete the enclosed registration form and send it to **Jubilee Action** (please phone as well to ensure we have received your form). As long as you commit to raising the minimum sponsorship, we at Jubilee Action will be delighted to have you running on our behalf!

**Reserve your place Today!**



# 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 £20 registration fee cheque (payable to ‘Skyline’) or credit card details (see below).

Please tick

London 10 <sup>th</sup> May	<input type="checkbox"/>	
--------------------------------	--------------------------	--

How did you find out about this event \_\_\_\_\_

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

Address \_\_\_\_\_

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

Email Address \_\_\_\_\_ Organisation \_\_\_\_\_  
(Please specify as this will be our primary source of contact)

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

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

- I enclose a cheque payable to ‘Skyline’
- Please charge my Visa / Mastercard / Delta / Switch with the £20 registration fee as follows:

Card Number	Valid From	Expiry Date	Issue No (switch only)
<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.

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 send it to:* **Jubilee Action**  
**Carroll House, 11 Quarry Street, Guildford GU1 3UY**

**For office use only**

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

JUBA 09RUN

DIFC /LON/09RUN

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

DIFC  
5km

**Booking Terms and Conditions**

1. By paying the registration fee you are registering your place on a doitforcharity.com 5km event for your chosen charity Jubilee Action 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, providing that under 16's have parental / guardian consent and 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

**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.

**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 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 \_\_\_\_\_





# Jubilee Action



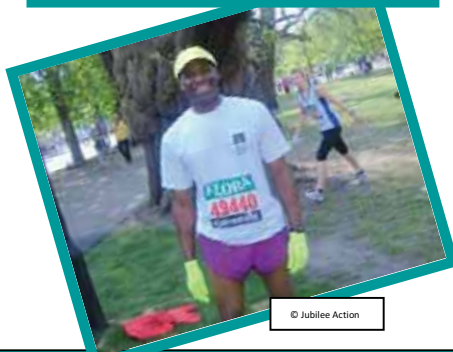
## 5K **Beginners** Training Plan

The Beginners plan is for those who are new to running a distance. *We would suggest that you consult your doctor before embarking on this training if you have any doubts about your ability to take part especially if you have any pre-existing medical conditions.*

### *First question ...What shall I wear?*

- It is important to feel comfortable.
- Loose fitting **shorts** made from synthetic fabric, or cycling shorts are ideal.
- Cotton **T-shirts** are best. We can supply a **t-shirt** with the Jubilee Action logo to let people know who you are supporting as you run for us.
- Try to find blister-resistant **socks** with cushioning.
- **Trainers** that fit and are comfortable are essential. Training shoes are often smaller than your everyday shoes so it is advisable to have your feet measured and always take your running socks in with you as the thickness will have a bearing on the fit of the trainers. Please buy them at least a couple of months in advance so that you have a chance to wear them in!

©doitforcharity.com



© Jubilee Action

### *Next question ... how do I start training?*

It is essential that you warm up and do light stretching exercises before all training sessions and then cool down and then stretch when you have finished.

It is important that you take your running schedule gently to begin with. It can be tempting to run too quickly, too soon and often end up being put off and giving up altogether. So the first piece of advice is to take it **SLOWLY** and certainly do not feel pressurized to train faster than you feel able to.

There are several useful Websites

[www.doitforcharity.com](http://www.doitforcharity.com)

[www.runnersworld.co.uk](http://www.runnersworld.co.uk)

[www.britishtriathlon.org](http://www.britishtriathlon.org)

# Jubilee Action

## 5K Beginners Training Plan

This schedule is designed for those training for a distance run for the first time.

### Beginners

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest / Stretch	1.5 miles	Rest or run/walk	1.5 miles	Rest / Stretch	1.5 miles	Recovery walk
2	Rest / Stretch	1.75 miles	Rest or run/walk	1.5 miles	Rest / Stretch	1.75 miles	Recovery walk
3	Rest / Stretch	2 miles	Rest or run/walk	1.5 miles	Rest / Stretch	2.25 miles	Recovery walk
4	Rest / Stretch	2 miles	Rest or run/walk	1.5 miles	Rest / Stretch	2 miles	Recovery walk
5	Rest / Stretch	2.25 miles	Rest or run/walk	2 miles	Rest / Stretch	2.5 miles	Recovery walk
6	Rest / Stretch	2.75 miles	Rest or run/walk	2 miles	Rest / Stretch	3 miles	Recovery walk
7	Rest / Stretch	2 miles	Rest or run/walk	2 miles	Rest / Stretch	2.5 miles	Recovery walk
8	Rest / Stretch	2 miles	Rest or run/walk	1.5 miles	Rest / Stretch	Rest / Stretch	5K Run

Ref : [www.doitforcharity.com](http://www.doitforcharity.com)

## 5K **Beginners** Training Plan

### *Summary.....*

- Always do a light warm up before you stretch – and stretch before you run.
- Always warm down and stretch after your run to prevent stiffness and muscle discomfort.
- Take rest days to give your body time to adapt to the increased training load.
- Alternate hard and easy training days and weeks to allow for recovery time.
- Keep it varied to maintain your interest and to gain varied training benefits.
- Use the steady-state run to build up mental and physical endurance.
- Use the longer run followed by a recovery day once a week to build up to your target mileage.
- Use the shorter faster run to build up speed.

Ref : [www.doitforcharity.com](http://www.doitforcharity.com)