

# VIRTUAL MARATHON PACK

Undiagnosed Children's Day 2019



**#ROARsome**



**SWAN** UK  
syndromes without a name



**GENETIC  
ALLIANCE** UK

# VIRTUAL MARATHON



## What is a virtual marathon?

A virtual marathon is a race that can be run (or walked or cycled) from any location you chose. You can run, jog, walk or be pushed on the road, on a trail, on the treadmill, at the gym or on a track. You get to run your own race, at your own pace, and all you need to do is time it yourself. Once you've completed the marathon and sent us your time sheet, your finishers pack, including medal and certificate will be send directly to you.

## How much does it cost?

The cost is just £8 per person. Email [fundraising@undiagnosed.org.uk](mailto:fundraising@undiagnosed.org.uk) for details on how to pay your entrance fee.

## How long do I have to complete the virtual marathon?

You can start walking, jogging or running the 26.2 miles (42.2km) during April 2019 and must complete the marathon by the end of May 2019 to receive your medal and certificate.

## Can children take part?

Yes absolutely! The SWAN UK Virtual Marathon is for all ages and abilities.

## How do I track my miles and time?

There are numerous ways you can do this - you can use your smart phone, a fitness tracking band or watch or you can event plan your route on Google Maps online and just check the time when you start and finish. When you email to regsiter we will send you a form to help you keep track.

## What do I do once I have completed the virtual marathon?

It's easy, just send us your completed form. Make sure you include your name and address so we can send you a finishers pack.

## Do I have to fundraise?

No, the registration fee is all that is required to take part. However, we'd be delighted if you would like to fundraise by getting sponsored by using the sponsorship form on page 5.

**Don't forget to take photos of you completing your marathon and share them with us - maybe you could even make a montage!**



# DONATION FORM

## Here is my donation of:

Amount

£



I enclose my cheque/ postal order made payable to **SWAN UK**.

Or please debit my Maestro/ MasterCard/ Visa/ American Express/ Charity Card

Card Number

Expiry Date

Issue Number (Maestro only)

CVV code

Signed

Date

## Contact details

Name:

Address:

Postcode:

Phone:

Email:



## Gift Aid

Boost your donation by 25p of Gift Aid for every £1 you donate

(Please Tick) I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Genetic Alliance UK. I am a UK taxpayer and I understand that if I pay less Income Tax and/or Capital Gains Tax then the amount of Gift Aid claimed on all of my donations in that tax year, it is my responsibility to pay any difference.

Please inform us if you want to cancel this declaration, change your name or address or no longer pay sufficient tax on your income.

## Join Us

**Please tick** if you would like to join our mailing list

By signing up to this mailing list you will receive quarterly and monthly updates on our work, stories from our community, information on research and fundraising, as well as details of local meetups. You are able to unsubscribe at any point. You can read the way we use and store your data on our website: [geneticalliance.org.uk/privacy-policy/](http://geneticalliance.org.uk/privacy-policy/)

## Post

Please return this donation form to the address below:

**Genetic Alliance UK, CAN Mezzanine,  
49-51 East Road, London, N1 6AH**



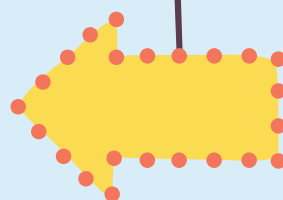


# THANK YOU FOR YOUR SUPPORT

Let us know how your fundraising goes! Keep in touch at [fundraising@undiagnosed.org.uk](mailto:fundraising@undiagnosed.org.uk)

Donate online at [undiagnosed.org.uk](http://undiagnosed.org.uk)

We couldn't do what we do without your wonderful support!

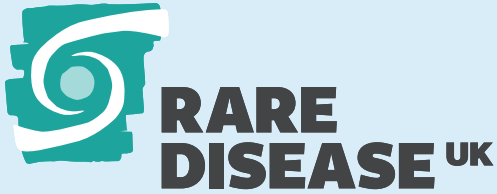




Genetic Alliance UK is the national charity working to improve the lives of patients and families affected by all types of genetic conditions. We are an alliance of over 200 patient organisation and we run:







SWAN UK (syndromes without a name), is the only UK-wide network providing information and support to families of children without a diagnosis;



Rare Disease UK, is a multi-stakeholder coalition brought together to work with the government to effectively implement the UK Strategy for Rare Diseases.

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Registered charity numbers: 1114195 & SC039299  
Registered company number: 05772999

