



Run26

Welcome
pack

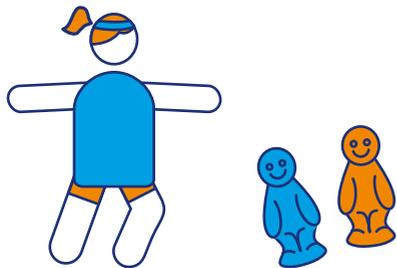
DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Run towards a healthier you

How to conquer Run26.

Run26 is going to be your way to a healthier you. To complete it you'll need to run 26.2 miles – the full marathon distance – in your own time during October. You can pound the pavements and the parks or even complete it on a running machine in your front room or a gym. However you do it, you'll end up feeling great thanks to the improved mood that comes with exercise. And to top it off, you'll be raising money for people affected by diabetes.

To help you on your way here are a few pointers.

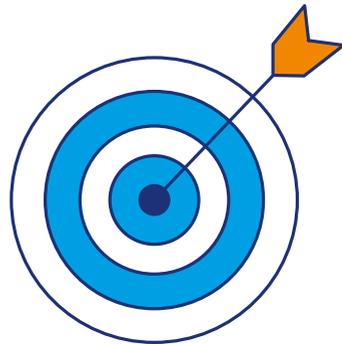


Look after yourself

Help avoid injuries by stretching before each run. If you feel sore give yourself a couple of days off. If you've got diabetes and need a hypo treatment, make sure you take it out on the run with you.

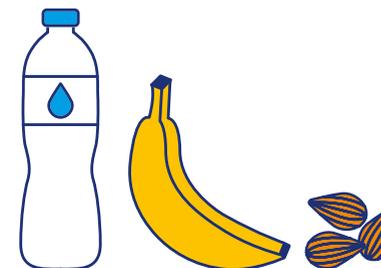
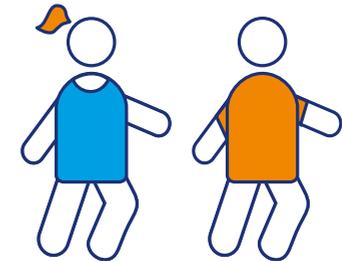
Set goals

Make running 26.2 miles easier by setting smaller goals along the way. You can try to increase the distance you do each time you run or try to do the same amount but quicker. The more you run the easier it gets.



Get a running buddy

Finding a friend to run with makes it more likely you'll get out there on days you might be short on motivation. Plus you can offer each other encouragement and catch up as you run.



Eat and drink

You'll need to fuel your body so make sure you've eaten before you run. But big meals should be eaten an hour or two before. Don't forget to take a bottle of water with you.



If you are new to exercise, or have any medical conditions which could be adversely affected by it, please check in with your doctor before you start.

The difference you'll make

Here's just some of the ways the money you raise will help people with diabetes.



Revolutionary research

In labs up and down the country we're creating life-changing new treatments and making groundbreaking discoveries. Each pound you raise and every mile you run takes us closer to a cure.



Diabetes UK Helpline

Living with diabetes can be confusing, exhausting and tough. Our helpline is there for everyone with diabetes. Our counsellors really know diabetes and provide support, information, advice and a comforting ear during difficult times.



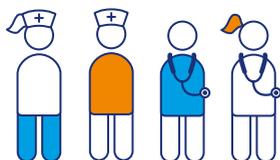
Crucial campaigns

Our campaigns improve life for people with diabetes every day. They secure better care, make sure new technologies reach the NHS and win changes in government policy so diabetes gets that bit easier.



Supporting people locally

Our 338 local support groups make sure people don't have to face diabetes on their own. Your fundraising means more people can learn how best to manage their diabetes from someone nearby, who's been through it themselves.



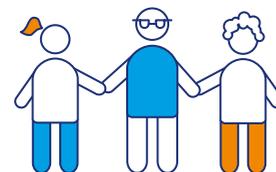
Improving care

We work with nurses, doctors, consultants and managers across the NHS to make sure care for people with diabetes is always getting better. By taking part in Run26 you're helping us fund this crucial work.



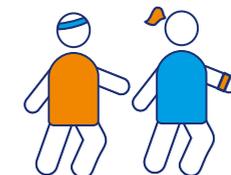
Sharing vital information

There is a whole lot to learn about diabetes. We give people the essential knowledge they need. Our free online Learning Zone is just one of the ways we help people get to grips with their diabetes.



Building the diabetes community

Whether it's online or at one of our events we bring people with diabetes together. It allows people to share their experiences, learn from each other and influence research, care and government policy.



Preventing Type 2 diabetes

By running 26.2 miles in October you're not just getting yourself a little fitter. You're helping us support people to reduce their risk of Type 2 diabetes and making our fight for a healthier country possible.

Let's get fundraising

Now you know the difference you'll be making, here's some tips to get your fundraising off to a good start.



Set up a JustGiving page at www.justgiving.com/diabetesuk

JustGiving makes it really easy to donate online. Share your link, tell people why you're taking part and ask them to donate. Using JustGiving also means you don't have to do anything to get your money to us.



Make the most of your JustGiving page

Make sure you tell people why you're doing Run26 and why supporting Diabetes UK is important to you. Just adding photographs and a target to your page will boost your fundraising.



Tell people again and again. And again

Put up your poster and keep telling your story. People will be impressed you're running 26.2 miles but they might need a few reminders to donate. Spread the word on social media too #Run26



Remember Gift Aid

If your sponsors are UK taxpayers ask them to tick the Gift Aid box. It means for every pound they donate we get an extra 25p.

Track your run

To help you count all those miles, we've created a fun online tracker page for you.

Before Run26 begins we'll send you an email telling you how to log in to your page.

By logging each run your page will keep count of the total distance you've covered.

You'll even earn virtual running badges as you go so you can share your progress on Twitter and Facebook.

If you've got a competitive streak you can see how you're doing compared to your fellow runners on our leaderboard.

Link your tracker up with your JustGiving page so people can see how much you've raised, how far you've run and click to sponsor you.



Find more tips online

You can get more fundraising tips and advice from our Run26 team. They can also help your fundraising look the part by providing bunting, balloons and collection tins. Go to www.diabetes.org.uk/Run26



Set up a JustGiving page

Make donating to your challenge easy by creating a page at www.justgiving.com/diabetesuk

Pay in your fundraising

Please make any cheques payable to Diabetes UK. Post to Run26, Diabetes UK, 126 Back Church Lane, London E1 1FH.

Or to pay over the phone, call **0345 123 2399***



*Calls may be recorded for quality and training purposes.

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Registered with
**FUNDRAISING
REGULATOR**

Run26

.....'s
run for a world where diabetes can do no harm



Dates your diary

- 1 Sept**

Training
Check out your training plan to get yourself Run26 ready.
- 1 Oct**

Run26 begins
Log your first run with your online tracker.
- 6 Oct**

2.5km Super Run Saturday
Join the Run26 team and take on a 2.5km (1.5 mile) run in your area.
- 20 Oct**

5km Super Run Saturday
Take on a 5km (3 mile) run with the rest of the Run26 team this morning.
- 31 Oct**

Last day
You did it. You're a marathon finisher.
- 30 Nov**

Fundraising deadline
We'd love you to get your fundraising to us by today. Thank you.

How much I've raised

