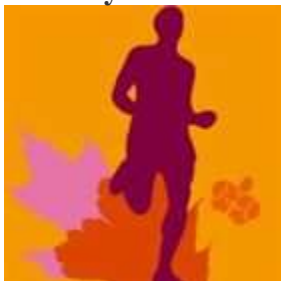




## The Royal Parks Foundation Half Marathon



### Half Marathon - 11 October 2009

**Run for Medecins du Monde UK and help us make health a human right!**

What better than an autumnal run to enjoy the avenues of beautiful trees and get fit at the same time?

Medecins du Monde UK is recruiting runners for a new half marathon to raise vital funds for its emergency work.

### The route

On Sunday 11 October 2009, runners will set off on the second Royal Parks Foundation Half Marathon, starting and finishing in Hyde Park. The iconic route will again wind its way past some of London's most historic features including Buckingham Palace, the London Eye, Big Ben, Admiralty Arch and, of course, through Hyde Park and Kensington Gardens amongst avenues of beautiful autumnal trees.

Last year, intrepid runners raised over £2 million for UK charities and, with your help, we're aiming to increase that in 2009.



The 12,500 runners will have a superb view of famous monuments such as Buckingham Palace, the Houses of Parliament, Marble Arch, the London Eye and the Royal Albert Hall along the way.

Everyone is welcome from runners to spectators who can take part in a wide range of activities.

Once you've joined team we will provide you with a runners pack with tips on training and preparation for the big day, fundraising ideas to help you meet your sponsorship target and an invitation to our post race reception.

**Sign up now!**

**Registration fee:** £25

**Minimum sponsorship:** £450

**Helpful hints on how to raise your sponsorship!**

You can organize an event such as an art exhibition, a music night, a cake stall or a fancy dress party. You can also fundraise in your local community by approaching schools or clubs that may help; at work by approaching your company or your suppliers to see if they will sponsor your event and you can get a media coverage through local newspapers to drum up support.

Don't forget to set up a free online fundraising web page with [www.justgiving.com](http://www.justgiving.com), it is so simple and allows us to claim gift aid straight away!

**The Half Marathon is organised in partnership with the Royal Parks Foundation and sponsored by Brakes.**

[Visit the Royal Parks Foundation Half Marathon website](#)