



Adidas Women's 5k Challenge

Sunday 5 September 2010

About Rainbow Trust

Rainbow Trust Children's Charity provides emotional and practical support for families who have a child with a life threatening or terminal illness. Immediate help is on hand for the whole family through our eight teams of Family Support Workers.

What's it all about?

Why not join our team taking part with 20,000 other women in this fun event where you can run, walk or skip 5K and have a good natter while you're doing it!

This event, formerly known as the Flora Light and the Hydro Active 5K for Women, is run by the same people who organise the world famous London Marathon. Now sponsored by Adidas, the Adidas Women's 5K run is a fantastic event set in London's most popular open space, Hyde Park.

How will Rainbow Trust support me?

As part of our team we will provide you with a Rainbow Trust t-shirt; professional training and nutritional information to help you in the run up to your big day; a sponsor form full of useful advice for reaching your sponsorship target; fundraising materials and Rainbow Trust literature.

How do I sign up?

To register for your own place visit www.womenschallenge.co.uk. If you are successful in gaining your own entry then please let us know. We would be delighted to have you in our team for 2010.

You will have to pay a £15 registration fee, £5 of which goes to Rainbow Trust. We won't ask you to raise a minimum amount of sponsorship, but please do try and raise £75, which will pay for two visits from a Family Support Worker to a sick child in hospital.

Contact us

For further information, please email anna.thomas@rainbowtrust.org.uk or call Anna on 01372 220022.

www.rainbowtrust.org.uk

Support families with dying children.

FRSB give with confidence

Rainbow Trust
CHILDREN'S CHARITY



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