



# Run to the Beat Half Marathon

## Sunday 26 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?

The Sony Ericsson Run to the Beat is a 13.1 mile half marathon that takes place around the leafy area of Greenwich and finishes at the O2 arena. It has been scientifically proven that specially selected music can increase a runner's performance, therefore the course will be lined with specially chosen live bands and DJ's to help you cross the finish line and ensure that everyone 'runs to the beat!'

### How will Rainbow Trust support me?

We will provide you with a Rainbow Trust running vest or 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 take part in this event we ask you to pay a registration fee of £35 and commit to raising at least £200. If you have already secured your own place through the race organisers we'd love you to join our team and will send you everything you need to start fundraising and training for the big event.

If you would like to join our team please call Anna on 01372 220022 or email [anna.thomas@rainbowtrust.org.uk](mailto:anna.thomas@rainbowtrust.org.uk).

[www.rainbowtrust.org.uk](http://www.rainbowtrust.org.uk)

## Support families with dying children.

FRSB *give with confidence*

**Rainbow Trust**  
CHILDREN'S CHARITY



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