



Ronald McDonald
House Charities™
United Kingdom

Keeping families close™

GMR 2021 Fundraising Pack

26 September 2021

Welcome to the Team!

Read on to find out event information, our top tips, and how every penny you raise helps families with a child in hospital



Karen ran the 2019 Great Manchester Run after her daughter was one of the 139 people injured when a bomb was detonated at the Manchester Arena. Karen and her husband stayed at the Ronald McDonald House Manchester.

BB Evie was meant to be coming home that night. But then we got that phone call. We live in North Yorkshire, 60 miles from Manchester, so my first thought was to get there as fast as we could.

Evie had sustained a fractured skull in the attack, as well as serious wounds to her legs, chest, hips and wrist. But Evie was one of the lucky ones; twenty-two people died in the horrific incident.

Following the bombing, Evie was rushed to the Royal Children's Hospital in Manchester. After spending two nights in the hospital, we were told there was a room available at the Ronald McDonald House right beside the hospital. I struggled to really leave her, but equally I knew I needed freshening up, and for her to be able to see me as normal - with my makeup on and my hair done. I hope my fundraising efforts will help support more families when they need it most, like we did for Evie"



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official event
website

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@ Visit our website at: www.rmhc.org.uk

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Ronald McDonald House Charities UK

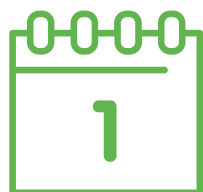


Follow us on Instagram and Twitter: @RMHCUK

About Your Event

Manchester's iconic event returns to the city's streets in 2021. #TeamRMHCUK can't wait to soak up the buzzing atmosphere at the greatest running race in Manchester.

Want to get started on your training? Check out training plans available at: <https://www.greatrun.org/train-and-prepare/training-plans/>



Important Dates for Your Diary

Sunday 15 August 2021

Deadline to tell us your preferred running top size

Sunday 26 September 2021

Race Day

Monday 13 September 2021

Deadline to register (Charity Place only)

Sunday 31 October 2021

Final fundraising sent to RMHC



Top Tips for Fundraising and Training

"If you like to listen to music on your phone while you run, make sure you download it before race day.

Sometimes the internet coverage isn't very good at events, so you might have difficulty streaming your music"

"Make sure you send out your fundraising request a number of times to give those that haven't donated a little nudge"

"Invest in a good pair of well-fitting shoes"

"Train and run with a friend - it's much more fun!"

"Stay hydrated and keep talking to anyone running the same race with you"

"Enjoy it! Such an INCREDIBLE atmosphere, and such amazing support. It's definitely a day out to remember!"

Got your own Top Tips? Share them with us on your social media using the hashtag #TeamRMHCUK

Fundraising Ideas



Go virtual

- Hold a virtual quiz - everyone loves a quiz! Shake up your rounds by making them all about the type of event your doing, and personal to you.
- Virtual coffee morning - host a warm morning full of cuppas and treats over your video platform of choice. Don't forget to let your attendees know how their support could help our Charity.
- Virtual bake off - run a competition to determine the next Star Baker with your very own bake off.
- Dress UP day - challenge your workplace to do the exact opposite of a 'dress down day' at home - dress it UP! Share your fundraising page link for dress up contributions.

A few bonus ideas...

- Matched funding - does your employer offer matched funding? Thousands of employers offer to match your fundraising £4£, boosting your total.
- Sweepstake - run a sweepstake to guess your finish time, just ask us for your handy materials.
- Sell your crafts - use your creative flair to craft small gifts and add the profits to your fundraising total.
- 'Shirt of Hurt' - know a football fanatic? Challenge them to wear a rival team's shirt for the day and raise money to make it happen.

If you have any questions about your event or your fundraising, please get in touch with us - we're more than happy to help. Good luck with your training and fundraising!

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