



## St Clare Hospice Santa Run Information

**Date:** Sunday 6th December 2009  
**Time:** 11am start, warm up at 10.30am  
**Venue:** Harlow Town Park Showground, by the new Barratt houses and Harlow Town train station  
**Course type:** Grass and footpaths through and around the town park  
**Distance:** Approx 4km / 2.5 miles

### Santa Suit/Santa Hat

If you are either one of the first 500 adults or first 100 children to sign up for the Santa Run we will send you a free adult Santa Suit or child's hat. Both are only available in one size so we cannot exchange for larger/smaller sizes. To save us postage costs, if you are able to collect your suit and registration pack from the main St Clare Hospice Reception Monday-Friday 9am-5pm, please do let us know and we will keep your pack here for you to collect.

### Race Number

Your race number and safety pins will be enclosed with your initial registration pack. On the day, your number should be pinned securely to the FRONT of your Santa suit so that we know you have officially registered to take part. Please keep these in a safe place until December.

### Changing/Toilets/Bag storage

Unfortunately we will not have any changing facilities at the park, so please arrive in your Santa suit and sensible footwear. There are public toilets in the park and there will also be portaloos you will be able to use. There will be a gazebo set up where you can leave your bags which we ask for a small donation to the Hospice for you to use. The stand will be manned by volunteers the whole time but we cannot accept liability if your bag or valuables go missing, so please do not bring any valuables or leave your bag with a friend or family.

### Refreshments

We will give all runners a bottle of water at the end of the run. A refreshment stall will be present on the day for you to purchase additional drinks or food.

### Entertainment

The Ten17 Thunder crew will be present on the day to entertain you at the start and finish lines, as well as a Hospice stall selling Christmas cards and gifts and a refreshment stall.

### Prizes

Everyone who takes part in the run will receive a medal at the end of the run. If you raise £60 or over in sponsorship you will receive a prize!

### Timing

We will not be offering an official timing service for people to take part in the run. There will be a clock which you will be able to check your time on, or please do bring our own stop watch.

## Directions to Harlow Town Park Showground

The run will start and finish from Harlow Town Park Showground, which is the large field opposite Harlow Town train station, the new Barratt Houses, Sainsburys and by Pets Corner. Please see map below. The nearest train station is Harlow Town station, which has good access from Liverpool Street, Broxbourne, Bishop's Stortford, Cambridge and Stansted Airport.

### Route

The proposed route is shown in blue on the map.

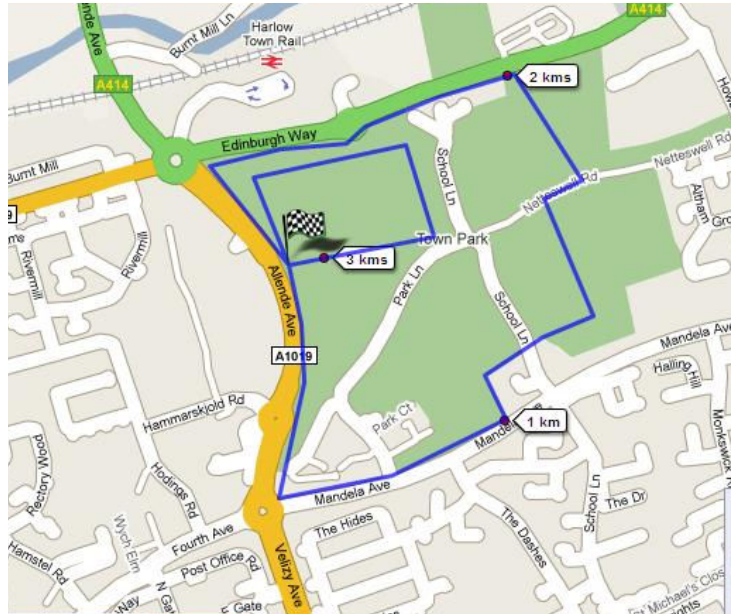
### First Aid

St John's Ambulance will be at the event to provide first aid assistance to anyone who may need it. If you need help on the day, please alert a member of staff or marshal who will alert the crew.

### Raising Money

There is no minimum sponsorship that you have to raise to take part in this event. Your run entry fee helps cover the cost of organising the event, but it's the sponsorship raised by you that will really make the difference to our patients and their families, so we hope that every person taking part will try to raise as much as they can to help us continue to provide a high level of care.

If we have 600 Santa's running, jogging or walking in this event and they each collected just £25 each in sponsorship, we would reach our £23,000 target which could fund the In Patient Unit for eight people over the Christmas week. Everyone who raises over £60 in sponsorship will receive a prize!



### Justgiving

Justgiving.com is a website that allows you to set up a personalised fundraising page, enabling your friends and family all over the world to securely sponsor you using a credit or debit card. The money is paid directly into the St Clare Hospice bank account, and Gift Aid is automatically claimed so you no longer need to chase people after the run to collect the sponsorship money! It's really easy to set up a page; go to [www.justgiving.com/stclarehospice/raisemoney](http://www.justgiving.com/stclarehospice/raisemoney), click on 'Make your page', set up an account, choose to take part in an 'Organised event' and then 'Harlow Town Santa Run'. Personalise your page by adding information about yourself and a photograph, then you can email your personal link to your contact lists, add the Justgiving application to your facebook page, change your email signature to include your link or even add the link to company newsletters or intranets.

### Support

We are very grateful to Ten17 and the Harlow Star for supporting the event. If you work for a company who would like to get involved with sponsoring the run or donating prizes or refreshments for the runners please contact Clive on (01279) 773 753.

**See you on Sunday 6th December!**