

Rudy invites you to
sport your antlers
and flashing red nose
and join us for the...



new route! 10km FOR 10 YEARS

RUDOLPH RUN

Sunday 6 December 2015 | 10.30am start

Celebrate ACT's tenth anniversary and join Rudy on a **10km** or **5km**
sponsored fun run starting at Addenbrooke's Hospital

Sprint, jog, speed walk, Nordic walk, skip, hop or trot.
However you complete it, just have fun!

- Fancy dress optional
- In aid of Addenbrooke's and the Rosie hospitals
- Check-in between 9.30am – 10.00am

SUPPORTED BY



act
Addenbrooke's
Charitable Trust

Registered charity number: 1048868

RUDOLPH RUN

Rudy says (the official bit!):

- All participants must pre-register for the event, as no registrations will be taken on the day. **The event starts promptly at 10.30am, Sunday 6 December.**
- Registration for the **10km** route is **£20 for adults** aged 16 years and over and **£5 for children** under 16 years old. Past adult participants, Business in Action for Addenbrooke's members and CUH staff registering for the **10km** route will receive a 50% discount when using a promotional code. Registration for the **5km** route is **£10 for adults** aged 16 years and over and **£5 for children** under 16 years old. The fee covers administration and pays for your reindeer antlers, flashing nose and runner number. **The fee is non-refundable.**
- One form must be completed for each participant and be accompanied by your registration payment. **The closing date for all entries is Friday 27 November.**
- Payment can be sent by cheque, made payable to **ACT – Rudolph Run** or made by debit/credit card by calling the ACT office on the number below. If paying by debit/credit card a registration form must still be sent to the ACT office to complete the process. Your place will not be confirmed until a registration form and payment has been received.
- In registering to run, each participant agrees to raise a suggested minimum sponsorship for Addenbrooke's and the Rosie: adults (aged 16+) – £100 and children – £25.
- Further information about the event will be emailed to you in November. To request a fundraising pack, please contact us (details

A **10km/5km** sponsored fun run in support of Addenbrooke's and the Rosie hospitals

Christmas antlers and flashing red nose provided!



below). Reindeer antlers and a flashing red nose will be provided at check-in on the day.

- Places are non-transferable, so if you are unable to participate, you must get in touch with us as soon as possible.
- There is no upper age limit. All children under the age of 16 years must be accompanied by an adult. **Infants in pushchairs and children under 5 years can attend free of charge.**
- Only guide dogs and hearing dogs are accepted on the Rudolph Run. No other pets or animals are permitted to accompany participants. Participants with limited mobility are advised to contact ACT's Community Fundraising Team for advice on a suitable route (contact details below). **Please note that ACT cannot take responsibility for any person with limited mobility wishing to participate in the run.**
- The Rudolph Run is a sponsored run but participants can walk if they choose.
- It is the sole responsibility of the participant to ensure that they are fit, well and healthy to run or walk in the event. **Please consult your GP if you have any concerns over your health especially if you have suffered from joint or back pain, heart or breathing problems or any other health issue that may affect your ability to take part.**
- By registering for the Rudolph Run you give permission for ACT to use your photograph in media and publicity materials unless prior written objection is received by the Community Fundraising Team.

You can contact the Community Fundraising Team on: 01223 217757 or communityfundraising@addenbrookes.nhs.uk

What Rudy needs back:

REGISTRATION FORM

One form to be completed for each person

Title: Full Name:

Address:

..... Postcode:

Phone: Email:

Date of birth (if under 16):

Emergency contact name and number (during event):

If you are under 16 years old you must secure consent from a parent/guardian:

Name of adult and relationship:

Signature and phone number:

Please tick your chosen event and indicate your preferred group

I am taking part in the: ☐ **10km run** ☐ **5km run**

☐ **Serious runner** ☐ **Fun runner** ☐ **Walker (and those with pushchairs)**

Medical declaration (information we should be aware of, including allergies)

Health issue:

To the best of my knowledge I am of sound health (please tick) ☐

If you qualify for a discount for the 10km route please insert your promotional code

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Declaration: I confirm that I have read and accept the Rudolph Run 'official bit' and enclose my £5/£10/£20 non-refundable entry fee. Cheques should be made payable to **ACT – Rudolph Run**.

Signed: Date:

How did you hear about the Rudolph Run?:

To see ACT's privacy and protection policy, including how to opt out of future mailings, visit: www.act4addenbrookes.org.uk/privacy or telephone the ACT office on 01223 217757

Please return your completed form and entry fee by 27 November 2015 to:

Rudy, Addenbrooke's Charitable Trust, Box 126, Addenbrooke's Hospital, Hills Road, Cambridge, CB2 0QQ
Telephone: 01223 217757 Email: communityfundraising@addenbrookes.nhs.uk



Addenbrooke's Charitable Trust (ACT) is the only charity dedicated to making a difference for patients at Addenbrooke's and the Rosie hospitals.

Every patient deserves the best possible care, which is why we raise funds to provide additional state-of-the-art equipment, patient comforts, specialist staff and clinical research projects.

Your fundraising efforts can make a huge difference and we make sure that the money you raise is put to excellent use so patients get the greatest benefits. Be it a cosy quiet room, the state-of-the-art da Vinci robotic surgeon, counselling for families, a refurbished ward or intensive care equipment for newborns, every penny helps.

With both hospitals on your doorstep, you're helping people in your community, young and old, get the best possible care.

Thank you for your support!



Money raised will help support patients throughout Addenbrooke's and the Rosie or you might like to consider a ward, clinic or department that has a special meaning to you.

You could also choose to support one of our current campaigns.

Find out more at
www.act4addenbrookes.org.uk



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act
Addenbrooke's
Charitable Trust

Addenbrooke's Charitable Trust (ACT) is a registered charity – number 1048868
ACT, Box 126, Addenbrooke's Hospital, Hills Road, Cambridge CB2 0QQ
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