



The Great Curry Run 2012

“Run it, Ride it, Walk it, Stagger it”

Some information for participants, January 2012

The event will take place starting at 0900 at St. George's on Saturday 21st April 2012

It is open to staff, students aged 18 on the day, parents of current and past students, and anyone else with a clear link to the school e.g. Old Georgians, partners of staff, etc. Expressions of interest need to be via a completed reply slip using the letter on the school website. Those who express interest will be added to the email list and you will be asked to formally sign up by the end of February. You will also be asked when you formally enter for a fee of £15-£20 to cover a hoodie / t-shirt, first aid cover, insurance, and water and energy foods on the way around the course.

The event has the status of a “FUN RUN” for UK Athletics who provide our public liability cover. It is not officially timed or competitive. There are no prizes for finishing first, but there will be medals for all who complete the course. Runners and walkers and staggerers complete one lap of the route: cyclists three laps. Without wishing to be intrusive, formal entry will also involve our asking you to provide the standard medical details and next of kin info that any UK Athletics Event requires, which will be held only for safety reasons for the duration of the event.

The distance has been fixed at 22.09 km, just a kilometre above half marathon distance. This is 10 metres for each of the 2209 servicemen killed or wounded in action in Afghanistan since 2001, that figure being correct as at 31st December 2011, our cut off date. To view the route, go onto the school website www.stgeorges.herts.sch.uk and click on the Great Curry Run icon, and you will find a link to www.mapmyrun.com. The school website will also soon feature a PowerPoint illustrating photos of the route. The route will include toilets and water stations, and first aid provision will be provided by the St. John's Ambulance or the Red Cross. The route will be marked each kilometre, and points where confusion might arise and the small number of road crossings will be marshalled.

Training and Fitness Issues

No one should take part against medical advice or if unfit to do so. The event is further than half marathon distance, and no-one should take part without adequate training, which you should be in the midst of at this time. Should you wish to do some Gym work as part of your preparation, you might wish to contact the St. George's Sports Centre, which is offering a discounted deal on *monthly* gym membership, enabling you to join just for the duration of your preparation. They are offering a first month's membership half price to anyone taking part in this event. Either drop in during the evening or email them on sportshall@stgeorges.herts.sch.uk.

You may also wish to join Zumba classes being started at St. George's by one of our parents Ali Waller on Thursday evenings at 7pm in the Old Gym at St George's, starting 1st March. The opening class on 1st March will be FREE. Thereafter £5 per person, £3 to school staff, and there is no need to book. You are promised fantastic full body workout, with easy to follow fun fitness session to Latin and floor filling Pop sounds. I am told it is for all rhythmic capabilities....from the terrified to the brave. JUST COME AS YOU ARE!

Fundraising

You will recall that we are expecting all those taking part for the first time to raise a minimum of £100 sponsorship for the Soldier's Charity, as this event sits within their "Big Curry Campaign". We are asking that participants fundraise solely for this beneficiary: there are plenty of other similar events which are a free-for-all. You should not apply unless you are happy with these terms and conditions. In terms of fundraising there are three mechanisms which you can follow.

1. Collect cash donations or cheques payable to St. George's School, and bring them in to our finance office, making clear they are for the Great Curry Run 2012
2. Set up a donation page on www.justgiving.com. You will first be asked the name of your charity: search for The Soldier's Charity, and designate that as your charity. Click that you are doing a personal challenge, and choose the name of your page and your target sum. In terms of donor psychology, it may be best to designate quite a small target, so that each donor feels they are making a decent leap towards it: you can always go back later and ramp up your target.

You then need to link your individual page to our team Great Curry Run Ride Walk Stagger 2012. **This will enable you to set your own individual fund raising target and see your donations add up, whilst we still get an immediate sense of how our collective efforts are going.** To tag your page to the team, you then log on to www.justgiving.com/teams/greatcurryrun and click on the link to tag your page to the team. You will see a list of people who have already done this, their individual target, and their progress towards target.

3. Ask donors to contribute by text or other new media: "just giving" shows you how to do this, how to connect to Facebook, how to tweet about it, and all manner of things.

It may be that some of you run businesses or work for employers which donate to charity as part of their community vision or as part of a tax write-off. Some companies offer matched funding arrangements for employees doing fund-raising. Do explore such opportunities if you can.

After party

We have got ahead of ourselves and booked the New Taj Mahal restaurant on Station Road for 100 people at 8pm on the 21st April so that we can get together and toast our successful completion of the event. This is likely to be the best bit! We will send out details of how to book into this nearer the time. Don't forget to train for this element too.

Our next steps

Our next contact with you is likely to be in about a month. We shall contact you to:

- Get your formal application and necessary medical / next of kin details
- Ask for your entry fee
- Find out your size and preference for hoodie / T-shirt
- Check if you'd like to book in for the after party

In the meantime, we look forward to seeing you "pop up" as a member of the greatcurryrun team on justgiving.com and to seeing your donation total inexorably rising.

Contacting us

The easiest way to do this is to email greatcurryrun2012@stgeorges.herts.sch.uk

Best wishes and well done on your boldness in getting this far.

St. George's