

SUPERHERO RUN 2018

Information Pack





Pull on your cape and join our team in the UK's BIGGEST Superhero Run!

13th May 2018

Join over 3,000 runners in the beautiful setting of Regent's Park, London, as you become a real-life hero for charity!

You will be a part of something truly amazing as we get as many heroes as possible together to run in aid of their favourite charities. The Superhero Run is set to be a truly wonderful summer event which the whole family can enjoy!

The picturesque route is pram and wheelchair friendly and the flat paths make it perfect for beginners or those runners looking for a chance to beat their personal best!

Free costumes will be provided on the day so don't forget to grab yours so you can transform into Supergirl or Batman in a Flash. Alternatively, feel free to bring your own costume – the Incredible Hulk and Wonder Woman are welcome too! We will be hosting a fancy dress competition for adults, children and even dogs, so if you want to be creative then leave the black cape at home and pull on your own colourful creation for a chance to win a prize.

You can also enjoy our colourful comic book Event Village with delicious food stalls, entertainment, photo booth area, charity tents and more - giving your spectators plenty to keep them entertained on the day and a fantastic setting to celebrate your run success!

Run Requirements

- Upon signing up to the Superhero Run you are pledging to hit your set fundraising target of £100 - we can give you plenty of tips and ideas to help you reach your goal!
- You are required to pay a £25 non-refundable registration fee upon booking (£10 for children.)
- For this challenge you can run, walk or jog your way around the route! Beginners are welcome but we do recommend training before the challenge - we are on hand with our fitness and training advice so you will be run ready in no time!





When and Where?

The 2018 Superhero Run will take place on Sunday 13th May in London's Regent's Park. This parkland venue offers a perfect setting for you to enjoy your run! Costume collection will be from 9:45am with the run due to start from approximately 11:00am. The children's fun run will take place before the main challenge at around 10.30am with the costume competition to follow at 10.45am.

What's Included?

- Your place in this fantastically heroic 5K or 10K challenge!
- A free Superhero costume
- You will automatically be set up with a Do it for Charity Superhero Run fundraising page when you sign up so you can get started right away
- A children's fun run at the beginning of the event
- Big stage warm-up to make sure you are ready to run!
- Training guidance
- Fundraising support
- Full route signage – so we don't have any heroes getting lost
- Dedicated events team who are on hand with advice
- Lots of entertainment and fun on the day
- A medal when you race through the finish line!





FAQ's

How fit do I need to be?

These challenges are perfectly achievable for people who are taking on their first 5k or 10k event! Don't forget, this is not a race – you can run, walk or jog and take the route at your own pace!

In order to maximise your enjoyment we do recommend you do some training. We will be able to offer you plenty of fitness and training advice and you can also download a guide from the Superhero Run website!

What kit will I need?

Running is one of those great sports where you won't need lots of expensive equipment. A good pair of running shoes should last for around 500 miles which is 8 months on an average 15 miles/week training schedule.

Please note however that it's important that you buy them at least a couple of months before the event itself so that you have a chance to wear them in!

Superhero costumes will be provided for you on the day free of charge, so don't forget to pick one up!

Alternatively, feel free to bring your own costume – all heroes are welcome!

How will I raise the sponsorship?

Fundraising is certainly achievable if you put your mind to it and needn't be daunting - the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself! With a bit of creativity, energy and determination you will easily be able to reach your fundraising target. Here are some ideas to start you off and we're more than happy to help with any questions you may have!

Begin by setting up an online donation page and ask everyone you know to donate – the more people you ask, the more you will raise!

Host a dinner night/coffee morning and charge guests for a delicious home cooked meal or tea and cake.

Host your own pub quiz or bingo night.

Dig out your unwanted treasures and organise a car boot or jumble sale.

Organise a games night and invite friends over, charging for an evening of fun and games!

Leave collection boxes in your local pub or shop or organise a bag pack at your local supermarket.

If you need some more inspiration then do get in touch for a full fundraising guide!



We look forward to welcoming
you to the Superhero Run team!
Find out more:

