



Jane Tomlinson's

# RUN FOR ALL



# RUNNING CLUB HANDBOOK

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# Jane Tomlinson's RUN FOR ALL

## Why we do What we do!

### Run For All is part of the lasting legacy of the late amateur athlete and fundraiser Jane Tomlinson CBE.

Jane, from Leeds, made headlines around the world by taking part in a series of incredible endurance events - despite being diagnosed with an incurable cancer. The mum-of-three defied her devastating diagnosis to complete challenge after challenge - from marathons and triathlons to ironman contests and cross-Europe cycle rides.

By 2007 her declining health meant she was unable to take part in any more extraordinary undertakings. However, using the money she raised on her epic American adventure, Jane was able to sow the seeds for the Run For All Leeds 10K - the cornerstone of what would become her continuing legacy.

Today that one run has grown into one of the UK's biggest not-for-profit events companies, providing a fundraising vehicle for a huge number of local and national charities. However Run For All's philosophy remains exactly the same: high-quality, great fun events for absolutely all abilities.



Find out more about Jane's Story [here](#)  
By volunteering with Run For All, you are helping to continue Jane's Legacy and support the fundraising for a huge number of local and national charities.

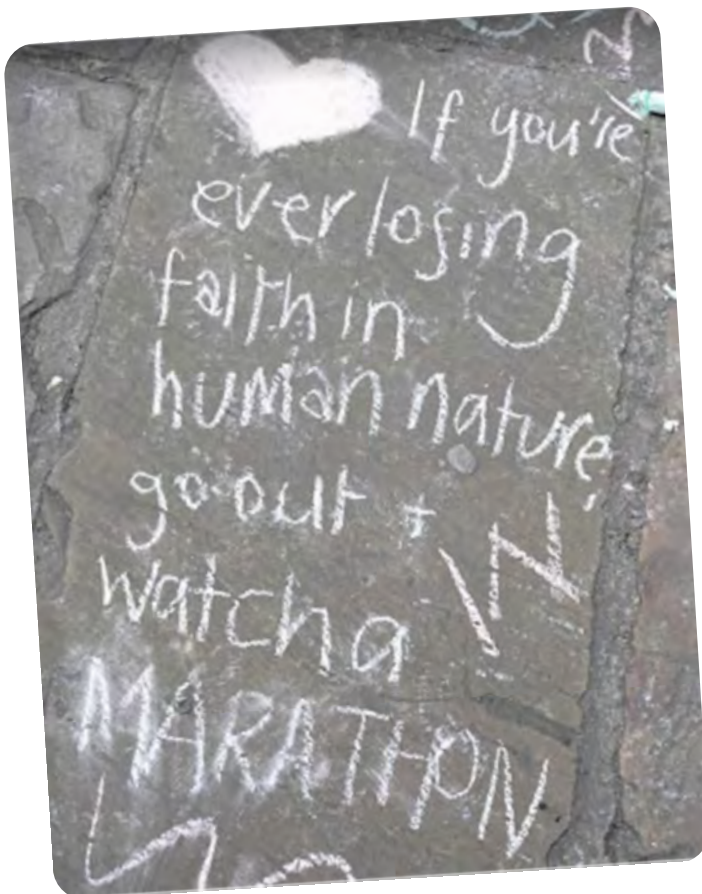




## Running Club Support

Community is at the heart of Run For All - passionate and dedicated, we recognise the positive impact that walking, running and being outside has for people's mental health and physical well-being. Working closely with Running Clubs nationwide, we want to encourage and support runners throughout the year to help them achieve their goals at our events. Whether this is a personal best or raising funds for a charity close to their heart, community is not only what helps people reach these goals, but keeps participants on track and motivated.

Not only are Running Clubs a fundamental part of a participant's running journey, but are vital for our events, fostering local ownership and showcasing the vibrant spirit of our community. Through your support you are not only supporting those locally to get active but also giving them the support needed to stay on track whilst allowing the events to grow and allowing more people to participate.





# Section Takeover

## Introducing a new program called 'Section Takeover'...

A partnership between Run For All and your Running Club to work together to not only support participants in the lead up to the event, but on the all important Event Day itself.

Keen to get individuals active throughout the year, not solely for one day, we would promote your Running Club. Therefore, lead up to the event for local training support. This could include your usual Club Night run or something specific for training. Hosted by you, but where possible, a Run For All representative will attend to offer additional support and answer any questions.



## Running Club To...

On Event Day your Running Club will 'take over' a dedicated section of the Route to keep all participants encouraged and supported throughout.

This includes:

- You'll be asked to nominate a Senior Marshal for your section (this is a paid role) who will oversee the area and be given a full briefing prior to the event day. This individual will work closely with Run For All to ensure the smooth delivery of the event.
- Recruit a minimum number of 15 volunteer marshals. These individuals must be aged 18 or over.
- Display club flags and banners to create a visible presence for your club and showcase your club's active role within the community and event day.
- A member from your club to film the route and share with Run For All to provide a Runners Perspective and help participants see firsthand what to expect.



## In Return RFA Will Provide

Run For All will support and promote your Running Club as much as possible and in return for the requirements listed below, will provide the following:

- **A Goody bag for each volunteer (including water and snacks).**
- **Complimentary entry into any RFA event (excluding marathons) and two complimentary entries into RFA events for your volunteer marshals.**
- **Donation of High5 Gels and Tabs for your club events.**
- **Option for club to have a cheer station out on route in your dedicated section (please see more on this below).**
- **Automatic entry into the RFA Volunteer Prize Raffle for all Route Marshals.**
- **RFA will aim to attend a training run to promote the event and answer any questions.**
- **Promote the Running Club ahead of the day and post event to push runners to the club.**
- **Free Entries into our Mini and Junior Events (please see more below).**

We would also love to share the stories of your club and individuals whether that be their special reason for running, their event day experience or to follow their training.



# Help to inspire the next generation



## Cheer Station

For those in your Club who would like to get involved but are too young to either take part or volunteer, host a Cheer Station! This is additional to the Volunteer Route Marshals but is a great way for other club members/family and friends to congregate together and provide additional support and motivation from the sidelines. This is a great way to get the younger generation inspired and encourage them to be active.

### Cheer Stations can include:

- Banners and Signs with words of encouragement.
- Music – Bring the speaker or get the instruments out to make extra noise.
- Cheer – Get a group together to make as much noise as possible.
- Fuel Up – Bring Sweets/Fruit or Water to hand out to participants as they pass.

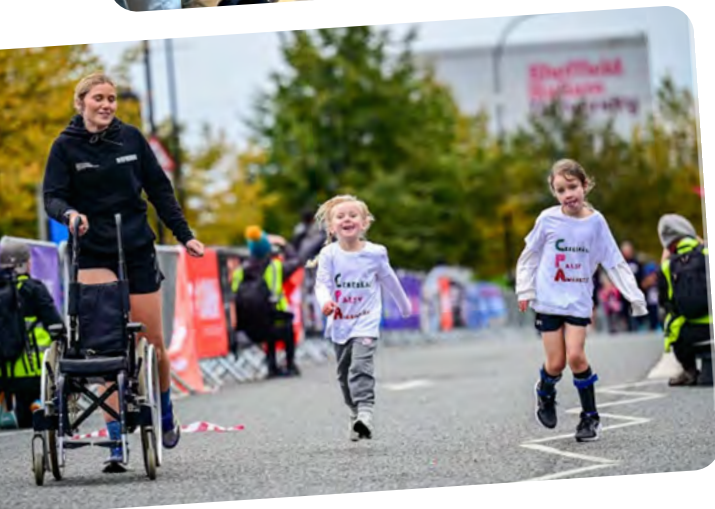
## MINI AND JUNIOR

We have a range of Mini & Junior Events in our Event Calendar. To keep the younger generation active and involved we are offering your club **10 free entries** into one of our events.

### TO VIEW OUR EVENTS

[CLICK HERE](#)

# Get involved



**For more information about the Section Takeover Partnership or to get your Running Club signed up, please get in touch! We look forward to working with you to help inspire and support more of the community to get active and get involved.**

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