Roy Castle Lung Cancer Foundation’s Retro Running series is a set of themed virtual runs set to take you back in time. Over the course of 2020, we will be heading back to the 60s and taking you through to the noughties!

Each decade brings an exclusive medal, a special themed technical top and a Spotify playlist dedicated to each era.

We kickstarted our Retro Running series back in June, with the ‘I love the 90s’ virtual run. The next decade we will be visiting, as voted by you our supporters, is the 80s. The ‘I love the 80s’ virtual run will take place throughout August. Then, during September, we will launch details of our next decade which will run throughout October.

Our Retro Running series visits five decades in total. Once all five of your virtual runs are complete, you will receive the ultimate Retro Running medal.

By the end of our Retro Running series, you will have earned six medals and five exclusive technical tops.

We have put together this document to help with any questions you may have about the Retro Running series! If you don’t find the answer to your question, please feel free to pop me an email back: catherine.rose@roycastle.org

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1. YOUR RUN

• How does the Retro Running series work?
The Retro Running series will virtually visit five decades throughout 2020 and into 2021. We will host a new decade, in the following months, August (80s), October, November and January 2021. The decades include 90s, 80s, 70s, 60s & 00s.

We have already hosted the ‘I love the 90s’ run, throughout June. If you didn’t complete this run back in June, you can still complete this any time before the Retro running series ends.

• What if I have already completed the ‘I love the 90s’ virtual run?
If you have completed the ‘I love the 90s run’, your Retro running series will continue with the 80s run beginning in August.

• I haven’t completed the ‘I love the 90s’ run, when shall I complete this?
You can complete your ‘I love the 90s’ run any time before the Retro Running series ends in January 2021. Once your run is complete, please email sport@roycastle.org and we will post your 90s medal out to you.

• Where do I upload my evidence?
Please upload your evidence via Strava or via our Roy’s Runners Facebook Group.

• What if I don’t use Strava?
If you don’t use Strava to track your run, we are more than happy for you to screenshot your run from your running tracker and upload this to our Facebook group.

• What if I don’t use Strava or Facebook?
If you don’t use either Strava or Facebook, please email your running evidence to: sport@roycastle.org

• How will I know my evidence has been submitted?
Once your run is complete & your evidence is uploaded you will shortly after receive a confirmation email from catherine.rose@roycastle.org confirming receipt of your evidence.

• What if I have already fundraised for the I love the 90s run?
If you have already started fundraising for your 90s run, we kindly ask you increase your sponsorship target to £150.00. Your sponsorship raised so far will count towards your final amount.

• How do I increase my fundraising target?
If you have an online giving page, to increase your target, you will need to log into your account, via either Just Giving or Virgin Money giving and edit your page details.

• What is the Retro running timeline?
We will host the 80s Retro Run in August, once this decade is underway, we will host a vote to decide which series will be next.

The next decade will take place in October then November and will conclude in January.
• Can I change my running distance?
  Yes, you can change your running distance at any point, you don’t need to let us know this, as your medal doesn’t state your distance.

• Can I do my runs in more than one outing?
  Yes, we would encourage you to please look after yourself during this pandemic and take as much time as you need to complete your distances, this doesn’t have to be in one go.

• What should I do when I complete my virtual run?
  Once you have completed your run and have submitted your evidence, tell the world about your fantastic achievement and encourage your family members, friends and colleagues to join you and sign up themselves!

• When can I expect to receive each decade’s medal?
  We will be posting each medal at the end of the month, the virtual run takes place throughout. This is something we have put into place to ensure we can manage the workload with the majority of our fundraising team now furloughed, so please bare this in mind

  If you run your virtual run early or at the beginning of the month, we still are unable to post it until the virtual run has concluded at the end of that month.

• When can I expect to receive my Ultimate Retro Running medal?
  We will post your Ultimate Retro Running medal late January, when the series is complete.

• When can I expect to receive each decade’s exclusive technical top?
  We will post your technical top at the end of each month the virtual run has taken place. Your medal will be included with this.

### 2. STRAVA

To find us simply head to Strava > Explore > Clubs and search for Roy’s Runner Virtual Running club and you should find our club. Please do join so you are able to submit your evidence.

www.strava.com/clubs/RRVirtualRunning

If you would like to upload your run to Strava, but are having difficulties, I have included a link to Strava’s help & support page below:


If you are running with your family or children, you don’t have to submit evidence for your children separately. One run on behalf of your family is fine.

We will mark their run as complete automatically once your evidence is uploaded.

If you are not on Strava and use a different type of running tracking device, we are more than happy for you to screenshot a picture of your run & upload this via our Roy’s Runners Facebook group.

If you use a different name on Strava that we wouldn’t recognise, please do email sport@roycastle.org with your username and name so we can locate and mark your run as complete when we receive your evidence.
3. FACEBOOK

As a Roy’s Runner you can now access our Roy’s Runner Facebook group.

It’s a community of super supportive runners who share advice, trade tips and offer much needed encouragement if training gets tough, this is also where you can upload each decade’s virtual run as a screenshot if you don’t use Strava.

To join, simply visit: www.facebook.com/groups/roysrunners

If you use a different name on Facebook that we would recognise, please do email sport@roycastle.org with your username and name so we can located and mark your run as complete when we receive your evidence.

4. SPOTIFY

For each decade we will create a Spotify playlist, packed with songs that remind us of that era! Look out for each decade’s Spotify playlist link sent in your decade’s welcome email at the start of each month.

5. CREATING AN ONLINE FUNDRAISING PAGE

Thank you for pledging to raise a minimum sponsorship of £150.00 throughout the Retro Running series. We really do appreciate your support.

To help reach your fundraising target, why not join our Just Giving campaign, to get started simply go to: www.justgiving.com/campaign/Retrorunningseries

6. DONATING OR PAYING IN YOUR OFFLINE DONATIONS & SPONSORSHIP

If you have received offline donations/sponsorship and would like to pay this in, you can either make a direct donation via our website by visiting: www.roycastle.org/donate

Alternatively, you can make a direct transfer into the charity’s bank account using the following sort code and account number:

Sort code: 20-51-43 | Account Number: 2086 1855.

If you would like to post your sponsorship form to our office, our address is:

Roy Castle Lung Cancer Foundation
Cotton Exchange Building
Old Hall Street
Liverpool
L3 9LQ

Although we aren’t currently working from our head office, we will do our best to pick up post as and when we can.
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7. EXCLUSIVE TECHNICAL TOPS

With every decade we visit we will design an exclusive technical top to post to you at the end of every month, along with your medal. In total we will design five technical tops.

We kindly ask you to raise a minimum of £25.00 per run to reach your final target at the end of January. Our sizes are S, M, L, XL & XXL.

Roy’s Runner vest/top sizes:
8-10  – Small
10-12 – Medium
12-14 – Large
16-18 – XL
Double XL.

8. FACEBOOK EVENT PAGE

Each decade we will be creating a Facebook event page. This will be an interactive hub, filled with voting polls, competitions and more! The link to each decade’s event page will be included in your welcome email at the beginning of each run.

9. SAFETY GUIDELINES

Important information – Please read:

Safety guidelines: We want your Retro Run to be as fun and as safe as possible, because of this we ask you please read the following important information to stay safe and protect others:

It is absolutely vital that those taking on a virtual run follow the Government instructions.

Under the current instructions (Published 11/05/2020), you are allowed to exercise outdoors as often as you wish. However, you must remain a safe distance from anyone else. This is a minimum of two metres. If you have selected a distance that will push you beyond your current capability, we encourage you to do this over a number of days, as your health is most important, and your virtual run shouldn’t compromise your immune system in any way.

You are taking on this challenge in support of those living with lung cancer. They are at high risk of serious illness if they contract this virus, so please make sure you only take on this challenge in line with the latest government instruction and stay safe.

We hope you enjoy the very first of our Retro Running series and thank you for your support.

Cathrine

Cathrine Rose
Public Fundraising Officer