I Love the 70s Retro Run:

Everything you need to know about your 70s Retro Run.

We want your 70’s run to be as safe, fun and flexible as possible, simply chose your distance, 5K, 10K, Half Marathon, Marathon & select a day/days throughout October to complete your run.

Once your run is complete, simply head to our Strava group or Roy’s Runners Facebook group, upload your run or a screenshot of your run & that’s it, as simple as that!

We will post every supporter a thank you on the very last day of October, so please bare this in mind. If you choose to run your 70s run at the beginning of the month.Your thank you will still be posted on the very last day when the run ends.

We have put together this document to help with any questions you may still have about the I Love the 70s Virtual Run. 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

- 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 & 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 and your evidence is uploaded you will receive a confirmation email from catherine.rose@roycastle.org shortly after confirming receipt of your evidence.

- Can I complete my run before the 1st October?
  We are encouraging supporters to run their 70s Retro run throughout October; however you are more than welcome to complete your run anytime from signing up.

  If you choose to run earlier please remember we won’t be posting any thank yous, including your medal, until the very last day in October.

- 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 run 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 distance. This doesn’t have to be in one go and can be completed over the course of October.

- 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 sign up themselves!

- When can I expect to receive my medal?
  We only have the resources to post your medal at the end of October.

  We will aim to post all supporters’ medals on the last day of October, marking the end of our 70s virtual run.

- When can I expect to receive my exclusive, 80s technical top?
  The technical top will be posted with your 70s themed medal on the last day of October.

- Can I sign up for the remaining retro run series?
  Yes, the retro running series continues throughout 2020 & will continue until January 2021. Anyone who signs up for the full retro running series, will receive the ultimate retro running medal at the end of the series.
2. Strava

How to find our Strava club: head to Strava> Explore> Clubs and then search Roy’s Runner Virtual Running club. Here you will 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 family members 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 and 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 your 80’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 & name so we can located and mark your run as complete when we receive your evidence.

4. Spotify:

To access our 70s running playlist, please follow the link below:

https://open.spotify.com/playlist/65o27P7VVLsKZj41tbGOBN?si=jLGjMgISRI-yFuLM8dF6DQ

5. Just Giving:

We have created a Just Giving campaign to group together all our fantastic fundraising pages, if you would like to create an online fundraising page as part of our JG campaign, please go to the link below:

www.justgiving.com/campaign/70svirtualrun
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 clicking here, or alternatively you can make a direct transfer into the charity’s bank account using the following sort code & account number:

Sort code: 20-51-43 | Account Number: 20861855.

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.

7. 70s Exclusive technical top:

Thank you for pledging to raise the minimum sponsorship or making a donation for an exclusive Roy Castle technical top. Your technical top will be included with your thank you letter, alongside your medal, which will be posted on the last day of October.

We would love to post your well-deserved thank you sooner, but with a lot of our fundraising team now furloughed to protect the charity’s finances our resources are limited and only our lovely colleague Nadia has access to post.

If you didn’t purchase an exclusive 70s technical top, but would like to make a kind donation of £25.00 you can follow the link below that will direct you to our donation page, if you include the reference: 70s tech top & your size, we can get this posted to you.

Our sizes are S, M, L, XL & XXL.

To make a donation for your vest/top, please follow this link:

www.roycastle.org/donate

Otherwise, you can make a direct bank transfer; the charity’s bank details are below:

Sort code: 20-51-43 | Account Number: 20861855.

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

Our Facebook event page will be our hub for all thing 80s, where we will be interacting with all our supporters throughout August! There will be a lot going on so please do look out for it. If you have already joined our group, you can do so by visiting:

www.facebook.com/events/3173017086093164

9. Safety guidelines:

We want your 80s 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.

Our virtual challenge will run throughout August, so 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 70s 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 instructions and stay safe.

We hope you enjoy the second virtual run of our Retro Running series, thank you for your support.

Cathrine

Cathrine Rose
Public Fundraising Officer

Roy Castle Lung Cancer Foundation

70s Retro Run