

Cystic Fibrosis Trust



Team CF
Running Festival
Runners guide

WHOOSH!



Welcome to Team CF!

We want to start off by saying thank you for taking on this challenge for the Cystic Fibrosis Trust! By joining Team CF, you'll raise awareness and help us fund cutting-edge research, drive up standards of care and support everyone affected by the cystic fibrosis.

We've put together this booklet to help you smash your training and fundraising targets. It's full of tips and tricks to help you on your journey.

If you have any questions or need any support, please contact the Community and Events on our email address: events@cysticfibrosis.org.uk

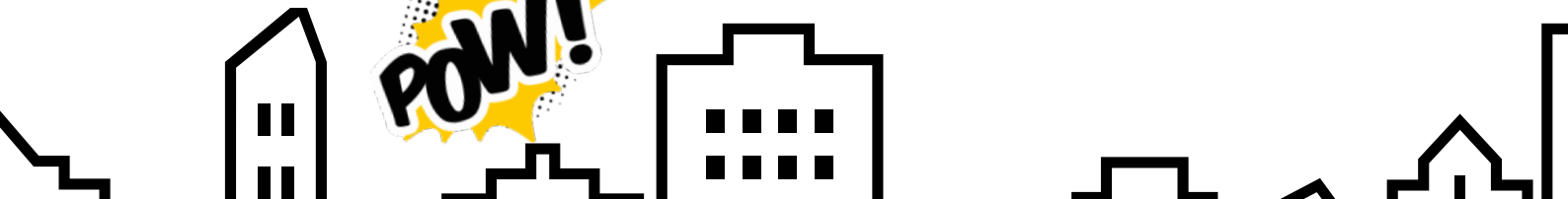
Good luck with your training and fundraising, and thank you for helping us fight for a life unlimited by cystic fibrosis.

Cystic Fibrosis Trust



What a difference your money makes

Your fundraising target goes a long way – take a look at some of the ways it could be used to help motivate you during your training runs!



How do I sign up?

1. Sign up today to receive your unique code! <https://register.enthuse.com/ps/event/TeamCFRunningFestival>
2. Choose your distance and set up your fundraising page.
3. Enjoy the journey with our free training and fundraising tips.
4. Complete your run and share your finisher's selfie on the Team CF Runners Facebook page.
5. Submit your evidence to the team leaderboard.
6. Get your finisher's t-shirt

If you don't wish to share your running time publicly on the leaderboard, please send evidence of your run to events@cysticfibrosis.org.uk and a finisher's t-shirt will be sent out to you.



You're invited!

We have a 'Team CF Runners' Facebook group, where all Team CF runners can share training tips, fundraising advice and personal stories.

We will also be posting exclusive training content from our PT Graeme, to help you with any training or injury queries any time you need it!

-  Find the group on Facebook at www.facebook.com/groups/teamcfrunners

Your very own personal trainer Graeme can advise you on anything from your nutrition to how to use a foam roller!



Taking on a virtual challenge

Steven in Scotland and Donna and her son Callum in Brighton have all taken on their own virtual running challenge. Here, they share their top tips on how to keep motivated, fundraise and have fun!

Steven

You have the freedom of knowing it's your rules, it's what you want to do, and knowing you're supporting an amazing charity that now more than ever really need it is certainly rewarding.

Try to bring some creative elements to your virtual challenge, as it makes it more interesting. I try to take pictures when I'm out on one of my runs.

I've also discovered lots of new routes to run on – ones I've never seen before or haven't been to since I was about 12 playing hide and seek with my friends! It's a benefit of virtual events that a lot of people don't realise.



Donna and Callum

It helps to stick to the same running time every day.

Callum and I ran in the mornings, when it wasn't too hot and before we sat down and couldn't be bothered to get up again!

Share it with all your friends! Get people talking about your challenge and get them on board with what you're doing. I shared updates of our challenge every day – on Facebook and in Whatsapp groups with friends, parents and groups I'm part of. It was a nice bit of motivation to see someone sponsor us.

You can try shake it up a bit! Callum got a bit bored of running in the end and did a bit on his pogo stick. His three-year old sister joined in for some of it as well!

Stay positive, keep going and remember, every very little helps! It's all for a great cause, especially when you think about who it is you are helping – whether that's on a personal level or on a wider level.



Cystic Fibrosis Trust

If you have any questions please contact us by emailing
events@cysticfibrosis.org.uk
or calling **020 3795 2176** – we're here to help!

cysticfibrosis.org.uk/events

© Cystic Fibrosis Trust 2020. Registered as a charity in England and Wales (1079049) and in Scotland (SC040196). A company limited by guarantee, registered in England and Wales number 3880213. Registered office: 2nd Floor, One Aldgate, London EC3N 1RE.