

FAQs



cancer fund
for children

THE BOG RUN 8TH OCT 2017

NI Charity Commission No: NIC100532

Is The Bog Run a race?

The Bog Run is not a race but more an opportunity to challenge yourself against nature. The Bog Run is not a timed event. 5k or 10k – it's up to you! For those who feel they are more than a match for the bog, you will have the opportunity to take part in a 10K version of the run. We are opening up two running bands, so if you think you are Pure Boggin', you can enter the 10K band or if you are more Bog Standard, the 5k will be just right for you! And no matter how far you run, everyone will get a Bog Run medal at the end!

What's the course like?

It's a 5K circuit through thick forest, delightful swampy bog and maybe, there just might be a lake involved somewhere. One thing we can tell you is that while it is challenging and you will definitely get muddy, you will also have amazing craic so get your friends involved and have a bit of fun for a good cause! Look out for the water stop at the halfway point, where we might also have a few sweets and some spare shoes...

Can I bring friends and family to cheer me on?

If you haven't convinced them to take part, then they are more than welcome to come down to Castlewellan Forest Park to watch you get boggin'! Spectators are not permitted on all parts of the course – there will be a designated spectator area at the start/finish line.

What happens if the weather is awful?

Let's face it, if you're put off by a bit of rain then you might not be cut out for the bog! If it rains, the course just gets boggier and will go ahead whatever the weather. Well, unless it snows or Castlewellan has its first ever hurricane, then we might have to re-think things!

What about after, any chance of a shower?

Yes, there will be shower facilities available on the day although they are limited. To save you hanging around, we have also kindly supplied a 'hot tub' (okay, it's actually the lake...and it's not hot!), which will be available for you to jump in! Toilets and changing facilities are also available although space is limited so please be patient.

What should I wear?

- We would suggest really old clothes and shoes that you're not worried about getting boggin' or throwing out after because we can guarantee you one thing...you probably won't want to wear them again! A really old pair of trainers or shoes is ideal and it might even be an idea to tie them to your feet as let's just say there were a few shoeless finishers last year...
- Fancy dress is also encouraged. Never mind the mud, make a fool of yourself before you even dip a toe in... Halloween is just around the corner after all!
- Think about clothes that won't freeze you to the bone if you get wet – layering up might be a good idea! Also, we do not have the facility to store valuables so please leave them behind or with friends or family. There will be a designated area to leave your changing stuff while you run.
- Bring bin bags! Lots of them!! Unless you want your car to look like it did the Bog Run as well!



What about parking?

Parking is available within the grounds of the forest park however, please note there is a charge of £5 per car (this charge is a Forest Service levy) so we suggest you car pool as much as possible! Public transport may also be tricky as it is a Sunday so please check out your options well in advance.

How do I get started with my fundraising?

We are thrilled to be able to get you all together and have a great old time getting boggin' and having a laugh, but the reason why we put on events like the Bog Run is to raise vital funds to help local families living with childhood cancer. We are delighted that by signing up and fundraising, you are showing your support for these families. We receive less than 0.5% government funding and rely on the generosity and enthusiasm of the local community to allow us to offer our vital services. Once registered, you will receive a fundraising pack which includes a fundraising tips and ideas booklet, guidelines for setting up an online giving page and sponsorship forms.

I'm nervous about raising the £80 sponsorship target - any advice?

We understand that raising £80 can seem challenging but we guarantee that once you start, you will be surprised at what you can achieve and how happy your friends and family are to support you! We are here to support you as well with our fundraising packs and materials like buckets, posters, stickers etc that we can give you to get you on the path to that £80. And we're always just an email or phone call away if you need some help! Go on, try your best! We will be delighted with whatever money you raise!

What do I get for taking part?

Really boggin'! But aside from that, each participant receives a fundraising pack when they sign up and then on the day, everyone receives a brilliant Bog Run medal and goody bag filled with snacks and a drink.

How do I get the money that I raise to Cancer Fund for Children?

One of the easiest ways to fundraise is by setting up an online giving page such as Just Giving or Virgin Giving - we include guidelines in our fundraising pack if it's the first time you've done it. You can also collect donations and record them on your sponsorship form and bring the money along on the day of the Bog Run, where our staff will be there to take it from you at registration. Alternatively, you can send in a cheque made payable to Cancer Fund for Children or transfer the money into our bank account:

Bank – Danske Bank

Sort Code – 95-03-32

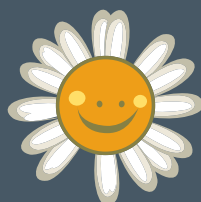
Account Number – 82786885

Just remember to put your name and BR17 as a reference on the transfer.

Any other questions that you have but we haven't covered, please do not hesitate to get in touch! You can call us on 028 9080 5599 or email amanda@cancerfundforchildren.com

We hope you will be able to join us for a truly muddy and marvellous day out to help support Cancer Fund for Children!

Sure, what else would you be doing on a Sunday morning in October?



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for children

event kindly sponsored by

