

## 2010 INVITATION TO THE 10K

To our dear London 10k friends,

### Reach for your running shoes!

We sincerely hope that you will consider helping children with myotubular myopathy again this year by running in the London 10k on Sunday 11<sup>th</sup> July 2010.

### Participate in one of our most important events of the year

In just four years, the London 10k run has raised an amazing £148,000 towards the cost of finding a treatment, or cure, for children with myotubular myopathy. Over 190 wonderful people have run on our behalf, many having run more than once – which proves that many people enjoyed the experience! The amount that has been raised equates to 25% of the total amount we have raised to date (£580,000). This shows why this event continues to be such a special and important event in the Myotubular Trust calendar!

### We need you more than ever

We need your support in 2010 so that we're able to continue what we've started and give these children a real chance of life. Every single penny that you raise really will make a difference, as will your physical presence on the day.

### Something more sedate?

If you don't feel up to running but would still like to support us, we are holding our third 20 mile Thames towpath walk on Saturday 8<sup>th</sup> May 2010. This is an event which can be enjoyed by all ages and is a great day out for all the family. For more information, please contact Melanie Spring at [melaniespring@myotubulartrust.org](mailto:melaniespring@myotubulartrust.org)

And if it *all* sounds too energetic you could set up a regular standing order payment from the comfort of your armchair, for as little as £2.50 per month. Please contact us at [contact@myotubulartrust.org](mailto:contact@myotubulartrust.org) if you would like us to send you a standing order mandate.

### Your support makes such a huge difference

As a result of your support, the research process is now a reality. Friday 18<sup>th</sup> December 2009 was the closing date for our second Call to Grants. We have received some really interesting research applications from scientists with ideas that they believe could lead to a cure for myotubular myopathy. We are now in the wonderful position of being able to fund the most worthwhile of these proposals. With your continued support we will have the potential to fund even more research projects, taking us a step closer to the day when a treatment or cure can be found. Every £1,000 raised pays for a whole weeks's research.

### How do I take part?

1. Ask us for one of our 30 free debenture places (first-come-first served – and as one of our loyal runners we would really like to secure your place quickly.)
2. Book yourself online directly at <http://www.thebritish10klondon.co.uk>

*Please note, this event is incredibly popular. It was oversubscribed last year, so we recommend that you sign up immediately if you want to guarantee a place.*

### Who do I talk to?

If you are able to run for us again, please email Melanie Spring at [melaniespring@myotubulartrust.org](mailto:melaniespring@myotubulartrust.org), to confirm that you have registered yourself, or to let her know that you would like a debenture place. Once you've done that,

perhaps you could persuade a friend, colleague, relative or even a team to join you. We can provide posters to help raise awareness of the event; please let us know if you would like one. And finally, you could also ask your employers whether they would be willing to match the total you raise. We really would love to make this our biggest ever 10k!

**Thank you!**

Without dedicated funds, raised by wonderful people like you, we would still be sitting on the sidelines watching the researchers make progress on behalf of other more common muscle conditions. We would still be wondering if the day would ever come when a cure or treatment could be found for children affected by myotubular myopathy. Fortunately, your support has begun to make our dreams a reality and we are hopeful that a cure may be found within 5 – 10 years. Thank you.

We would like to wish you a very happy 2010 and offer our heartfelt thanks for everything you do to help children with myotubular myopathy.

Best wishes,

Wendy, Anne and Mel



[www.myotubulartrust.org](http://www.myotubulartrust.org)

100% of our supporters donations goes towards research to find a treatment or cure for myotubular myopathy. Our administration costs are paid for by separate, private donation.