

## INVITATION TO THE 2010 THAMES 20 MILE WALK

Dear friends,

This year will be our third Myotubular Trust Thames Walk in support of the Myotubular Trust. It is a 20 mile sponsored walk along the River Thames from Hampton Court to Battersea Bridge.

The first two walks were fantastic fundraising successes bringing in an amazing £56,000+. The atmosphere on both walks has been really great; definitely life affirming and brilliant fun!

Lots of people have already been asking if we will do it again this year and, not wanting to disappoint, we have decided that we will, on SATURDAY MAY 8<sup>TH</sup> 2010. We really hope you will consider doing it with us. It's a great way to get fit in the coming months for the summer and the actual walk is a lovely route along the Thames tow path and (I know this will jinx it) but it has been fantastic weather the last two years.

As most of you will know, the walk is in aid of the Myotubular Trust, a charity raising money to fund research into myotubular myopathy, a devastating muscle condition from which most affected children die. We became involved when one of the girls in our NCT class, Anne Lennox, had a baby boy called Tom, born with Myotubular Myopathy. Sadly, after bravely fighting the condition for almost four years, Tom died in May 2007. It is great to think that this May we can once again do something so positive to remember him and to support other families with children with MM. More information about the charity can be found at [www.myotubulartrust.org](http://www.myotubulartrust.org)

We realise that it is not always easy to raise sponsorship, particularly if you have done the walk before, so if you do want to do it again, please just raise as much as you can and try to rope in a friend, relative or colleague who hasn't taken part before who can raise loads of money! Some people have asked for a guide amount to raise this year per person and we think **£200** would be fantastic but remember, every penny really does help!

If you are at all interested, or know someone who might be, please let us know and if you're free, please come and join us for coffee on Wednesday 3<sup>rd</sup> March from 9:00am until 11:00am at Crumpet on the Northcote Road, London SW11.

### The Walk

The walk is along a 20 mile stretch of the Thames tow path from Hampton Court to Battersea Park. We will catch the train from Clapham Junction and start walking at 9:30am and finish around 3-4pm, depending on your walking speed. It is a lovely route – lots to look at and nice pubs, many of which have been visited by our walkers over the years! More information will follow as to logistics.

### Fundraising

In order to sign up you need to commit to raising some money in sponsorship and it really is true that every penny helps. We will have an online giving facility which will enable you to email all your friends details about the walk and the Myotubular Trust. This is by far the most effective method of fundraising as people tend to be very generous when they give online. Details about how to set up your Bmycharity online fundraising page please visit [http://www.myotubulartrust.com/documents/bmycharity\\_a\\_set\\_up\\_guide.pdf](http://www.myotubulartrust.com/documents/bmycharity_a_set_up_guide.pdf) If you walk, you might also find that your company will match fund all or part of the sponsorship you raise.

Last year several groups from Cap Gemini Management Consultants walked and raised money together as a team and walkers from BP and UBS secured matched funding on every penny that they raised. We were also joined by a group of walkers who are mums at a local school, Hornsby House. Some of the mums from Hornsby House School who were unable to make the walk but wanted to support the Trust held a fundraising evening instead which raised over £1,000.

### Training

Erica Green, our adopted personal trainer, has kindly done a training plan just so that it is not too much of a shock on the day! We would recommend finding a walking buddy to train with, particularly for some of the longer walks nearer to the big day. You should aim to be walking at about 3 miles per hour – the kind of speed you might do if you were late for the bus or late for work. Some of you may not have the time or inclination to do much training – that's fine – you might just ache a bit more the next day. The good news is the route is completely FLAT!

### Sign Up

If you would like to join us, please complete and return the attached registration form to Jo Martin. If you would like to find out more before committing yourself, please email [contact@myotubulartrust.org](mailto:contact@myotubulartrust.org) or join us on 3<sup>rd</sup> March between 9:00am and 11:00am at Crumpet, on the Northcote Road, London SW11. We will have maps of the route, the training plan and some suggestions for shorter walks available there. If you would like to meet on a Saturday morning instead, please let us know and we can organise a date.

There is a £15 registration fee to cover the cost of T-shirts and water stations etc on the day. All the money you raise will go to the Trust who guarantee to spend 100% on research, and nothing on administration costs.

If you are unable to take part in the walk but would like to help on the day, we would love to hear from you.

And finally, please send this email to anyone who you think might be interested – it's not a 'girls only' event – anybody who would like a bit of exercise, a fun day out and could raise money for a very worthwhile cause, would be very welcome! It would be great to see some new faces this year and we'd really love to get more than 100 people walking with us, so please forward this email and encourage a friend to walk with you.

Your support in doing something positive for Tom and other children and families whose lives are affected by myotubular myopathy is greatly appreciated.

*Lizzie Geffen and Jo Martin*