

# Challenge yourself

Events Diary 2016/17



# The power of your pounds

£20

could buy **four special neonatal masks**, small and delicate enough to fit a newborn baby's face.

£44

could give one of our families a good night's sleep in the **hospital's parent and family accommodation**, and let a poorly child stay close to mum or dad.

£110

could cover the **costs of one of our Play team for a day**. The work of the Play team is essential in order to ensure that the children's experience of the hospital is as stress-free as possible.

£500

is enough to cover the costs of one **MRI scan – a vital test** that helps our doctors pinpoint the cause of a child's pain.

£1,421

is enough to cover the costs of a **portable heart monitor** so that our doctors can keep an eye on our young patients' heartbeats.

Two-year-old Aimi  
on Eagle Ward

# We need you

Great Ormond Street Hospital (GOSH) is an extraordinary place that changes the lives of sick children and their families from across the globe. Without the fantastic fundraising of our supporters, the hospital simply wouldn't be the great institution that it is.

By taking on a challenge event, you'll be doing something amazing for the children treated at GOSH. From a run in the park with your family, to a 100-mile bike ride in the sun, to a challenging mountain trek, there's something for everyone.

What are you waiting for? Be a hero and join **#TeamGOSH** today!





# Run for us



“Doing the marathon for GOSH was, without doubt, one of the most rewarding things I have ever done. Running through the packed streets of London surrounded by the cheering crowds, thinking of all that GOSH have done for Emily, raising money for such a worthy cause, and fulfilling a personal goal by completing the race – it was brilliant.”

**Ashley,**  
London Marathon runner.



Put your feet to the test, lace up your trainers and join one of our fantastic running events. We've got a range of distances and terrains to choose from!

## Marathon

Have you got what it takes to cover 26.2 miles? Choose your city and show that you've got what it takes to go the distance!

### Brighton Marathon

17 April 2016



### Virgin Money London Marathon

24 April 2016

### BMW Berlin Marathon

25 September 2016

## Half marathon

Whether you fancy seeing the sights of London or experiencing the electric atmosphere of the Great North Run, we've got the half marathon challenge to suit you.

### Vitality Brighton Half Marathon

28 February 2016



### Vitality North London Half Marathon

20 March 2016

### Vitality Run Hackney Half Marathon

8 May 2016

### Morrison's Great North Run

11 September 2016

### Royal Parks Foundation Half Marathon

9 October 2016



#TeamGOSH hero Danni taking on the London Marathon

[gosh.org/run](http://gosh.org/run)



# Cheer on

# #TeamGOSH



“You don’t have to take on a challenge event to be part of #TeamGOSH, anyone can volunteer at our amazing cheer posts. Whoop, holler, whistle, shout and clap our awesome runners and riders as they whizz past. It’s a great day with a fantastic atmosphere and makes a huge difference to our fundraisers. We can’t do it without you!”



## 10km

Are you looking to get fit with a new challenge, or do you want to smash your personal best time? Whatever your motivation, tackle a #TeamGOSH 10k!

**Virgin Money  
10k London Run**  
10 July 2016



**Morrison's Great Newham  
London Run**  
17 July 2016

**London 10,000**  
30 May 2016

**Richmond Running Festival**  
18 September 2016

[gosh.org/run](http://gosh.org/run)

[gosh.org/cheer](http://gosh.org/cheer)





race for the  
**Kids**



## 5k family fun run

Sunday 15 May 2016 | Queen Elizabeth Olympic Park

[raceforthekids.co.uk](http://raceforthekids.co.uk)



RBC Race for the Kids is our annual 5k family fun run, taking place in London's iconic Queen Elizabeth Olympic Park. Join thousands of people as they follow in the footsteps of Olympic legends and raise vital funds for Great Ormond Street Hospital Children's Charity.

All ages and abilities are welcome to join us for our biggest event of the year. Along with the run, there will be plenty to keep you and your family entertained.

Get a team together with your family and friends and sign up now at [raceforthekids.co.uk](http://raceforthekids.co.uk).

**SIGN UP  
TODAY**



Sponsored by  
Royal Bank of Canada

# Be my hero

## Meet Faiza

Twenty-one-year-old Faiza is one of our #TeamGOSH heroes. Born with a complex form of congenital heart disease, she was treated throughout her childhood at Great Ormond Street Hospital (GOSH). In 2015, Faiza took part in RBC Race for the Kids with a team of friends, raising vital funds for the hospital where she was treated.

“GOSH saved my life,” says Faiza. “I felt that taking on a challenge event was a way to thank the hospital for giving me my life back.

“For some people, a 5k run may seem easy, but for me it’s a tough ask. My heart condition makes it tough to do excessive exercise, but challenging yourself is part of the journey. When I crossed the finish line, I felt relief as my heart was under strain, but also immensely proud of what I’d achieved.

“Without the money raised by all the charity’s supporters, GOSH wouldn’t be able to help children like me who need their expert care.

“Being part of #TeamGOSH gave me the support I needed to keep smiling and get through my challenge. At every GOSH event I’ve attended, there’s always such an amazing buzz and atmosphere, with everyone supporting each other to get to the finish. I’m excited for my next #TeamGOSH challenge – I’m already in training!”

By taking part in a challenge event and raising funds, you can be a #TeamGOSH hero like Faiza, helping the hospital continue its groundbreaking work to improve the lives of children in the UK and beyond.

“Being part of #TeamGOSH gave me the support I needed to keep smiling and get through my challenge.” **Faiza**

[gosh.org/challenges](https://gosh.org/challenges)



# Bike for us

Whether it's a city or the countryside, the UK or overseas, day or night, we've got a huge variety of two-wheeled challenges to test your pedal power.

From beginner to seasoned cyclist, saddle up and take on a #TeamGOSH cycle challenge.

**Ibiza Bike or Hike**  
29 April–2 May 2016



**Velothon Wales**  
22 May 2016

**Nightrider**  
4–5 June 2016

**The Big Sussex Bike Ride**  
12 June 2016

**London to Paris**  
20–24 July 2016

**Prudential RideLondon-Surrey 100**  
31 July 2016



**London to Brighton bike ride**  
11 September 2016

Dr Mark Peters is Professor of Paediatric Intensive Care and has been working at Great Ormond Street Hospital (GOSH) for 23 years.

“Fundraising is so important for GOSH: the money raised allows us to fund major elements of the hospital's work and continue to provide world-class care. That's why I signed up to the fantastic London to Paris cycle.”



[gosh.org/bike](https://gosh.org/bike)

# Trek for us



Join one of our treks in the UK or further afield for an adventure of a lifetime. Tighten your walking boots and see the world in a different light.

## UK challenge

Tick each of our five UK adventures off your list and see some stunning landscapes along the way.

### Isle of Wight Challenge

30 April–1 May 2016

### London2Brighton Challenge

28–29 May 2016

### South Coast Challenge

27–28 August 2016

### London2Cambridge Challenge

2–3 July 2016

### Thames Path Challenge

10–11 September 2016



## Overseas

Take on the challenge of a lifetime and scale one of the world's biggest volcanoes as part of #TeamGOSH.

### Ibiza Bike or Hike

29 April–2 May 2016



### Kilimanjaro Trek

9–29 February 2017



“Signing up to a trek and raising much needed funds is a way of saying thank you to the hospital that gave me so much, and most importantly being part of #TeamGOSH is great fun as well!”

**Elena, past patient and Isle of Wight trekker.**

[gosh.org/trek](http://gosh.org/trek)





Take on IRONMAN® 70.3® Staffordshire triathlon alongside Gordon and Tana Ramsay.

They've secured 100 places on the sold-out event for their team – the GTR100.

Join the GTR100 and receive:

Top of the range HUUB Archimedes wetsuit

HUUB tri-suit, cycling jersey, bib shorts and running kit

Musculoskeletal screening with Team GB Physiotherapists

Invitation to training events alongside elite athletes



With only 100 places available, secure your place today.

[gosh.org/GTR100](http://gosh.org/GTR100)



# Triathlons

## Triathlon

If a run or bike ride on its own won't cut it, throw some water into the mix and conquer a triathlon.

**GTR100-IRONMAN 70.3  
with Gordon Ramsay**  
12 June 2016

**The AJ Bell London Triathlon**  
6-7 August 2016

**Tri for life**  
10-11 September 2016

[gosh.org/triathlon](http://gosh.org/triathlon)

# Unique Challenges

Looking for something different? Face your fears and reach new heights, or keep your feet firmly on the ground in the ultimate muddy obstacle challenge.



## Skydive

**various dates and locations**

Our brave patients and families face tough challenges every single day. Summon your courage, take the leap and join #TeamGOSH.

[gosh.org/jump](http://gosh.org/jump)



## Tough Mudder

**various dates and locations**

Join us for the ultimate obstacle challenge. Whether you're on your own or with your mates, find out just how tough you really are!

[gosh.org/tough-mudder](http://gosh.org/tough-mudder)

# BT TOWER CLIMB

It's a long way up,  
and you're not  
taking the lift

Sign up  
to climb  
up

**Saturday 5 March 2016**  
[gosh.org/towerclimb](http://gosh.org/towerclimb)



# Get involved

There are other ways you can help us change the lives of our patients at Great Ormond Street Hospital.



## TeamGOSH Funds

When? Anytime!

TeamGOSH Funds are built by families and friends to celebrate someone special. Set one up today to help you bring people and fundraising together and keep your child at the heart of everything you do.

[gosh.org/teamGOSHfunds](http://gosh.org/teamGOSHfunds)



## Bad Hair Day

12 February 2016

Join people from across the UK and let your mane reign for the day. Go wild with your hair and make a difference with your do at work, home or school.

[gosh.org/badhairday](http://gosh.org/badhairday)  
#badhairday



## Be an ambassador

When? Anytime!

We need volunteers to join our team of ambassadors. You can be the face of the charity and hospital in your community.

[gosh.org/volunteer](http://gosh.org/volunteer)

## Celebrate and donate

When? Anytime!

Your big day can make a massive difference. By asking for donations instead of gifts, you'll help fund the amazing work of Great Ormond Street Hospital – and that's definitely something to celebrate!

[gosh.org/celebrate](http://gosh.org/celebrate)



WE  
**KNEAD**  
YOU!



## Bake it Better

October 2016

Bake it Better is back! We need budding bakers to join in and hold a bake sale. Your super sponges and tasty pastries will help us keep up the great work of the hospital.

[gosh.org/bakeitbetter](http://gosh.org/bakeitbetter)

# London Santa Dash

A 5K OR 10K *festive* RUN

The London Santa Dash is back for its second year, and will be bigger and better than ever. Release your inner Father Christmas and don a complimentary Santa suit as you take on an amazing festive route, packed with live music, brass bands, carol singers, snow machines and much more. And you'll be rewarded with a mulled wine and mince pie as you cross the finish line!

**Sunday 4 December 2016**  
**London**

Join a red sea of Santas and take on the best 5k and 10k festive run in the Capital!

Register your interest now at

**[londonsantadash.co.uk](http://londonsantadash.co.uk)**

Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024.





### **Challenge Events team**

We'll support you on every step of your amazing challenge.  
If you need anything, or you want to tell us your story, just get in touch,  
we love hearing from you!

**T** 020 7239 3164 **E** [challenges@gosh.org](mailto:challenges@gosh.org)  
**[gosh.org/challenges](https://gosh.org/challenges)**

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