

## ORCHID EVENTS CALENDAR 2010

### 12<sup>th</sup> – 18<sup>th</sup> April – Orchid Male Cancer Awareness Week

Why not organise your own event to raise awareness for male cancer? This year we are looking for people to take part in our 37,000 challenge, helping to highlight the fact 37,000 men are diagnosed with prostate and testicular cancer every year. For more information or a fundraising pack please contact the events team.

### Sunday 25<sup>th</sup> April – The Virgin London Marathon – Places Full!

The Virgin London Marathon is the biggest annual fundraising event in the world and with all eyes on London for the 2012 Olympics, what better time to face the challenge of running 26.2 miles around the historic sites of the capital city. Orchid places are now full, however if you have your own place through the ballot we would love to hear from you!

### Bank Holiday Monday 31<sup>st</sup> May – Bupa London 10,000

Experience this exciting route past historic London landmarks and the capital's breathtaking parks. With 12,500 participants and even more spectators, there is sure to be a great atmosphere!

### Sunday 13<sup>th</sup> June – OrchidCycle Essex

Saddle up for male cancer on this exciting day ride through the beautiful Essex countryside. Starting at Lake Meadows Park, Billericay there is a choice of 20, 40, 75 and 100 mile sponsored cycle ride through the beautiful Essex countryside raising money for research and awareness into male cancer.

### Sunday 20<sup>th</sup> June – Jump For Dad's

Calling all adventurous people! We need you to jump for the men in your lives. By taking part in Orchid's biggest skydive you will be helping to save men's lives from testicular, penile and prostate cancer.

### 9<sup>th</sup> – 11<sup>th</sup> July – 3 Peaks Challenge

Take on the three highest mountains in England, Scotland and Wales, all in under 24 hours! We also have a number of other international treks you can take part in throughout the year – please call the events team for more details.

### 11<sup>th</sup> July asics British 10k

2010 is the 10th annual ASICS British 10K London Run taking in some of London's most famous landmarks. Orchid is lucky enough to have a few guaranteed places, to guarantee your place contact us today!

### 2<sup>nd</sup> – 5<sup>th</sup> September OrchidCycle Paris

Join us on this challenging three day capital city cycling challenge. We're looking for 50 adventurous cyclists ready to join in the fun and camaraderie as we head for the charm, sophistication and romance of Paris!





### 19<sup>th</sup> September – OrchidCycle New Forest

A great day's sponsored cycling through the beautiful New Forest with a choice of three distances for all abilities and fitness levels.

### Sunday 26<sup>th</sup> September – Berlin Marathon

Take on the ultimate challenge, run for Orchid and help us to see the back of male cancer. The race starts and finishes near Brandenburg Gate, and takes in many of this historic city's other iconic landmarks – bringing a whole new meaning to "hitting the wall"! The flat course makes it ideal for first-time marathon runners or the more experienced runner looking for a personal best.

### 26<sup>th</sup> September – Run To The Beat Half Marathon

With live music selected specially and played throughout the course to scientifically boost your performance; this half marathon takes place in Greenwich, South London taking in some of the famous London Marathon route. An instant sell out in 2009 it's guaranteed to fill up quickly again in 2010 so sign up now!

### 10<sup>th</sup> October – Chicago Marathon

Known globally for its fast, flat course, this is a great marathon for a personal best! In addition to its speed, the course offers a scenic tour of Chicago as it weaves through numerous diverse neighbourhoods and dozens of local and historic landmarks. You are guaranteed to see all that is great about the city of Chicago as you breeze through the windy city!

### October – Royal Parks Half Marathon

Encompassing the four Royal Parks of central London, and starting and finishing in Hyde Park, the run will wind its way through the stunning autumn landscapes of St. James's Park and Green Park, as well as parts of Kensington Gardens. This is an exciting half marathon through some of London's most famous parks.

### Sunday 7<sup>th</sup> November – New York Marathon

Passing through the five New York City boroughs of Staten Island, Brooklyn, Queens, The Bronx and Manhattan, this famous marathon goes over 5 bridges and has over 2 million spectators to keep you going. Go for it in the city that never sleeps!

If you would like to organise your own event in aid of Orchid we have plenty of ideas to get you started! Contact the events team to receive your free fundraising pack.

For more details on any of our events please contact Anne or Caroline in the events team on 0207 6018486 or email [events@orchid-cancer.org.uk](mailto:events@orchid-cancer.org.uk)

THANK YOU FOR YOUR SUPPORT

