

RUN

4 YOUR MOSQUE

Ready... Do your part
Set... to help the
Mosque

GO!

*The Prophet (pbuh) said:
"Take benefit of... your youth before your old
age, your health before your sickness..."*

**Help raise funds for
the Maryam Centre.**



Why should I join the run?

The East London Mosque needs your help to fundraise for the Maryam Centre. This is a perfect opportunity to get involved with the Mosque to show your support, but also an opportunity to get fit and active for 2012!

How much do I have to raise?

The minimum target to raise is £500 for the Maryam Centre. The Mosque will help you with support to reach this target.

How can I reach my goal?

Ask friends and family to sponsor you or perhaps you could approach local businesses. You could also setup a justgiving page of your own, through the Mosque page and also remember you can promote your page on Facebook/Twitter.

How long is the run?

The run will be 5.0 kilometres which is approximately 3.10 miles. You can choose to run with your friends!

FINISH **What is the route?**

A full route of the run will be available from Jan 2012. The start of the race will commence from the East London Mosque.

What is the Maryam Centre?

The Maryam Centre is the phase 2 development of the East London Mosque. Join us in this humble cause to raise funds to help finish the new centre.

Who can participate?

This run is for men only – focusing on getting men in our community healthy and active, whilst raising money for a good cause. A separate event will be organised for women.

What are the prizes?

- 6 Umrah Tickets (min age 18)•
- Apple iPad •
- Mountain Bike •
- Nintendo 3DS •

Find us on:



www.justgiving.com/run4yourmosque

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What is the deadline?

The closing date for registration is the 16 March 2012.

How will the Mosque help me reach my goal?

We can offer 1-2-1 support to help get you started and also organise fundraising workshops for participants. There will also be fundraising packs available.

The new Maryam Centre will include:

- Increased prayer space for women and men •
- Educational facilities for girls •
- Health and fitness centre for women •
- Expanded range of women's services and projects •
- Improved facilities for funeral service •
- Visitor and exhibition centre •



'Time to get those sneakers on for a good cause!'

'Sign up now. Lot's of prizes up for grabs!'

YOUR DETAILS

First Name	Surname
Address	
Postcode	Telephone
Email	
Age	Do you have any disabilities?

EMERGENCY CONTACT

1 st Next of Kin Name	
Telephone	Mobile
2 nd Next of Kin Name	
Telephone	Mobile

HEALTH DETAILS

It is the responsibility of the runner to be fit to compete on the day of the run. If you have any medical issues which you think may put you at risk when running, see your GP prior to commencing on a training programme.

Health Status Excellent Very Good Good Average Poor Bad

Do you have any of the following conditions? Asthma Breathing Difficulties Heart Conditions Diabetes Other (please explain below)

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DECLARATION & TERMS

Terms & Conditions

1. You must be able to finish the race in 2 hours or under. 2. Runners must compete on foot. 3. You understand that you are participating entirely at your own risk. 4. The East London Mosque Trust (ELMT) nor its sponsors and suppliers, including local authorities and facilitating agencies be liable for any loss, damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of ELMT, its sponsors, suppliers and facilitating local authorities and agencies or their respective servants or agents from any other cause, including any act of God or the physical condition of the runner. 5. The ELMT reserves the right at its absolute discretion to alter the date of the event or to change the published course as deemed necessary at any time and to alter without prior notice the contents of each race pack and the event media partners.

I have understood the terms and conditions of Run 4 Your Mosque and wish to register for a place. *(Please tick)*

Signature	Date
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The East London Mosque Trust is a registered charity (1122613).



Please return your completed form to:
Fundraising Officer, London Muslim Centre, 46 Whitechapel Rd, London E1 1JX.
Tel: 020 7650 3008 Fax: 020 7650 3002 Email: run4yourmosque@eastlondonmosque.org.uk

Post it back!