

LAKERS 10k Run or 10k a Day in April or May

Hello & Thank You for your interest in Lakers 10k Run or 10 k Steps a Day in April or May

Please let us know which challenge you want to do - the 10 steps a day - or - the 10k run. I can let you know which Apps are good to track your steps if you like. Please find below all the information you need to get started.

We ask all participants to send us the date of their run, or the date they start their steps. If you are doing a 10k all you have to do is send us in a snapshot of your Running app kilometres . For 10k steps a day we ask that you check in once or twice weekly on WhatsApp or text to share your steps for the week to prove your brilliant achievement.

GETTING STARTED

We are partnered with iDonate.ie, you can get started by **setting up your online fundraising page** [HERE](#). Just scroll down to the “Start Fundraising” button, and you will get further instructions to set up your page. If you would like help getting set up please feel free to call or text me on 0867860111. I am available Monday, Tuesday, Thursday and Friday Mornings.

For 10k Runners : If you do not want to fundraise for your 10k Run, we ask that all participants donate €35 or more. This will cover the cost of the T-shirt, medal and postage. Anything over €35 will go to support our online classes for people with special needs. You can give here www.lakers.ie - please leave a note saying you are doing the 10k

T-SHIRT

Please can you send me your **address and T-shirt Size** (Small, Medium, Large or XL) and we will get your free t-shirt sent out to you.

FREE ACCESS to FITNESS CLASSES

If you are not already a member or supporter you may not know that now you are linked with Lakers you can access our **Free Fitness Classes**, with our Sports Instructor Graham Hillick. All you need to do is [Like and Follow our Facebook Page](#) and you can join our Live Facebook Exercise Class every Thursday at 9.30am. You can also access all of our past classes [HERE](#) – You will also see other classes here like cookery, art and story time for kids – please feel free to access all of our video library.

FITNESS EMAILS : Starting in April we will send you weekly fitness emails with helpful tips to motivate and inspire you

FREE ENTRY TO RAFFLE

As you are now registered you are entitled to a **free ticket to our Spring Raffle draw on the 29th of April**. We will send you your ticket numbers for the draw at the end of the week. The raffle takes place on Thursday 29th April. Ticket numbers are sent via email and then your ticket stubs (with your name and phone number) are physically printed and popped into the draw drum for the Raffle Draw on the 29th.

WHERE YOUR SUPPORT GOES

It's now just over a year since we did our first online class for our members with special needs. It's been a weird and challenging year but we are so proud at Lakers to be offering a full timetable of online Zoom classes 6 days a week to support our members and their families during lock down. We have just over 350 members with special needs and offer a wide variety of classes including yoga, exercise from home, mindfulness, art, music, drama, and social meet ups all online. **You can watch a video all about our club and what you are supporting [HERE](#)**

When your challenge is complete you receive a certificate and a medal in the post for your amazing achievement.

I will give you a call to check in with you next week but please feel free to get in touch with me if you need anything or have any questions (mornings are best for me). I am so excited to have you with us, and thanks so much again for lending your support

Kind Regards

Kathy Baker, Fundraising Coordinator

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