

EMAIL TEMPLATES – VIRTUAL SPRINTATHON FOR STAND UP TO CANCER

We've drafted some handy email templates for your Virtual Sprintathon. Simply copy and paste them into your email or calendar invitation.

Email 1 – Invitation to your team - *suggested copy*

Subject: Sprint to save lives in the Virtual Sprintathon for Stand Up To Cancer



*Calling all marathon champs, part-time park runners and couch-to-5k hopefuls. Stand Up To Cancer brings you Virtual Sprintathon, a way for us all to have fun and stay active as a team during these uncertain times. All while raising funds for life-saving cancer research. The idea is simple, we have been challenged to collectively run **[INSERT DISTANCE]** in **[INSERT TIME]** in 100-metre sprint relays, all online using **[Insert video messaging platform e.g. Skype / Zoom / Teams]**.*

When?

[INSERT TIME AND DATE]

Where?

At home using [INSERT VIDEO MESSAGING PLATFORM]

What you'll need to take part

*We're looking for **[INSERT NUMBER OF]** sprinters. If you would like to sprint, all you'll need to do is measure out a 100m running space ready to run on the day!*

- If you don't have much space, you can run on the spot 131 steps (approx. 100m!). Try not to lose count!*
- If you have any outdoor space or can create a hazard free space indoors, you can measure out 5m or 10m and run these 20 times or 10 times. If space is limited, one past runner ran 2.5m 44 times on a balcony – perhaps not 100% accurate but very funny to watch!*
- You can use a tape measure if you have one or your best guess if you don't!*

Please respond to this invite to let me know if you (and any other members of your household) would like to sprint, cheer, or just watch! I'll share more instructions closer to the time.

IT'S TIME TO GET SPRINTING TO BEAT CANCER FASTER.

Watch the [Virtual Sprintathon video](#) to find out more

Thanks and happy sprinting!

Find out more about Stand Up To Cancer: www.standuptocancer.org.uk

You can support Stand Up To Cancer by making a donation: To donate £5 or £10, text SPRINT5 or SPRINT10 to 70404 or [donate online](#).



Email 2 – Instructions – *suggested copy*

Attach running order below

Subject: Virtual Sprintathon: Important Instructions



Hey Sprinters,

We can't wait to see you all at **[TIME]** on **[DATE]** for our Virtual Sprintathon where we're hoping to run **[DISTANCE]** in **[TIME]** as a team.

Here's some important pre-event instructions:

1. You should have already marked out your 100 metres at home. If not, please be sure to do so before **[TIME OF SPRINTATHON]**.
2. Please study the running order template attached and please note ALL the sprint numbers for you and anyone else taking part in your household. You'll find this in **the running order**.
3. Let's show our support for Stand Up To Cancer by wearing orange or you could raid your dressing up box and get creative!

4. If you have a printer at home, you can print out your running number and other materials. [Download them here](#). If you don't have a printer you can always create your own materials at home the old school way!

Please note:

- **Safety is paramount** so please make sure you have a hazard free space to run or simply run on the spot for 131 steps.
- If it's possible, set up your device camera so that everyone can see your sprint, or at least part of it.

Good luck and happy sprinting!

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SU2C VIRTUAL SPRINTATHON RUNNING ORDER

RUNNING ORDER	NAME
1	<i>e.g. John Smith</i>
2	
3	
4	
5	
6	
7	
8	
9	
10	