



LONDON RUNNERS COME TO RACE AMONGST THE AUTUMN LEAVES FOR THE RAINFOREST IN NEW RACE SERIES – 4 RACES, 4 CORNERS & 4 SEASONS FOR CHARITY!

The Rainforest Foundation UK's 4 Seasons Challenge is moving from strength to strength! Having hosted the cream of London's running community as they blazed a trail through the Spring and Summer challenges, we're all looking forward to the 4 Season's Autumn 10K and kids 1K on Sunday September 18 in North London's lovely Finsbury Park. Finsbury Park, one of London's oldest Victorian Parks is the former home of our annual 10K rainforest race and a track we all know and love (or love to tackle!).

THE 4 SEASONS CHALLENGE: Four 10K races held in four parks across North, South, East and West London. Run one, run them all...

The events are organised in partnership with 2:09 Events, run by Mike Gratton, former winner of the 1983 London Marathon and British Commonwealth Games medallist. Mike has ensured that the pace is by no means cooling with our Autumn 10K race, as both a mix of the most dedicated runners and those just wanting a bit of fun, will all have a great race in North London this September!

The run will start at 10.30am with a 1K Fun Run for kids under 9, where parents are welcome to run with their children if they are very young or would like the extra support. The 1K will be followed by a warm up for the 10K runners with the main race starting at 11.15am. This is a chipped race on flat terrain with some hilly areas, running on both grass and concrete paths. The course is accurately measured by 2:09 Events, with marshals and frequent water stations along the route.

Former London Marathon and Commonwealth Games medallist Mike Gratton from 2:09 Events says, "The 4 Seasons Challenge gives a unique opportunity to measure your performances

over a year and in different climatic conditions while keeping you motivated for the next target. Each course is different, some with more inclines and flat stretches but each with their own separate test to a runner's abilities and personal best time. Plus competing in each of the 10k runs is a really great way to understand what London running really is."

A festive crowd always attends the 4 Seasons Challenge events, both to run the kid's 1K and our usual 10K and cheer for those supporting the rainforest. And we'll of course have the all usual extras including refreshments and massage therapists, as well as the much appreciated Zumba warm-up!

Runners can enter individual races as a one-time competitor or register for the full 4 Seasons Challenge with the 2012 event dates soon to be launched (so if Finsbury Park will be your first race you can still complete the full challenge!). There are no rules about which race must be completed to begin the Challenge, you just need to compete in four consecutive events.

Race entry fees: £20 for 10K Race and £5 for 1K Fun Run.
Entry for all four 10K races: £60.

Why not register now? Registration is open at www.rainforestfoundationuk.org/4SC .

Once registered, runners will also be able to compare their times over all four events and have access to exclusive online & in-pack content from a variety of industry and celebrity sources for race registrants to help them train towards their own personal challenge goals.

Above all, participation in the 4 Seasons Challenge will help protect the rainforests of the world and the communities living within them, both of which are under threat every day.

Event information:

Autumn: Sunday 18th September - 4 Seasons Autumn, Finsbury Park.

Winter: Sunday 13th November - 4 Seasons Winter, Crystal Palace.

Spring: TBC April 2012 - 4 Seasons Spring, Kew Green.

Summer: TBC July 2012 - 4 Seasons Summer, Hackney Marshes.

More information is available at www.rainforestfoundationuk.org/4SC

Good luck!