

WELCOME TO TEAM PUMPING MARVELLOUS

Fundraising made easy



Organised Events

TEAM PUMPING MARVELLOUS



We are really quite enamoured that you have chosen to fundraise for The Pumping Marvellous Foundation. It could be because –

- Our name made you laugh or your finger slipped on your keyboard and replaced the “u” with an “i”.
- You’ve seen one of our fundraisers and thought yes that’s cool
- You want to help the 1,000,000 people and their families who have heart failure in the UK

We HOPE it’s everyone but just have fun and raise funds to give patients and their families HOPE.

Nick Hartshorne-Evans (“Just a patient”)
CEO – Pumping Marvellous Foundation

Which team members should read this?

This booklet is for people participating in organised events like:

- ♥ Running events
- ♥ Swimming events
- ♥ Trekking and walking events
- ♥ Cycling events
- ♥ Triathlons and duathlons
- ♥ TOUGH events
- ♥ Other pre-organised events

No minimums at TEAM PUMPING MARVELLOUS

Unlike some other charities we don't demand a minimum amount you have to fundraise. We have three main objectives when you attend an event representing our charity. In no particular order we want you to raise as much money as possible, to have FUN doing it and by you wearing our cool kit we build awareness of our charity and heart failure.

The easiest way to raise money is through the internet. We use **Virgin Money Giving** and **JustGiving™**
Your sponsors can then manage their gift aid donations on line.

Old skool style sponsorship forms will be included in your pack for old skool style fundraising. On request we will supply you with our bank details so you can pay your hard earned monies into our account.

And this is what makes **TEAM PUMPING MARVELLOUS DIFFERENT.**

Some of our larger events will include our friends at **LEAN** who will help you achieve your goal through exercise and nutrition coaching through our Facebook event page during your preparation. Top tips from the experts and it's **FREE.**

Access to the events page is open to any **TEAM PUMPING MARVELLOUS** member where you can pick up tips on exercise and nutrition but only the larger events attract programmes designed by **LEAN.**

www.leanbootcamps.co.uk



JustGiving



You get more bangs for your bucks with TEAM PUMPING MARVELLOUS

So what do I get –

FOR RUNNING AND TOUGH EVENTS EITHER

A TEAM PUMPING MARVELLOUS dry-fit top (tight fitting) or
A TEAM PUMPING MARVELLOUS running vest (loose fit)
and a TEAM PUMPING MARVELLOUS training top

FOR SWIMMING

A TEAM PUMPING MARVELLOUS Speedo® style trunks + personalised
swim cap
OR
A TEAM PUMPING MARVELLOUS strapped swimming costume +
personalised swim cap

FOR TREKKING AND WALKING EVENTS

A TEAM PUMPING MARVELLOUS cotton t-shirt

FOR CYCLING EVENTS

A TEAM PUMPING MARVELLOUS cycling top

FOR TRIATHLONS AND DUATHLONS

A TEAM PUMPING MARVELLOUS dry-fit top (tight fitting)
OR
A TEAM PUMPING MARVELLOUS running vest (loose fit)
AND
A TEAM PUMPING MARVELLOUS Speedo® style trunks +
personalised swim cap
OR
A TEAM PUMPING MARVELLOUS strapped swimming costume +
personalised swim cap
AND (Triathlon Only)
A TEAM PUMPING MARVELLOUS cycling top

ALL PARTICIPANTS WILL GET

A magic TEAM PUMPING MARVELLOUS wristband.
On completion you will also receive a certificate of completion.

What Team Pumping Marvellous expects from you

As you are wearing your new gear you suddenly turn into a **"BRAND AMBASSADOR"** of **TEAM PUMPING MARVELLOUS** so we only think it's fair to ask:

- ♥ You fill your event documentation out accurately
- ♥ Be polite to everybody, even those who jostle you out of their way
- ♥ Say please and thank you
- ♥ Help team members if in distress
- ♥ Raise your hands in the air at the **"tape"** like an Olympic champion
- ♥ Don't blame us if you're tired!

Just a reminder why you are part of Team Pumping Marvellous

Heart Failure affects close to 1,000,000 in the UK. It has a worse prognosis than most common cancers. It doesn't just affect older people it can affect anyone. There currently is no cure for Heart Failure but the condition can in most circumstances be managed. The Pumping Marvellous Foundation gives sufferers and their families **HOPE**.

- ♥ **HOPE** that one day there will be a cure
- ♥ **HOPE** that they can manage their condition
- ♥ **HOPE** that sufferers get equal care wherever they live

Sufferers and their families are at the heart of what we are about. All the information we produce is developed by people who have heart failure. All the work we do with the NHS is patient led, giving sufferers a voice in their care. Your donations make up a significant proportion of our revenue. Without you we can't do what we do.

Patients helping patients...



TEAM PUMPING MARVELLOUS HQ

Any questions call us free on 0800 9 788133



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Twitter [@pumpinghearts](https://twitter.com/pumpinghearts)



Pumping Marvellous

