

## Run the British 10K London Run for YouthNet

### About the race:

Who needs a sightseeing tour when you have the British 10K London Run?!

Set in the heart of London, the route follows the Thames and passes Big Ben, St. Paul's Cathedral, Trafalgar Square and the London Eye amongst other iconic sights. Whether you've completed a 10K before, or you're an absolute novice, we'd love you to take part in aid of YouthNet.

**Where:** Westminster, London

**When:** Sunday 11 July 2010

**Registration fee:** £40

**Sponsorship target:** £300



*"The YouthNet cheering team were fantastic and seeing them madly waving banners and shouting my name really helped when the going got tough"*

**Julie – British 10K  
Runner**

**Who:** You must be over 15 to take part.

No previous experience is required and with the atmosphere spurring you on we're sure you'll have a day to remember. We'll provide you with fundraising and training advice and your very own YouthNet cheering squad!

### How to register:

For more information on how to sign up, please call Cat on **020 7250 5767** or email [catherine.skakle@youthnet.org](mailto:catherine.skakle@youthnet.org).

**YouthNet** is the charity behind [www.TheSite.org](http://www.TheSite.org), the online guide to life for 16 to 25 year-olds which provides vital advice on topics ranging from relationships and sexual health to housing, work and study 24 hours a day, seven days a week. With today's young people living their lives seamlessly on- and offline, our aim is to truly revolutionise online support for young people. From ensuring that they can get 'real time' help from a team of experts in moments of crisis to allowing them to personalise content and ensure they find the advice they need quickly and easily, every pound you raise will take us one step closer to attaining that goal and ensuring that no young person's question goes unanswered. Thank you.