

Weekend of Fundraising Fun Fact Sheet

When: 25th – 26th August 2017

Where: Rheinauhafen, Cologne

Why: Our weekend of fundraising fun is all about raising money for the Lifeplus Foundation.

All funds raised from the weekend will be used to ensure safe water sources for a rural community in Southeast Kenya.

This community of 3,000 has never had reliable, local water but with the help of the Lifeplus Foundation that will all change. By funding sand dams, school water projects, and hygiene and sanitation education; health will improve, children will return to school, farmers will yield better crops, and hope will be restored.

What's Happening?

On **Friday 25th August 2017** we'll be kicking off our fundraising weekend, with a 'Party with a Purpose' starting at 16.00 hrs (CET). As well as welcoming our intrepid Lifeplus cyclists, there will be food, music and many fundraising activities.

On **Saturday 26th August 2017** it's our Heart & Soles Fun Run. You can either walk or run 5km, or run 10km along the river Rhine between Südbrücke & Severinsbrücke. We're even holding a Junior Fun Run as well. Check-in opens on the day at 08.00 hrs (CET) & the race begins at 10.00 hrs (CET).

To buy tickets or register to participate for either of the events please go to www.lifeplus.com or www.lifeplusfoundation.org.

Please note that participants taking place in the Heart & Soles Fun Run must be 13 years of age or older.



Frequently asked Questions (FAQs)

What is The Lifeplus Foundation Heart & Soles 10k/5k?

It is a 5km or 10km (2 laps of 5km) run/walk based at the waterside next to the scenic Rheinauhafen marina in Cologne, Germany. The 5k route offers a run or walk option. The 10k offers a run option only.

What is the Party with a Purpose?

Starting from 16.00 hrs (CET) this will be an afternoon of fundraising fun in the sun, food and drink and all in a beautiful setting. We will also be celebrating the arrival of our intrepid Lifeplus cyclists who have cycled over 500km to help raise money for such a worthy cause.

Do I have to be attending the Lifeplus recognition gala to participate in these events?

No, you are welcome to participate regardless of whether or not you are attending the recognition gala later on Saturday evening.

When do I arrive?

Our fundraising kick-off party will start from 16.00 hrs (CET). If you are taking part in the Fun Run on Saturday, you will be able to check-in and pick-up your goody bag.

I'm not a runner, can I still take part?

Sure! You can register as a walker or a runner or you can just come and be a fan!

Can I bring my kids? What about dogs?

Yes, you can bring children to both the Fun Run and Party with a Purpose but tickets must also be purchased for children. You must be 13 or older to participate in the 5K or 10k Fun Run and we are also holding a separate Junior Fun Run for 6-12 year olds. Unfortunately no dogs are allowed.

Can my friends and family take part?

Yes we welcome anyone over the age of 13 to take part in the Heart & Soles Fun Run race.

Can I ride my bike during the fun run?

Sorry, no bicycles allowed.

Is the race timed?

Yes! The race is being professionally timed for all runners. Walkers will not be timed and may go at a leisurely pace.

Where do I park?

There is plenty of parking 300-400 meters from the track.

Can I fundraise?

Absolutely! We have a set up an account with www.leetchi.com where you can create your own fundraising page and share with your family and friends. And to make it fun, the top individual and team will receive a special award on race day!

Can I make my own team?

Yes you can create your own team. Individual and team donations are encouraged to be made directly to The Lifeplus Foundation at:
IBAN - DE23 5001 0900 0020 8070 11
SWIFT – BOFADEFX
Make sure to include your team name!
You can go to www.leetchi.com and set up a personal or team fundraising page as a secondary option. Prizes will be awarded to top individual and team fundraisers will be recognised at The Lifeplus Foundation Heart & Soles Fun Run.

Can I participate on the day if I haven't purchased a ticket?

Unfortunately you cannot participate if you have not purchased a ticket in advance. We do welcome you to come and watch and support our runners!

Can I change my race category once I've registered?

Yes this is possible but we would require confirmation of any changes two weeks prior to the event. If you decide to make any changes to your registered category, please email marketingevents@lifeplus.com

I can't make it, or I don't live in the area, can I still make a donation?

Yes of course and thank you! Please go to www.lifeplus.com or www.lifeplusfoundation.org to make a donation. You may designate your gift for the Lifeplus Foundation Heart & Soles Fun Run.

In the event of inclement weather will either events be cancelled? What about refunds?

Both events will go on as planned, rain or shine, unless conditions are deemed officially unsafe for the fun run. Sorry, no refunds.

What if I have a question that is not answered here?

Please email us at marketingevents@lifeplus.com with any questions you may have regarding the weekend events. If you have questions pertaining to the Lifeplus Foundation please email ConnectWithUs@LifeplusFoundation.org

Hotels in Cologne

For those of you who may be looking for somewhere to stay after Fundraising weekend in Cologne, you can find below a choice of hotels located nearby the event, where we have a number of rooms allocated to us. Just simply quote Lifeplus when making your booking.

Steigenberger Hotel

Habsburgerring 9-13,
50674 Köln,
Germany
Tel: +49 221 2280
Email: cologne@steigenberger.com
Website: www.steigenberger.com

Wyndham Koeln

Breslauer Platz 2,
50668 Köln,
Germany
Tel: +49 221 16 510
Fax: +49 221 8010 3666
Email: info@wyndhamkoeln.com
Website: www.wyndhamhotels.com

Please note there's an additional 5% City Tax charged at all hotels in Cologne