

## **4<sup>th</sup> September 2008**

### **Garmin joins forces with Cancer Research UK to help fundraisers**



Global leader in personal satellite navigation Garmin has become an official partner of Run 10k for Cancer Research UK 2008. The 2008 Run 10k series will be the charity's biggest ever, aiming to raise over £5 million to fund its life saving work by bringing together 50,000 men and women at 41 events across the UK this autumn.

Run 10K is one of Cancer Research UK's flagship fundraising events, and people of all abilities, from complete beginners to competitive runners, are encouraged to take part.

Andy Silver, Fitness Product Manager for Garmin, commented: "Garmin UK has chosen Cancer Research UK as its main charity because of the pioneering world-class research it undertakes and its links with health and fitness. We want to encourage as many people as we can to take part in the Run 10k event series and raise as much money as they can."

In recognition of this, Garmin has teamed up with Runner's World to provide online training programmes for participants to use alongside its Forerunner series of training watches. Andy added, "Our aim is to help people get fit and have fun which is why we have developed the downloadable 'Garmin-ready 10K training schedule. People of all fitness levels taking part in this year's Run 10k series can follow the training course for just six weeks and they should be ready to run in their local 10k event. It really is an achievable challenge."

Run 10k for Cancer Research UK is a unique event series taking place at some of the most scenic venues in the UK, including Petworth House, Hampton Court Palace and Castle Howard.

Louise Holland, director of events at Cancer Research UK, said: "Run 10k for Cancer Research UK is the perfect opportunity for people to get out into the great outdoors at unique venues and raise money to help beat cancer. "Run 10k is an achievable challenge for everyone with some training, this partnership is a fantastic opportunity to offer more to those training for this year's Run 10k."

Run 10k is open to men and women over the age of 16. To enter your nearest event or for more information visit [www.run10k.org](http://www.run10k.org).