



# #UKKWFunRun

## About

The UKKW Virtual Fun Run will take place at the same time as UKKW Virtual Conference – 5th-15th October 2020. The length of the run will be 26.2 miles, which participants can register on an individual basis or as a team, or both.

The event will be all inclusive include walking, running and cycling participation to cover the 26.2 miles.

UKKW are hoping that everyone can get involved to help us to raise funds, for the following kidney disease charities:

- Kidney Care UK
- Kidney Research UK
- National Kidney Federation

If you can walk or run the 26.2 miles, we are asking you to donate £10 per person to take part, which will be split between the three charities.

## About the charities involved



Kidney Care UK is the leading kidney patient support charity providing practical, emotional and financial support to kidney patients and their families. During the crisis, demand for our services has increased significantly so please support our fundraising event so that together we can ensure no-one faces kidney disease alone.

As the largest kidney research charity in the UK, nothing is going to stop us in our urgent mission to end kidney disease. We're here to be heard, to make a difference, to change the future. This is a disease that ruins and destroys lives. It must be stopped.



Over the past 60 years, our research has made an impact. But kidney failure is rising, as are the factors contributing to it, such as diabetes and obesity.

Today, we are more essential than ever.

Kidney disease affects three million people in the UK, treatments can be gruelling and currently there is no cure. Only research will end this.



The National Kidney Federation (NKF) is the only UK charity run by kidney patients for kidney patients. We provide a free-to-call Helpline, which supports 200 patients per week, and we are the largest producer and distributor of kidney-related information leaflets. The NKF also campaigns to persuade government, the Department of Health and Social Care, and the NHS to provide improved treatments and the best possible patient experience.

Donations received will help us to support more kidney patients nationwide and would enable our Helpline to continue to operate.

## Submitting your miles

Track your miles using a pedometer or using tech such as an Apple watch, fitbit, Garmin or apps such as Strava or MyFitnessPal.

Proof of miles can be in the form of a screen shot from your phone of strava, garmin or any other tracking app route. We will also accept a photo from your phone from a fitbit, running watch etc, google maps. **Please send all evidence to [info@ukkw.org.uk](mailto:info@ukkw.org.uk) before 10am Thursday 15<sup>th</sup> October 2020.**

## Going online

Please keep everyone updated on your progress with pictures or videos of your challenge achievements via social media.

- Make sure to mention/tag @UKKW2020 wherever possible
- Please use hashtags such as #UKKW2020, #UKKWFunRun, @kidney\_research, @NKF\_UK, @kidneycareuk
- Please use photos and videos wherever possible

UKKW 2020 Twitter: <https://twitter.com/UKKW2020>

British Renal Twitter: <https://twitter.com/BritRenalSoc>

Renal Society Twitter: <https://twitter.com/RenalAssoc>

## Prizes

A montage of photographs will be shown at the end of the conference, including award announcements for:

- First team to complete the 26.2 miles combined
- First individual to complete the 26.2 miles
- Most entries from a single renal team

## Stay Safe

COVID-19 has created a “new normal” for all of us. To complete your challenge safely, please follow all current Government’s social distancing advice, especially with regards to your own personal health.

Please [click here](#) for the latest Government advice.