

Running for the Rainforest

TCS London Marathon 2025

GOLDEN BOND REGISTRATION

Rainforest Foundation UK (RFUK) is a non-profit organisation committed to both human rights and environmental protection when it comes to tackling deforestation. Locally, we support forest communities to gain land rights, challenge destructive industries, manage their forests and protect their environment. Globally, we campaign to influence national and international laws and policies that protect rainforests and their inhabitants.

Instead of conserving forests purely for their biodiversity or carbon values, RFUK promotes the establishment of community rights over rainforest lands, tackling the root causes of deforestation and paving the way for local people to benefit fairly from the use and protection of forest resources. We deliver our work through long-term partnerships with local and indigenous peoples' organisations so that capacity is sustained in rainforest countries.

Since our founding in 1989, the Rainforest Foundations of the UK, US and Norway have supported communities to secure and protect more than 84 million hectares of tropical rainforest — an area roughly the size of Scandinavia.

1. YOUR DETAILS

(*mandatory fields)

TITLE: MR / MS / MRS / MISS / MX / DR / OTHER:

FIRST NAME*: SURNAME*:

ADDRESS*:

POST CODE*:

EMAIL*:

MOBILE TEL*: HOME TEL:

DATE OF BIRTH*:

OCCUPATION:

EMPLOYER:

Social media handle(s):

2. ABOUT YOU

Please share why you would like to run for **RFUK**:

i. Previous Running Experience

a. Please tick the box(es) which best describe you:

- I run regularly
- I do not run regularly, but am prepared to start training regularly for the Marathon
- I used to run regularly, but am planning to start again to train for the Marathon

Please elaborate on your running experience and motivation for taking on the challenge of 26.2 miles:

b. How long do you expect to take to complete the London Marathon?
Please put down your best estimate.

c. Have you ever incurred any **serious injuries** from running or other physical activity?

YES NO

If yes, please give details:

ii. Fundraising Experience

a. Have you taken part in any charity fundraising activities before?

YES NO

If yes, please give details of up to 2:

Fundraising Activity 1

Date(s):

Charity:

Further information:

Fundraising Activity 2

Date(s):

Charity:

Further information:

b. Have you supported (donated to, fundraised for, worked or volunteered for) RFUK before?

YES NO

If yes, please provide details:

Please read the following paragraph carefully.

RFUK has a limited number of Golden Bond places for the 2025 TCS London Marathon, which we have to purchase from the race organiser. We ask that all runners taking up a Golden Bond place pledge to raise **£1,850** for the charity and pay a deposit of **£100** to secure their place. We are here to help you with advice and tips on your fundraising, as well as to help you learn more about our vital work, but it is important that you already have an idea on how you will raise the sponsorship pledge.

- c. How much money do you aim to raise in sponsorship for Rainforest Foundation UK? _____

Please tell us how much you estimate to raise from:

Family:

Work/Education:

Friends:

Other:

- d. How do you plan to fundraise for RFUK? Answer in the space below.

iii. Miscellaneous

- a. Please tick the statement that applies to you:

- I have applied to the official ballot
 I have not applied to the official ballot

- b. How did you hear about RFUK?

- Word of mouth RFUK website RFUK newsletter
 Social Media London Marathon website
 Internet search Other (please specify below)

Terms and Conditions

1. Participants must be fit enough to cover the distance of the London Marathon (26.2 miles). If you are over 65 years old, or if you have any sort of medical condition, which could be adversely affected by exercise, particularly any sort of heart condition, you must obtain a medical certificate from your doctor. By signing the pledge form you are confirming that to the best of your knowledge, your general state of health is good and that you take full responsibility for yourself.
2. Participants participate at their own risk and agree to indemnify RFUK, or its employees against claims for loss or damage to personal property, personal injury (or death), and any claim arising from the entrants own actions.
3. RFUK has a limited number of Golden Bond places. You can apply if you pledge to run the TCS London Marathon 2025 for RFUK and pay in a declared sponsorship of £1,850 (not including Gift Aid) or more to RFUK in 2025. If you need more time to collect your sponsorship, please let RFUK know in writing.
4. By signing this document, you commit to achieving an absolute minimum fundraising target of £400 for RFUK, or risk being replaced in the race. If a minimum target is not reached, you will be expected to make up any difference in the cost to us of you taking part in the race.
5. You agree to pay a £100 deposit to RFUK once you have been accepted on to the Team, as a guarantee that you will raise, or exceed, the amount that you pledge. We request payment of the £100 within 14 days of your acceptance. The funds will count towards your fundraising target. If, for any reason, you aren't able to run the TCS London Marathon 2025, the deposit will be kept as an administration fee.
6. A written application for a RFUK Golden Bond place must be submitted on the application form above, by email to events@rainforestuk.org. RFUK will notify you of the outcome of your application in writing; if you are not successful you may be placed on RFUK's waiting list for Golden Bond places.
7. RFUK will advise you on the recommended ways to pay in your sponsorship. This is to ensure that RFUK can easily trace funds that you pay in. RFUK cannot be liable for cheques lost in the post, or monies paid to RFUK in any way other than those that RFUK has recommended. The amount that RFUK deems to have been raised by you will be the amount that RFUK has recognised as having been paid in to its bank account by you.

8. If you sustain a training injury during training, please contact us. It is important that you do not take part in the Marathon unless you are completely fit to do so. RFUK will defer your place and your fundraising commitment for a maximum of 1 year. However, you must agree to abide by all Terms and Conditions that RFUK publishes for the subsequent event. This includes any increase in the amount of sponsorship money you pledge to raise.
9. All Golden Bond holders agree that images taken on the day may be used by the RFUK to promote the TCS London Marathon in the future.

DECLARATION

I confirm that I am applying for a Golden Bond Place to run the TCS London Marathon 2025 on behalf of, and to raise sponsorship money for, Rainforest Foundation UK. I have thoroughly read and agree to the conditions of accepting this place. I confirm that I pledge to raise a minimum of £1,850 and that my general state of health is good.

I have read and agree to be bound by the terms and conditions enclosed with this application pack.

Name:

Date:

Keep in Touch

We would love to keep you updated with our news, campaigns and appeals. Please let us know if you would be happy for us to contact you via:

Email Post Phone

Privacy Policy

Your privacy is important to us and we will always store your personal details securely. To view our privacy policy visit: www.rainforestfoundationuk.org/privacy-policy

Deposit Payment

If you are accepted for a place, we will contact you in order to process a £100 payment for your deposit. A receipt of the payment will be sent together with your fundraising pack.

Thank you!