

Taking Part in a Sponsored Fun Run, 5K, 10K, Half Marathon or Marathon for Aiden

Thank you for taking part in an event for Aiden; it really will help make a difference.

Follow the steps and links below.

1. Follow one of the links on facebook.com/HelpAiden to a run near you that you want to attend. We will be posting up runs regularly so keep checking back. There will also be a list of runs available on Aiden's website in the events section.
2. Register for the run using the site you are directed to (*please note some runs require a booking fee to secure a place. The Aiden Cox Foundation will not be able to reimburse this money – sorry*) – if you have to add who you are running for please put The Aiden Cox Foundation
3. Once your place is booked – log on to facebook.com/HelpAiden and tell us which run you will be doing. Other Aiden fans may be running in the same event so you can meet up if you like – we will also try to pop along and support you if possible.
4. Download the Aiden Cox Foundation sponsorship form at aidencox.com/downloads, print it out and get people signing. Tell them what you are doing and who you are raising money for.
5. Prepare well for the race so you can have fun on the day. Keep in touch through Aiden's FB page with posts about how you are doing, and pictures too please, so we can all support you and cheer you on.
6. RUN DAY! – have a great time – enjoy!
7. After the race, collect your sponsorship money and pay it in at www.aidencox.com or contact us for other ways to arrange payment.
8. Feel incredibly good that you have done something amazing to help an incredible little boy.

A Big THANK YOU from Aiden!



[helping to overcome cerebral palsy](https://www.aidencox.com)