

# TCS Virtual London Marathon 2022

## Everything you need to know

### Before

- Remember to [set up your JustGiving page](#), [order your vest](#) and [iron on letters](#).
- Make sure you've planned your route ahead of time. It's crucial that you plan enough water breaks, have a safe running environment, and avoid any dangerous traffic or terrain!
- [Check out our training hub](#) to read about pre-race nerves, marathon event day planning and checklists.

### During

- British weather can be unpredictable, so make sure you check the weather a few days beforehand and have the appropriate clothing - and don't forget the sunscreen!
- The organisers will be in touch soon about how you can download the official 42nd Race app where you'll be able to track your 26.2 miles and earn your medal and finishers t-shirt, so do look out for their email.
- Take lots of pics! Share them on social media with the hashtag **#TeamMind** so we can see you on route.
- Post on our Facebook group to share your experience and connect with other virtual runners all around the country.

### After

- Send us any pictures you would like to share with us to [londonmarathon@mind.org.uk](mailto:londonmarathon@mind.org.uk) with the subject line 'Virtual London Marathon pictures'
- Make sure you are set up on the app before your big day so that your completion is recorded. This is how you will receive your finishers medal and t-shirt.
- Check out our [post-event fundraising tips](#) to make sure you are crossing your fundraising finish line.

If you have any questions regarding the event, please contact the event organisers [using this form](#)

If you have any questions about your fundraising or anything Mind related, please contact us [\*\*londonmarathon@mind.org.uk\*\*](mailto:londonmarathon@mind.org.uk)

Thank you so much - together we can make sure no one faces a mental health problem alone.

*Please be aware that photographs may be taken of you. We may use these photographs for the purpose of marketing future events online and on print materials, for a period of 5 years. This sometimes includes allowing partners with whom we work closely to use images to publicise our work (for example, Great Runs/London Marathon events/Grouped Events etc.) If you'd prefer for your photograph not to be taken and/or used, please let the us know so that we can make the necessary arrangements.*