



**Royal
Osteoporosis
Society**

Better bone health for everybody

My Mighty Miles Terms and Conditions

By registering for our 'Mighty Miles' challenge for the Royal Osteoporosis Society you are agreeing to the following Terms and Conditions:

Fundraising

1. It is free to register for this event.
2. There is no set target for this event. Instead, we ask that you raise what you can for the Royal Osteoporosis Society (ROS).
3. You will earn an ROS medal if you raise over £100.
4. This event can't be used as a means to raise funds for an alternative charity.
5. Any funds raised should be donated to the ROS within 4 weeks of your chosen event date, or no later than Monday 30 September.

Facebook group

6. The Facebook group is optional for this event – you don't have to join if you don't want to.
7. By joining the group, you agree to the rules stipulated by the group admins within the group.
8. Group admins reserve the right to remove your posts/your profile from the group if you breach our group rules.
9. Our group is lightly moderated 9-5 Monday – Friday, and is checked during evenings and over weekends.

Responsibility

10. ROS are not liable for the organisation of your own event.
11. This challenge is completed in your own time in August, in your own environment. You must ensure that you are medically fit to participate in the event. You take part at your own risk. The Royal Osteoporosis Society does not accept any responsibility for any injury, loss or damage incurred prior to, during, or resulting from, participating in the event. If you are in any doubt, or experience any medical symptoms, seek medical advice.
12. This event is not a race. Please do not over exert yourself when taking part as this is not a competition.

President: HRH The Duchess of Cornwall
Formerly known as the National Osteoporosis Society.

St James House, Lower Bristol Road, Bath BA2 3BH
Email: info@theros.org.uk

Telephone: 01761 471771
Nurse Helpline: 0808 800 0035

Royal Osteoporosis Society is a registered charity no. 1102712 in England and Wales, no. SC039755 in Scotland, and no. 1284 in Isle of Man. Registered as a company limited by guarantee in England and Wales no. 04995013, and no. 006188F in Isle of Man. Registered address: St James House, Lower Bristol Road, Bath BA2 3BH.

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13. If you have a medical condition that might affect your participation in this event, including osteoporosis, we encourage you to seek medical advice before taking part.

Marketing

14. Any images, video, audio or quotes shared within the Facebook group or emailed to the charity may be used for marketing purposes by the ROS. A member of the team will endeavour to contact you prior to using your image, video, audio or quote but in some instances this will not be possible. If you do not wish your photos, video, audio or quotes to be used you must inform the Royal Osteoporosis Society in writing at: fundraising@theros.org.uk
15. You will receive communications from the ROS relating to your challenge throughout the duration of this event. If you have opted out of hearing from the charity, you will still receive these updates but you will not receive any other communications from the charity.
16. It is your responsibility to read and comply with all terms and conditions issued by the ROS.

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