



MONTH OF RUN DAYS REGISTRATION FORM



Every day between Friday 13th May until Saturday 11th June, Caring For Life's Open Day, (with Sundays as rest days) somebody, somewhere (or lots of people in lots of places!) will be doing a 10k run to raise money for Caring For Life, a Christian charity working with homeless and vulnerable people in the city of Leeds.

YOU CAN RUN BY YOURSELF OR IN A GROUP.

YOU CAN ENTER AN ORGANISED RACE OR RUN YOUR OWN 10K ROUTE.

YOU CAN RUN ONE 10K OR ALL OF THE 10KS!

YOU CAN RAISE SPONSORSHIP IF YOU LIKE.

YOU CAN RUN, WALK OR JOG

(or indeed jump, dance or do forward rolls) & we will NEVER EVER ask you to upload your time!

1. Pay £20 per person to register & get a Month of Run Days technical t-shirt each (not any old boring freebie t-shirt - this one is fab. You'll love it - we do!) We hope that at least £15 of this will go directly to Caring For Life.
2. Take your time, chat to your mates and decide on which date(s) and location(s) to run / walk. Get a crowd together and turn your run into a party!
3. Email us your dates(s) and we will enter them in the Month of Run Days calendar. Tell all your friends, family, vague acquaintances, ageing neighbours, awkward colleagues and anyone else you can think of and get them to register too.
4. Run, walk or jog your 10k (or your 5k or whatever distance you like really - let's face it, we're not big on rules and regulations!!) and upload your photos so we can all enjoy your fun.

NAME: _____ TEL: _____

ADDRESS: _____

EMAIL: _____ NO. OF PEOPLE REGISTERING: _____

TSHIRT SIZE:

please circle
& specify
quantity

MALE
non fitted

SMALL

MEDIUM

LARGE

XX LARGE

FEMALE
fitted

SMALL

MEDIUM

LARGE

Pay by cheque: I enclose a cheque for _____ payable to "CFL"

Remember, you can register, order your tshirt(s) & pay online at www.caringforlife.co.uk/monthofrunday or contact Natasha Headley on 0113 2303 600 or natasha.headley@caringforlife.co.uk



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🐦 @CFLcharity CHARITY REG NO. 519138