

# MONTH OF RUN DAYS

You may remember this crazy challenge from a few years ago?

**WELL, WE ARE DOING IT AGAIN!**

## WHAT IS IT?

A small group of us plan to run 10k every day for a month from Friday 13 May until Saturday 11th June (Caring For Life's Open Day) to raise awareness and money for Caring For Life.

We would love to have loads of people get involved!

## HOW CAN YOU GET INVOLVED?

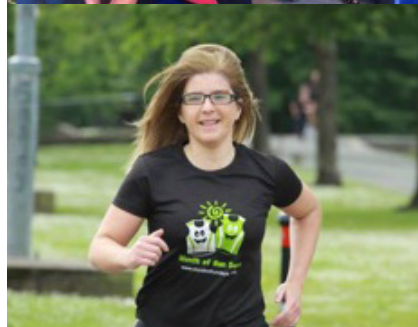
We would be thrilled and grateful if individuals, clubs, support groups, churches and companies could organise and host an 'event' at some point during the month.

The event could be a 10k run, if that's your thing. Alternatively it could be a walk or cycle, or just coffee and buns!

People who take part are invited to 'sign up' to the Month of Run Days (either in advance or on the night). The cost is £20 and each person gets a Month of Run Days t-shirt. All other money raised goes directly to Caring For Life.

We will publicise an up-to-date list of all the events happening all over the country during that month.

Where possible, Caring For Life staff would love to join you at your event and run (or eat buns!) with you. There is also a short





DVD for the Month of Run Days events, for you to show at your Month of Run Days event.

## DO WE NEED TO GET SPONSORSHIP?

No, you don't need to. The idea is that when people register and pay to take part in an event, there is already money being raised for Caring For Life. If you would like to raise sponsorship as well, that would be wonderful!



## HOW TO REGISTER & ORDER YOUR T-SHIRT

Complete the attached paper registration form or register online at:

[www.caringforlife.co.uk/monthofrundays](http://www.caringforlife.co.uk/monthofrundays)



## RIGHT NOW?

If you are really excited about this and would love to get involved please contact

[natasha.headley@caringforlife.co.uk](mailto:natasha.headley@caringforlife.co.uk).

We will register your event and start filling the Month of Run Day calendar.

## GRAND FINALE - SAT 11TH JUNE

We plan to hold the final 10k run straight after the Thanksgiving Service on Open Day on Saturday 11th June 2016. We would love lots of people to sign up to take part with us, and lots more to cheer us on!

## THANK YOU!



Crag House Farm, Otley Old Road  
Cookridge, Leeds LS16 7NH

[www.caringforlife.co.uk](http://www.caringforlife.co.uk) ☎ (0113) 230 3600

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