

THE DARED CHALLENGE



DO A RUN EVERY DAY

- CHOOSE YOUR DISTANCE
- CHOOSE YOUR LOCATION AND
- CHOOSE TO SUPPORT FRONTLINE WORK

JUNE 2020



YOU ARE DARED

DARED 2020 IS AN OPPORTUNITY FOR BOTH BEGINNERS & EXPERIENCED RUNNERS TO IMPROVE THEIR PHYSICAL AND MENTAL WELL-BEING ON A DAILY BASIS IN JUNE.

THE IDEA IS SIMPLE BUT EFFECTIVE:

- **CHOOSE YOUR DISTANCE**
- **CHOOSE YOUR LOCATION AND**
- **CHOOSE TO SUPPORT LOCAL FRONT-LINE WORK.**

BEGINNERS YOU WILL RUN A DISTANCE OF 1 MILE PER DAY MEANING YOU WILL RUN MORE THAN 1 MARATHON IN JUNE.

EXPERIENCED RUNNERS YOU ARE CHALLENGED TO RUN 5KM PER DAY WHICH IS 150KM OR 3 1/2 MARATHONS IN JUNE.

YOUR RUNNING WILL SUPPORT CIRCLE'S FRONT-LINE STAFF TO WORK WITH LOCAL FAMILIES STRUGGLING WITH THE IMPACTS OF POVERTY AND SOCIAL INEQUALITY.

THE FUNDRAISING IS SIMPLE BUT EFFECTIVE:

- **CHOOSE TO RAISE £50 FROM FRIENDS AND FAMILY**
- **CHOOSE TO MAKE AN UPFRONT DONATION OF £20**

www.entrycentral.com/DAREDCHALLENGE2020

FOR MORE INFORMATION CONTACT
Darren Pike, Darren.Pike@Circle.Scot,
0131 559 3954, or find Circle/DARED on:



circle

Supporting families in Scotland

