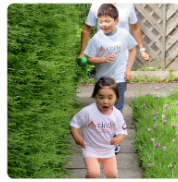


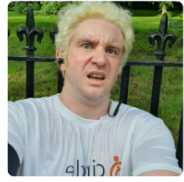
THE DARED CHALLENGE



**DARED
2021**



**VIRTUAL
EVENT**



JUNE



"DARED was exactly the challenge I needed to get my going again after a prolonged period of laziness had set in. The support from the other participants was amazing and kept me going through highs and lows!"

DO A RUN EVERY DAY

- CHOOSE YOUR DISTANCE
- CHOOSE YOUR TIME & LOCATION
- CHOOSE TO SUPPORT FRONTLINE WORK

JUNE 2021



YOU ARE DARED

DARED 2021 IS AN OPPORTUNITY FOR BOTH NEW & EXPERIENCED RUNNERS TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH ON A DAILY BASIS IN JUNE.

THE IDEA IS SIMPLE:

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

NEW RUNNERS: YOU WILL RUN JUST 1 MILE A DAY BUT A WHOLE MARATHON OVER THE MONTH.

EXPERIENCED RUNNERS: YOU WILL RUN 5KM A DAY WHICH IS 150KM OR 3 1/2 MARATHONS IN A MONTH.

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 STRAIGHTFORWARD:

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

<https://www.eventbrite.co.uk/e/dared-2021-tickets-146645507661>

For more information please get in touch:
Darren.Pike@Circle.Scot, 07775195579,
or find Circle & DARED on:



circle

Supporting families in Scotland

