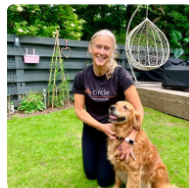




THE



DARED



Challenge

Information Pack



circle

Supporting families in Scotland

June
2022



Circle Presents... The DARED Challenge

DO A RUN EVERY DAY

Thank you for showing an interest in our unique virtual challenge event!

The concept of DARED is very simple - You just 'Do A Run Every Day' in June whilst raising money for Circle. That's it. You can run at any time of day that suits you, before work, after work, during lunch, early evening.

Benefits:

- You will test, and improve, your physical and mental stamina.
- You will prioritise your health and wellbeing on a daily basis.
- You will make a lasting difference to disadvantaged children & families in some of Scotland's most deprived communities.
- You will achieve an achievable accomplishment that you can be proud of.

Circle: Who are you supporting?

Circle is a Scottish charity working at the heart of deprived communities across Central Scotland to help improve the lives of children by strengthening families.

Our vision is for all children to be safe, happy, healthy and nurtured within a stable family environment, which supports them to achieve their potential.

Circle offers a range of whole family support services that fulfil our purpose to improve the lives of children by strengthening families.

*"I would have been at rock bottom without Circle.
I feel I have been given a better foundation to be a parent
and have a happier life now"*

Who can take part in DARED?

An Event for Everyone

Whether you are an experienced runner looking for a challenge, or a beginner looking for your first event, The DARED Challenge is a great way to improve your health and fitness.

You can take part in DARED as an individual, with a buddy or as part of a team. Run with friends, family or colleagues. Sign up with your school, university, or sports team.

Team Bonus: If you sign up as a team of 5 or more then you will receive a unique team reward.

WHO WILL YOU "DARE" TO SIGN UP?



INDIVIDUALS



**SCHOOLS &
UNIVERSITIES**



**SPORT TEAMS
& CLUBS**



**COLLEAGUES &
BUSINESSES**

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

What do you need to know?

The Distance

You can choose between two challenges:

1. **The Beginners' Challenge:** Complete a 1 mile run every day in June.
2. **The Experienced Challenge:** Complete a 5k run every day in June.

You can complete them as a series of runs, brisk walks or a combination of the two. They can be completed individually or in groups, outside in the fresh air or on a treadmill, first thing in the morning, on lunch breaks or at night.

The Cost

You can choose between two entry prices:

1. **Fundraising*** – entry fee is £15, which includes staff support, your event t-shirt, unique DARED medal, welcome pack and access to private social media groups and in-person events. Your fundraising target is £50pp.
2. **Non-Fundraising** – entry fee is £30, which covers all of the benefits listed above but instead of a fundraising target this includes a one-off £15 donation to Circle.

***Please note: This event is organised to benefit the children and families supported by Circle and therefore all funds raised are for this purpose and no other charity can be selected to benefit.**

WHERE TO SIGN UP:

- **Website** - <https://circle.scot/support-us/dared-challenge/>
- **Eventbrite** - <https://www.eventbrite.co.uk/e/the-dared-challenge-2022-tickets-296799012837>
- **Facebook** - <https://www.facebook.com/DAREDChallenge>
- **Instagram** - <https://www.instagram.com/daredchallenge>
- **Email** - kirsten.wales@circle.scot