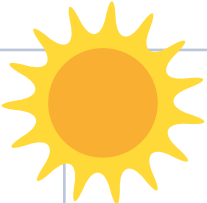
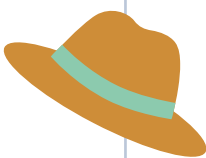


Walk 30 Miles in September Challenge Calendar

Keep track of your miles
in September 2026



	Lace up! Time to start walking.				Going out? Save money and walk home.	
	1	2	3	4	5	6
7	8	9	Try a new walking route.			13
				11	12	
14	15	16		17	18	20
21	22	Keep walking! Only 7 days to go.		24	25	27
						
28	29	You've done it! Put your feet up, hero.				
	30					



Visit cruk.org/walk30miles2026



Together we are
beating cancer