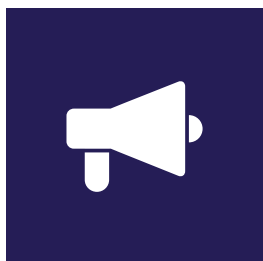


Ready, set, run!

Simple steps to get your challenge off the ground.



Spread the word

Let everyone know about your challenge and encourage others to join in too.



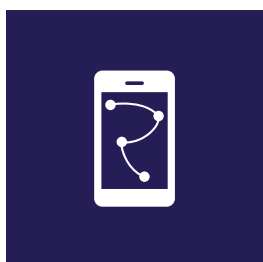
Plan your month

Think about how you'll cover the 66 miles across July. Whether that's running every day or doing longer runs over the weekend.



Get fundraising

Use the tips and tools in your pack to start collecting sponsorship. We're determined to tackle bowel cancer and our life-saving research is made possible thanks to amazing supporters like you.



Track your miles

Show your supporters your progress by connecting your online Giving Page to Strava. Visit our website to find out how. If you don't have Strava, you can still post your mile count on your online Giving Page to encourage donations.