



RUN 100K

In October Challenge

TAKE PART IN THE WOMEN'S AID RUN 100KM IN OCTOBER CHALLENGE WITH YOUR WORKPLACE

Get your team together and take on an empowering fitness challenge that:

- Boosts employee engagement, morale and wellbeing
- Rallies colleagues together to raise much needed funds to support women and children experiencing domestic abuse



Get involved:

- Receive dedicated fundraising support and inspirational content to keep you and your team motivated throughout October
- We'll send your team their Run 100km in October Challenge t-shirts and help you to set up your fundraising challenge
- You can challenge everyone to take on the 100km in October, or divide up the Km's amongst your team and tackle the distance together
- On completion of your team's 100km Challenge, we'll send each member a certificate and Women's Aid pin badge to thank them for their fantastic support.

We'll support you every step of the way

**SIGN UP
YOUR TEAM**

Email Emma at
challenges@womensaid.ie



Women's Aid