

Run 30 miles in April with Mind

Are you ready to run an incredible 30 miles for Mind this April? This is your challenge, so you can complete it however you'd like. Whether you're a speedy superstar or a long distance legend, you're in control. Complete your daily distances using the tracker below and join the amazing #TeamMind!



Here we go!							
1	2	3	4	5	6	7	
One week in! Share your first progress medal							
	8	9	10	11	12	13	
14	15	Half way there! You've got a new progress medal		16	17	18	19
20	21	22	23	24	25	26	
27	28	29	Final push!	Total miles:			
			30	Finish			

Congratulations!

Don't forget to share your virtual medals with friends and family.

mind.org.uk

Mind is a registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.



Registered with
**FUNDRAISING
REGULATOR**





Mind's run 30 miles in April challenge

Welcome to #TeamMind!

Thank you for taking on Mind's run 30 miles in April challenge and joining the fight for mental health. By raising money for Mind, you're helping more people with mental health problems get the support they need and the respect they deserve – and that's a very big deal. So thank you, so much!

We really hope you're excited to get started! We can't wait to get to know you better in the Facebook group, and we'll be there cheering you on throughout your challenge.

We'll be sending you digital progress medals at several stages during your challenge which you can share on your fundraising page. If you fundraise £100 or more, you'll receive an exclusive run 30 miles in April medal!

Thank you so incredibly much for your support.

Because of our supporters like yourself we can be there for everyone experiencing a mental health problems when they need it the most.

Best wishes,

*Anita and
Tara*

