

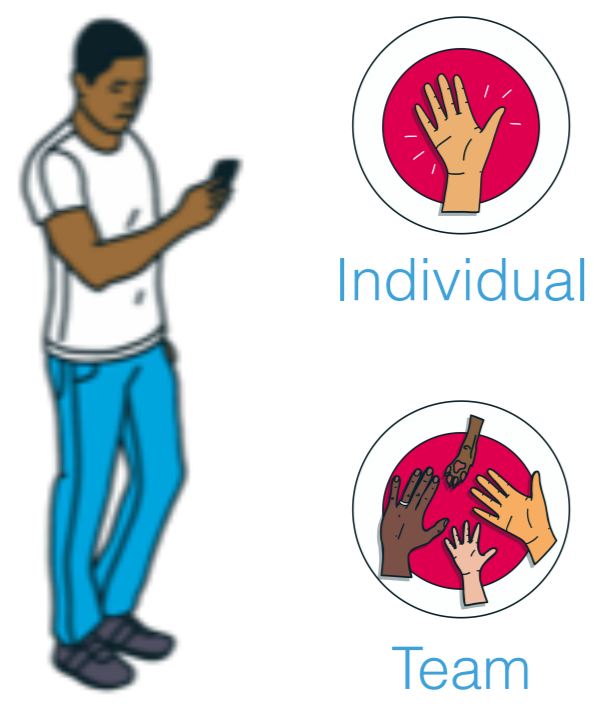
RUN FOR HEROES

5K MAY

1st to 31st May

PARTICIPATE IN A 5K DURING THE MONTH OF MAY & DONATE £5 TO CHARITY

5k May is one month of coming together for the better. Participants can run, walk, hop or roll if they like! It's all about getting out and feeling good doing it... all whilst giving back to charity.



SIGN UP
your colleagues



PARTICIPATE
in a 5k



DONATE
£5 to charity



NOMINATE
5 colleagues



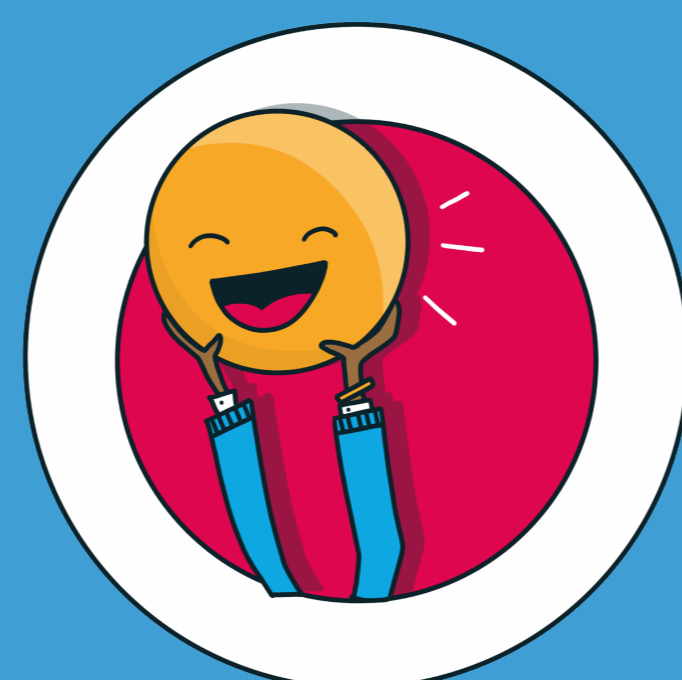
UNLOCK
rewards

WHY SHOULD YOUR COMPANY GET INVOLVED?



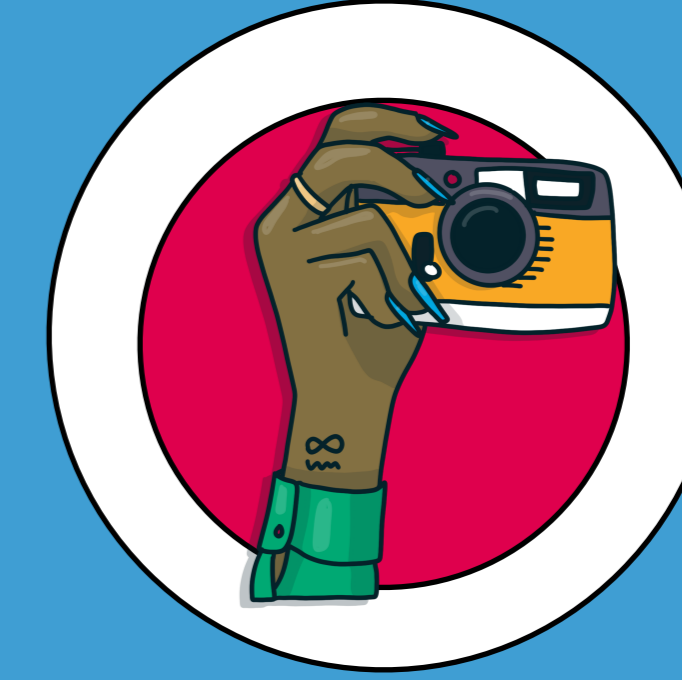
GET ACTIVE

Mobilise your
colleagues to get fit
and active



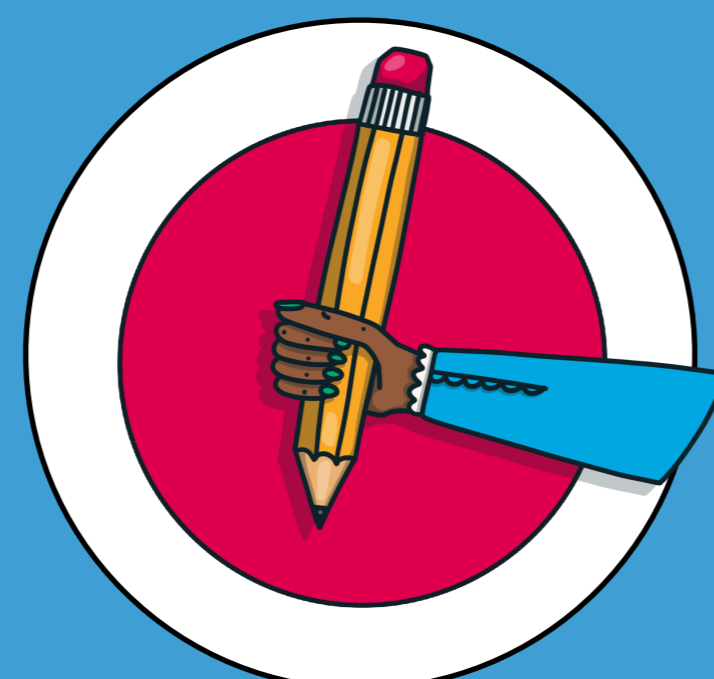
TEAM SPIRIT

Encourage connection
whilst we are out of
the office



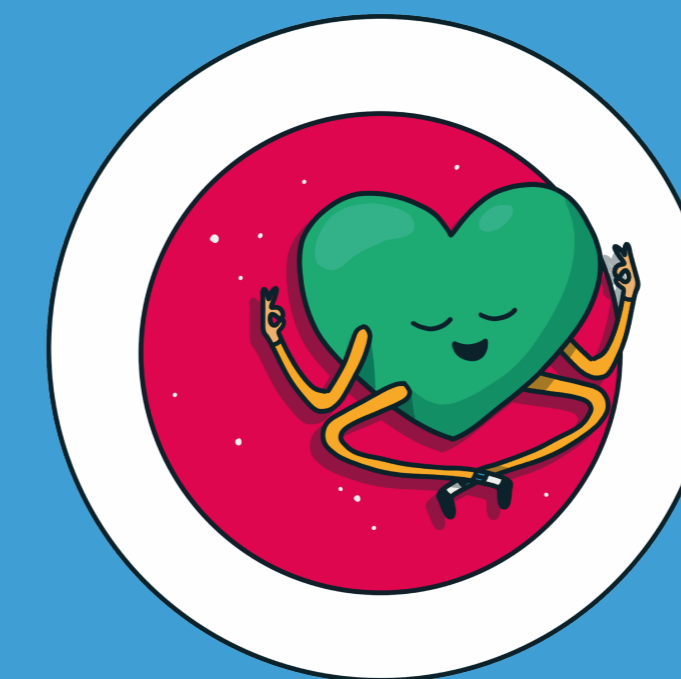
DO-GOODERS

Remember to send
us your pictures so
we can upload



MINIMAL EFFORT

We'll supply you with
everything you need to
market the campaign
to your colleagues



GIVE BACK

Either let your
colleagues choose who
to support, or support a
charity you normally do!



Don't forget to donate £5 [here](#) when you have completed the challenge!

**5KMAY WILL BE IMPOSSIBLE TO MISS THIS YEAR!
SHOW THAT YOUR COMPANY IS DOING GOOD BY
GETTING YOUR COLLEAGUES INVOLVED, WHILST
RAISING MILLIONS FOR CHARITY!**

Get all the information you need
for 5kMay [here](#)

Proudly partnered with

JustGiving™

Run.For.Heroes
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