



Irish Heart
Foundation

RUN 100

IN

FEBRUARY

Get involved, motivated, build team spirit
and engage your workplace.
Do it for the hearts that can't



Is your team ready for a **fitness challenge** which:



Brings your workplace together and engages staff at all levels



Increase workplace wellbeing, motivation and health



Raise funds to improve health in your community

Your workplace will be in good company

Some of the companies who participated in RUN 100

- Cork County Council Staff
- Marks & Spencers
- Voya Seaweed Baths
- Novartis
- Sysco Food Service
- Comyn Kelleher Tobin





What is **100 Miles** in a Month?



Run 100 this February is a movement for change



Each team member walks, jogs or runs 100 Miles in a Month at their own pace, where and whenever you like!



Earn a medal by tracking your distance and logging it on your dedicated page.



Make it matter, get fit and healthy and make a difference by raising much needed funds!

“

RUN100 (100 miles) was a great challenge for me personally as it got me back into running and a healthy way of living. It allowed me to achieve a goal and at the same time keep me fit and motivated. Not only did I meet, support and run with other participants achieving their goal but RUN100 gave me a sense of personal achievement and the satisfaction of having raised money for a very worthy cause. Healthy heart leads to a healthy mind and healthy life.

Pio Treacy
Cork County Council



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Why it makes sense for your company?



Fitness challenge for all levels that engages right across your organisation.



Flexible and easy to adapt to different individual lifestyles.



Improves your health and wellbeing while improving health for others – feel good in all senses of the word!



Receive inspiring, motivational stories from people just like you who we are supporting after they have had a stroke or cardiac event, and who you're helping!



Who will be your Team Captain?



The team captain will be the main point of contact for your team & the Irish Heart Foundation.



We'll send tips you can share with colleagues on how to add more movement into their day, as well as information on how their fundraising is helping hearts in Ireland.



The captain will motivate colleagues to kept moving and reminding them to continue to share their fundraising page with family and friends through social media and WhatsApp.



You'll be a Irish Heart Foundation hero who will lead your team in making a life-saving difference.

How we'll Support You

- ▶ Once you register (as team champion) you will be sent a link to share with potential team members for them to sign up
- ▶ Each participant will be sent their preferred running top sizes to their addresses.
- ▶ We have created a way for each team member to track their miles to 100 by updating their page.
- ▶ When each member registers their fundraising page for the challenge is also set up.
- ▶ We'll send you content to inspire and keep your team motivated.
- ▶ On completion of 100 Miles, we send everyone a medal and show you what your team has achieved!





**Each team member
who completes their
100 miles **will receive
their finishers medal.****

They will have to update their page to achieve this.

We'll also send showing the impact your team challenge has had for people who have been affected by stroke or heart conditions – this will be suitable to share with all your supporters



Each mile your team takes **will help people like Pauline who lives with Heart Failure....**

A mother of three young children, Pauline was devastated when at just 38 she was told she had the heart of a 70-year-old.

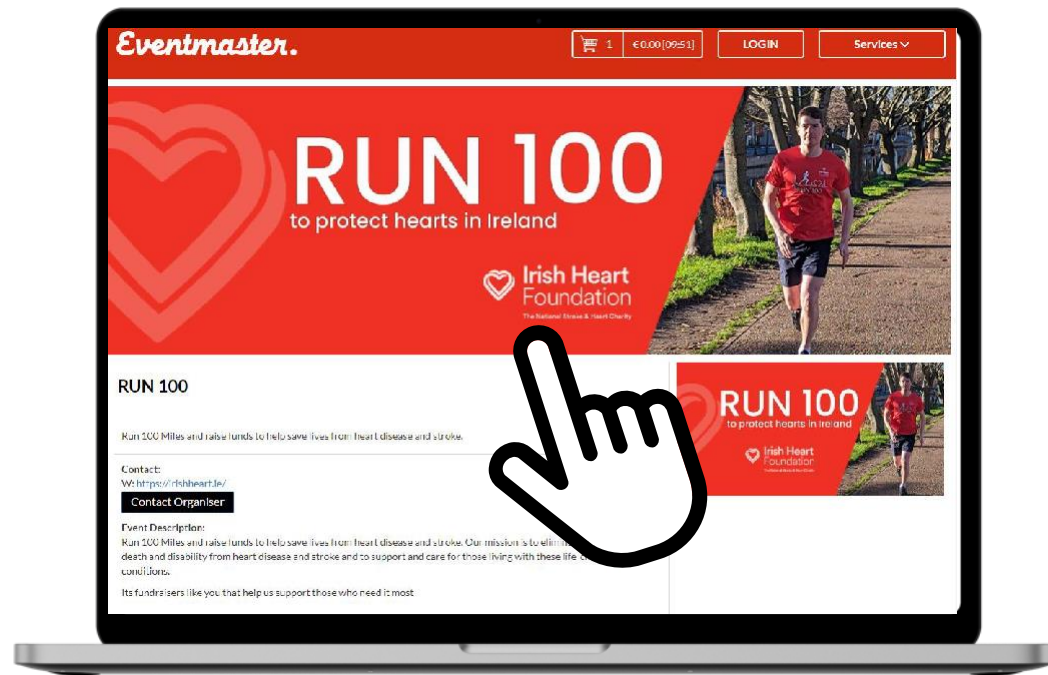
“The Irish Heart Foundation improved the quality of my life in so many ways. I went from feelings of loneliness, hopelessness, and fear as a lone heart failure patient in the community, to a place of support, connection, opportunities and empowerment.”

Your fundraising will help us to continue to support people like Pauline and families all over Ireland.
Thank you!

Register Today!

Click here to register your team

<https://eventmaster.ie/event/w1EeHPySRQ>



[SCAN TO REGISTER](#)

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irishheart.ie

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**RU
10**

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THANK YOU

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