

**RUN
YOUR
AGE**

RUN YOUR AGE
HOW TO GUIDE

What's Run Your Age all about?

Ready to kickstart 2023 with a challenge?



From 1 January you'll have one month to run – or walk – your age and get sponsored for your efforts. If you're 46, why not run 4.6km a day for the month? If you're 20, why not run 20 miles? If you're 80, how about climbing 80 steps?

Whatever you decide, every step, stride and skip will be raising vital funds to help older people facing the toughest of winters.



"The best thing about taking part in Run Your Age was being able to create a challenge that worked for me. I'm proud to say I ran 5.2 miles a day and raised £428 for a cause I feel passionate about".

– Rosa, age 52



Join the #RunYourAge community on Facebook for tips, inspiration and motivation. Remember, we'll be with you (literally) every step of the way.

www.facebook.com/groups/runyourage2023

It's time to start fundraising

Fundraising Tips:

1. Keep your fundraising page updated with your progress!

Be loud. Be proud! Post photos of your preparations. Tell family and friends what inspired you to run for Age UK.

2. Let potential sponsors know how their support will help.

For instance, £5 could pay to answer a call to our Advice Line from an older person needing reassurance and information to cope with the current cost of living crisis. £15 could help us make friendship calls to an older person struggling with loneliness.

3. Make the first donation!

The best way to encourage your friends and family to donate is by making the first donation and getting the ball rolling! Add a small donation and watch everyone's follow.



Get your FREE T-shirt



Raise £50 and receive a #RunYourAge T-shirt. And remember, you don't need to save your T-shirt for your challenge, feel free to wear it whenever you like. After all, the more people see it, the more they're likely to sponsor you!

"Run Your Age was the perfect New Year activity for me. I ran 39 miles by running roughly 9.5 miles a week".

- Andrew, who raised £280



Run Your Age running tips

You don't need to be super fit to take part in the **#RunYourAge** challenge. It's your challenge, so do it your way.

January's weather isn't the best, so make sure you wrap up warm, wear reflective gear where possible if you're out in the dark and always tell someone where you're going.

Make sure your phone is fully charged and you have planned your route. Wear gloves and a hat and remember to hydrate if you're running. A hot bath with Epsom salts when you get in will help relax your muscles!

Tip 1



Leave the car at home and walk to work, or hop off the bus a stop early.

Tip 2



Borrow a neighbour's dog and take them for a walk. They'll love the extra exercise. Everything's better with a dog!

Tip 3



Don't sit at your desk at lunchtime, clock up a mile or two instead (you'll clear your head and raise money at the same time).

Tip 4



Get together with friends or family at the weekend – think how much you could raise as a collective. Not only that, but you'll motivate each other along the way.

Your distance tracker

My age: _____

My fundraising target: £ _____

My distance target: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
						01. Distance covered _____ Total distance _____	
02. Distance covered _____ Total distance _____	03. Distance covered _____ Total distance _____	04. Distance covered _____ Total distance _____	05. Distance covered _____ Total distance _____	06. Distance covered _____ Total distance _____	07. Distance covered _____ Total distance _____	08. Distance covered _____ Total distance _____	
09. Distance covered _____ Total distance _____	10. Distance covered _____ Total distance _____	11. Distance covered _____ Total distance _____	12. Distance covered _____ Total distance _____	13. Distance covered _____ Total distance _____	14. Distance covered _____ Total distance _____	15. Distance covered _____ Total distance _____	
16. Distance covered _____ Total distance _____	17. Distance covered _____ Total distance _____	18. Distance covered _____ Total distance _____	19. Distance covered _____ Total distance _____	20. Distance covered _____ Total distance _____	21. Distance covered _____ Total distance _____	22. Distance covered _____ Total distance _____	
23. Distance covered _____ Total distance _____	24. Distance covered _____ Total distance _____	25. Distance covered _____ Total distance _____	26. Distance covered _____ Total distance _____	27. Distance covered _____ Total distance _____	28. Distance covered _____ Total distance _____	29. Distance covered _____ Total distance _____	
30. Distance covered _____ Total distance _____	31. Distance covered _____ Total distance _____	My fundraising total is: £ _____					

Keep Going!

Final Stretch!



Registered with
FUNDRAISING
REGULATOR



I just want to say a huge thank you for choosing to Run Your Age in aid of Age UK.

Whatever your age and however you decide to take on your challenge throughout January, you'll be part of a team helping Age UK to be there for older people. The money you raise will help us give life-saving advice to older people who are facing the toughest of winters.

Remember to join the Facebook group and get involved in the chats that will be going on. I'll be in there too, on hand to answer any questions.

Once again, thank you so much for being part of Age UK's Run Your Age.

Good luck and enjoy your challenge!

Daniella,
Community Fundraising Manager,
Age UK

Contact us

Contact us any time at
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with any questions and the team
will be happy to help!