

Welcome  
to  
Team Breakthrough T1D



## Thank you for joining our February Run Challenge!

Whether you are taking on 50km or 100km, every stride is a tribute to the resilience of the type 1 diabetes (T1D) community and a step closer to the cure.

Every day, people living with T1D, and the families who support them, show strength and courage. Through hypos, midnight alarms and endless calculations, they keep going!

**This challenge is your chance to honour that resilience, while having fun, staying active, and smashing a winter goal. You've got this!**

### Hit your fundraising targets:



**Raise £25 to receive your exclusive medal at the end of the challenge!**

£25 may seem like a small amount, but this could enable 25 parents to return to work, safe in the knowledge that their child's type 1 diabetes will be carefully managed at school, thanks to Breakthrough T1D's e-learning modules.



**Raise £100 to receive your Breakthrough T1D technical t-shirt!**

£100 could help 10 recently diagnosed children to no longer feel alone with their T1D. They now have a fluffy best friend called Rufus who also has T1D. He is sent to families as part of our KIDSAC, which also includes information and helpful resources on living with T1D.



**Raise £250 to receive your Breakthrough T1D bobble hat!**

£250 could pay for 4 hours of lifesaving research, funding the breakthroughs of tomorrow.



# Track your kilometres

Use this calendar to track the days you run, jog or walk and jot down the distance you covered. At the end of each week, add up your total and record it in the space provided.



My target is:

Kilometres

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly total
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
						Grand Total	



## Join the community

You're not running alone. Connect with our community across the UK taking on this challenge. Share progress, celebrate milestones, ask questions and swap tips in our friendly Facebook Group.



## Resources to download

Find digital versions of all our fundraising resources, plus ready-to-share social media assets to inspire friends and family to support you.

