Welcome to Team Breakthrough T1D

Breakthrough T1D®
February Run Challenge

Thank you for joining our February Run Challenge!

Whether you're taking on 50km, 100km or 200km, every kilometre is inspired by the resilience of the type 1 diabetes (T1D) community and brings us one step closer to cures.

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

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

Hit your fundraising targets:



Raise £50 to receive your exclusive medal at the end of the challenge!
£50 could help recruit and screen one child for type 1 diabetes (T1D), helping spot the condition earlier and giving families vital answers sooner.



Raise £100 to receive your Breakthrough T1D technical t-shirt!
£100 could send five newly diagnosed children a free KIDSAC, including Rufus the Bear with T1D, helping them and their families feel less alone as they adjust to life with T1D.



Raise £300 to receive your Breakthrough T1D bobble hat!
£300 could help provide essential laboratory supplies, enabling our researchers to continue their work without delay and move closer to breakthroughs that could improve the lives of people living with T1D.

Breakthrough T1D®
Formerly JDRF

Registered with FUNDRAISING REGULATOR

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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.

Breakthrough T1D is the operating name of Juvenile Diabetes Research Foundation Ltd (JDRF), a charity registered in England and Wales (No. 295716) and in Scotland (No. SC040123). Registered address Breakthrough T1D, First floor, Harbour Island North, 28 Harbour Exchange Square, London, E14 9GE. Tel. 020 7713 2030. Registered as a company limited by guarantee in England and Wales (No. 2071638).