



# WELCOME TO YOUR FEBRUARY CHALLENGE

FEBRUARY 2023



**RACE AT  
YOUR PACE**

[www.raceatyourpace.co.uk](http://www.raceatyourpace.co.uk)  [www.raceatyourpace.com](http://www.raceatyourpace.com)



# WELCOME!

## KEEP MOTIVATED AND MOVING!

**It's the second month of the year, let's keep the momentum going!**

We're really excited to show off our fabulous February medal, and introduce our brand new shape!

It's the month of Valentine's Day, so what better location to be featured on our medal than the romantic city of Venice! Complete your challenge imagining you're running alongside the canals, walking over Rialto Bridge or cycling through St Mark's Square!

The medal itself has Rialto Bridge in the centre, with Venice's iconic gondolas floating underneath in the Grand Canal. The outside of the medal continues the romantic theme with a cute love heart design, that can also be seen on the reverse of the medal!

Remember, we design and engrave unique medals each month especially for you, which means that no matter how many challenges you enter, you'll never get the same medal twice! Again this month you will see that our romantic design is incorporated on the ribbon, which complements the medal perfectly!

Use our mobile app to keep track of your progress and to mark your challenge as finished at the end to claim your medal. Don't worry, we'll be in touch along the way to help with this!

Have a brilliant month and keep it up in February! You can do it!

Race At Your Pace 

## FOLLOW US

Keep up with the latest from Race At Your Pace and see how others are getting on with their challenges across our social media channels. Search for 'Race At Your Pace' on Facebook, Twitter and Instagram.



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## MISSED LAST MONTH'S WELCOME PACK?

You can find all our previous Welcome Packs on the website [here](https://www.raceatyourpace.co.uk).







*RACE AT  
YOUR PACE*

**“EXERCISE IS A  
CELEBRATION OF WHAT  
YOUR BODY CAN DO,  
NOT A PUNISHMENT FOR  
WHAT YOU ATE”**



# ONLINE STORE

## THE PERFECT GIFT!

The Race At Your Pace Gift Voucher comes in 3 types; 1, 3, or 6 entries. Each entry consists of a single monthly challenge.

Gift vouchers are valid for 1 year from the date of issue and can be used against any challenge entry for the type chosen.



## COMPRESSION TOPS AVAILABLE ONLINE

Get compression tops from only **£3.95 / \$6.95**



## PAYPAL IS BACK! YOU ASKED, WE LISTENED

Our brand-new platform reintroduces PayPal as a payment option, so you can check out with ease!

We've also enabled Apple Pay and Google Pay for compatible devices.

Sign up for your next challenge today and breeze through the checkout!







# THE ANNUAL PASS IS BACK FOR 2023

AND IT'S EASIER THAN EVER! **NEW**

## UK PASSES

12 entries for the price of 11

Free loyalty medal

Includes UK delivery

£130  
\$197

**ADULTS  
UK PASS**

£98  
\$164

**KIDS  
UK PASS**

## INTERNATIONAL PASSES

12 entries for the price of 11

Free loyalty medal

Includes international delivery

£185  
\$273

**ADULTS  
INTERNATIONAL  
PASS**

£153  
\$240

**KIDS  
INTERNATIONAL  
PASS**

UPGRADE IN-APP AND YOUR ANNUAL PASS WILL BE AUTOMATICALLY ADDED TO  
YOUR ACCOUNT, READY TO GO - NO MORE CODES!

**BUY AN ANNUAL PASS**

**BUY AN ANNUAL PASS GIFT VOUCHER**



# WE HAVE A CHALLENGE FOR EVERYONE

WHATEVER YOUR CHALLENGE, WHATEVER YOUR MOTIVATION,  
WE HAVE THE PERFECT CHALLENGE FOR YOU

All our challenge distances are still available, so take on a challenge today and see where your miles can take you!

Can't find the right distance for you? Why not opt for a personalised distance medal and have your exact miles custom engraved on your medal for just **£3.95 / \$5.95** extra!



## RUNNING CHALLENGES

**Adults challenges**  
Choose from 15 distances

5 MILES → 300 MILES

**Kids challenges**  
Choose from 6 distances

5 MILES → 30 MILES



## WALKING CHALLENGES

**Adults challenges**  
Choose from 15 distances

5 MILES → 300 MILES

**Kids challenges**  
Choose from 6 distances

5 MILES → 30 MILES



## CYCLING CHALLENGES

**Adults challenges**  
Choose from 11 distances

10 MILES → 600 MILES

**Kids challenges**  
Choose from 3 distances

10 MILES → 50 MILES



## DAILY STEP CHALLENGES

**Adults challenges**  
Choose from 7 distances

1,000 STEPS → 15,000 STEPS

**Kids challenges**  
Choose from 5 distances

500 STEPS → 5,000 STEPS



## SWIMMING CHALLENGES

**Adults challenges**  
Choose from 9 distances

2 MILES → 50 MILES

**Kids challenges**  
Choose from 3 distances

1 MILES → 5 MILES



## WHEELCHAIR CHALLENGES

**Adults challenges**  
Choose from 9 distances

5 MILES → 100 MILES

**Kids challenges**  
Choose from 6 distances

5 MILES → 30 MILES

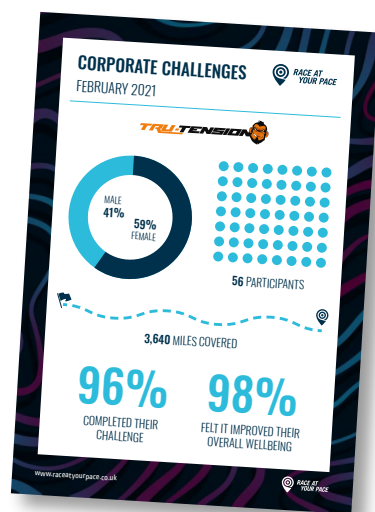


# CORPORATE CHALLENGES

REACH YOUR GOALS AND CELEBRATE YOUR  
ACHIEVEMENTS, TOGETHER!

We offer group  
discounts of up to

**20%**



Would you and your colleagues like to take on a challenge?

COMPANIES WE'VE WORKED WITH INCLUDE

**nationalgrid**

**VIRGIN MONEY UK**

**CURRENTBODY**  
THE BEAUTY DEVICE EXPERTS

**ashurst**

**NCHA**

**Cygnnet**  
Health Care

**ELSE**

**TRU-TENSION**

**ROALD DAHL**





# THIS MONTH'S MEDALS & TOPS

COMPLETE THE LOOK WITH OUR NEW  
MATCHING TRAINING TOPS!

ADD THEM TO YOUR ENTRY FOR **ONLY £11.95!**



# MAKE IT PERSONAL!

## PERSONALISED DISTANCE MEDALS



IF YOU'D PREFER A MEDAL WITH YOUR EXACT DISTANCE FOR THE MONTH - THEN THIS IS FOR YOU!

Complete your challenge as normal, but at the end of the month we will ask for your actual miles. Our team will then custom engrave your distance for a truly unique medal made just for you!

**Get your medal personalised for only  
£3.95 / \$5.95 extra!**

## PERSONALISED DISTANCE TOPS



YOU CAN NOW CELEBRATE YOUR ACHIEVEMENT WITH A PERSONALISED TRAINING TOP!

Featuring a unique design inspired by our monthly medals, this high quality, flexible vinyl print will let you proudly show off your challenge distance.

Your top will match your challenge distance; if you purchase a personalised medal we'll make sure your top matches your actual miles!

**Get your top personalised for only  
£6 / \$11 extra!**

NEW





*RACE AT  
YOUR PACE*

**“3 MONTHS  
FROM NOW,  
YOU WILL  
THANK YOURSELF”**



# QUICK GUIDES

We've created a set of Quick Guides to help you use our new platform! If you're not sure how to change your distance, upload your evidence, or mark your challenge as complete, take a look at our simple, illustrated Quick Guides to guide you through, step-by-step!

## PLATFORM TOUR

Take a tour of our new platform and let us show you the different areas you'll be visiting as you complete your monthly challenge!



[VIEW OUR PLATFORM TOUR GUIDE](#)

[VIEW OUR QUICK GUIDES](#)

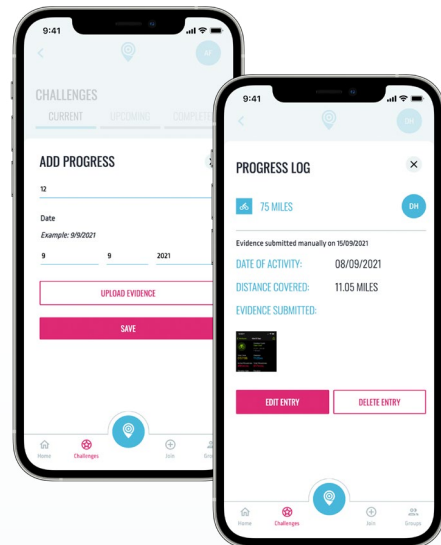
# CHALLENGE EVIDENCE

## SUBMIT EVIDENCE AT ANY TIME AND TRACK YOUR PROGRESS THROUGHOUT YOUR CHALLENGE

Uploading evidence and adding progress is now easier than ever!

With our new platform you can add your miles or daily steps at any point in the month and view it on our live timeline! Whether you prefer to submit it each day or all in one go, that's now totally your choice!

Uploading evidence can either be done by entering the distance you've covered into our app manually or by using your tracker of choice and uploading your screenshots.



## YOU CAN SCREENSHOT EVIDENCE FROM YOUR FAVOURITE APPS, INCLUDING



## TRACKERS

Keep track of your progress with one of our **free downloadable trackers**.

Just like our medals, we design unique trackers for both adults and kids every month. For kids, we create a fun colour-by-miles which allows them to keep track of their race every month.

We also have a **12 month tracker** to mark your loyalty reward progress.





# FAQS



## I'VE SIGNED UP, WHAT HAPPENS NEXT?

When logged into your Race At Your Pace account, you can record and submit your evidence at any time! If you'd like to see your challenge progress in your account just hit **Add Progress** after each workout to submit your evidence.

If you prefer to submit your evidence all at once that's still possible too, just upload your files when you're ready!



## CAN I STILL UPLOAD MY EVIDENCE IN ONE GO?

Of course! You'll find your current challenge in the Challenges tab.

From there, click the **Add Progress** button.

Enter your complete distance completed, and attach any evidence you have using the **Upload Evidence** button.

Then click **Save** and you're all done!



## I SIGNED UP FOR A CHALLENGE AS A GUEST USER. DO I NEED TO CREATE AN ACCOUNT?

If you'd like to take full advantage of the new Race At Your Pace app, including the ability to track your progress and add evidence at any time, you'll need to sign up for an account.

Make sure to use the same email address when you sign up that you did when joining a challenge as a guest. When you do, your challenge(s) will automatically appear in your new account!



## I DON'T HAVE A RACE AT YOUR PACE ACCOUNT. HOW DO I SUBMIT EVIDENCE?

Guest users will be emailed on the 25<sup>th</sup> of the challenge month with a unique link to provide their evidence and mark their challenges as complete.

This link can be used at any time for that specific challenge.

You'll receive one link per challenge if you've signed up to multiple challenges and will need to complete the form once for each challenge.



## HOW DO I CHANGE MY DISTANCE?

Find your current challenge in the **Challenges** tab. Click the **More button (...)** next to the challenge you wish to change, and select **Change My Distance**.

Select your new distance and confirm it to update your challenge.



## I'VE ENTERED THE CHALLENGE AFTER THE 1ST. WHAT MILES CAN I COUNT?

Even if you sign up after 1<sup>st</sup> of the month, any miles you have covered from the start of the month will count towards your challenge. We always advise you to sign up as early as you can though – we can't guarantee late entries or challenge availability.

[READ OUR FULL FAQS](#)





*RACE AT  
YOUR PACE*

**“IT’S NOT  
ABOUT BEING  
THE BEST, IT’S ABOUT  
BEING BETTER THAN  
YOU WERE YESTERDAY”**



# SHOW US YOUR MEDALS!

## DECEMBER 2022

COMPLETING A RACE AT YOUR PACE CHALLENGE IS  
A GREAT ACHIEVEMENT!

Here's some of our fantastic finishers showing off their December challenge medals.

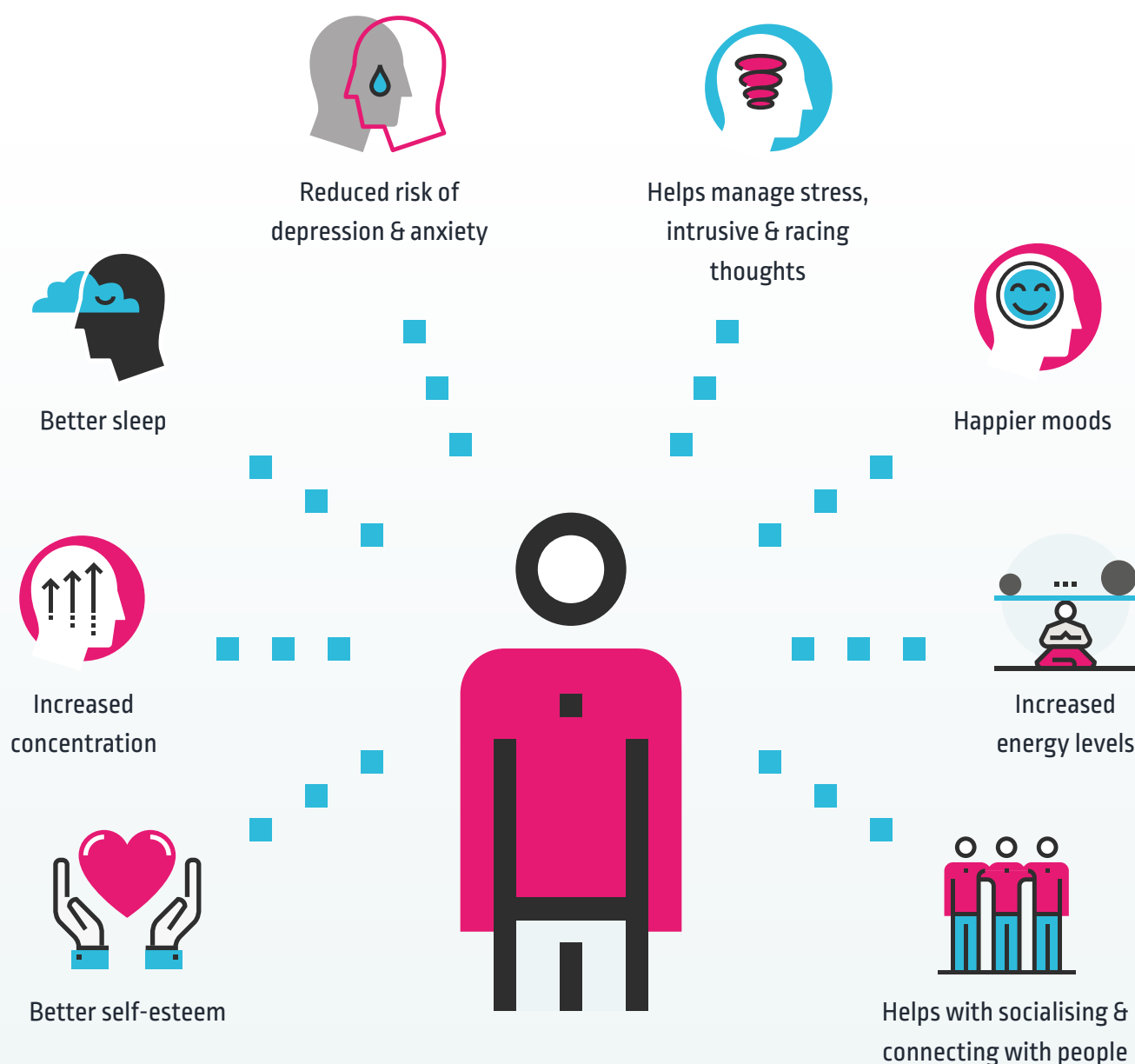
Make sure to send us a picture via Facebook, Instagram, or email when you finish your challenge and you could see yourself in next month's Welcome Pack!



# THE BENEFITS OF EXERCISE ON MENTAL HEALTH

YOU DO NOT NEED TO LIFT HEAVY WEIGHTS OR RUN A MARATHON TO EXERCISE. ANYTHING THAT GETS YOUR BODY MOVING IS A PHYSICAL ACTIVITY.

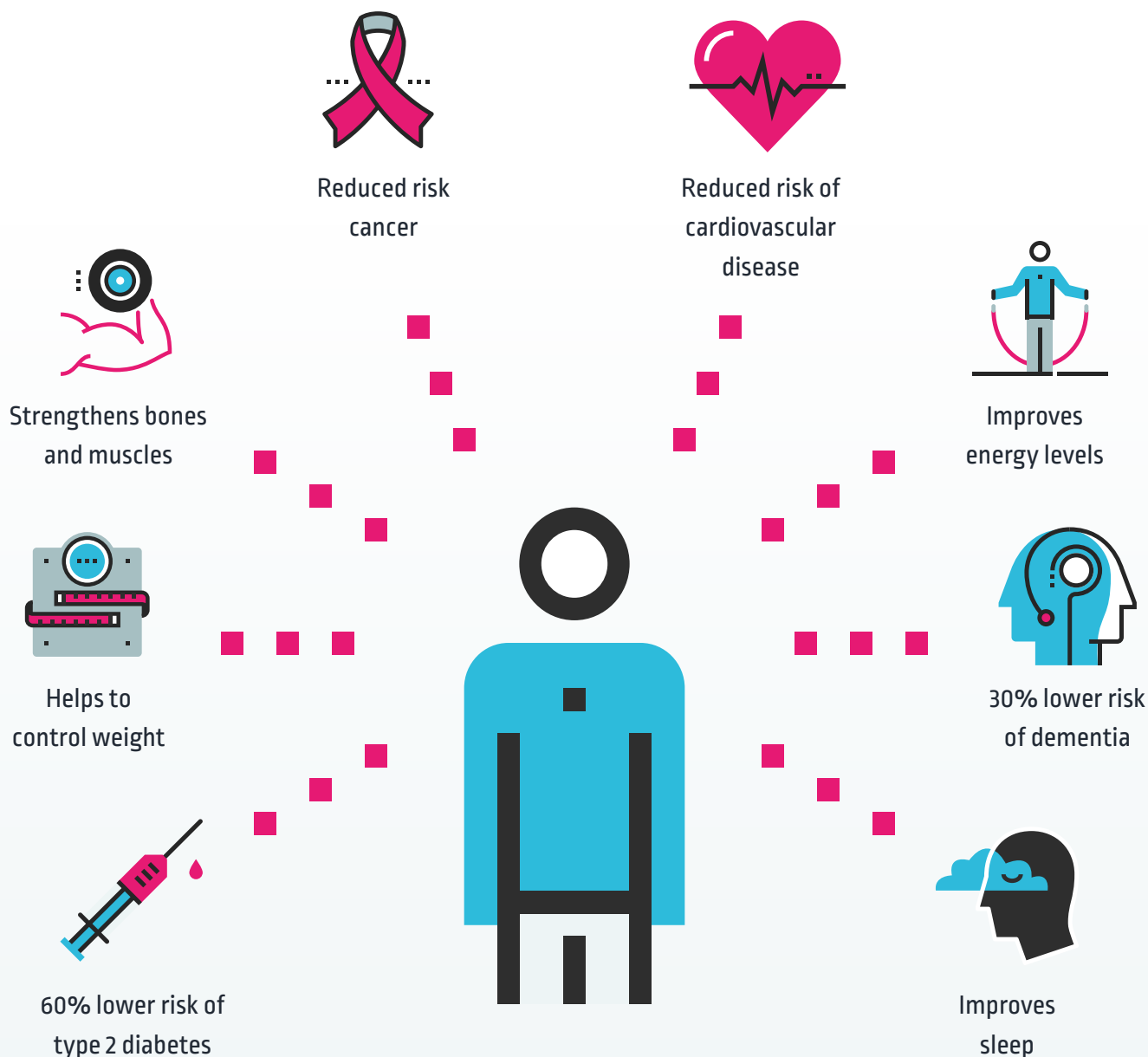
Read more about this on our blog!





# THE BENEFITS OF EXERCISE ON PHYSICAL HEALTH

PHYSICAL ACTIVITY ENHANCES YOUR THINKING, LEARNING AND JUDGEMENT SKILLS.  
IT LEADS TO A STRONGER IMMUNE SYSTEM AND LOWER RISK OF MANY HEALTH ISSUES.



Our sources:



# CONTACT US

GOT A QUESTION? NO PROBLEM! WE'RE HERE TO HELP!

If your question still isn't answered, you can reach us using one of the following options:



## EMAIL

[info@raceatyourpace.co.uk](mailto:info@raceatyourpace.co.uk)

We aim to respond to all messages in one working day.



## FACEBOOK MESSENGER

[m.me/raceatyourpace](https://m.me/raceatyourpace)

We aim to respond to all messages in one working day.



## ONLINE CHAT

[raceatyourpace.co.uk/contact](https://raceatyourpace.co.uk/contact)

Online chat is available Monday to Friday, 9am to 5pm.



## FAQS

[raceatyourpace.co.uk/faqs](https://raceatyourpace.co.uk/faqs)

Our full FAQs are available online.



# DON'T JUST TAKE OUR WORD FOR IT

WE HAVE HELPED HUNDREDS OF THOUSANDS TO REACH THEIR FITNESS GOALS

Race At Your Pace has changed my life, lockdown had me feeling very down as I am far way from my family and losing my mum contributed to feeling even lower, running has helped me to focus on something positive and helps me to feel lifted in my mood. Thank you Race At Your Pace.

TAMMY ANDREWS

Race At Your Pace has saved my life. Before I started I was over weight, high blood pressure, high liver function, got out of breath after 5 mins walking, pains in my ankles. Now I am up and do at least a 2.5 mile walk before work every day, usually at about 5.20am. I go for long walks at the weekend. I am now living my life not just existing. My first medal was for 25 miles and I only just did it. Now my medals are for 100 miles every month and most months I go past that. Registration is easy, updates through the month and a beautiful medal. Would highly recommend this to any one, and I have!

KATIE BERGER

Best thing ever to encourage you to meet your goals and push for more.  
10/10

KEVIN KENT

I am nearly 60 and the race at your pace has changed my health completely. I started in January and look forward to receiving the medal every month. The medals are great quality and the vests are too. Can't wait to receive the added bonus medal for completing a full year.

KAT EVANS

Super way to get motivated, get fit & loose weight all in one go. I'm addicted. Thanks Race At Your Pace for helping to make me a fitter person! Love it.

DAWN DULIGALL

## TRUSTPILOT REVIEWS

**EXCELLENT**



Trustpilot

Race at your pace is literally what it says on the tin. At your Pace! Being able to set yourself a challenge means it is totally adaptable to your and your circumstances. Gaining a medal at the end of each month feels like a huge sense of achievement too especially as they are so beautiful. Before Race at your pace, I was a couch potato - now I have a totally different outlook and am ready to set goals for myself with pride.

HANNAH JAY

I have been using Race At Your Pace for over 3 Years now and it's the best thing I have done especially over lockdown as it keep me motivated. The Medals are beautiful and the clothing range is top notch and great price. This is the 2nd year of having the Annual Pass and now they improve the site, it's so much easier to sign up. If you ever need any help they are super quick and really helpful.

LAURA BLUCK

[Race At Your Pace] has given me motivation to do more. I retired early on medical grounds and found myself in a rut. But having done the race twice, it's keeping me motivated and helping with my health issues. Their website is easy to follow and also gives tools to help with your evidence and motivation. Nothing is a problem for them when you contact them too. This is a fantastic organisation and I would recommend anyone who hasn't tried it to give it a go.

SU MADDEN

Race At Your Pace medals are the best! Great quality and lovely designs. I look forward to them every month. I have them engraved with my mileage to help motivate me with my running progress. Customer service is very good too. Always a prompt reply.

TERESA EDWARDS

See more reviews on our [website](#) or on [Trustpilot!](#)



*RACE AT  
YOUR PACE*

**“YOU CAN NEVER  
GO WRONG  
BY INVESTING  
IN YOURSELF”**



# ABOUT RACE AT YOUR PACE

At Race At Your Pace, we're passionate about rewarding you with more than a sense of achievement for getting outdoors, keeping active and feeling great. Each calendar month we organise challenges of various distances that adults and kids can take part in on foot, on two wheels or four, and you have the entire month to cover the distance.

**70+**  
**COUNTRIES**



Our virtual challenges can be completed anywhere at anytime. So far, we've had entrants in over 70 countries and counting!

**IN 2022 WE TRAVELLED 10,757,293 MILES**  
**WHICH IS 432 TIMES ROUND THE WORLD**

**WE HAVE A 5-STAR RATING ON TRUSTPILOT!**

Feel free to [leave us a review!](#)

**EXCELLENT**



Trustpilot

WE'RE PLEASED TO HAVE  
SUPPORTED A VARIETY OF  
CHARITIES ACROSS THE UK



WE'RE PROUD TO HAVE BEEN  
WINNERS AND FINALISTS OF  
SEVERAL AWARDS

