

# YOUR NOVEMBER 2023 CHALLENGE IS HERE



**RACE AT  
YOUR PACE**

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

# WELCOME!

## KEEP THE MOMENTUM GOING IN NOVEMBER!

With just 2 months left of 2023, it's time for that final push! We know you can do it, but we're helping you stay motivated with our fiery November medal!

Our marvellous medal has a colourful explosion of fireworks, illuminating the dark night sky. The bright colours continue around the edge and the back of the medal, as well as on the ribbon too! We know you're going to love showing this medal off when you've completed your challenge!

Whether you're running, walking, swimming, cycling, stepping or wheeling, everyone here wishes you the very best of luck for your challenge.

Keep pushing, you've got this!

Race At Your Pace 

## THIS MONTH'S MEDALS AND TOPS



Complete the look with our new matching training tops!  
Add them to your entry for **only £14.95!**

# SUCCESS!

WE ABSOLUTELY LOVE HEARING FROM OUR CUSTOMERS WHEN THEY HAVE COMPLETED THEIR CHALLENGES AND RECEIVED THEIR MEDALS!

We know that there are many, many reasons why people take part in Race At Your Pace, but when it gives you the motivation to get back to something you love, it makes us so happy! Read what one of our new September participants has to say:

Thank you so much for sending my September medal for swimming.

I used to compete with horses... those days are gone thanks to severe arthritis. It broke my heart to give it all up and sell my gorgeous boy, it still hurts now.

But I went back to swimming - I used to swim competitively as a teenager. Swimming is the only thing I can do.

Race At Your Pace gives you the incentive and encouragement to push through the days you don't feel like doing anything and reach your monthly goal. Receiving the medal and the certificate is the icing on the cake.

This is the first time I've done this with Race At Your Pace - I am also doing an October swim, aiming to do more than the 10.3 miles in September.

I will carry on and do more too! Race At Your Pace - thank you so much 🏊♂️🙏😊

## 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.





# BENEFITS OF EXERCISING

## 30 MINUTES A DAY

01 

BOOSTS  
YOUR MOOD

02 

HELPS TO  
MAINTAIN WEIGHT

03 

REDUCES YOUR  
STRESS LEVELS

04 

REDUCES  
ANXIETY

05 

REDUCES RISK OF  
HEART DISEASE

06 

INCREASES YOUR  
ENERGY LEVELS

07 

GETS THE  
BLOOD PUMPING

08 

PREVENTS  
OBESITY

09 

REDUCES THE  
RISK OF CANCER

10 

IMPROVES THE  
QUALITY OF SLEEP

## CREATE YOUR OWN GROUP!

Are you interested in creating a family and friends group for **some healthy competition**?

With your unique group link you can **enter your challenge**, **set a group goal** and **engage in some friendly competition** using our **exclusive leaderboard**!

**CREATE YOUR GROUP NOW!**



# 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!**

## TOP TIPS

**TRY THESE COLD-WEATHER FITNESS TIPS TO STAY SAFE, WARM, FIT, AND MENTALLY HEALTHY:**

- **LAYER UP**  
DRESS 'DRY,' NOT JUST 'WARM' THE QUICKEST WAY TO LOSE BODY HEAT IS TO GET WET.
- **STAND OUT AND OPT FOR BRIGHT COLOURS**  
POOR VISIBILITY FROM RAIN, SNOW, OR OVERCAST OR DARK SKIES MAKES IT TOUGHER FOR OTHERS TO SEE YOU.
- **TAKE EXTRA CARE**  
SIDEWALKS CAN BE ICY SO TAKE EXTRA CARE NOT TO SLIP AND FALL.
- **WEAR WARM SOCKS**  
THERE'S NOTHING MORE DEMOTIVATING THAN THE THOUGHT OF COLD FEET.

## 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.



**ONLINE CHAT**

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

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



**FACEBOOK MESSENGER**

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

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



**FAQS**

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

Our full FAQs are available online.