



RACE AT
YOUR PACE

YOUR APRIL 2024 CHALLENGE IS HERE



WE'VE GOT A REAL SPRING IN OUR STEP THIS APRIL!

Not only are we revealing the gorgeous new April medal, but we're also launching a brand new challenge!

Introducing our new multi-activity challenge! If you like to complete your challenges in a variety of ways, then this is the one for you! You'll still have the monthly target to aim for but you can reach your target using a combination of activities, or perhaps one that we don't have a challenge for yet! So, if you're a keen rower, love rollerblading or would prefer to mix up cycling and walking, then don't delay! Enter the multi-activity challenge today, in app or online!

As usual, all our challenges, including our brand new one, have a marvellous medal as a reward. The April medal has a real nod to spring, featuring bright blossom and a tranquil riverside scene where you can imagine yourself completing your miles under the Spring sun. The blossom design continues on the reverse of the medal and the ribbon too, to finish off this medal perfectly!

No matter which challenge you're taking on, we know you're going to absolutely smash it! Best of luck for your challenge everyone!

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 £9.95!

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.

THE BENEFITS OF WALKING



BRAIN

Increases blood flow to the brain, eases feelings of stress and anxiety and improves your mood.



HEART

Helps to control blood pressure and reduces the risk of cardiovascular disease.



MUSCLES

Walking strengthens muscles, particularly in the hips and legs.



JOINTS AND BONES

Joints are lubricated and nutrients flow to cartilage.



WEIGHT

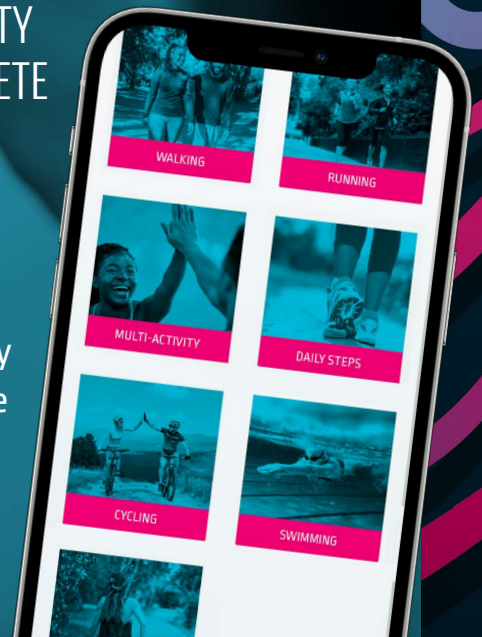
Helps maintain a healthy body weight and can reduce body fat.



INTRODUCING OUR NEW MULTI-ACTIVITY CHALLENGE!

WITH OUR NEW MULTI-ACTIVITY CHALLENGE, YOU CAN COMPLETE YOUR CHALLENGE WITH AS MANY DIFFERENT ACTIVITIES AS YOU LIKE!

Record your miles with any activity and add progress to your challenge as usual to earn your very own multi-activity medal!



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 / \$6 extra!

REGULARLY BEING
PHYSICALLY
ACTIVE HAS SO
MANY BENEFITS!



DID YOU KNOW IT
REDUCES THE RISK OF
CANCER OF:

OESOPHAGUS
STOMACH
COLON
KIDNEY
UTERINE WALL
BREAST
LUNG
BLADDER

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

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



ONLINE CHAT

raceatyourpace.co.uk/contact

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



FACEBOOK MESSENGER

m.me/raceatyourpace

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



FAQS

raceatyourpace.co.uk/faqs

Our full FAQs are available online.