



# YOUR JULY 2025 CHALLENGE IS HERE



# HELLO!

## Welcome to July!

This month's medal captures the carefree spirit of summer holidays, with golden sands, shimmering seas, and cheerful beach huts lining the coast!

Whether you're splashing in the waves or strolling along the promenade, July is the perfect time to soak up the sunshine and embrace every step of your journey.

Best of luck this month!

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!**

## 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.

## 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.





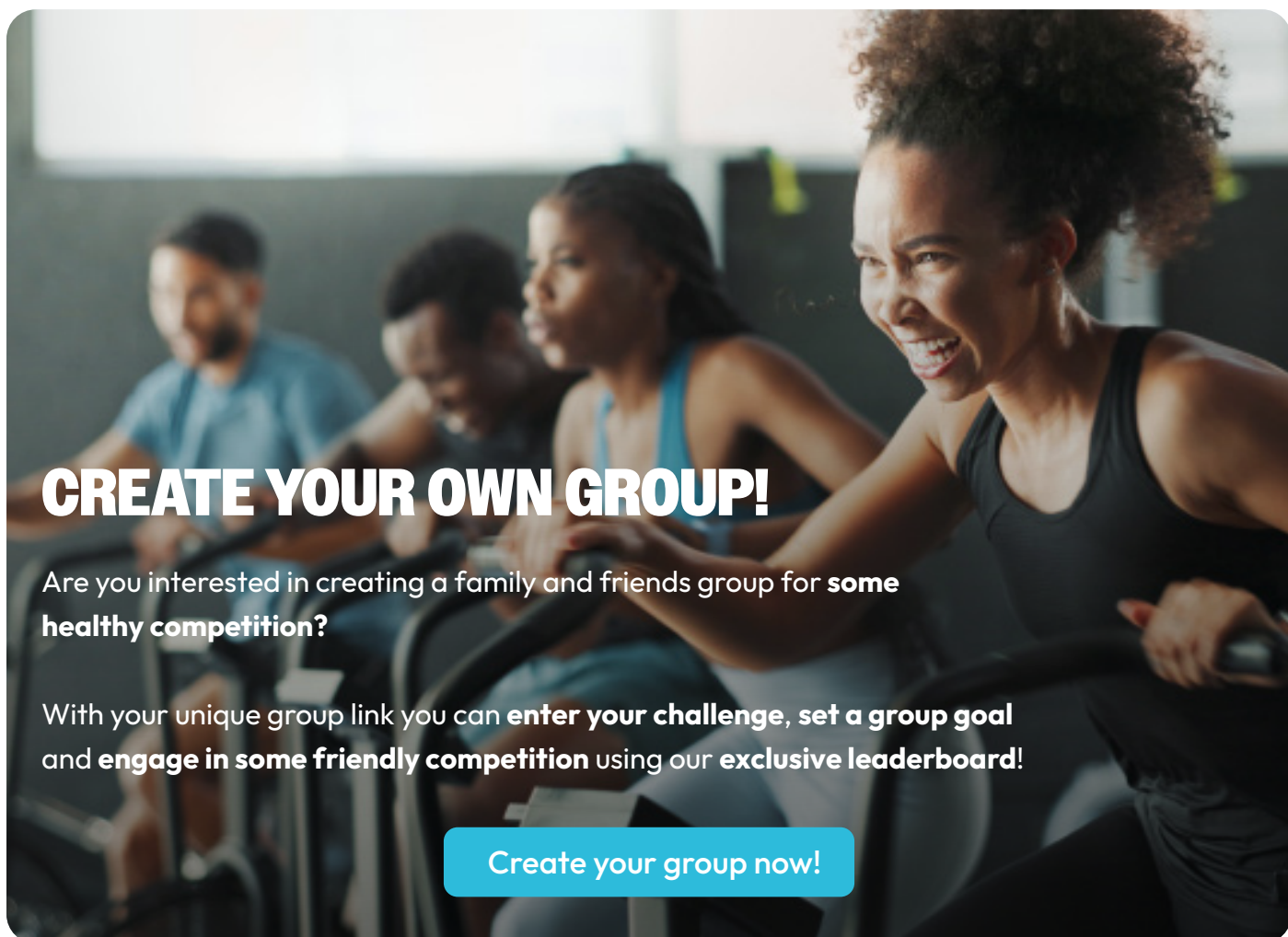


## THE ANNUAL PASS IS BACK!

Stay motivated with us in 2025!

Not only will you still get one month completely free, you'll also be automatically included in the Loyalty Reward for 2025, so you'll get another FREE medal!

The best bit, the Loyalty Reward medal will be personalised with your exact distance for the year!



## 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!**

## WHAT OTHERS HAVE TO SAY...

**I liked tracking my goal and being motivated to increase my activity levels.**

**It got me back into the habit of running again which really improved my physical and mental health. Great challenge!**

**Joined Puregym and still going 3 or 4 times per week.**

# 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.