

# The challenge

The Mason Mile Challenge supports communities towards a healthier, happier and more active lifestyle. You don't need to be a runner to join, all you need to do is accept our fun challenge – can you jog a mile in 10 minutes?

Young people and their families can walk, jog or run the distance at our free family events taking place across Kent this summer. If you're under 16 you'll win cash rewards for taking on the challenge.

Open and accessible to all ages, abilities and disabilities, our community events help you make simple steps to a better physical and mental health – with exercise, health checks on the day, free fruit and plenty of community spirit. **Let's 'get moving' together!**



All cash is paid at the event upon completion of the run. Participants who complete The Mason Mile and bring their pet when collecting their winnings, will be awarded an additional **50p for their pet!**

The Mason Mile Challenge is not a charity fun run, however at the end of the race there will be a selection of charities where the contestants, if they wish, are able to donate some or all of their winnings (typically 64% of the money that we pay out is donated to the local charities at the event)

## RUNNERS COMPLETING THE MASON MILE IN 10+ MINUTES:



- Solid lime green wristband
- If the participant is under 16, they will also receive **50p**

## RUNNERS COMPLETING THE MASON MILE IN 8-10 MINUTES:



- Lime green wristband with a black line through it
- If the participant is under 16, they will also receive **£1**

## RUNNERS COMPLETING THE MASON MILE IN UNDER 8 MINUTES:



- Black wristband with a lime green line through it
- If the participant is under 16, they will also receive **£2**

## JOIN US IN MAIDSTONE

The Mason Mile starts at 12 midday, event opens at 10am

Register ahead of the event at [www.themasonmile.com](http://www.themasonmile.com)



### DATES:

10 June 2018  
30 September 2018



### LOCATION:

Mote Park, Maidstone

In partnership with



Email us [info@themasonmile.com](mailto:info@themasonmile.com)  
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