

# Run 100km this Spring



Ready to take on Action Syria's Spring Challenge? Between March and May, we're challenging you to run 100km — that's two 4km runs per week. You can go solo or run with friends and family, whatever works best for you. Join in, have fun, and go the distance to ensure Syrian communities have the education and medical care they need.

Use this tracker to log your kilometres, as you support Syrian communities to rebuild their lives with health, opportunity and hope.

**Let's go!** 

	10km	20km	30km
40km	<b>You're halfway there!</b> 50km	60km	70km
<b>Nearly finished!</b>  80km	90km	100km	<b>You did it!</b> Share your achievement with your friends and family.

In aid of



Action Syria is the operating name of the Hands Up Foundation. Charity no. 1156491

