

# Miles for refugees

			Trainers at the ready. Miles for Refugees is almost here...		Ready, set...	GO! Time to start clocking up your miles!	
			29		30	31	1
Banish Monday blues, get some fresh air and walk, run or cycle to work.		Hang up this calendar at home or work, so people can track your progress.		Remember to pace yourself and take rest days too.	Try something different for the first weekend – how about kayaking?		
2	3	4	5	6	7	8	
Set up a sweepstake for people to guess what date you'll hit your target.		Try racking up some miles over your lunch break.			Buddy up and find a friend to join in with your miles.	You're halfway there! Keep going!	
9	10	11	12	13	14	15	
	Share your fundraising page on all your Whatsapp group chats.		Switch up your routine and walk the dog along a new route.		Post a selfie on social media while you're hitting your miles – don't forget to include #MilesForRefugees.	Take a moment to look back at the distance you've travelled so far. You're amazing!	
16	17	18	19	20	21	22	
The countdown is on – one week left to go!		Listen to a new podcast on your route.		Go somewhere scenic and take in the view.		The finish line is in sight...	
23	24	25	26	27	28	29	

**Congratulations, you made it! That's Miles for Refugees done!**

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# September 2019

[miles.redcross.org.uk](https://miles.redcross.org.uk)

