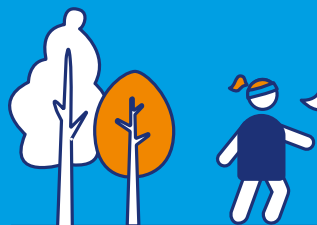


Get your trainers on



and help us create a world where diabetes can do no harm.



For running information and tips, go to www.diabetes.org.uk/Run26

Run26



Record card

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Record card

Name

Address

.....

Postcode

Date	Distance ran	Total so far	How did it feel?
			👍 👎 😬
			👍 👎 😬
			👍 👎 😬
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“Never set limits, go after your dreams, don’t be afraid to push the boundaries.”
Paula Radcliffe

“You have to set yourself goals so you can push yourself harder. Desire is the key to success.”
Usain Bolt

“It doesn’t just come overnight, you’ve got to train for it and believe in yourself, that’s the most important thing.”
Mo Farrah

Having company for some of the sessions makes the journey of training feel easier, and more fulfilling.

Eat well. Your body will adapt to training more quickly, and you will feel you have more energy for your runs, if your nutrition is fuelling your training effectively.

If you fall behind, don’t be put off finishing, just keep on going when you can.

When you’ve completed Run26 please send your completed record card along with any sponsorship forms and cheques* for money raised to:
Run26, Wells Lawrence House, 126 Back Church Lane, London E1 1FH.



Share your run with us on social media using #Run26



*Please make cheques payable to Diabetes UK.