

Always remember to keep safe and alert.



Join The Running Bee Foundation for the Dr Ron Hill 7 Mile Challenge!

Here's a few instructions before you start;

Always make sure you are accompanied by an adult or guardian when exercising outdoors!

DON'T VISIT THE LOCATIONS ON THE MAP - THERE'S NO NEED!

SIMPLY GUIDE YOUR CUT OUT OF MO THE BEE AROUND THE MAP AFTER EVERY MILE YOU DO. THE LOCATIONS ARE THERE TO REPRESENT THE TOUR OF TAMESIDE EVENT

DON'T PANIC IF YOU'RE NOT SURE ON HOW TO TRACK A MILE!

WE HAVE GIVEN YOU A GUIDE ON POSSIBLE WAYS; RUN IT (IF YOU HAVE TRACKING APP) WALK 2500 STEPS OR JOG FOR 20 MINUTES

DON'T RUSH! TAKE YOUR TIME TO COMPLETE THE CHALLENGE

DO SHARE YOUR PROGRESS WITH US ON SOCIAL MEDIA - TAG YOUR SCHOOL, @THERUNNINGBEE AND @TAMESIDESSP

DO ABIDE BY THE NHS GUIDELINES AND KEEP YOUR DISTANCE WHEN EXERCISING OUTDOORS!

DO HAVE LOTS OF FUN & STAY ACTIVE!



#BeeActiveBeeHealthyBeeHappy