



**ESHER RUGBY**

Supporting



# FITNESS FUNDRAISER

## 5K BETWEEN 1<sup>ST</sup> MAY-29<sup>TH</sup> MAY

### GET FIT...Feel Good ... Fitness Challenge

Come together to support your Club and charity **RUGBY AGAINST CANCER**, a charity which supports those within the rugby family affected by cancer.

Read **JACK JAKEMAN'S** story

Open to **ALL** ages

**Total distance per person 5km**

*(do it in one hit or stagger it)*

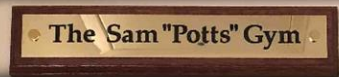


**Participation made Easy**

Use the marked out course at the Club. Or use your Garmin to submit your time

**WALK / RUN / JOG / NORDIC POLES / CYCLE**

*(the choice is yours)*



**Entry £10 per person**

*(50% donated to Rugby Against Cancer and 50% towards improvements to The Sam "Potts" Gym at Esher Rugby)*

**Encourage your friends, team mates or family members to join you to make it more fun!**

**The concept**

Each 5,000 metres achieved goes towards us travelling around virtually to clubs in our league (Nat 2 South). We will chart the distance & progress on the virtual route map



**SIGN UP NOW: [CLICK HERE](#)**