Islington Families Community Virtual Fun Run (walk or jog)

Islington council supported by Arsenal in the Community are organising the ‘Islington Families Community Virtual Fun Run. We have created the community event to get children and their families in the borough physically active and to support their overall health and wellbeing, in a fun and flexible way, bringing the community together (virtually) after such a challenging year!

# Virtual Fun Run details

There are three fun run categories, families can enter to run:

* One 15 minute run once in the week
* Three separate 15 minute runs on three different days over the week
* Five 15 minutes runs on five different days over the week

Fun Run Details:

* Each run lasts 15 minutes and can be run anywhere you like!
* Don’t worry if you don’t want to run, you can do a fast walk or jog too!
* The run/s must take place between Saturday 29th May – Sunday 6th June 2021
* Fun Run dates – 29th May – 6th June 2021
* Please ask your school for the schools runners bib (if you want them) and your family can wear it during your runs to show your community spirit!

All you need to do is sign up to enter, choose your run and get out and walk, jog or run on the days/times that suit you. Deadline for families to enter – 7th May 2021.

## To enter:

Complete this short entry survey - <https://survs.com/survey/xrvfoxfaam>

## On completion of the run:

* When your family have completed the run/s, please let your school know, let them know how many runs you did and they will send you the finishers certificate