

## Tough Mudder

Get your colleagues together and join Team MRF at one of the 2020 Tough Mudder events to help us to achieve our vision of a world free from meningitis and septicaemia

Test your physical and mental strength and stamina against Tough Mudder's famous obstacles. With each obstacle you overcome and every pound you raise, you'll be helping to support our life-saving work.

Join as a team or on your own – Tough Mudder is known for its amazing atmosphere and camaraderie so you'll all the support you need on the day.

### When and where:

- London West – 9<sup>th</sup> and 10<sup>th</sup> May 2020
- English Midlands – 13<sup>th</sup> and 14<sup>th</sup> June 2020
- Scotland – 4<sup>th</sup> and 5<sup>th</sup> July 2020
- Yorkshire – 1<sup>st</sup> and 2<sup>nd</sup> August 2020
- South West – 15<sup>th</sup> and 16<sup>th</sup> August 2020
- North West – 5<sup>th</sup> and 6<sup>th</sup> September 2020
- London South – 19<sup>th</sup> and 20<sup>th</sup> September 2020

**Fundraising Target:** £350 per person

By becoming part of our team, you will be helping us to achieve our goal of defeating meningitis wherever it exists. Your contribution will enable us to fund vital research into the disease, provide life-saving awareness information, and support those who have lost a loved one or are coping with the after effects of this disease.



To sign up or make an enquiry please email [supportus@meningitis.org](mailto:supportus@meningitis.org) or call 0333 4056 262

## Get a team together

Classic Individual Runner Package	Team of 5 Package	Team of 10 Package
<p>Everyone running for Team MRF will receive:</p> <ul style="list-style-type: none"> <li>• Fundraising guide and resources</li> <li>• MRF running vest</li> <li>• Dedicated charity support</li> <li>• Regular charity and running support updates</li> <li>• Join our MRF Strava team to track your runs and to support team mates training</li> </ul>	<p>On top of the Classic Individual Runner Package, a team of 5 would also receive:</p> <ul style="list-style-type: none"> <li>• No sign up fee</li> <li>• Iron-on team name for their vest</li> <li>• Social media assets for your business to share about taking part in the event</li> <li>• Access to our team Facebook group for the event</li> </ul>	<p>On top of the Classic Individual Runner Package and Team of 5 Package, a team of 10 would also receive:</p> <ul style="list-style-type: none"> <li>• Team target equal to £295 per runner</li> <li>• Have a feature on the Meningitis Research Foundation website</li> <li>• Cheer packs for your team's supporters</li> <li>• Support with your fundraising from our dedicated Corporate Fundraising Team</li> </ul>

### Team of 10+?

If you are interested in assembling a team larger than 10 please get in contact directly with us and we will look at putting together a bespoke package for you.

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