# NIDD VALLEY

# CHRISTMAS RUN FUN!



## Saturday 26th Dec – Wednesday 6th Jan

Run every day for 12 days. The Twelve Days of Christmas!
No time or speed required, simply run at least one mile and post a selfie.
Starting on Boxing Day because Christmas day is for families, turkey and a nap on the sofa.
If you need inspiration pick a challenge from the list below:

- Wear a Santa hat
- Carry a bauble
- Do some Christmas Strava art
- Run to a friend's house to sing them a carol
- Wear fancy dress
- Eat a mince pie
- Wear something red or green

- Wish everyone you see Merry Christmas
- Selfie with a Christmas tree
- Selfie with Christmas lights
- Take a family member with you
- Shake sleigh bells as you run
- Sing Carols as you run
- Just run a mile a day for 12 days!