ROUGH RUNNER 2018

This August 19th
do it for you
do it for Crew

fun★challenge★reward

www.greatcauses.scot/CrewRR2018

CREW

What: A run like no other with a choice of 3 distances: think Total Wipeout, Takeshi's Castle, Gladiators, and Fun House! **Free entry for Crew fundraisers!**
When: Sunday August 19, 2018
Who: runners aged 15+, no upper age limit, plus children's course for 7-12s
Where: Penicuik Estate, Carlops Rd, Penicuik EH26 9LA
Why: a summer challenge for you, friends, colleagues or family...

"I strongly feel that Crew has helped save my life, and has been integral to my recovery. I am forever grateful."

Tackling and preventing drug and alcohol harm successfully in Scotland takes special skills and a huge commitment from the staff and volunteer team. It's about empathy, street credibility and simple numbers. Like how many schools can we visit in 2019? How many drugs workers, paramedics or police can we train? How many hours can the drop in service be open and how many vulnerable people will our counsellors keep in their homes, their work, or alive.

The impact of drug and alcohol harm touches nearly everyone and is preventable. Your help will directly increase the impact of award-winning charity Crew. Join the Crew team running 5, 10 or 15kms (1 mile 'Roughian Rascals' children's course too for 7-12s) of the amazing Penicuik Rough Runner course. No matter if it looks way out of your comfort zone, or like a lot of fun, you will be fully supported both to fundraise and complete it.

Crew, with GreatCauses.Scot, provide terrific events that guarantee you and your friends, family or colleagues who join you will feel an amazing sense of achievement.

See more online or register for a free place: GreatCauses.Scot/CrewRR2018
Call 07734 069 445 or email contact@greatcauses.scot

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