

Dear Parent,

***Run to Rio!***

It is over 9000 kilometres from Derbyshire to Rio, host of the 2016 Olympic Games.

***Run to Rio!*** is a fantastic, fun challenge which promotes fitness, wellbeing, sport, individual and team achievement . With the added benefit of supporting 3 local charities, **Ashgate Hospicecare**, **Blythe House Hospice** and **Helen’s Trust** under the banner **#Challenge Derbyshire.** A Gold Medal winning situation for all of North Derbyshire!

**The *Run to Rio!* Challenge**

**3k = 100 metres every school day for 30 days (6 weeks)**

**5k = 100 metres every school day for 50 days (10 weeks)**

**10k = 200 metres every school day for 50 days (10 weeks)**

**Can the school children of North Derbyshire collectively run to Rio?**

**We think so!**

***Run to Rio!*** needs to be completed by 22nd July 2016 and **Certificates of Achievement** for all participants will be presented in schools during the Autumn term.

It is free to enter ***Run to Rio!*** We are encouraging children to raise sponsorship money from friends and family. **The school that runs the most kilometres will receive a trophy and the school that raises the most sponsorship money will receive a choice of team kit or sports equipment.**

**More about #ChallengeDerbyshire**

Three local charities have joined together to raise £100,000 in 2016 through a variety of fundraising challenges to support patients with any serious or life-limiting illness across North Derbyshire. Ashgate Hospicecare, Blythe House Hospice and Helen's Trust are all committed to helping patients and their families. The services provided by them to people living in North Derbyshire are free of charge. £100,000 would pay for:

* 439 people to receive a home visit from an Ashgate Hospice care nurse
* 1,320 Complementary Therapy Sessions for clients at Blythe House Hospice
* 10 hours of night care for 222 people, coordinated by Helen's Trust

**What you need to do next?**

Please return the attached permission form**.** The ***Run to Rio!*** record sheet and sponsorship form will then be distributed by school.

Good luck and many thanks,

#ChallengeDerbyshire

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**#ChallengeDerbyshire parent/guardian permission form.**

I ……………………………….……………..........(parent/guardian) give permission for …………………………….…….………........... (child) to take part in the #ChallengeDerbyshire ***Run to Rio!*** Schools Challenge.

Signed: …………………………………………………..……

Date: ……………………………………………………………

[www.challengederbyshire.org.uk](http://www.challengederbyshire.org.uk)

Contact Zoe Woodward: challengederbyshire@helenstrust.org.uk