



#RunWithEliud

The Daily Mile marathon challenge

Can your class run a Daily Mile marathon?

Use the 'running route' poster resource to tick off each time your class completes The Daily Mile. Do your Daily Mile as usual - running or jogging outside for 15 minutes every day if you can. Every Daily Mile that you do will count as one mile in The Daily Mile marathon challenge.

Upload your poster by Friday 29th November to www.thedailymile.us/run-with-eliud/ to tell us how many Daily Miles you completed in the #RunWithEliud challenge.

We'd love to see schools completing 26 Daily Miles and running a full marathon, just like Eliud! Taking part is much more important though, so just do as many as you can. Every Daily Mile counts!

You'll receive a certificate for taking part in #RunWithEliud The Daily Mile marathon challenge. You will also be entered into a prize draw to win 1 of 10 T-shirts signed by Eliud. Happy running!

Who is Eliud Kipchoge?



Eliud Kipchoge was born in Kenya, Africa



He is a proud father of three children



Eliud holds the World Record for running a marathon in 2 hours, 1 minute and 39 seconds (Berlin, 2018)



In 2016, he won an Olympic Gold medal for the marathon in Rio, Brazil



He has won seven major marathons around the world: four in London, three in Berlin, and one in Chicago



Eliud believes that 'No Human Is Limited' and that everyone can achieve their dreams

