

# K Per Day Challenge

Lisa Tamati



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2200km in 33 Days



Running to Support



You read correctly. Lisa is faced with her toughest challenge of her life, to run the length of New Zealand from Bluff to Cape Reinga. Completing 52 marathons in 33 days (approx. 2200km) all for two extremely worthy causes CanTeen and Cure Kids. The NZ Runs is from the 31st Oct - 3rd Dec 2009. Now it's your turn to take up the **K Per Day Challenge!**

## Kids! Are you ready to take up the K Per Day Challenge?

- You are encouraged to register with your class and run at least 1km a day everyday for 14 days.
- The objective is to run five minutes outside each school day, or during your lunch break.
- The task is to go and find sponsors who will donate money for every KM you run during your 14 Day Challenge.

Name of Student \_\_\_\_\_ Name of Teacher \_\_\_\_\_

Name of School \_\_\_\_\_ Date Starting Challenge \_\_\_\_\_

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
KM														

Sponsor Name	Contact Number	\$ Per Km	or	\$ For Completing the Challenge	PAID YES / NO
Total Pledged					
				Total Collected	



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