



‘Miles in May’ is Bassetlaw-wide project which is encouraging as many local people and organisations to commit to doing 26 miles – the equivalent of a marathon (or as much as they can) – in the month of May. The aim is to get people doing more than they usually would.

This could be done by walking, swimming, dancing, running, or a mixture.



For more information, to register and download the ‘Pulse app’, visit www.betterinbassetlaw.co.uk

For help with registering and completing the challenge, contact BPL on 01777 706500 or use the form on the reverse of this flyer

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If possible, please register for ‘Miles in May’ at www.betterinbassetlaw.co.uk, and download the ‘pulse app’ to record your miles. Use the hashtag #milesinmay on social media!

Alternatively, to record your ‘miles in May’ on a paper form, register your interest with BPL on 01777 706500, complete this form with how many miles each day, and how you did them. When your miles are completed, return to any Bassetlaw leisure centre run by BPL (Retford, Worksop or Bircotes), or post to: FREEPOST RTEK-SATU-YXEC, Miles in May, NHS Bassetlaw CCG, Retford Hospital, North Road, Retford, DN22 7XF, to be entered into the prize draw from free monthly leisure passes

	How many miles I did this week	How I completed my miles (eg walking at lunch, running, swam at the gym, did a seated exercise class)
Week 1 (1st – 5th May)		
Week 2 (6th – 12th May)		
Week 3 (13th – 19th May)		
Week 4 (20th – 26th May)		
Week 5 (27th – 31st May)		

