



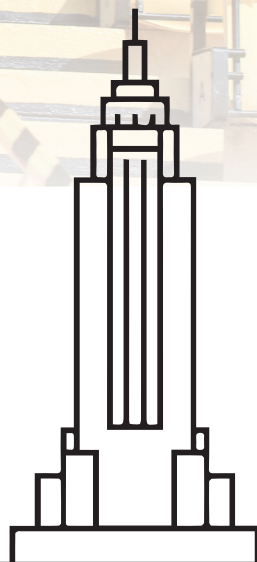
**COMMUNITY SPORTS  
& EDUCATION  
TRUST**  
REGISTERED CHARITY NO: 1102239



SEE REVERSE  
FOR FURTHER DETAILS

# **SUNDAY 7TH JULY** **STADIUM** *STAIR* **CHALLENGE**

**1750 STEPS** EQUIVALENT TO THE  
**EMPIRE STATE BUILDING!**



**VICARAGE ROAD STADIUM**  
**SIGN UP AT: [SHAPEUPHERTS.COM/STEP-UP](https://shapeupherts.com/step-up)**



**COMMUNITY SPORTS  
& EDUCATION  
TRUST**  
REGISTERED CHARITY NO: 1102239

The full lap stadium challenge, will task you with completing every stair in every stand, working your way around the stadium. You will complete each stair case, for a total of 1750 steps, up and down!



**Shape up Member**

+ Min £40 Sponsorship



**Non Shape Up Member**

+ Min £40 Sponsorship



**Mini step\*  
&  
Challenge Step\*\***

6-10 yrs & 11-17 yrs

No Sponsorship

### What's Included?



**Sports Massage**



**Medals**



**Chipped-timed  
results**



**Post-race  
celebration**

Raising money for Shape Up, a programme that has helped over 1600 people to achieve over 6 tonnes of collective weight loss over the last 4 & ½ years.



**ARRIVAL**



8.15am -  
8.45

**START**



9am  
(Wave every  
10 mins)

\*Mini Step is for 6-10 year olds and only run up 1 stand.

\*\*Mini Step is for 6-10 year olds and only run up 2 stands.

**VICARAGE ROAD STADIUM**

**SIGN UP AT: [SHAPEUPHERTS.COM/STEP-UP](https://shapeupherts.com/step-up)**