Spartan September

Are you tough enough to take on our Spartan challenges?

Get Spartan fit
Be brave and sign up for a challenge this September. Take on an obstacle course, a run, a swim, or a mammoth cycle ride for ARUK and get Spartan fit at the same time. For a list of upcoming events in your area please contact Alzheimer’s Research UK.

A Spartan never cries
Have an onion chopping contest and see which challenger can chop for the longest before the water works set in. Charge a small entry fee or place bets on the challengers.

Sprint showdown
Challenge other companies or colleagues to a sprint showdown on your local high street. Hold a few races and wear ARUK T-shirts to raise awareness. Charge to enter or place bets.

Yucky foods contest
Anchovies in custard anybody? Put your stomachs of steel to the test by holding a yucky foods contest. Draw up a list of increasingly disgusting foods with a price next to each one. Select some brave challengers - once their colleagues raise the cost of each tasty item the challengers have to eat it!

Adopt a warrior’s diet
Adopt a warrior’s diet and get sponsored to go without treats for a month. Can you last 30 days without chocolate, cake and crisps?

Shield making competition
A Spartan’s pride is his shield, so why not hold a shield making competition? Charge a small entry fee and give a prize to the winner.

www.alzheimersresearchuk.org
Email: fundraising@alzheimersresearchuk.org
Phone: 0300 111 5555
Charity numbers 1077089 & SC042474