Set a run date, follow a training plan, and take on the training to achieve 3.1 miles.

THE 5K CHALLENGE
Set a run date, follow a training plan, and take on the training to achieve 3.1 miles.

THE REP CHALLENGE
Set a goal of reps you and/or your team want to achieve in a single workout or throughout a month.

THE MARATHON CHALLENGE
Run or walk one mile per day for 26.2 days. Are you extreme? Run or walk one mile/hour for 26.2 hours.

THE RACE CHALLENGE
Register for a virtual or future race and take on the training to cross the start and finish.

GET STARTED
1. CHOOSE A CHALLENGE OR CREATE YOUR OWN
2. SET UP YOUR FUNDRAISING PAGE
3. INVITE FAMILY AND FRIENDS TO JOIN AND/OR DONATE

National Brain Tumor Society