



TAKE THE GRAY NATION ENDURANCE CHALLENGE



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 5K CHALLENGE

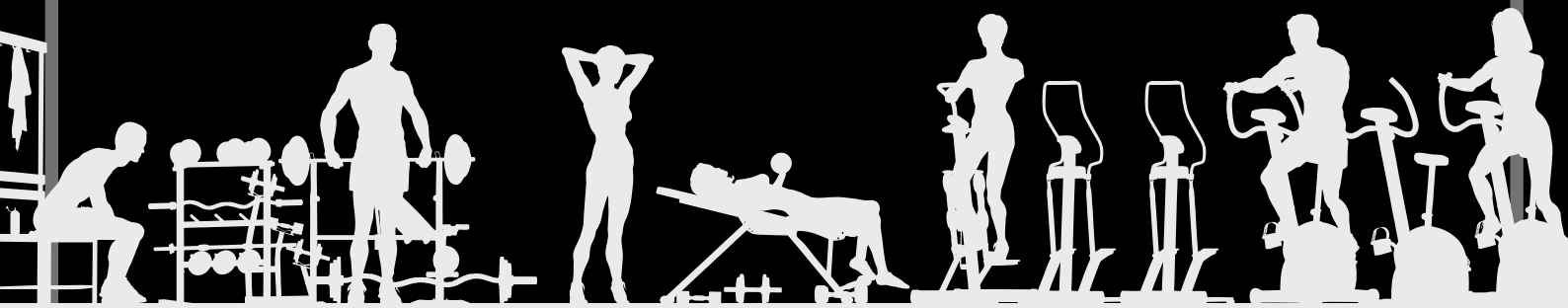
SET A RUN DATE, FOLLOW A TRAINING PLAN, AND TAKE ON THE TRAINING TO ACHIEVE 3.1 MILES.

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