# Choose your Challenge for 2024



Edinburgh Marathon Festival – 10k, ½ or Marathon

Great Scottish Run - 10k or 1/2 Marathon

Glasgow 10k for Men or Women

Edinburgh 10k for Men or Women

Scottish 10k or ½ Marathon

We have places available for all of these events just click on the one you want for more details

#### Walking

Kiltwalk takes place in the following cities: Glasgow, Aberdeen, Dundee & Edinburgh you can sign up and choose MND Scotland as your charity, these are great events for teams to take part in and have various distance options too More info here



We would love for you to join us on Saturday 2nd March 2024 at the Radisson Blu Glasgow, for a night of food, dancing and entertainment and Gie it Laldy for MND Scotland

<u>Book a table and find 9 friends to join yo</u>u

Become a corporate sponsor

Donate a prize

#### **Endurance**



We are here to support anyone who signs up for any challenge, even if we can't supply a place these are some great options to really push yourself

Ride the North

**UK wide Ultra Challenges** 

**UK Marathons & Cycling events** 

3 Peaks Challenge



## Hold your own Event

Golf Day Ladies Lunch Fundraising dinner Bake sale

### Other ways to get involved



Nominate MND Scotland as charity of the year at your work Sign up to be an official MND Scotland Volunteer – help us with events in your local area

Keep an eye on our website for events still still to be announced, including a zipslide and an overseas trek 2025

Whichever challenge you choose to we are here to help so drop us an email and let us know all about it fundraising@mndscotland.org.uk