

**EMPLOYEE ENGAGEMENT** 

DUBLIN OCT 9<sup>TH</sup> OCT 9<sup>TH</sup> · 16<sup>TH</sup>
WORLDWIDE

KILKENNY OCT 16<sup>TH</sup>



VIRTUAL & LIVE EVENT  $\oint$  LIVE ENTERTAINMENT  $\oint$  FAMILY FUNZONE PINKNIC FOOD VILLAGE  $\oint$  BEST DRESSED PRIZES

Did you know the Great Pink Run offers a distinctive way to get your people engaged and excited about health and wellness?

It's true, the Great Pink Run is a super opportunity for organisations of all sizes to promote workplace wellness and build teamwork across departments, all in the knowledge that you are supporting Breast Cancer Ireland's pioneering research and awareness efforts.

We're inviting you and your colleagues to join our pink tribe, to run, jog, walk or wheel the Great Pink Run on Sunday, 9th October in Dublin and Sunday 16th October in Kilkenny or virtually in your community between 9th and 16th October.

## **KEY EVENT STATS 2011 - 2021**

70,000 participants 36 countries worldwide

€5.4 million raised to date

Supporting pioneering research programmes and providing education & awareness to communities both nationally & internationally.





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### Challenge

Walk, Run, Jog or Wheel The Great Pink Run on Oct 9th & 16th C

#### Compete

Join colleagues as part of a team

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#### Contribute

Raise funds to help us research a cure



## **REGISTER YOUR TEAM**



- Register your company with smcgregor@bciresearch.ie
- · Receive your unique team code for ease of group registration

Link through to the unique assets and share with colleagues

- Go from Couch to 5k in weeks! HERE
- Stay injury free with our exercise tips HERE
- · Take advice from Olympian Sonia O'Sullivan HERE
- · Fundraising Tips HERE
- · Nutrition Tips HERE
- · All participants will receive a Great Pink Run T-Shirt



# GREAT PINK RUN GREAT FOR YOUR ORGANISATION!



- **♀** FREE BREAST AWARENESS SESSIONS FOR EMPLOYEES
- **Q** UNIQUE TEAM BUILDING CHALLENGE
- **DESCRIPTION** BUILD UNITY AMONGST TEAMS AND DEPARTMENTS