Your challenge, your pace.

The STRIDE 50 Things Challenge is a simple and flexible way to explore, connect, discover, make a difference and flourish through running, walking and all forms of movement.



50 EXPERIENCES
A mix of running, walking, volunteering and more.

NO DEADLINE
Take on the challenge in your own time.

YOUR PACE
Choose the experiences that are right for you.

SHARE THE JOURNEY
Get involved with the STRIDE community.

MORE THAN MOVEMENT
A chance to explore, give back, build connections and support your wellbeing.

My 50 Things Tracker

Tick, colour or stamp each experience as you complete it!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

My standout experience:

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What I've gained from the challenge:

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Find out more, join the community and share your journey at:-
www.stride-education.org

STRIDE
HELPING EDUCATION MOVE.

We Run.
We Belong.
We Flourish.

The STRIDE 50 Things Challenge PASSPORT



50 experiences to enjoy through running, walking, moving and volunteering.

EXPLORE · CONNECT · DISCOVER · MAKE A DIFFERENCE · FLOURISH

STRIDE
HELPING EDUCATION MOVE.

The STRIDE 50 Things to Do Because You Run Challenge

We Run. We Belong. We Flourish.

50 experiences to enjoy through running, jogging, walking and everything in between.



EXPLORE
Go somewhere different.

1. Watch the sunrise on a morning run or walk.
2. Run or walk somewhere you've never explored before.
3. Visit a new parkrun, just because you can.
4. Explore a coastal path and finish with fish and chips.
5. Follow a woodland trail and enjoy getting completely muddy.
6. Discover a hidden gem in your own neighbourhood.
7. Plan a route that takes you past a castle, monument or historic landmark.
8. Go for a run while on holiday and see somewhere tourists might miss.
9. Experience the changing seasons on the same favourite route.
10. Finish a run or walk somewhere with a spectacular view.

CONNECT
It's better together.

11. Introduce someone to running.
12. Volunteer at a running event and cheer everyone on.
13. Arrange a run or walk with someone you haven't seen for ages.
14. Say hello to another runner and discover something you have in common.
15. Enjoy a post-run coffee that lasts longer than the run itself.
16. Join a community event where you don't know anyone.
17. Encourage someone who's just getting started.
18. Take part in a shared challenge with people you've never met.
19. Run or walk with a family member.
20. Celebrate someone else's achievement as enthusiastically as your own.

DISCOVER
Try something new.

21. Try trail running for the first time.
22. Take part in a themed or fancy-dress event.
23. Explore a route without constantly checking your pace.
24. Try a run-walk session and enjoy the freedom of changing pace.
25. Experience a night-time event with a headtorch.
26. Take part in a charity run or walk for a cause that matters to you.
27. Try a different type of event, from a relay to an obstacle course.
28. Create a GPS route that draws a picture or spells a word.
29. Go on a photography run or walk and capture five interesting things.
30. Try a local running group or community session.

MAKE A DIFFERENCE
Give something back.

31. Volunteer as a marshal.
32. Help someone feel welcome at their first event.
33. Take part in a litter-picking walk or run.
34. Support a local charity through a movement challenge.
35. Share your favourite route with someone looking for inspiration.
36. Thank the volunteers who make events possible.
37. Inspire the next generation to enjoy running, walking or being active.
38. Encourage a colleague to make time for themselves.
39. Share your own running story, including the difficult bits.
40. Bring people together through movement, whether colleagues, families or different generations.

FLOURISH
Enjoy the journey.

41. Run or walk in the rain and discover it's not actually the end of the world.
42. Enjoy a completely technology-free run or walk.
43. Stop halfway through an outing simply to admire the view.
44. Have a run where everything goes wrong and laugh about it afterwards.
45. Take a rest day without feeling you need to justify it.
46. Treat yourself to a post-run breakfast somewhere lovely.
47. Rediscover a route you loved years ago.
48. Do something you once thought was beyond you.
49. Look back at how far you've come, without comparing yourself with anyone else.
50. Find your own reason to keep moving — and celebrate it.



Not 50 PBs.
50 experiences worth having.