

# Are you up for a challenge?

Whether you want to run, walk, jump, row, bike or hike, we would love you to join #TeamNICHS and help us continue the fight against chest, heart and stroke conditions in Northern Ireland.

If you don't see anything you like below, get in touch and we can talk about some other ideas.

Download a copy of our fundraising guide at [www.nichs.org.uk/fundraisingguide](http://www.nichs.org.uk/fundraisingguide)



## Check out our events below and get signed up!

London Half Marathon



Dublin Marathon



Europa Abseil



Christmas Fundraising



Lap the Lough



Twilight



Belfast Half Marathon



Hearty Hike

Dragon Boat Race



Red Dress Fun Run



Tower Museum Abseil



Heartfelt Healthy Morning Break



Mourne Seven Sevens



Skydive



Almost **90%** of our income comes from donations.

For more information or to sign up:

[www.nichs.org.uk/events](http://www.nichs.org.uk/events)

E: [events@nichs.org.uk](mailto:events@nichs.org.uk)

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FUNDRAISING  
REGULATOR

Chest  
Heart &  
Stroke