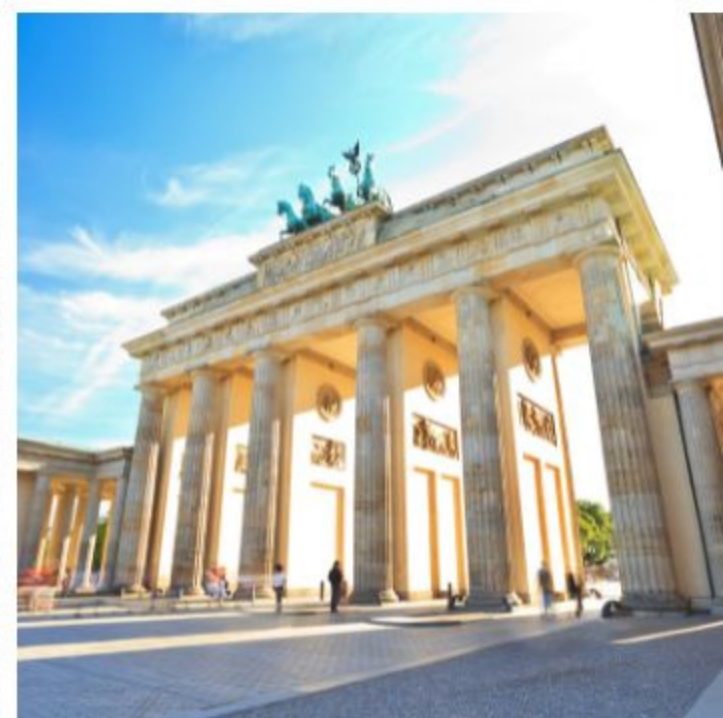
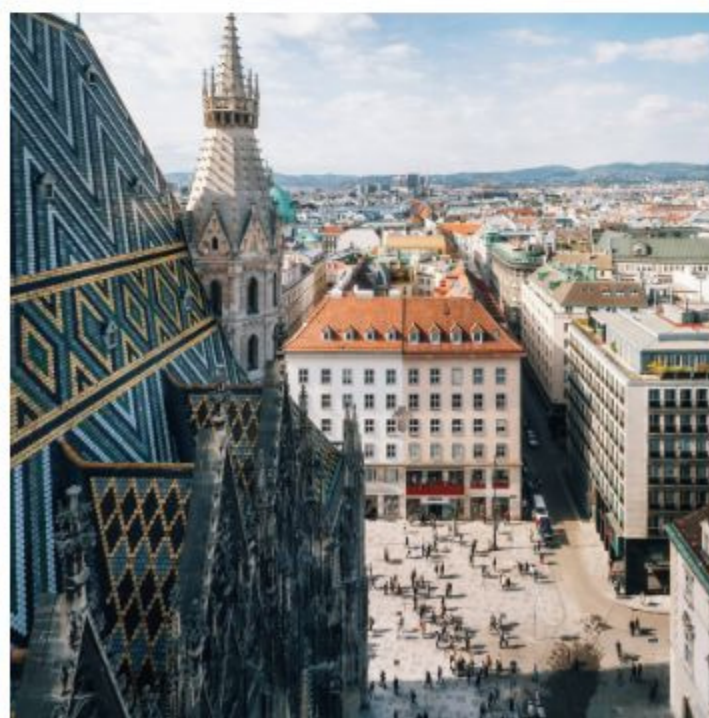




RUN AND WALK WITH CENTRAL
Connecting Miles, Embracing Cities: Virtual Run and Walk



What is the event about?

- part of **Erasmus days** (1st - 10th October)
- 10 days long **training** challenge
- 1 day **Charity run** and walk
- **Online and offline** event
- **University** teams
- **Prize** for the best runners and walkers
- Stay with your university but run and walk with us online

What do I need to do?

- 1) Download Strava app and sign in
- 2) Join running or walking group on Strava



RUN



WALK

Programme

- **Training challenge 1.10. - 10.10,**
Get ready and count kilometres for your university team.
- **10.10. Sport Unites**
Help us to run and walk via Strava or at the Faculty of Physical education and Sport Charles University.

Universities

Humboldt University
Berlin

Charles university
Prague

Eötvös Loránd University
Budapest

University of Vienna
Vienna

University of Warsaw
Warsaw

Get a Central T-shirt

1) Send a photo of you on your run/walk to **central-network@univie.ac.at** and be one of 5 first

or

2) Be one of TOP 3 walkers and runners



#ERASMUS
DAYS

Where can I find more **INFORMATION?**

Central website

Erasmus days website



runandwalkwithcentral@gmail.com

#ERASMUS
DAYS